

Training Card 9.2.

Raising Inner Reality Sensing in Daily Life

1

Maintain a List of Inner Moments

Keep track of clear and authentic inner experiences.

2

A Penny for Your Thoughts

Pause and notice your inner experience as it naturally arises

3

Replay the Original Experience

Mentally revisit the moment with clarity and ease

4

Know Thy Real Self

Acknowledge the clarity and certainty of your inner awareness

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