

Training Card 9.1.

Raising Outer Reality Sensing Awareness in Daily Life

- 1 Choose an Activity or Situation**
Pick a non-obsessional situation to practice
- 2 Identify the Reality-based Criteria**
What is the sense information you rely on?
- 3 Fly on the Wall**
Watch yourself sensing reality with ease
- 4 Reflect**
Acknowledge the ease and clarity provided by your senses.

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