

A Body-Based Intuition Process for Choosing Among Alternatives^{*}

Oliver W. Markley, Ph.D.

1. Begin by having two clearly stated things that you want to choose among. For convenience here, let us call them Option A and Option B.
 2. Lie down in a relaxed position, with your two hands faced up on either side of the body.
 3. Let your mind and emotions grow calm.
 4. Imagine a line down the center of your body. Feel what is happening in your body on the left side of this line.
 5. Get in touch with all the things that are negative about doing Option A, and feel them in the left side of your body.
 6. In your left hand, get an image that symbolizes all of the things you are feeling that are negative about doing Option A.
 7. Leaving the symbol and the feelings in your left hand continuing to be there, now focus on the feelings in the right side of your body.
 8. Get in touch with all the things that are negative about doing Option B, and feel them in the right side of your body.
 9. In your right hand, get an image that symbolizes all of the things you are feeling that are negative about doing Option B.
 10. Now, with the symbols in both hands, very slowly bring both hands together in a prayer position above the midline on your chest. Feel the body feelings on both sides flow together
 11. Open your hands and see one new image that is an integral synthesis of the feeling-based knowledge.
-
12. Empty out and again, let your mind and emotions grow calm.
 13. Get in touch with all the things that are positive about doing Option A, and feel them in the left side of your body.
 14. In your left hand, get an image that symbolizes all of the things you are feeling that are positive about doing Option A.
 15. Leaving the symbol and the feelings in your left hand continuing to be there, now focus on the feelings in the right side of your body.
 16. Get in touch with all the things that are positive about doing Option B, and feel them in the right side of your body.
 17. In your right hand, get an image that symbolizes all of the things you are feeling that are positive about doing Option B.
 18. Now, with the symbols in both hands, very slowly bring both hands together in a prayer position above the midline on your chest. Feel the body feelings on both sides flow together.
 19. Open your hands and see one new image that is an integral synthesis of the feeling-based knowledge.
 20. Empty out again. Now, on the basis of what you have experienced with both the negatives and the positives about each option, *which do you prefer, Option A or Option B?*

^{*} A somewhat different version of this process was first shown to me by Dr. Ayesha Ashley