

## A Sneak Preview of



an e-course in personal development

by Pace and Kyeli of the [Connection Revolution](#)

This is Mission #5, one of the 52 missions from [52 Weeks to Awesome](#).

## Week 5: Introspection introduction

Hooray! It's Week #5 of *52 Weeks to Awesome*. To listen to the audio version, [click here!](#)

Before we get to this week, let's reflect on last week. If you haven't tackled last week's mission yet, forget it. Print it out, fold it into a little paper airplane, and set it sailing on the wind. Make it a boat and sail it in your tub. Have faith; if it didn't work for you last week, trust that it wasn't meant to be. Let it go. There is only here and now, and here and now we're moving on.

Let's get to it!

### Today's Topic: An Introduction to Introspection

Because being awesome is largely connecting to what you do want and disconnecting from what you don't want, introspecting helps you be more awesome by bringing those wants and anti-wants sharply into focus. This in turn helps you know yourself better, which helps you be more awesome, too!

#### The Lowdown:

This week we're tackling **knowing yourself** head-on. We're practicing introspection. Introspection is another one of those things that everyone assumes you magically start being able to do at some point in your life, but no one ever teaches you how.

By "introspection", we're talking about how to figure out the answers to these two questions:

*How do I really feel about this?*

*Why do I feel this way?*

The same techniques will work for thoughts, too.

*What do I really think about this?*

*Why do I believe this?*

A neat side effect of some of the earlier missions is that the answers to these questions will start popping up more often without having to do anything sneaky. Accepting yourself and observing yourself without judgment brings your conscious and subconscious into alignment, so more answers become available to your conscious mind. Have you noticed this yet? Keep an eye out.

There will always be times, though, that the answers to these questions don't leap fully formed into your consciousness. For these times, we offer you a grab bag of **SNEAKY TRICKS** to get at the answer from a different angle.

The coolest thing about these sneaky tricks is that they work *regardless of whether you believe in them*. There's a woo-woo explanation (it's my Talking Self connecting with my Higher Self!) and there's a scientific explanation (it's my frontal lobe connecting with the autonomic part of my brain!) but you don't need any explanation at all for them to work for you.

## **Mission #5: Practicing introspection**

Let's practice some sneaky tricks! Think of one or more introspective questions you're curious about, and practice any 3 of the following 6 techniques. Try 'em all if you're feeling introspectively inspired!

**Pendulum Divination:** Get a pendulum. It can be a nice pretty one, or it can be anything with a weight on the end and a stringy thing to hold it by. I've used a Wii Nunchuk in a pinch. Hold your arm outstretched so the pendulum dangles. Let it come to rest, then think "Yes, yes, yes" over and over while you imagine the pendulum swinging side to side. If it's working, the pendulum will start swinging slightly side to side. Let it come to rest, then think "No, no, no" over and over while you imagine the pendulum swinging back and forth (toward you and away from you, rather than side to side.) If it's working, the pendulum will start swinging slightly back and forth. It may do something else instead -- if it does something else, just remember it and go with it. Now, ask the yes-or-no question you're interested in the answer to. You may need to play 20 Questions with yourself, since you can only get yes or no answers. This technique only works for about half the people who try it, so if it doesn't work for you, first try your other arm, then if you still can't get it to work, [email us](#) and we'll see if we can help. There's more to this than we can cover in this one paragraph.

**Visualization:** To find out how you feel about a certain situation, imagine that situation in vivid detail, and see what feelings come up. Tell yourself a complete story of how you got into the situation, what you're wearing, where you are, how hot or cold is it, and what it sounds like. Bring in as many of your senses as possible. Then see how you feel. The more vividly you can visualize, the more accurately you'll be able to predict your feelings.

**Dream Journal:** Keep a dream journal next to your bed. When you wake up, write down any dreams you remember. Think about your dreams and see if you can interpret any clues that might answer your questions.

**Tarot:** Get a Tarot reading from an honest reader, or teach yourself how to read Tarot.

**Meditation:** If you haven't done this before, set a timer -- start with 5 minutes. Sit still, and make yourself comfortable. Close your eyes. Breathe deeply and calmly, and focus on your breath. If your mind wanders, observe your thoughts and let them go. Repeat until it's time. Then think about your question. This can help you find clarity when thinking about something that feels murky or confused. (There are many different styles of meditation, you can find out which one works best for you. You can try repeating the name of the Divine into your heart, as if through an open door. You can try keeping your eyes open and looking into a mirror.)

**Flip a Coin:** If you're waffling between two choices, assign one to heads and one to tails. Flip a coin to decide. If your initial reaction when you see the coin is "Oh, shoot!" then do the other one.

NOTE: *These techniques are not oracles of absolute truth.* They are ways to communicate with another part of yourself -- your subconscious, your Younger Self, your Higher Self, or what have you. Don't forget that.

*Good luck in your introspection exploration!*

You can turn in your mission debriefing here: (This will be an actual link in the actual course)

Have an awesome week!

Pace & Kyeli

