

A SenseAble™ Friend

Instructions

Please read all instructions before starting

THE PURPOSE

Using the cards helps you to clarify what is truly important, to reduce indecision, and to see and begin to understand underlying issues that are perhaps affecting relationships, or stopping you from achieving all that you could achieve.

The task is for you to notice as much about yourself as possible. In other words, to notice what you think, what comes to mind, your reaction, what you sense and what you feel.

This is not a game, nor is it competitive. The cards act as a prompt for you to notice what logical thoughts and intuitive ideas occur, to acknowledge emotional responses, and to become more aware of what you sense.

It is that simple.

IMPORTANT NOTES

There is no 'right' or 'wrong' way of interpreting what is on the cards. The information is merely a prompt, and acts as a catalyst for you to become clearer in what is important for you to notice or to decide.

The cards do not produce answers, you do, by tapping into your unconscious mind and your creative intuition.

You may use the cards on your own or with others. Do not advise anyone on how they should interpret cards they choose. Those cards may have a different meaning for you which you could share at the end.

If you rush without taking time to reflect, the process will become meaningless because there is no self observation.

INSTRUCTIONS

These instructions explain how to begin to use the cards for simple

exploration.

Problem Solving and Creative Thinking are explained in sections 2 & 3.

Other applications are covered in section 4 and supported by information on www.aSenseAbleFriend.com

One set of cards may be used by 1 - 7 people at the same time.
For more than 7 people, use additional card sets.

1. THE PROCEDURE

This procedure applies equally to groups or to individuals. Place the cards face down on a flat surface in one or more piles, or spread them out randomly however you wish. Each person initially chooses between 1 and 3 cards keeping them face down unseen.

Do not rush when making your choice.

Simply notice which cards draw your attention.

Someone will get a 'sense' they want to start. There is no fixed order in which people take turns. Whoever starts, turns over one card at a time and reflects on what they see.

IT IS IMPORTANT TO TAKE TIME TO REFLECT ON THE CARD EXPOSED AND TO NOTICE EVERYTHING, NO MATTER HOW FLEETING.

You may agree or disagree with what is on the card. If there is more than one word or phrase, it is important to notice what draws your attention. You may ignore words or phrases.

After turning each card over explain what you thought, felt or sensed. Alternatively, you may keep this information confidential.

It is up to the person who exposes their cards to decide what to do next - they may continue to expose or choose more cards until they feel they want to stop. When this has happened someone else will get a sense to go and repeats the process.

Some people may ask ‘What do I do next?’

The answer is simple, what you ‘feel’ you want to do. This may be to stop before all your cards are exposed, to return some cards to the central pack, or to choose more cards and continue. You may choose more cards and wait until later to expose them at a time when it feels right to do so.

You will ‘know’ when the process is complete, for yourself, and for the whole group, (if there is one). You will ‘sense’ it.

DO NOT COMMENT WHILE OTHERS EXPOSE CARDS

When finished discuss and share your experiences. (optional)

2. PROBLEM SOLVING

If you wish to use the cards to help solve a problem, or to decide what to do next, then use the following procedure:

- First write down your question and check that the words used do in fact properly and adequately describe the question you want to answer.
- Alter the wording until it is correct and, if in a group, until everyone is in full agreement.
- Next, put that question to one side and only revisit it when the process is complete.
- Do not attempt to solve the problem logically; just allow the process to develop naturally.
- Notice, and if necessary record, your observations.
- When complete, discuss what happened and revisit the question with the points discussed in mind.
- Decide what actions to now take.

3. CREATIVE THINKING

Take a topic, idea or merely a gut feeling that you want to explore. Now make three commitments, either as an agreement with yourself, or verbally, if working with others, as follows:

- To keep an open mind and notice everything however unrelated or irrelevant it may seem.
- To not have any preferred or required outcome
- To produce some new idea by the time you finish

Next use the cards in the same way as previous. Make notes of those thoughts that come to mind and discuss them with others when you have finished.

4. OTHER APPLICATIONS

A SenseAble Friend is merely a catalyst for you to engage with who you are, what matters to you, and to your naturally creative self. It engages you logically, emotionally and intuitively and therefore may be applied to any situation.

It is good practice to record details of the cards chosen and personal observations, so that this information is available to consider and review later. How often have you had a conversation and ten minutes later realised or remembered something else of importance?

This tool has been used successfully for personal and business purposes, for coaching, training and for understanding relationships. It is immensely powerful because it helps you identify for yourself what really matters. For more information and examples go to:

www.aSenseAbleFriend.com

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