

Class 1 Handout

4 Questions™

For Inner Alignment:

BECOMING A SACRED LISTENING VESSEL

In Class 1 we'll cover:

- ☼ The Premise of the 4 Questions work:
 - ☼ The inner landscape,
 - ☼ The power of Questions
 - ☼ Coherence: what it is, why you want it, what can disrupt it and how you can get it back
- ☼ A way of getting grounded and tapped into an expanded set of resources that can quickly help you feel better, more supported and resourceful
- ☼ The Basic 4 Questions process
- ☼ How to use Applied Kinesiology to open a 2-way dialogue with your unconscious

Materials:

- ☼ This handout
- ☼ Audio Track: 4 Questions Basic Process with expanded field of awareness

Check in:

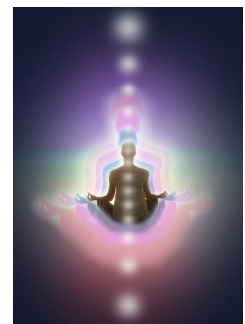
Something I'd like to have go better in my life:

What would it be like to have this taken care of/going better?

Co·her·ence:

“the quality of forming a unified whole”

- ☼ a state where everything is working
- ☼ at the individual level, coherence brings a capacity for greater & greater wellbeing (virtuous cycle)
- ☼ the coherence of the individual contributes to the coherence of the systems it's a part of.
- ☼ coherence is one of the necessary parts of a system that has the capacity for regeneration and sustained evolution (ie life on a planet).



Basic Premise of 4 Questions Work:

- ☼ It's possible for anyone to access coherence at any point.
- ☼ If there's a blockage, if you ask the right questions, the blockage will reveal itself and give its coordinates, so that you'll understand specifically what must be done to bring yourself back into a state of coherence.

Chakras

- ☼ There are many, many more chakras than are typically discussed in popular esoteric teachings.
- ☼ In the 4 Questions system, we expand our awareness to 3 chakras below the physical body . . .
- ☼ And 5 chakras above the body.

What do my responses mean?

- ☼ If you feel a great sense of peaceful grounding and focus, GREAT. That's what we're going for.

4 Questions for Inner Alignment

1. Where is my point of power?

2. Where can I put my attention where it will do the most good?

3. What are my resources?

4. What am I currently unconscious of, that if I knew it, would make all the difference?

- ☀ If you feel mixed, . . . that's also what we're going for!!! (but it will take a couple of additional steps before we're complete.)
- ☀ If you feel uncomfortable or even downright wonky, that's also what we're going for!!! Yaaay!!! (and it will take even a few more additional steps before we're complete.)
- ☀ basically, the 4 Questions bring what's out of whack into coherence, OR, It will show you where you're blocked, which will show you where to best focus your attention for any healing or change work.

Feeling Blocked?

- ☀ Allow your attention to expand to include all the extra chakras
- ☀ Soften your awareness to encompass all that's within your field (wide angle vision)
- ☀ Give yourself permission to feel the way you feel and lean into that
- ☀ If block persists, use the advanced protocols (coming in Class 2) or use another healing modality (EFT, EMDR, Core Transformation, etc.)

Biological or Electrical?

- ☀ Body is an electrical as well as biological system
- ☀ The quality of the circuitry affects the ability of that circuit to function
- ☀ There are both life-affirming and disruptive thought patterns that can effect the emotional and physical bodies
- ☀ Using Applied Kinesiology we can test whether an idea strengthens or weakens our system.
- ☀ This gives us a way of opening up the lines of communication with our bodies.

Class 1 Assignments:

- ☀ Write or print out the 4 Questions and put them around your personal space where you can see them on a regular basis.
- ☀ Meditation Practice: Holding different focuses
 - ☀ Lower 3 chakras
 - ☀ Upper 5 chakras
 - ☀ Wide angle vision
 - ☀ All combined
- ☀ Do some free writing with each of the above 3 focuses
- ☀ Practice applied kinesiology with blatantly true and false statements

General Reflections, Insights, Challenges, Questions:

Please note that this practice is not intended to be a replacement for traditional psychotherapy or work with a licensed counselor. If you have any questions as to whether it's right for you, please check with your therapist.

I love hearing from you.
Please email trinabrunk@gmail.com.

Where is my point of power?

Where can I put my attention where it will do the most good?

What are my resources?

What am I currently unconscious of, that if I knew it, would make all the difference?

