

## REFLECTIONS STUDY GUIDE

**Book:** *The Intuitive Body*, Wendy Palmer, North Atlantic Books, 1994, 1999

This is a short book; it only has 166 pages. The goal is to slow down the mind as we increase our bodily awareness.

In addition to the assigned readings, students should commit to a forty-day practice of daily Basic Practice as defined by Wendy Palmer. You can continue it past the forty days, but forty days is the minimum. Include in your journaling and in your bulletin board postings, any insights, revelation, irritations, etc that comes up as a result of engaging this practice. For an example, consult my mantra practice log on the board.

The rule is to respond first in your journal, then post a summary on the board. You may post on the board as often as you like, the point is that your initial reactions are to be kept private. Journal weekly, and summarize monthly are the minimum requirements.

The page numbers correspond to the second edition (blue cover). You may need to adjust the page numbers if you have the first edition (gold cover).

If you need to purchase this book, please consider buying it from Amazon using the link on the school web site.

| Month(s)         | Sections/Chapters  |
|------------------|--|
| <b>Dec</b>       | <b>Foreword(s) &amp; Introduction (Pages xi – 11)</b> <ol style="list-style-type: none"><li>1. Consider how you may be embodying your dreams.</li><li>2. Consider the polarity of desire versus fear within the present moment.</li><li>3. What is at the foundation of <u>your</u> perceptions?</li><li>4. What is <u>your</u> story?</li></ol> |
| <b>Jan - Feb</b> | <b>Part 1: The Body (Pages 12 to 52)</b> <ol style="list-style-type: none"><li>1. Respond to readings (at least) weekly in your journals.</li><li>2. Post a summary on the bulletin board at least once monthly.</li></ol>   |
| <b>Mar - Apr</b> | <b>Part 2: The Mind (Pages 55 to 75)</b> <ol style="list-style-type: none"><li>1. Respond to readings (at least) weekly in your journals.</li><li>2. Post a summary on the bulletin board at least once monthly.</li></ol>   |
| <b>May - Jun</b> | <b>Part 3: Wisdom Arising (Pages 79 – 104)</b> <ol style="list-style-type: none"><li>1. Respond to readings (at least) weekly in your journals.</li><li>2. Post a summary on the bulletin board at least once monthly.</li></ol>   |
| <b>Jul - Aug</b> | <b>Part 4: Embodied Action (Pages 107 – 152)</b> <ol style="list-style-type: none"><li>1. Respond to readings (at least) weekly in your journals.</li><li>2. Post a summary on the bulletin board at least once monthly.</li></ol>   |