

Taming the BEAR



**Brain Tamers for
Turning Down the
Turmoil in your Head**

Intuitive Learning Games

RHEANNI LIGHTWATER

Taming the BEAR

Rheanni Lightwater



ALBUQUERQUE, NM

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What Is an Intuitive Learning Game?

Intuitive Learning Games are a simple and relaxing way to re-train your mind and help you to process emotional stress and trauma by using Intuitive Learning Circles. Briefly, the Circles work by gently interrupting negative brain activity and replacing it with positive input.

Looking at a Circle provides a positive framework for refocusing attention and recovering mental balance. By going through a sequence of Circles, emotions can be felt and more easily released, which prevents stuffing, anxiety and stress.

Taming the Bear

In this particular series of games, the Bear is your own over-active reaction to people in the news, to social behavior or to negative groupthink. Your goal is to minimize the damage you do to yourself and others when you let the Bear take over.

Living in Turmoil and Learning to Find the Middle Way



Events in the world have made it clear that there has to be another way to approach the concept of peace. Whether it's the television, politics or the neighbor next door, learning to find the Middle Way can make a world of difference.

This series of games came from <http://www.IntuitiveLearningCircle.com> as part of an online e-zine called **Soul Circle**. We offer Tips, Tamers and Treasures dedicated to using Intuitive Learning Games as a valuable tool for self-realization and positive change. Every game gives you opportunities to explore the inner workings of the mind/body/spirit connection and unlock the secrets of your special gifts and talents.



A Simple Way to Ease the Turmoil in Your Life

Everyday life is filled with situations that test your ability to stay calm. Intuitively, you know that when you are flustered or upset, you are more likely to react in ways that make matters worse. You can't control what other people are doing; however, you can be mindful of how you are taking care of yourself.

One way you can do that is by relaxing and playing our first, very simple game to help you clear your inner conflicts.

Clearing Inner Conflicts

Telling Stories to Activate Intuition

All of the Intuitive Learning Circles help your mind to be more open and the affirmations, parables or questions that go with them are there to stimulate and encourage understanding. Here is a short story that can be used as a tool to help you understand how to clear inner conflicts with the first Circle on page 9.

“Once upon a time, there were three warriors chasing down an enemy in the woods. One warrior got lost and called out to the others, “Which way did he go?”

He was answered by Raven, sitting on the edge of a cliff, “You’re too late. He jumped down into the canyon and Mother Death has devoured him.”

“But I must have my revenge!”

“So be it,” said Raven, and the first warrior jumped down into the canyon, never to be seen again.

A few moments later, the second warrior arrived, looking for his brother. Raven recounted what had just happened and eyed the second warrior. “How about you? Are you ready to meet Mother Death?”

“Oh no! I am afraid to die!”

“Then you’ll be wanting that cave over there,” jeered Raven, and the second warrior ran into the cave, not knowing that Mother Death was there too, waiting to chase him to eternity.

The third warrior arrived and asked Raven where his two brothers had gone. “One has run towards the claws of Mother Death and the other has run from them. Which one do you choose?”

The third warrior was a bit wiser than the first two. He thought a moment and said, “Brother Raven, I just want to set it right.”

“All right then, you’ll be wanting that well over there,” and Raven pointed his beak towards an old well that had been overrun by the undergrowth of the forest.

“What’s down there?”

“The pearls of great price,” answered Raven. “Mother Nature has placed them at the bottom of this well for those who want to find the Middle Way.”

Game: Finding the Middle Way

To play “Finding the Middle Way”, think about an issue, a person or a situation in your life that is a struggle for you. You may want to have something to write with to make notes.

Gaze softly at the Circle on the next page. Take several deep breaths and relax while you imagine that you are diving down to get the pearls. While you are doing this, parts of the Circle may move, rotate, change colors or even disappear. That just means the Circle is working. Continue looking at it until you sense you are at the bottom of the well.

Once your mind has calmed down, you are ready to receive the pearls. Ask yourself these three questions, one at a time. Keep looking at the Circle while asking each question and trust the very first answer that comes into your mind.

Question one:

What is the real problem?

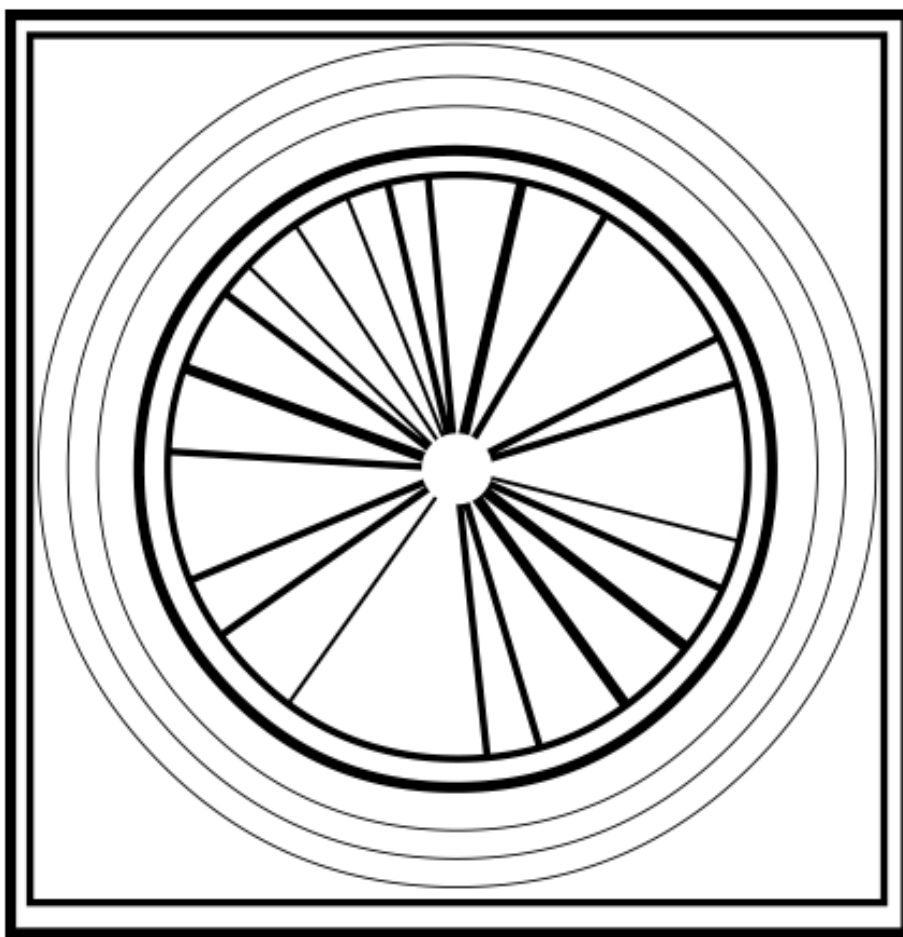
The answer may surprise you. Go on to the second question:

What can I do differently?

Finally, the third question:

How can I most easily do that?

Play as often as you like and share it with your friends.



Clear your inner conflicts.

What is the real problem?
What can I do differently?
How can I most easily do that?

Clearing Outer Conflicts

Managing Anger, Frustration and Emotional Distress

Events in the world have been used to create huge divisions between people. How does it happen and what do the powers that be get out of it?

By keeping strong emotions like anger, fear and frustration running high, anyone who is so inclined can control and manipulate a situation on account of the tremendous amount of confusion it creates. When we react to strong emotions we go into survival mode, which means we either fight or try to get away. Unfortunately, people who like to control others depend upon our fight or flight reactions because the more we resist or fight with a strong emotion, the more it feeds off of us and the more confused we get.

The strategy for control works beautifully when you try to resist or fight a strong emotion such as anger or frustration. You take it on because you are taking it personally, and when you do that you've opened yourself up to absorbing its negative charge.

You think the anger is about you, when really it has nothing to do with you at all. Even worse, if your agreement to take emotions personally is not addressed, you will be habitually drawn to highly charged and dramatic situations where you lose more and more of your power. At this point, the anger has become a sort of addiction, feeding on your energy and well-being against your free will. This is especially difficult if you happen to be very sensitive. Intuitive people tend to take things more personally than those who are not.

What will help is to catch yourself when you are in a reactive state of mind. Then, instead of being hard on yourself, realize that emotions, even very strong ones, are never bigger or more powerful than you are.



Game: Who's in Charge?

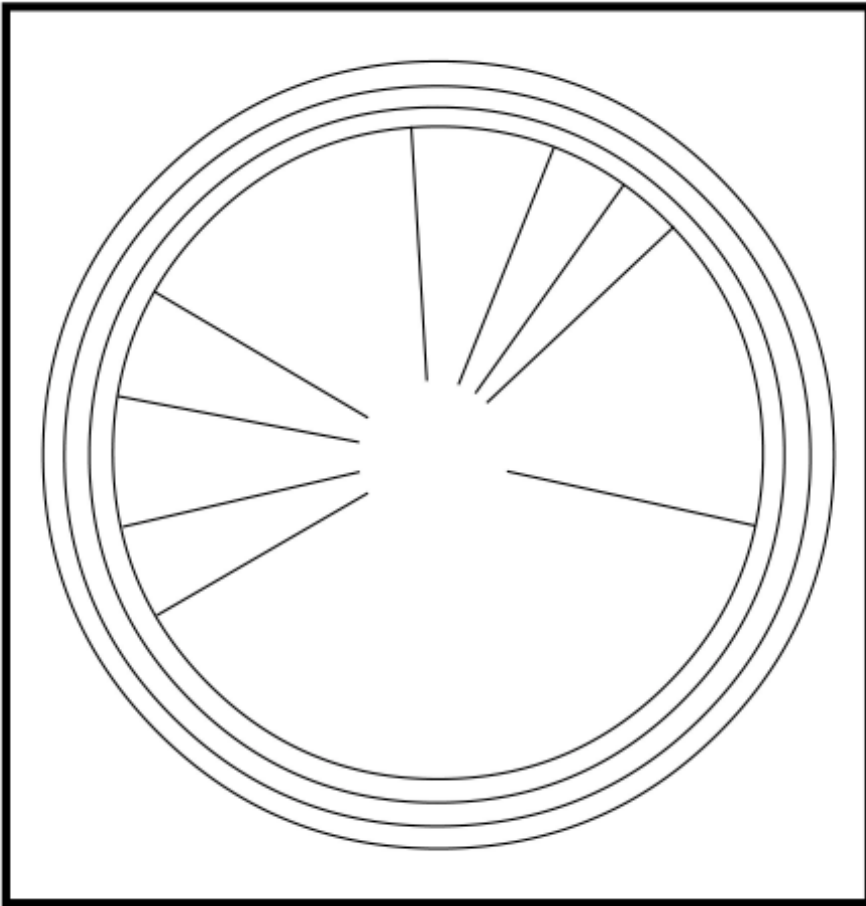
This Intuitive Learning Game will give you an experience of what happens when several Circles are used in sequence with affirmations or questions to bring about an overall objective or goal, such as being in charge of your emotional reactions.

By playing the game on the next few pages, you will be led through a simple and effective process that replaces the anger with courage and removes the negative charge you have around a particular person or situation.

How to play:

1. Read each question or statement.
2. Think about it while you look at the Circle above it.
3. Take the first answer you get and move on to the next question.
4. Each Circle helps you to release destructive agreements, focus your mind and take back your power to act in your own best interest.

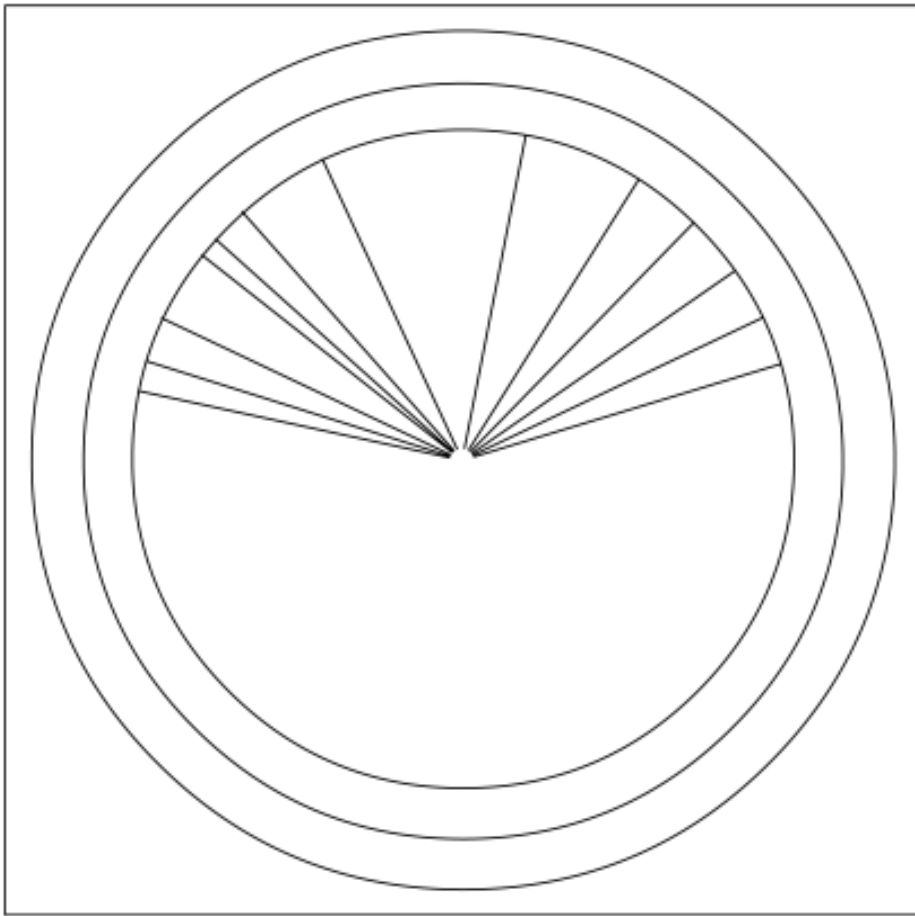
Play this game as often as you like and share it with your friends.



Take a moment to think about something that just really drives you crazy.

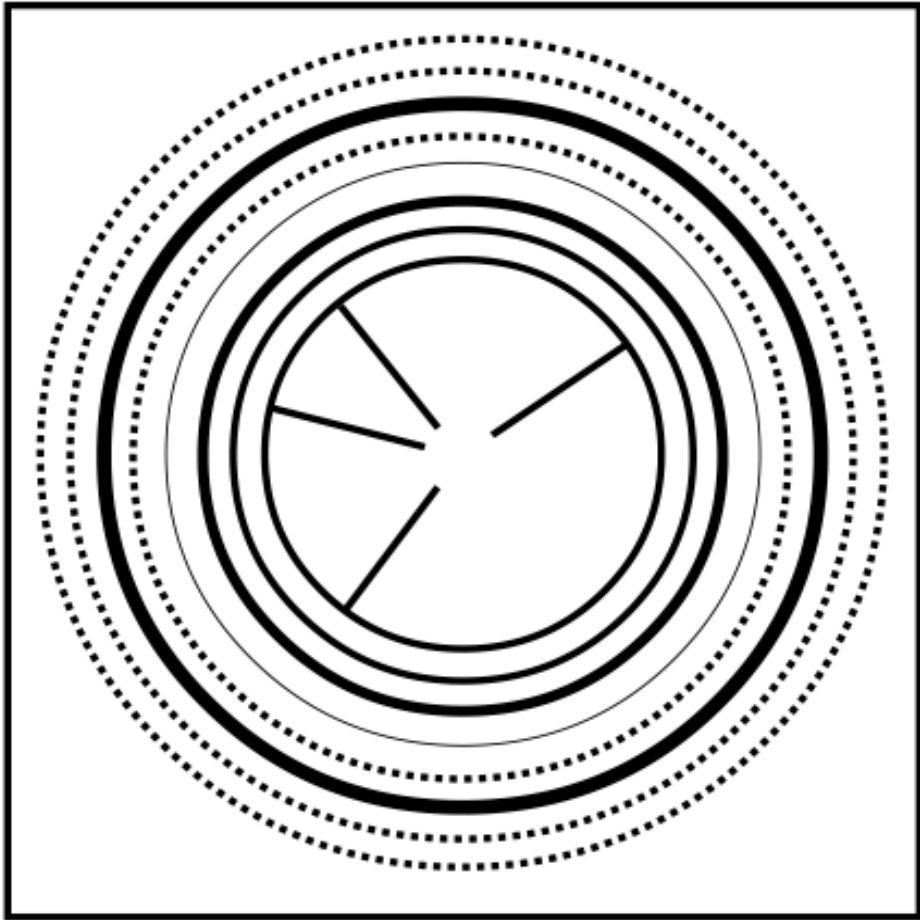
Breathe deeply and consider the idea that
the emotions you are feeling are just energy in motion.

You get to decide what they mean.

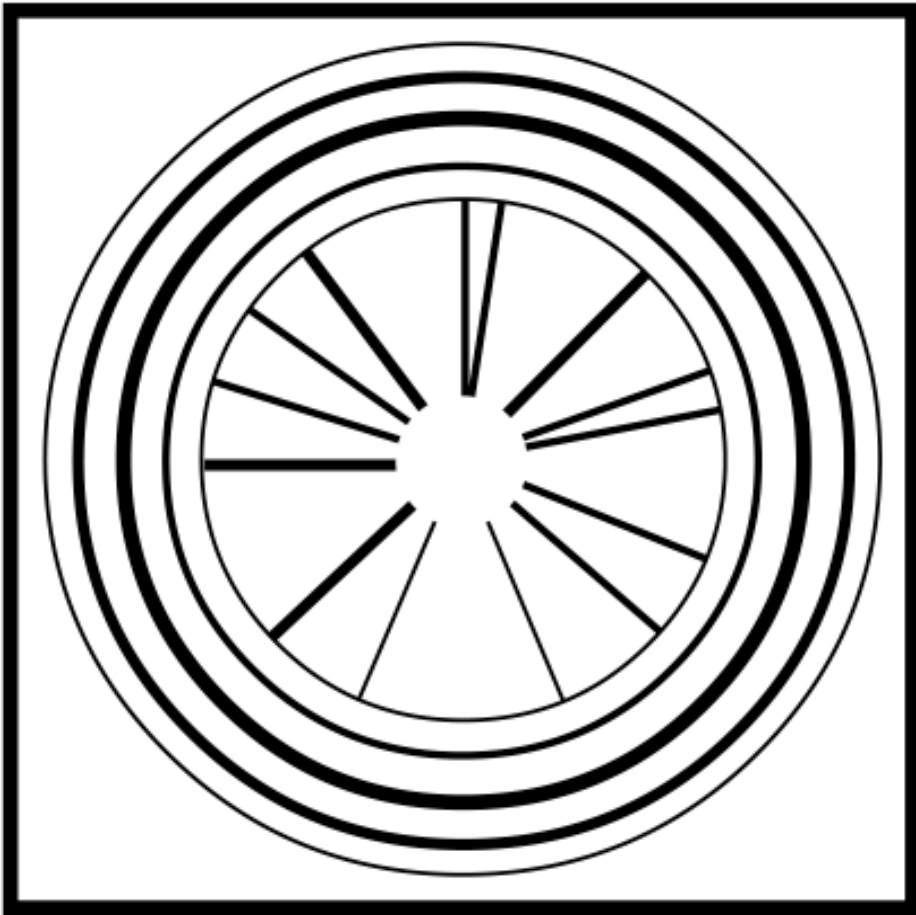


Who is in charge?

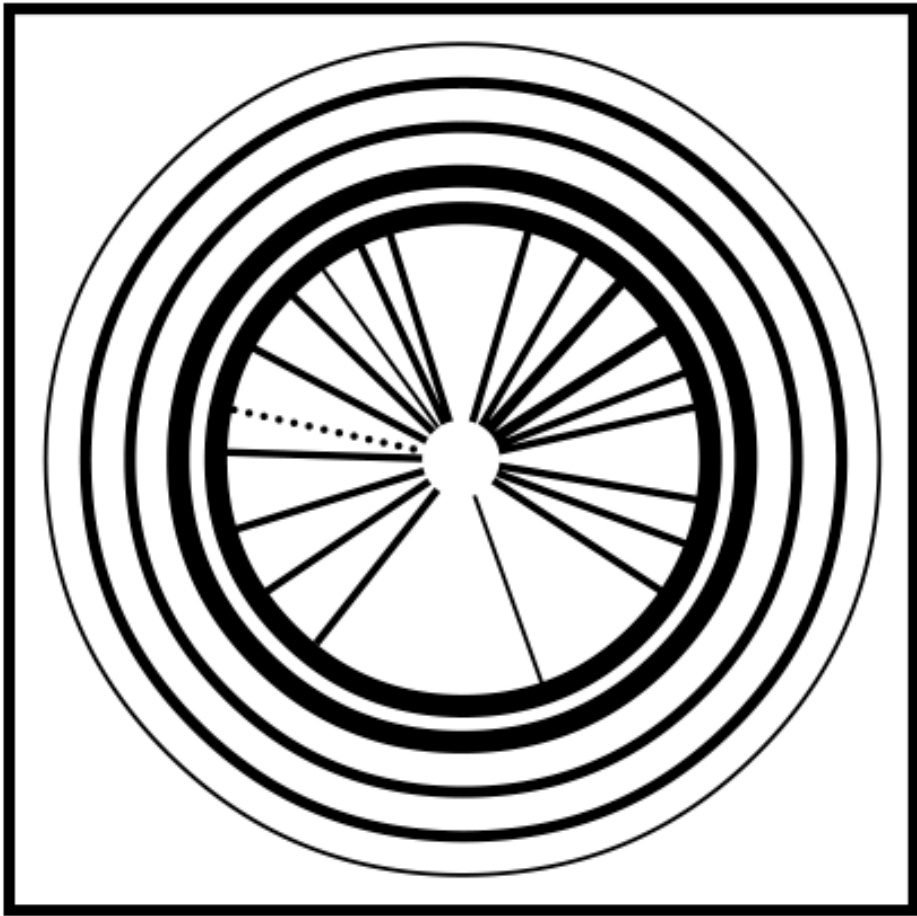
Decide that you are now free of emotional control and manipulation.



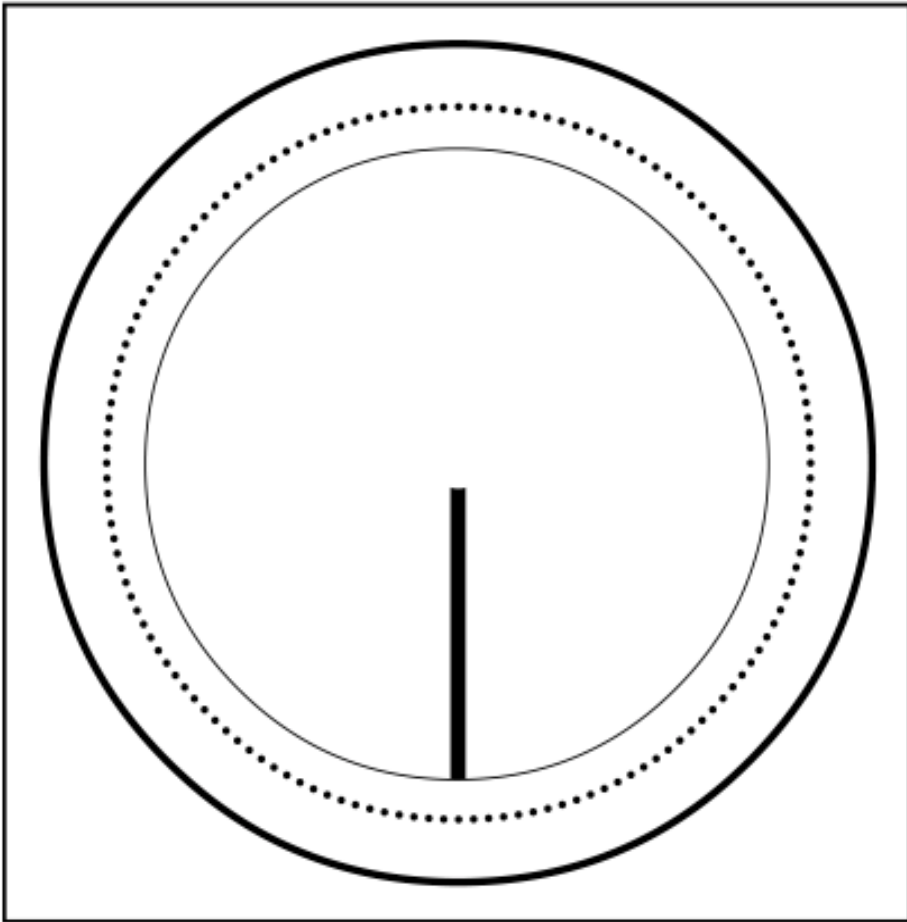
What really bothers you about this situation?
Are you ready, willing and able to make the changes
necessary to resolve it?



Notice how you are feeling in the pit of your stomach.
Do you genuinely want to feel that way?

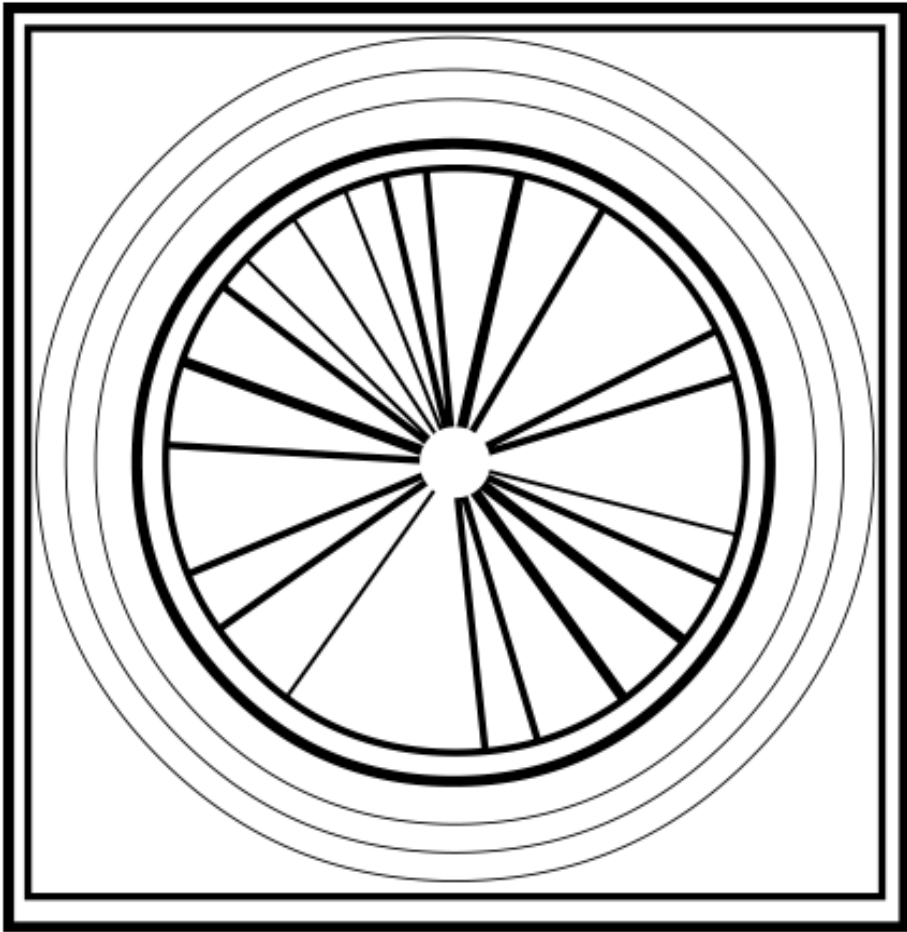


What would really help you feel better?
Are you ready, willing and able to follow through on
doing what would genuinely help you?

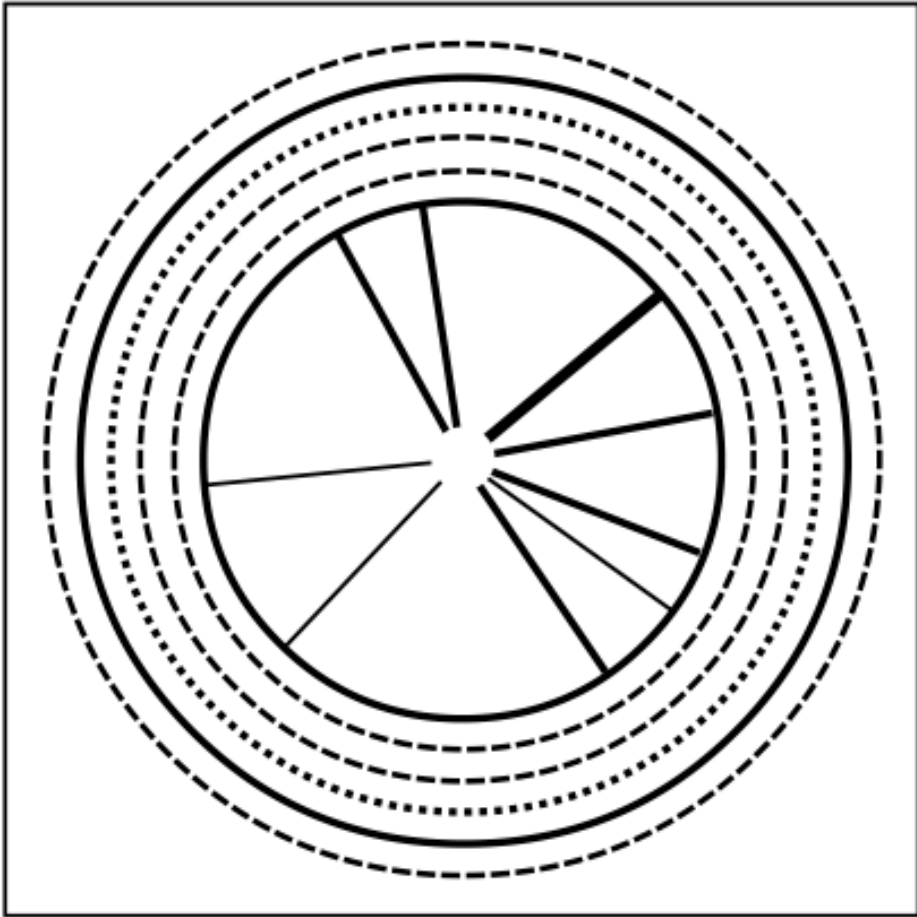


Is there a part of you that enjoys being in turmoil?
Do you think enjoying turmoil is in your best interests?
Are you ready to stop taking emotions personally?

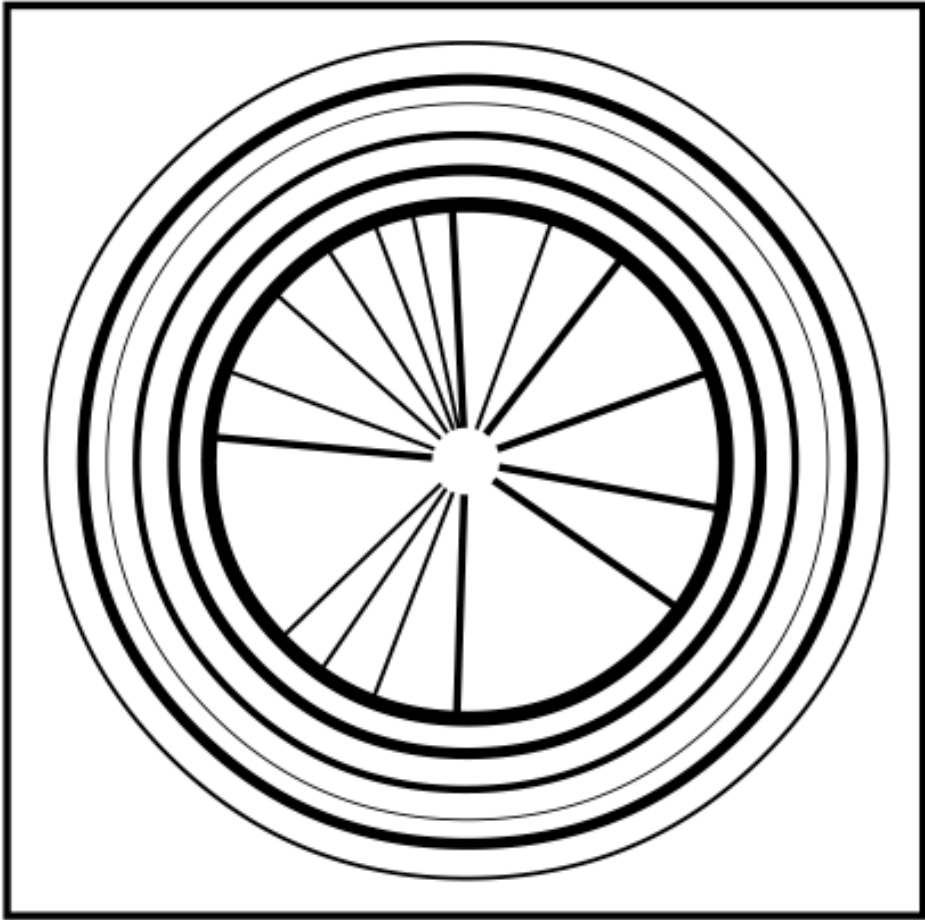
Release negative agreements by affirming: “I release all agreements and conditioning that prevent me from being in charge of myself.”



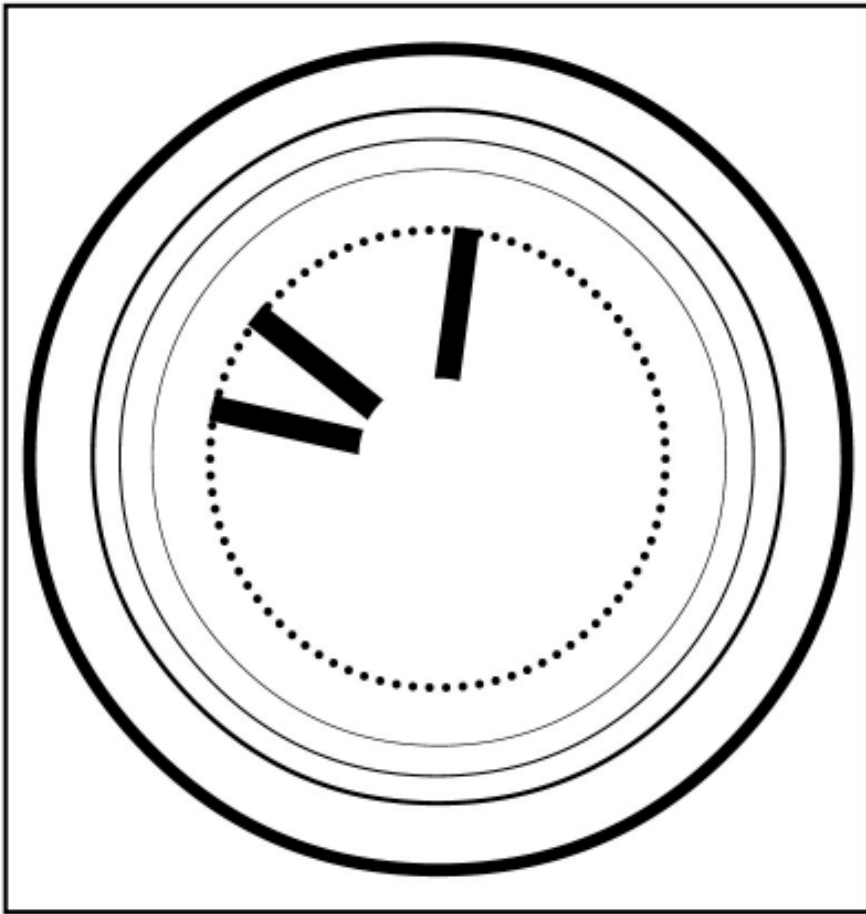
In your current situation, what are you really fighting?
What happens to you when you do that?



What would resolve this situation for you?
Write the solution down on a piece of paper.



Let your imagination and creative energy focus on your solution.
Make a list of the steps that are involved
and see yourself doing those things.



Take several minutes to relax while you gaze softly at this Circle. Doing so will repair leaks and focus your personal energy field, giving you increased stamina and awareness.

Congratulations! You have a plan that puts you back in charge and you've cleared the negative energy from this situation. Use this game whenever you feel like emotions are getting the better of you.

Peace as an Individual Experience

Animal Totems Provide Inner Guidance

Each Intuitive Learning Circle is inspired and attended by an animal, plant or element from nature. Indigenous people have used totems like these for millennia to guide them through their days and nights. In fact, the Circles were inspired by the traditions of the native peoples of the Amazon.

The key to being able to communicate with a totem lies in your ability to listen to your heart. If you are willing to move your critical mind to the side and allow intuition to guide you through the process, you can find your own personal symbols, songs and countless other creative methods to communicate love, healing and peace. Ultimately, that is the greatest goal and gift of the Circles.

Game: Gateway to Peace

Changing your point of view so that you can more easily experience peace

1. The next game allows you to detach from negative emotions such as fear, desperation, and panic, which feed your Inner Bear. When you stop feeding your Inner Bear, you also stop feeding the larger Collective Bear.
2. Once your mind is clear, you can tap into a “reservoir of peace” that is always there. It’s just that a busy mind often misses the opening to peace.
3. Once you access peace, you can make significant changes in your point of view.
4. Once you change your point of view, creative and new thinking processes become available to you.

How to play:

- a) Read the message from the totem.
- b) Look at the question or statement under the Circle.
- c) Think about it while focusing on the Circle above it.
- d) Take the first answer you get and move on to the next question.
- f) Remember to breathe.

Invoking the Animal Doctors

*Long ago in the Garden of Eden
the animals walked with us in peace and cooperation.*

*We were given healthy dominion over them,
and prosperity was there for all.*

*Much of the civilized world has forgotten
this ancient partnership, but the animals remember.*

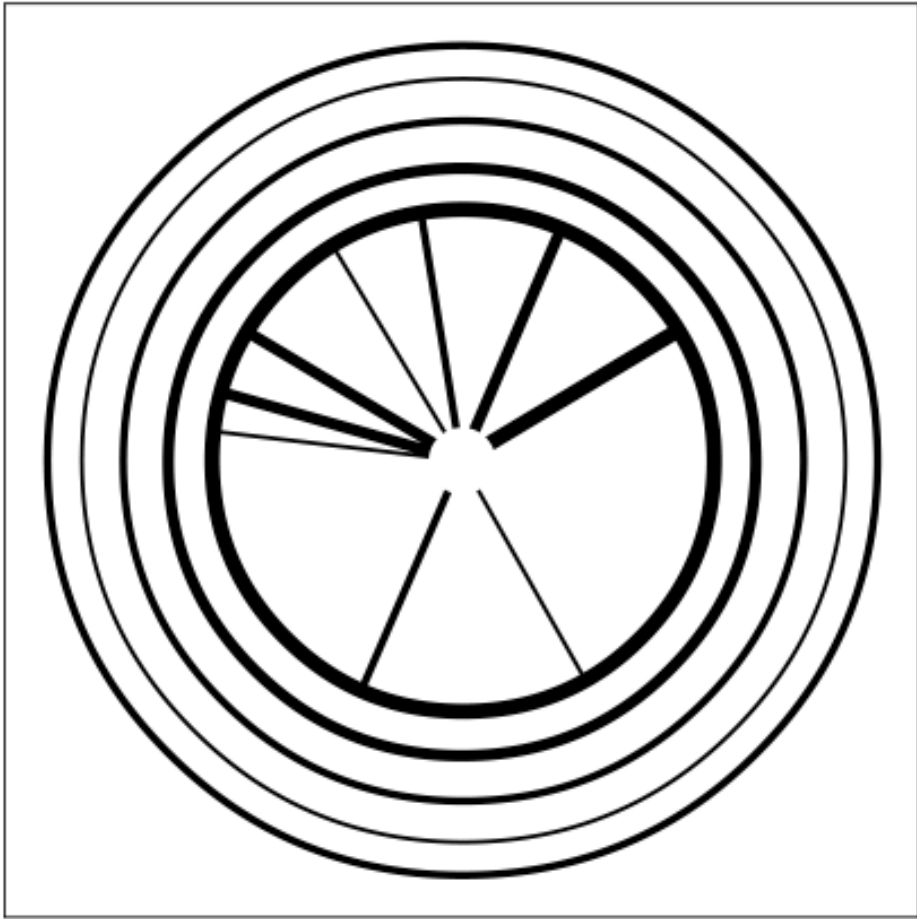
We can remember too.

Listen.

Watch.

Animal messages are everywhere.

*Ask that the animal doctors teach, assist and guide us
in all aspects of our lives so that we may return
to the abundant lives we were created for.*



Think of a goal that's very important to you.

The Shaman's Leaves

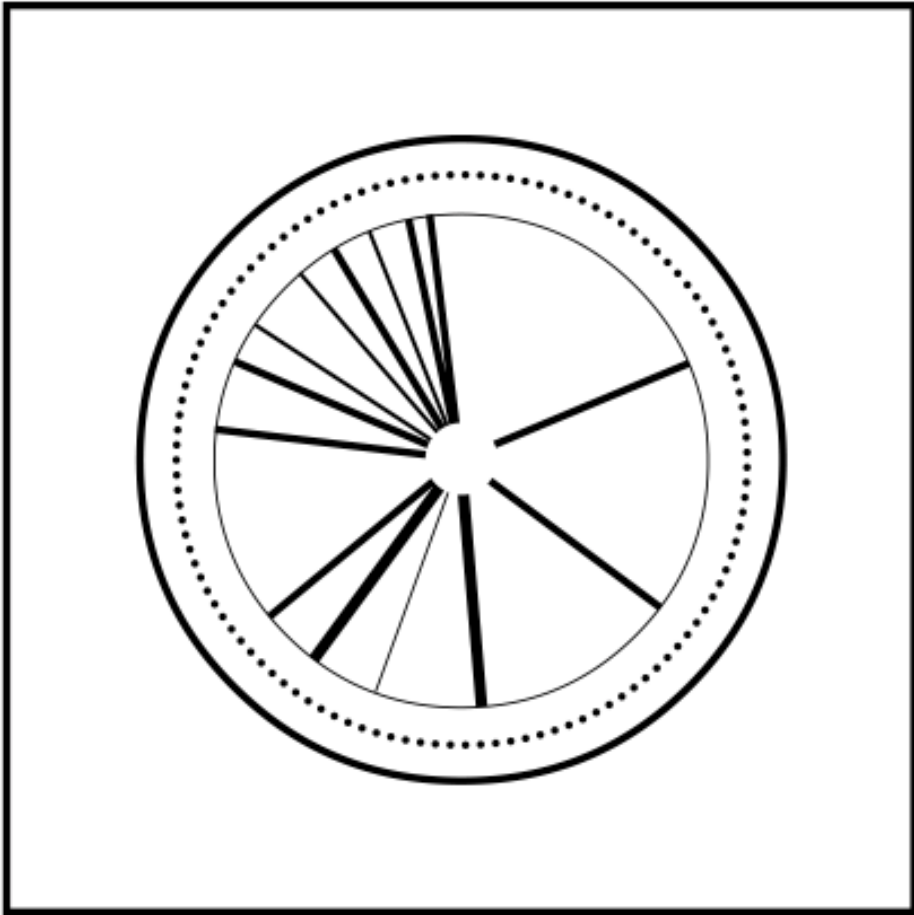
On shamanic journeys, resistance is expected.

*When this happens, the small mind
will think of every reason to give up
and retreat from your soul's journey.*

*The shaman then brings out his dried leaves
and shakes them in your face
for however long it takes for
the small mind to surrender.*

*These dried leaves contain yellow magic,
the courage to endure against all
manipulations of the mind.*

*Stay with it.
Endure.*



What are some of the negative thoughts and emotions that come up for you when you think about your goal?

Bandito of the Jungle

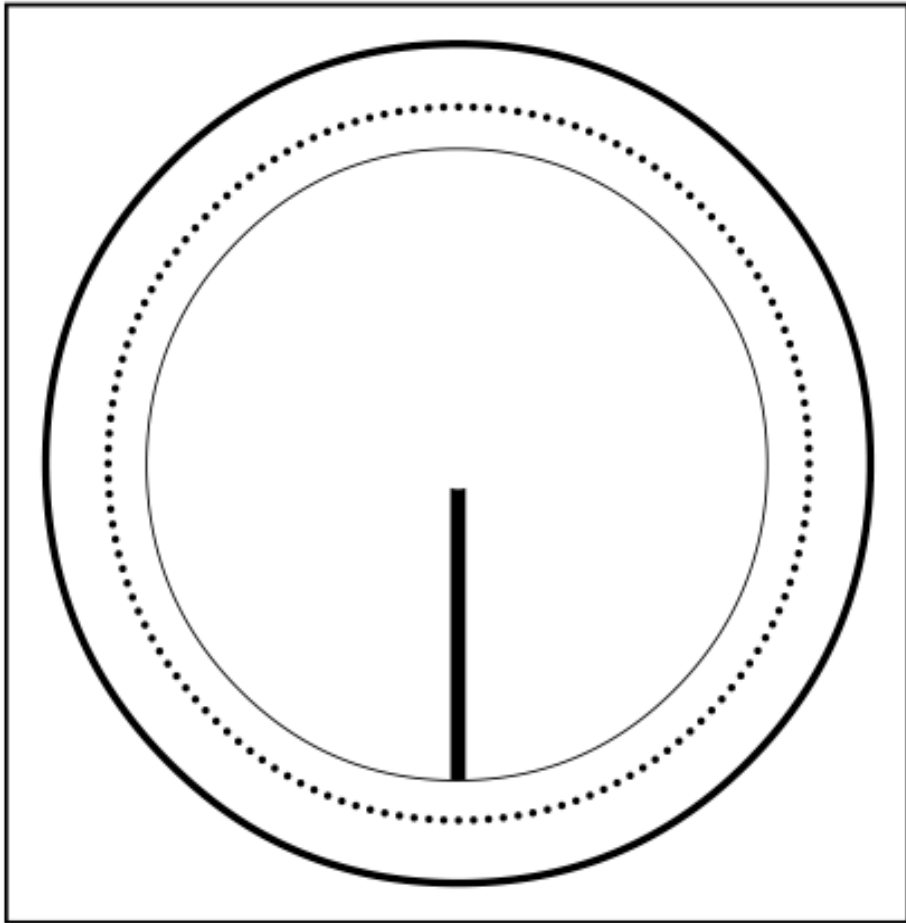
*Many ages ago, the jungle raccoon made
a contract with the humans.*

*He agreed to disguise himself as a
thief and troublemaker so that
the humans would have someone to blame
for their misfortunes.*

*He agreed to do so until
the time when humans are ready to change
their misfortunes into their greatest gifts.*

*It's time to release your contract with raccoon
and all those who have
hurt you or caused you sorrow.*

*Release yourself and make a grand feast
out of the refuse that has, until now,
been disdainfully tossed to the side.*



Release any agreement that you have to struggle or fight
in order to achieve your goal.

Growing a Thick Skin

*Chiggers are mites that dig under the skin and lay eggs.
They irritate and cause you to itch voraciously,
but the more you scratch
the more they spread and the worse it gets.*

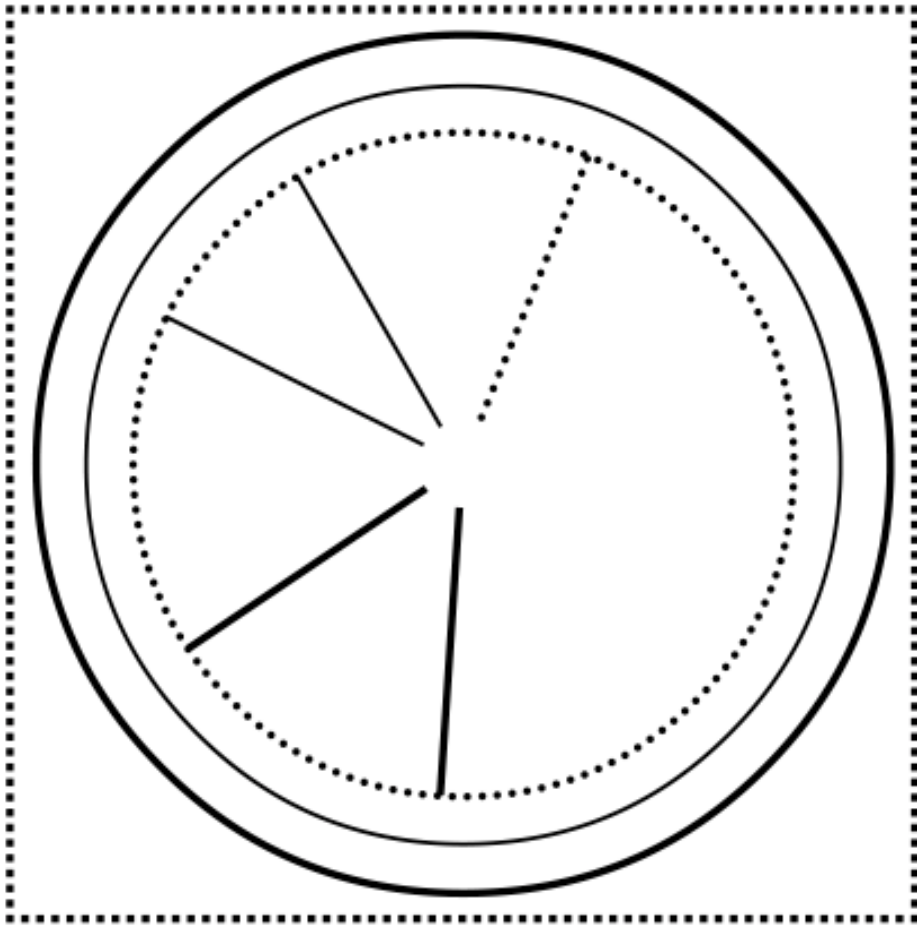
*Parasites of this sort come in many forms:
the gossiping neighbor next door,
the rebellious child,
the critical boss,
and the nagging mate.*

It's as if all they want is to get under your skin.

Anger and apathy only keeps the fire burning.

*The way to handle a chigger is to
cut them off from their fuel supply ~
detach from your emotions.
Be firm, be courteous, agree with them
and hand them back their problems.*

*When you offer no resistance,
there is nothing left for them to feed on.*



Allow this Circle to help you let go of your
negative thoughts and emotions.
Keep breathing deeply until you feel calm and centered.

Fish School

*Tropical fish bring light and color
into the depths of darkness.*

*Innocent and vulnerable,
they make their way through the water in groups.*

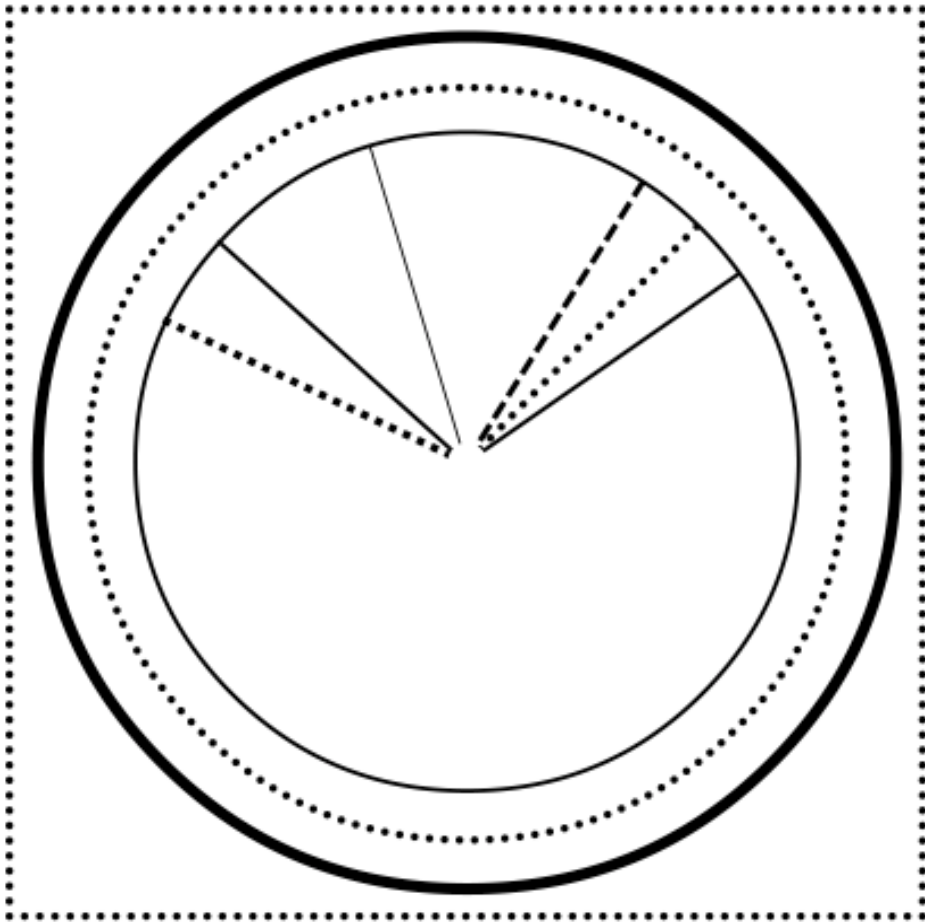
*The ego defines these qualities as weak and submissive
and so it seeks to hide our light.*

*But Fish does not see it that way.
He knows that all things have their purpose, including him.
It is his purpose to defy danger by dazzling it with his beauty.*

*Learn from Fish by filling your heart
with compassion and forgiveness.*

*Boldly shine your light and
display your gifts for all to see.*

Delight in the abundance and beauty of fish medicine.



Bring your attention to your heart.
Imagine that there is a gateway to peace there.
Open it up. What do you see?
What does it feel like?

Angry Monkey

*The angry mind is like an angry monkey.
It swings wildly from one tree to another,
casting coconuts and squealing curses at the top of its lungs.*

*The monkey mind has often thoughtlessly
cast insults and stones on friends and enemies alike
whenever it has felt threatened.*

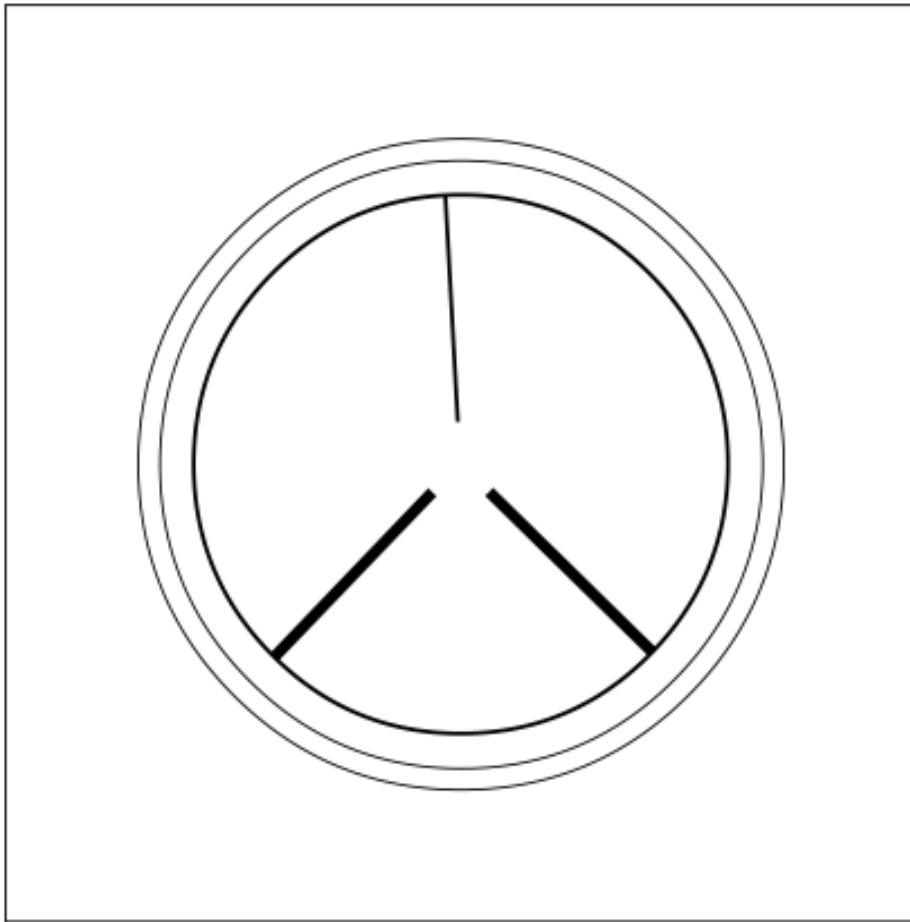
*Deflect the ill will of others by refusing to
take their threats personally.
Their curses are merely a reflection of how
they feel about themselves.*

*Cultivate humility when thinking ill of others.
Your curses are merely a reflection of how
you feel about yourself.*

“Let he who is without sin cast the first stone.”

*Vigilantly monitor your monkey mind.
How is it feeding you with poison?
Approach it with compassion, and nourish it
with the milk of human kindness.*

Forgiveness begins within.



Allow your heart to soften and give yourself permission
to step through the gate and experience your own
individual reservoir of peace.

What image, symbol or words come to you
that communicate your experience with peace?

The Llama's Journey South

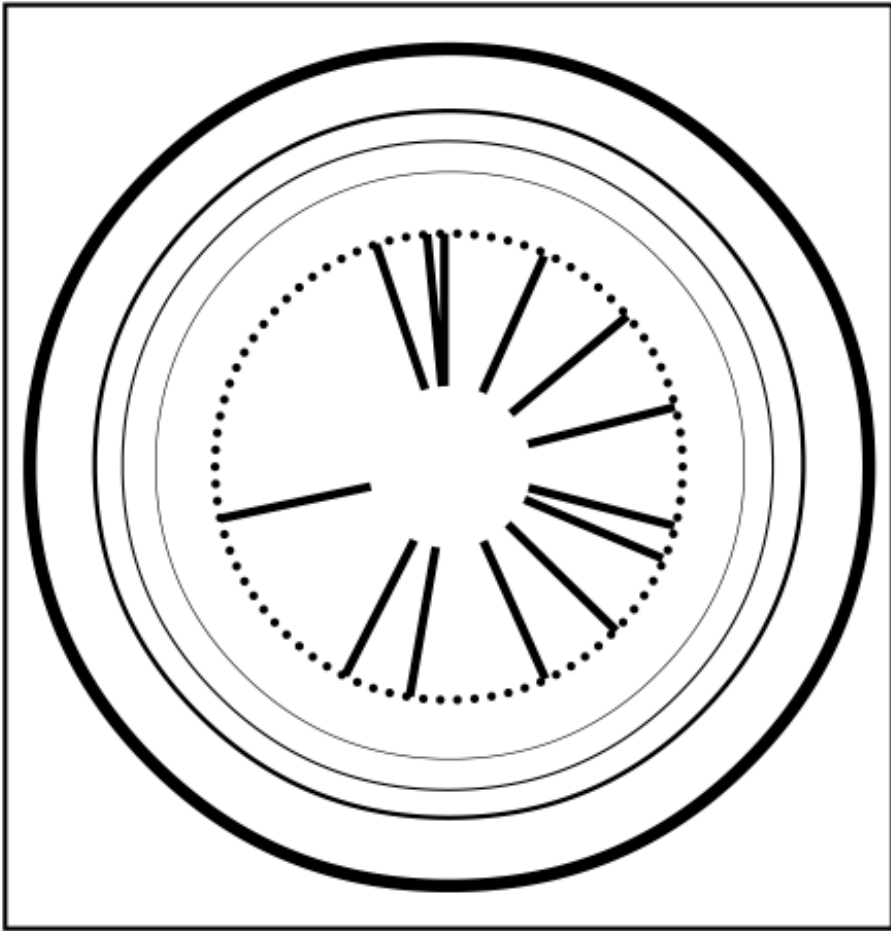
*There is a proper position for new beginnings
that requires humility and trust in the soul.
Just as an adventurer must trust the llama
on the journey to the mountaintops.*

*Make clear and conscious decisions
about this new beginning.*

*There are many things that are unknown
because you are on an entirely new path.
Accept this and discipline the mind
firmly and consistently.
This will help you on your journey.*

The time is ripe for action.

*A new cycle is beginning ~
Infuse it with trust, enthusiasm*



What is at least one way that you can express this feeling of peace that lives inside of you?



Congratulations! Your mind understands the message from your heart. You can now move past the turmoil by focusing on peaceful and beneficial activities that will strengthen your body, mind and spirit.

Now that you understand how the Intuitive Learning Circles help, you can use different formulas for:

Grief
Loss
and feelings of
Overwhelm



Our Award Winning, Self-healing Handbook

SOUL ORIENTED SOLUTIONS

**A Handbook
of Quick Formulas to Use
in Times of Emotional Crisis**

Click here to have your own copy of this IMPORTANT RESOURCE:

www.IntuitiveLearningCircle.com/soul-oriented-solutions

Help Yourself and Others Heal from any kind of Emotional Trauma

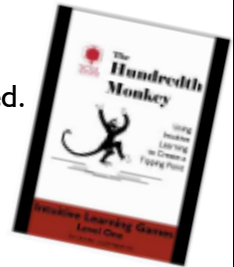
Other Free Games Available

The Hundredth Monkey **Using the Intuitive Learning Circles to Create a Tipping Point**

Our Hundredth Monkey game utilizes the ability of an idea or concept to spread automatically from one person to other people, even in distant locations, once critical mass, or a tipping point has been achieved.

Create a Tipping Point - go to:

<http://IntuitiveLearningCircle.com/the-100th-monkey/>



E.T. and Your Inner Child

Imagine that you are a friendly extraterrestrial and that you are meeting your own Inner Child for the first time. What would an intelligent being, that knows nothing about you, think if they could observe your true self? What kind of help or advice might they offer?

Find your Inner Child - go to:

<http://IntuitiveLearningCircle.com/et-and-your-inner-child/>

For a complete list of games or to visit our blog, go to

<http://www.IntuitiveLearningCircle.com/news/>

and learn more about how to apply Intuitive Learning to important issues in your life.

While at our website, subscribe to our e-zine, **Soul Circle - Abundant Living Learning to Go with the Flow through Intuitive Learning.**

Get tips, games and treasures:

<http://www.IntuitiveLearningCircle.com/e-zine/>

SOUL RESOURCES

Games for Hope

are unique in their ability to help you retrain your mind
and adjust your thinking to:

- *learn to work with Nature*
- *identify obstacles before they become serious problems*
- *plan and organize for the long term*
- *evaluate whether you are using your time & energy effectively*
- *use your intuition, instinct, logic, observation, & common sense together to create solutions that work*
- *determine for yourself what is important*

Games for Hope help you and your business or organization succeed in creating empowerment and building a more peaceful, prosperous world.

The Magic If

Using intuitive learning to examine the viability of your ideas.

What's Next?

Remove the blocks to your creativity.

Staying on Track

Free yourself from assumptions that are ruining your life.

Moving Forward

Align your agreements so they work for you, not against you.



Self-Acceptance

Learning to accept help, love and miracles.

Order Now

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