

The Intuitive Way

Study Group Guidelines

My Intention: from Penney Peirce

I wrote *The Intuitive Way* to serve as a handbook for steadying oneself as the process of intuitive development unfolds. It can be used effectively over a ten-week period by anyone who concentrates on their deep, subtle life experience. I have found that the process of intuition develops even more rapidly and holistically when two or more people gather with the same purpose in mind and heart.

At this time there are no accredited *Intuitive Way* teachers, nor is there yet a "train the trainers" program. Instead I encourage the creation of spontaneous intuition study/support groups and peer group intuition training using *The Intuitive Way* as the guide.

A Few Words about Leadership and Group Facilitation

These groups are most effective when a leader, practicing "beginner's mind," both facilitates and participates in the process. I find that groups without a leader tend to waste time and lack focus.

The facilitator should be able to perform these basic tasks: 1) keep the group on purpose and on time; 2) know how much material can be covered in each meeting and determine which exercises the group might do together and which could be "homework;" 3) determine the balance each week between reading from journals, sharing the previous week's highlights, discussing the current chapter's main themes, and leading exercises and sharing results; 4) guide others in the spoken exercise meditations; and 5) control group sharing to encourage conciseness, equal participation by all members, and content that enriches everyone.

Group facilitators function best when they trust the process of the "group mind" and "group heart" to guide them, as well as follow the procedures outlined in the text. They should not function as therapists or high priests. No one in the group needs "fixing" or healing. Occasionally they may share the facilitating tasks with other group members.

What Works Best Logistically

Ideally, *Intuitive Way* study groups should meet for two to three hours per week for ten weeks. I encourage you to be clear about your dedication to the process, the work, and other group members. Make it a top priority to attend all the meetings. Look honestly at the "good reasons" that cause you to abandon ship at any point. If you must miss a meeting, notice how the theme that week is crucial to your growth. Make a point to discuss this later with the group. Read a chapter a week and do the assigned exercises and journal work. Come prepared to discuss the key points of your intuitive development process each week.

Sharing in the Group

How you share and receive from each other contributes immensely to the effectiveness of the process. Look at each group member as a vital component of yourself, one that you may not see or want to see. Empower the others to be messengers to you from your soul, then be surprised at what insights they trigger in you. When participants share, don't try to help or change them; let them be an influence in your own process. No one should be forced to share involuntarily. Remember: There's no right way to be intuitive! If you judge yourself or others, simply use it as a lesson in what doesn't work.

Depending on group size, sharing can be done in a single circle with everyone participating or in subgroups of three or four. Stay out of long "stories" that wander from the point. Don't comment unnecessarily on other people's insights. Stick to the themes in the chapter you're focusing on that week.

A Typical *Intuitive Way* Study Group

Here's how a typical *Intuitive Way* study group might work:

At the first meeting, discuss the focus of Part 1, your attitudes, commitment, goals, past intuitive experiences. Sign the contract and get to know each other. Do the five main exercises in Chapter 1, one or more of the direct writing questions, and share insights.

Your facilitator should then assign some exercises from the next chapter to be completed during the week, and some to be done in class. At the next meeting, share "intuition stories" or dreams that relate to the work you did the previous week, read unique (and short) passages from your direct writing, and discuss the themes presented in the current chapter. Together, do the exercises the facilitator has selected and share interesting insights.

After the fourth week, summarize your progress through Part 1, and focus on the intent for Part 2. After the sixth week, summarize your progress through Part 2 and focus on the intent for Part 3. At the end of the tenth week assess your strength and comfort level with the material in each of the three phases of the intuition development process. What do you need to concentrate on now?

Watch for the uncanny way the group synchronizes itself and starts a special process in which participants activate and empower each other, and for the way common themes, or even dreams, begin to occur. Let the group mind help direct the flow of the study group and show participants the specific lessons to be learned. As a participant, contribute authentically and meaningfully to the group. When the ten weeks are completed, find your own way to personally acknowledge the other participants for their contributions to your life.

To Intuitive Way Facilitators

Thank you for taking the time and applying your attention to the intensive process of organizing and manifesting an *Intuitive Way* study group. I appreciate your dedication and efforts on behalf of your co-participants. If you stick to the outline

presented in the book, everyone will get just what he or she needs from the ten-week experience. You'll find that facilitating a group will reward you with an especially deep experience of your intuition and spiritual self.

Please stay true to the content of *The Intuitive Way*; do not shift the emphasis toward a particular religion, spiritual path, psychological agenda, or metaphysical teaching. I have expressly designed *The Intuitive Way* to address issues common to every human being, and I want you to stay as close as possible to universal truth, not just your own personal truth, as you facilitate others.

Please do not represent yourself in any way as an officially sanctioned trainer or representative of *The Intuitive Way* or use the name for any other purpose.

A Question of Value

To those who form *Intuitive Way* study groups and charge for them, please keep the cost reasonable. I want as many people as possible to have access to the means of improving their "direct knowing" and thus, their level of self-knowledge, satisfaction, and success. If you would like to give something back or express appreciation for your experience with *The Intuitive Way*, consider buying a copy of the book for a friend.

Many Thanks!

My sincere gratitude goes out to all of you who help improve the quality of other people's lives by improving the quality of your own. This is a time when volunteering to take leadership roles means much to our collective evolution.

