

## Story #3b

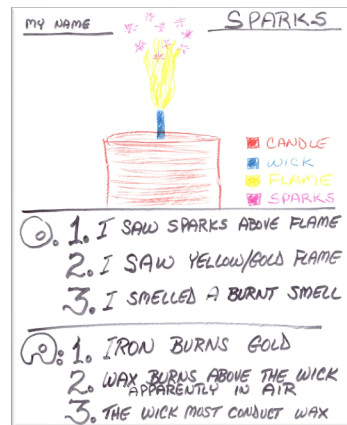
### *Intuitive Teaching*

3. *Listen for an intuitive insight - even while you are speaking.*  
(The Teacher's Bill of Rights)

So, it's about 52 years ago. Al Tomlinson starts out as a Waldorf School bus driver, then becomes a science teacher and my mentor. Thank you, Al. This one's for you. He is showing me this method of *cultivating your intuition*. You see, I had had an intuition while I was teaching. All of a sudden, words were coming out of my mouth that were better than the lesson I had planned. These intuitive words taught all of the same ideas, but with a whole different - and better - approach. And, I said, "How do you cultivate this? How do you nurture it"? Well, he gives me this exercise that I have used for over 50 years with both adult students and children.

It goes like this. Say, you light a candle. You now observe it and try not to think about it. Try not to analyze - just observe. All right? Now, you go to your mind and replay it. You replay inside what you saw, smelled, heard - anything you took in through your senses. So, you are still observing. You are not thinking about it. Next, you draw it. So, you are still observing for the third time. Then, for the fourth time you write down a few of your observations. And now, after having given four turns to your observations, you finally give one turn to let yourself think about it.

You now analyze - what is this called - how could it be used - why did it happen - how did it happen? Basically, give a turn to all of the things your mind wants to think and conclude. But, notice that you did not *jump to conclusions*, you stayed - four to one - in observations. This little practice keeps you as a receiver of possible intuitions. You can now become an intuitive teacher. You can transform yourself by this.



But it gets better. The real use of this is not for little cute things like looking at a candle, although that can be as important as anything else. It's for when a real problem hits you in life. What do you generally do when a big problem hits? What do most people do? Once we have a problem, what do we do in response to real difficulty? Don't we start thinking of lots of solutions? Sometimes we think of how to get away from it. Sometimes we think of how to handle it. But this method of observation might kick in if you have been practicing it on simple things. You now have a chance to respond to a serious problem, where you *don't start by touching it with your mind*. You don't go first to analyzing and brainstorming. You stop. Then you picture it, without touching it. You are an observer waiting for higher guidance.

Where is that higher guidance coming from? Well, it's from you. You are connected to the highest inside of yourself if you go to

your higher self. So, you can get great ideas, but you have got to give them room. You have to get your lower self, or your ego, out of the way. And so, what you are really doing with this simple, little exercise is practicing for the big ones. You are learning how to *not touch* - how to receive intuitions. Over the course of your life you can better and better at this receiving. When a situation comes to you, you go into quiet mode - still mode - receiving mode. You go into your observations.

Well, that's it. It works for me. I hope it works for you. I'll see you in one of those tomorrows.

