Form 9.1.

Situations and Activities for Raising Outer Reality Sensing Awareness

TAKING OUT DISHES	FEEDING THE DOG	MAILING A CHEQUE
BRUSHING YOUR TEETH	SETTING THE ALARM CLOCK	WIPING THE COUNTER
CROSSING THE STREET	FRYING AN EGG	SENDING AN EMAIL

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.