

DEVELOPING

your Intuitive Power

A STEP BY STEP PROGRAM
TO ACCESS YOUR INNER WISDOM.



30 Day Action Plan

Created by Rev. Dr. Marty Dow

Special Bonus #2

30-Day Action Plan For Developing Your Intuitive Power

Day One:

Read the Introduction Section.

Do the exercise entitled "Discovering Your Limiting Beliefs" found in Part One.

Record your responses to the information and exercise in your journal.

Day Two:

Read the section entitled "Understanding the Process." Listen to the "Activating Your Intuitive Power" e-meditation found on the Members Only Site.

Record your experiences in your journal.

Day Three:

Read the section entitled, Exercise: Transforming Your Core Beliefs.

Follow the instructions for creating new affirmations to counter the limiting beliefs you uncovered on day one.

Use these new affirmations as a meditation.

Record your experiences in your journal.

Day Four:

Listen to the "Activating Your Intuitive Power" e-meditation found on the Members Only Site.

Read the section entitled Journaling found in Part Two.

Do a question and answer session following the instructions given in the section entitled, "Exercise: Questions and Answers."

Record your experiences in your journal.

Day Five:

Read the section entitled "Letting Go of Limiting Beliefs."

Answer the questions in the section.

Use the affirmations listed in bold as a meditation.

In a relaxed state, slowly repeat the affirmation/s, allowing yourself to fully experience its energy.

Reread the instructions for the Free Flow Journaling exercise found in Part Two.

Try it and record your experiences in your journal.

Day Six:

Read the section entitled "Limited Belief #2" found in Part One, "My inner guidance did not come..."

Answer the questions.

Use the affirmations listed in bold as a meditation.

Follow the instructions in the section entitled "Questions and Answers Exercise" found in Part Two and do another question and answer session.

Remember to use your imagination. If you knew the answer what would it be?

Record your experiences in your journal.

Day Seven:

Listen to the “Activating Your Intuitive Power” e-meditation found on the Members Only Site.

Reread the exercise entitled "Inspired Writings" found in Part Two.

Practice the inspired writings technique.

Record your experiences in your journal.

Day Eight:

Read the section entitled "Limited Belief #3" found in Part One, “Only very special people can get inner messages...”

Answer the questions in this section.

Use the affirmations listed in bold as a meditation.

Record your experiences in your journal.

Day Nine:

Read the section entitled "Muscle Response Method" found in Part Two.

Do the "Clearing Your System" exercise.

Record your experiences in your journal.

Day Ten:

Create a list of possible yes and no questions that you would like to ask your inner guidance.

Use the sample list in section "Sample Yes and No Questions" as an example.

Do the exercise entitled "Clearing Your System" found in Part Two.

Read the exercise entitled "First Muscle Response Method" also found in Part Two.

Use it to answer the yes and no questions you created.

Record your experiences in your journal.

Day Eleven:

Listen to the "Activating Your Intuitive Power" e-meditation found on the Members Only Site.

Use the exercise entitled "First Muscle Response Method" found in Part Two, several times throughout the day to get guidance about the everyday things you do.

Sample questions you might ask:

Should I eat this food for breakfast?

Is there something that would be better for me to eat?

How many vitamins should I take? One? Two?

Record your experiences in your journal.

Day Twelve:

Read the section entitled "Limited Belief #4" found in Part One, "I am not close enough to God..."

Answer the questions in your journal.

Use the affirmation listed in bold at the end of that section as a meditation.

Read and experiment with the exercise entitled "Second Muscle Response Method" found in Part Two.

Record your experiences in your journal.

Day Thirteen:

Read the section entitled "Limited Belief #5" found in Part One, "I am too nervous..."

Use the "Second Muscle Response Method" exercise, found in Part Two, to test for everyday guidance you need today.

Sample questions:

Should I wear this color today?

Is this the best thing for me to eat for lunch?

Is this the best project for me to do at this time?

Record your experiences in your journal.

Day Fourteen:

Read the section entitled "A Worldview That Supports Your Inner Guidance" found in Part One.

Do the exercise entitled "Clarifying Your Worldview."

Practice the first two muscle response methods on everyday questions.

Record your experiences in your journal.

Day Fifteen:

Record on index cards any new affirmations you have created for yourself.

Read those cards plus the bonus affirmation cards you received with the course several times a day.

Practice the "Inspired Writings" exercise found in Part Two.

Record your experiences in your journal.

Day Sixteen:

Read the section entitled "Third Muscle Response Method" found in Part Two.

Create a list of yes and no questions to use while practicing this method.

Also use this technique during the day to get the everyday guidance you need.

Which muscle response method do you prefer?

Keep practicing! Your ability to use these methods will improve over time.

Remember to clear your system if your answers are confusing.

Record your experiences in your journal.

Day Seventeen:

Listen to the "Activating Your Intuitive Power" e-meditation found on the Members Only Site.

Read the section entitled "Dreams" found in Part Two.

Before retiring, request information on a particular issue in your dreams. Have pen and paper ready to record your answer.

Record your experiences in your journal.

Day Eighteen:

Create a new set of yes and no questions.

Use your favorite muscle response method to answer these questions.

Refine the questions, as you need, to get a clear answer.

Record your experiences in your journal.

Day Nineteen:

Read the section entitled "Imagination" found in Part Two and record the instructions for using imagination for guidance on a tape.

Listen to the recording as you follow the instructions.

Record your experiences in your journal.

Day Twenty:

Read the affirmations that you have created and/or have written on index cards into a tape recorder.

Play this tape as you are driving or at another time during the day.

Repeat this process as often as possible.

Use your favorite muscle response method today to get the information you need. Use it often throughout the day.

Record your experiences in your journal.

Day Twenty-one:

Choose an area in which you need to make a decision.

Play the imagination exercise tape you created on day 19.

Record your experiences in your journal.

Day Twenty-two:

Read the section entitled "Dialogues" found in Part Two.

Do the exercise entitled "Dialogue With Your Body" found in this section.

Record your experiences in your journal.

Day Twenty-three:

Listen to the "Activating Your Intuitive Power" e-meditation found on the Members Only Site.

Do the exercise entitled "Dialogue With Another Person" found in Part Two.

Remember to use your imagination. If you knew the answer, what would the answer be?

Record your experiences in your journal.

Day Twenty-four:

Choose a journaling exercise you enjoy (inspired writings, question and answer, free flow).

Practice using that particular technique to access your inner wisdom.

Record your experiences in your journal.

Day Twenty-five:

Read the section entitled "Listening" found in Part Two.

Record examples of the times you received inner guidance in unexpected ways.

Listen today for unexpected messages and record your experiences in your journal.

Day Twenty-six:

Read the "Special Bonus #1: Finding your Life's Purpose".

Listen to the "Finding Your Life's Purpose" e-meditation found on the Members Only Site.

Practice your favorite muscle response method throughout the day.

Record your experiences in your journal.

Day Twenty-seven:

Choose a journaling method and use that technique to explore your life's purpose.

Ask to receive a message in your dreams about your life's purpose.

Record your experiences in your journal.

Day Twenty-eight:

Reread the section on dialogues.

Create a dialogue with your life's purpose.

Use the symbol or message you received in the exercise entitled "Finding Your Life's Purpose" found in Bonus #1.

Record your experiences in your journal.

Day Twenty-nine:

Make a list of yes and no questions related to your life's purpose or plan of action.

Use your favorite muscle response method to answer these questions.

Record your experiences in your journal.

Day Thirty:

Practice, practice, practice!

Use as many of the techniques for accessing your inner wisdom as you can.

Use these methods as often as you can. With practice your confidence and accuracy will increase.

If you *will* be persistent in your practice, you **will** develop your intuitive power!