

Wake Up Call #3a

Intuitive Teaching

"Observation without Thinking"

This is one of my favorite wake up calls. I've been doing it since the early 70s. And I think it has one of the strongest chances of seriously transforming you spiritually.

It started when I had an intuitive notion come to me while teaching a class. It was a science lesson on the theories of light. Suddenly, an idea popped into my mind. "What if I portrayed the theories as a legal courtroom scene, where the scientists were witnesses and the verdict was trying to find out what light really is?" This idea had never occurred to me before. It was a pure intuition. So, I just obeyed the intuitive process and found myself listening to the words coming out of my mouth along with the class. It turned out to be a very good lesson.

Intuitive teaching is letting the intuition come into you even though you are the one doing the speaking. It's listening while allowing for direction. You find yourself hearing the words coming out of your mouth. And maybe, just maybe, they are not yours. Is it possible that intuitions come from some deeper place of consciousness? Well, wherever they come from, if you sense that great ideas are available that seem better than what you had planned, the question becomes, "How do I access this wisdom?"

So, today's wake up call is to do a sixty second exercise to promote your chances for intuitions. Take one hand, either one, and close it. Now, without thinking - try not to think about your hand - "Oh, look, my fingers look so chubby" - or any thoughts of association - or "Why are we doing this?" Just let your thoughts go through, if they come in, or block them, if you have

the ability. Just watch your hand closing. And now, slowly, staying in pure observation mode - open your hand.

-pause-

And now, replay what you just did, in your mind. Use your inner vision with your eyes closed or, at least, with your eyes not looking out. Also replay anything your other senses may have experienced so that you create an exact re-enactment.

That's the whole exercise - it only takes a minute. And you can do this over and over during the day. You are clearing - you're meditating while you are in motion, while the day is happening - while you're doing things. You cleared out your mind and practiced the act of not using your mind to touch that which is happening. You became a pure observer. And you did it even more powerfully by pausing to replay it. This is another version of mindful walking with the added practice of replaying what you just did.

Now, if you use this exercise to clear your mind while you are speaking - to your own self - you can have enough clarity - open space - to receive intuitions, even though you're active. And that's being an intuitive teacher.

When you cleared your mind and purely observed, you were *in your heart*, so to speak. And the best part is that although you practiced engaging your heart in this very simple way, you are preparing yourself to access the ability to go to no mind and engage your heart when you have a serious problem. And that is the real purpose of this wake up call.

Thanks, and I'll see you in one of those tomorrows.

