



## LIVING THE SKILL 'CLEAR UNCONSCIOUS'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Identify any sensation, either comfortable or uncomfortable, you would like to explore.
5. Connect inwardly with that sensation.
6. Paint it or draw it on a piece of paper.
7. Allow the artwork (painting or drawing) to be what it wants to be without your controlling it in any way.
8. When you feel complete with the artwork, have the artwork answer the following questions:
  - Do you have a name?
  - Do you have a meaning?
  - Do you have a message for me?(you can add other questions that are relevant to you)
9. Attune inwardly to receive, hear or sense any answers.
10. Journal any insights, messages and revelations you receive in the form of images, sensations, words heard inwardly, etc.
11. Reflect on how the messages received are of relevance to your.
12. Be grateful to the inner Presence.

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**“The unconscious mind is decidedly simple, unaffected, straightforward and honest. It hasn’t gotten all of this facade, this veneer of what we call adult culture. It’s rather simple, rather childish. It’s direct and free.” Milton H. Erickson**

**“The conscious mind determines the actions, the unconscious mind determines the reactions; and the reactions are just as important as the actions.” E. Stanley Jones**

**“The mind is like an iceberg. It floats with one-seventh of its bulk above water.”**  
Sigmund Freud