

## 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

Copyright © 2025 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.