



*Creating
Your
Own
Benchmark*

Your Completed Map

- o The Situation Where The Problem Is Living
- o The Core IPP Causing The Dilemma
- o The Strengths & Weaknesses of Each Pole



A Benchmark

- o A Way To Test

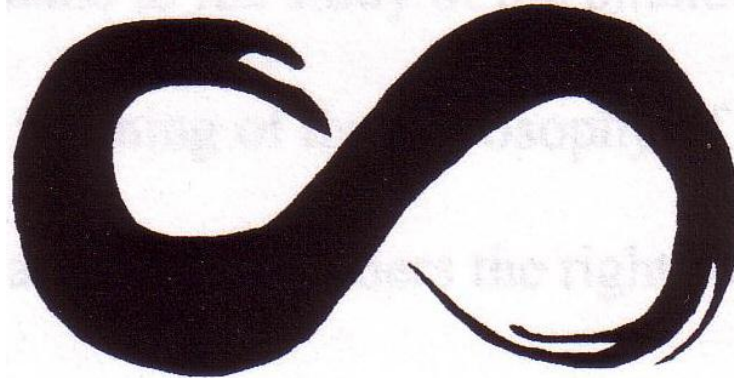
- o Success? Or Failure?

- o Verify You Got Shift You Wanted
In Body (Not Mind)



What's Your Experience Now?

- o Stand on your loop at the center point.



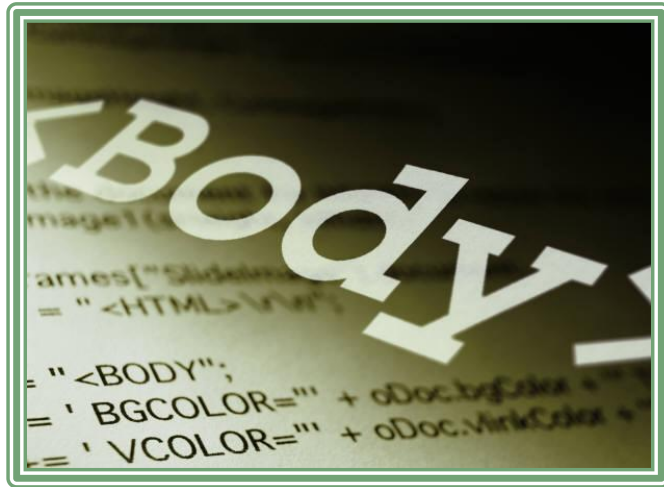
What's Your Experience Now?

- o Feel IN YOUR BODY whether you are pulled toward one loop and/or repelled from the other.



What's Your Experience Now?

- o **Bodies Don't Lie. This Is Your Unconscious Mind's Current Positioning Toward This U.D**



True



False



What's Your Experience Now?

- o What You Feel Is Direction Filter At Work
- o Neutrality Means No Emotional Charge On This Polar Pair
- o Don't Mess With It



What's Your Experience Now?

- o Stand On Center Point
- o Face The Opposite You Feel Drawn To



What's Your Experience Now?

- o Notice what you

- 1) see out there in the loop

- 2) feel about it

- 3) hear coming from it (sounds or words).

- o If you can, write it down or have a friend write it down for you.



What's Your Experience Now?

- o **Return To Center Point
& Breathe**



What's Your Experience Now?



- o Turn Towards Remaining Pole
You'd Rather Avoid

What's Your Experience Now?



o Notice what you

1) see out there in that loop

2) feel about it

3) hear coming from it (sounds or words)

o If you can, write it down

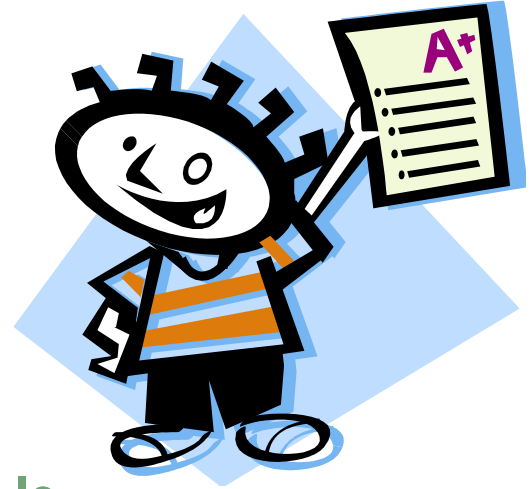
or have a friend write it down for you.

The Proof Is In The Pudding

o When You Finish All 6-Steps:

Come Back & Verify You

- o Perceive Each Pole Differently
- o Feel Better About Each Pole As It Is
- o Feel Emotionally & Psychologically Neutral



Congratulations!

- Step One Completed!
- More Clarity
- More Hope



Homework

- Sketch Out How You Create Your Benchmark
- Explain Why You Want A Benchmark & What It Will Help You Verify





Have A Great Week!

Looking Forward To Talking With You.

*Much love,
Ragini*