

## Chapter Two

### Awakening Intuition: Synchronize Your Brain and Your Mind

#### [Day Two Itinerary]

#### Introduction and Check-In

Core Topic: Intuition: Refining the Mind and the Brain.

#### Break

Interactive Group Exercise: Transforming Your Tattvas

#### Lunch

The Master's Touch: *Awaken Your Dormant Human Consciousness*

Meditation: *Self-Hypnosis to Develop Intuition*

Core Topic: Practicing *Shuniya*, Metacognition and Intuition

Assigned Reading: Chapters 2 & 9 from *The Mind*

Break with movement and music

Interactive Group Exercise: The Meditative Mind Exercises

Three Minds Exercise

Metacognition Exercise

Intuitive Sensing Practice

Kriya: *Balance the Mind 2*

Meditations for the Three Minds

Closing.

#### [Chapter Two Content]

#### Small Groups

In your small groups check in with each other for 10 minutes. Then in your group share a quotation from Chapters 2 and 9. Give the quote and speak with your group for five minutes about how you understand and apply that to your self and to your mind. Why is that particular quote significant to you?

Interactive Group Exercise: Transforming Your Tattvas

“A person can totally evaporate and reform because there’s no such thing as time and space. There is matter—the *tattvas*. The five *tattvas* join and become something, and then they disintegrate and there is nothing. The *tattvas* go into *tattvas*, mind goes into Mind, and soul goes into the Infinite Soul. Then who is alive and who is dead? Dead and alive are finite consciousness. Infinite consciousness is neither dead nor alive.” —Yogi Bhanjan

The Master's Touch: An Experience with Yogi Bhajan  
*Awaken Your Dormant Human Consciousness*  
March 8, 1985

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Meditation: *Self-Hypnosis to Develop Intuition*

Interactive Group Exercise: The Meditative Mind Exercises

Three Minds Exercise

Metacognition Exercise

Intuitive Sensing Exercise

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Kriya: *Balance the Mind 2*

Meditations for the Three Minds. See *The Mind* pp. 152, 153, 154