

SLIDE 1  
PRIMARY SPIRITUAL SENSES

Clairvoyance      Clear seeing

Clairaudience      Clear hearing

Clairsentience      Clear sensing

Claircognizance      Clear knowing

## SLIDE 2

### FOUR QUESTIONS (THE WORK, BYRON KATIE)

1. Is it true?
2. Can you absolutely know it's true?
3. How do you feel/react when you believe that thought?
4. Who/how would you be without that thought?
5. Reframe/Turn it around

## SLIDE 3

### TYPES OF SOIL PARABLE (MATT 13:3-9)

Fall on path; birds eat it

Fall on rocky places, cannot take root

Fell among thorns that grew to choke growth

Fell on “good” soil

SLIDE 4  
SIP OF THE DIVINE (modified)  
(Suzanne Guisemann, YouTube)

CONNECTING

1. Set intention
2. Take 3 breaths to relax, make sure outbreath is longer than in-breath

RECEIVING

3. Simply BE for 3 minutes

“READING”

4. Pause: Reflect on/Savor experience
5. Then ask: What do I need to become aware of now? Wait for “answer” (note: may not come until later)

RESPONDING

6. Examples: choose, wonder, accept challenge, allow spirit to catch up, say thank you

## SMALL GROUP QUESTIONS

Choose one set:

1. What are your thoughts about spiritual senses? Think back to your experience of a “thin place.” Which senses seemed most active at that time?
2. What are your thoughts about a SIP of the divine? Have you experienced something similar, perhaps while praying? Do you believe you’d find it a useful practice?