

# Personal Preferences

NAME \_\_\_\_\_ AGE \_\_\_\_\_

Please select in order of preference from the following:

## SENSES:

Example:

Seeing 1    Hearing 3    Smelling 2    Tasting 4    Feeling 5

Sight     Sound     Smell     Taste     Touch

## SEA SONS:

Winter     Spring     Summer     Autumn

## COLOURS:

Red     Orange     Yellow     Green

Blue     Purple     White     Other

Please state other \_\_\_\_\_

## SCENES:

Beaches     Lakes     Rivers     Streams     Waterfalls

Other  Please state \_\_\_\_\_

Meadows     Forests     Gardens     Parks     Landscape

Other  Please state \_\_\_\_\_

## ASCENDING:

Hills  Mountains  Flying  Floating  Stairs   
Counting  Other  Please state \_\_\_\_\_

### **WORDS:**

Relax  Let Go  Settle Down  Allow  Other

Please state other \_\_\_\_\_

Peace  Harmony  At one with yourself  Tranquility   
Other  Please state \_\_\_\_\_

### **PHYSICAL:**

Running  Skipping  Jumping  Walking   
Dancing  Reaching  Bending  Standing

Other  Please state \_\_\_\_\_

### **RELAXING :**

Sitting  Lying down  Bathing  Reading   
Watching TV  Sunbathing  Exercising  Other

Please state other \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### **NIGHT & DAY**

Sunlight  Moonlight  Stars  Clear blue sky   
Morning  Mid day  Evening  Other  please  
state \_\_\_\_\_

Now that we have gathered some information about our general likes. I would like us to gather some additional information, which is more specific to our

personal needs and lifestyle.

Please be aware that there are no right or wrong answers to either of these questionnaires. It is merely a way of gathering information, which will help us to understand ourselves, and is purposely designed to promote our wellbeing.

To heighten our sense of awareness, I would suggest that you choose one sense at a time to focus on. Give yourself a week for each sensation and remember to **bring love and acceptance** into your observations. Keeping a record of your observations will maintain a sense of continuity, which will provide a progress report and give us a base to work from and a goal to work toward.

We are going to look at your world your environment, the people in it and the external influences that make up our outer world. We are going to become aware of the affects that our outer world has on our internal world of thoughts and feelings, our sense of value. We are going to look inside of ourselves and actively change what we don't like.

We begin with our senses, **intuitively choose** what sense you would like to focus on first. I am personally drawn to sight, probably because I am aware that some people think that they cannot see, which of course is not true. And I ask myself, **what do I like to see?**

Not something that I have previously paid very much attention to. My **mind searches for the answers** to my question and **I look within** to discover the answer. My mind looks through all of the data that I have gathered, and I initially **struggle to find an answer**. I try to recall happy sightful memories from my past, to bring them **from my unconscious mind** into **my conscious awareness**. They do not come instantly, I allow my mind to ponder. to meditate upon the question. **What do I like to see?**

For some reason I suddenly think of a friend who enjoys horseriding, and then I wonder. Does she like to see horses racing around a track or field. Does she like the thrill of the chase. Does she like to feel the wind in her hair and face. Does she like the sound of the horse's hooves as they gallop cantor or race. Does she like the smells that linger in the air. Does she like the touch of the horses mane, fetlock or bridle. Does she like the taste of champagne, the celebratory drink of victory. The success of her achievement the spoils of her efforts and I realise that what I see what I sense does not stand-alone.

My mind **my incredible mind** gathers all of this information **without my even being aware of it**. It **automatically assimilate**s any information from **all of my senses**. It automatically gathers this information and **brings it all together**. Our senses **work together in harmony**, even those with a physical sense of loss gather information from the rest of their senses. It is known that if there is a loss of one sense other senses become heightened to a fuller degree.

Our sensitivity is like **a database**, it gathers information from our external environment and **impresses our mind** with its findings. When **we remember**, when **we imagine** - we go back to **our database, the unconscious** store house that contains all of our **memories and sensations**. We **relive the experience** and **relieve ourselves** of the content. **Imagination** is not only connected to **our past**, a memory of what was, it is also connected to **our future**, our memory of **what can be**. Our mind has **no limitations**, only limited thoughts and beliefs that we give it. We **restrict ourselves** by the thoughts that we have about ourselves, self-defeating thoughts which are detrimental to our wellbeing. When **we imagine** - when we daydream, we are **freeing our minds** and

creating **new memories** - new memories that **we can return to** time and time again. We **can increase** our store of happy memories by first becoming **aware of ourselves** and by **affirming** what we like.

I personally have never been interested in horses or any of their activities. It is interesting to note that when I thought of my friend's pleasure, I was able to imagine **use all of my senses** to think about how it may be for her.

Being an **objective observer** allowed me and my mind to access all of the information that I had **unknowingly acquired** about horses. Which was contained within all of my senses and **stored** within my mind.

It will help us to **develop objectivity** if we can see ourselves as a dear friend we are getting to know. We will call that dear friend our **instinctive self**-our **inner guide**. And we will come to know our friend by our **intuitive feelings**.

1. What does your **intuitive friend** like to see?
2. What does your **intuitive friend** like to hear?
3. What does your **intuitive friend** like to smell
4. What does your **intuitive friend** like to taste
5. What does your **intuitive friend** like to touch

I wonder what my **intuitive friend** \_\_\_\_\_ likes and dislikes?

That is what we are going to discover, we are going to look **within ourselves** to find the **answers**,to **define our truth**. We are going **to question** our external influences and **actively change** our **internal response**, our **internal belief**, if it does not support us in **love and understanding**.

Begin this week by becoming consciously aware of what your inner guide is telling you. Whatever sense you have intuitively chosen to focus on first is fine. Let it guide you in all of your activities, be alert to all of the messages you receive through all of your senses. Although we are highlighting one sense at a time to get to know it more intimately, we will still receive information from all of our other senses.

We are turning up the volume so to speak, whatever your chosen focus, be aware of each senses messages and record them for future evaluation and progress.

**Affirm to yourself each morning.**

**I (Your Name) am willing to know my truth, I am willing to know myself through my intuitive sense of? Sight Sound Taste Smell Touch Feeling.**

Whichever sense you choose each week, you will notice more because of your willingness to focus on what you like. Your internal responses, your instinctive self will tell you what is good for you. Getting to know our intuitive self, our inner guide is paramount to our happiness. And happiness is something that we all deserve and are entitled too.