



The Hundredth Monkey



Using
Intuitive
Learning
to Create a
Tipping Point

**Intuitive Learning Games
Master of Intuition**

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The Hundredth Monkey \$15.95

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This game is available as a download exclusively from:

<http://www.SoulResources.org>

or

<http://www.IntuitiveLearningCircle.com>

Introduction

Our Intuitive Learning Games are played like flashcards. The number of players can be anywhere between one person on up to a room full of people. In fact, we have often used them to play on-line with hundreds of people from all over the world. Each game uses a sequence of the Intuitive Learning Circles that retrain your mind to be more intuitive by gently interrupting negative brain activity and replacing it with positive input. This action is of major importance in opening up creativity, clearing up blocks and relieving stress.

How to play:

The process involved in playing the games is simple and very intuitive.

1. Begin at the beginning by reading the introduction and game discussion.
2. Read the first question or affirmation and follow the directions.
3. Look at the learning circle while you either:
 - a) come up with your first answer or
 - b) use the circle as a focusing tool to relax and empower the affirmation.
4. Make note of your answers or any impressions that may come to you while relaxing.
5. Go to the next page and repeat the process until you have completed the game.

Intuitive Learning Games are completely versatile!

Playing any of our games gives you a chance to slow down, sort out your thoughts and gain a different perspective on any situation you choose. For example, you may be having trouble communicating in a relationship and play a game to help you come up with a more effective way to express yourself. Later, you may be preparing for a business meeting and find that your ideas aren't flowing, so you play another game with that intention in mind.

How the Intuitive Learning Circles work:

The geometric pattern in the circles provide a positive framework for refocusing attention and recovering mental balance. This allows you to relax your autonomic nervous system - the part that is responsible for controlling your bodily functions without conscious direction, such as breathing or your heartbeat. Once you relax, the circles act like a gateway where your conscious and unconscious minds can meet and come into balance with each other. Then, the accompanying question or affirmation stimulates your high brain center called the cerebral cortex, igniting your imagination, inspiration and intuitive guidance. In addition, this process has a distinctly beneficial affect on your energy and physical well-being, because it allows you to connect with the intelligence of your heart and gently release negative thoughts and emotions, even very old ones from the past. For it to work, you simply:

- Breathe deeply while looking at a circle for one to two minutes.
- Read the statement or question that goes with it.
- Let yourself relax and trust the process.

Intuitive Learning Circles have been tested extensively in clinical, individual and class-room settings since 2001 and are proven to be highly effective in reducing stress, clearing negative thoughts and focusing the mind on positive, life affirming choices.

Keep in mind that everyone has a unique response to using the circles.

There are no “right” or “wrong” answers in these games because each person sees a situation from a different perspective. Auditory learners may “hear” the answers to the questions posed in the games. People who are more kinesthetic might get a “feeling” and visual learners may “see” pictures, images or symbols. If you are very intuitive, you may experience any or all of the above.

Our experience has taught us that sometimes the brain and body communicate with each other differently when the legs are crossed. In order to make sure that you are fully integrating the material, we suggest that you look at the circles with legs both crossed and uncrossed. This is especially true when releasing fear-based conditioning or clearing out conflicts.

Many people report that the circles move, vibrate, rotate or even change colors while they're looking at them. This is a sign that they are actively stimulating brain activity. Just keep gazing at the circle and breathe deeply until it appears normal to you.

You might experience a feeling of euphoria, tiredness or even a release of physical or emotional tension. If that happens take it easy, get plenty of rest and drink lots of water.

It's possible that you could look at a circle and draw a blank or get no answer. When that happens, try again with your legs crossed - if you still don't get an answer, just make a note of it. Write down “nothing happened,” or “blank” or “I don't know” and continue playing the game. Sometimes people experience nothing while they are viewing the circles, only to have an epiphany later on.

Review these tips to enhance your results:

The most successful intuitive learners are those who are motivated to try something new. They are people who value relationships, enjoy adventures, solving puzzles and exploring the possibilities. Although anyone can benefit from playing, the very best results come to those who are open to changing their perspective. Here are some additional tips to help you make the most of the experience:

- ~ Breathe deeply and often. Oxygen helps you to think clearly.
- ~ Trust the very first answer that comes to you. Inner knowing is objective and spontaneous.
- ~ Take it easy. Intuition doesn't respond well to pressure, overuse or impatience.
- ~ Let yourself think outside of the box. Intuition often uses symbols, impressions and metaphors.
- ~ Have a journal and write down your ideas and insights to look at again later.
- ~ Discuss the thoughts and ideas that come up with a friend, coach or counselor.
- ~ Allow enough time and privacy to complete a game once you begin it.
- ~ Use movement to help your body and mind integrate information and stimulate creativity.
- ~ Feel free to relax, yawn, stretch, walk around, or even massage your feet while playing.
- ~ Taking a walk after playing a game does wonders for your mind, body and spirit.
- ~ Remember to rest and give your mind and body time to integrate what you've learned.

Congratulations on becoming an Intuitive Learner!

By choosing to develop your intuition, you are investing in your deepest potential and you are joining the growing movement of innovators and visionaries who are learning to use their gifts to make the world a better place. We hope that you will keep us posted about how the games are working for you and let us know if you have any suggestions, comments or questions.

The Hundredth Monkey

Using Intuitive Learning to Create a Tipping Point

This game uses Intuitive Learning Circles to clear your mind and thinking.

The Hundredth Monkey theory talks about the ability of an idea or concept to spread automatically from one member of a particular species to other members even in distant locations once critical mass, or a tipping point has been achieved. Because we, as human beings are all connected through what Jung referred to as “the collective unconscious”, we can intuitively use this medium to communicate ideas, thoughts, emotions and visions to other human beings that are ready to receive them.

In this game, you can enhance the effects of critical mass by remembering your intention for twenty-one days.

Use this game when you:

- ~ Are feeling helpless, hopeless or powerless
- ~ Want to have a positive effect on events in your life or in society
- ~ Are being stubborn or opinionated
- ~ Are dealing with judgement, criticism or blame
- ~ Desire a greater connection with others of like mind.

You'll be going through the following steps:

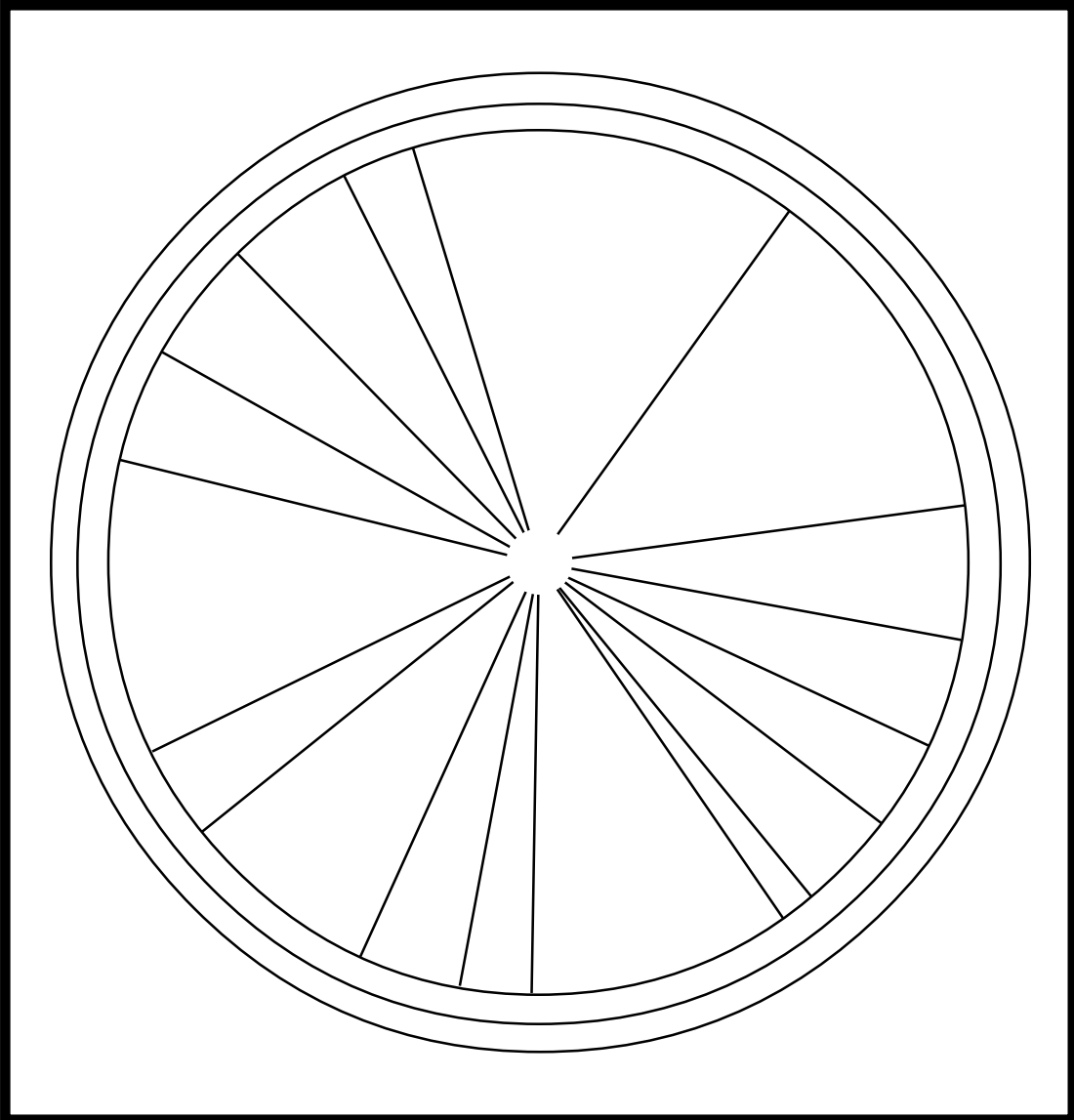
1. Choosing a situation and noting your reaction to it.
2. Listening to your intuition about what's missing in the situation.
3. Finding out what you can do to contribute to the solution.
4. Letting go of the need to be right.
5. Using your intuition to make a connection with your Soul.
6. Releasing judgement around your personal solution.

Remember when you are viewing the circles:

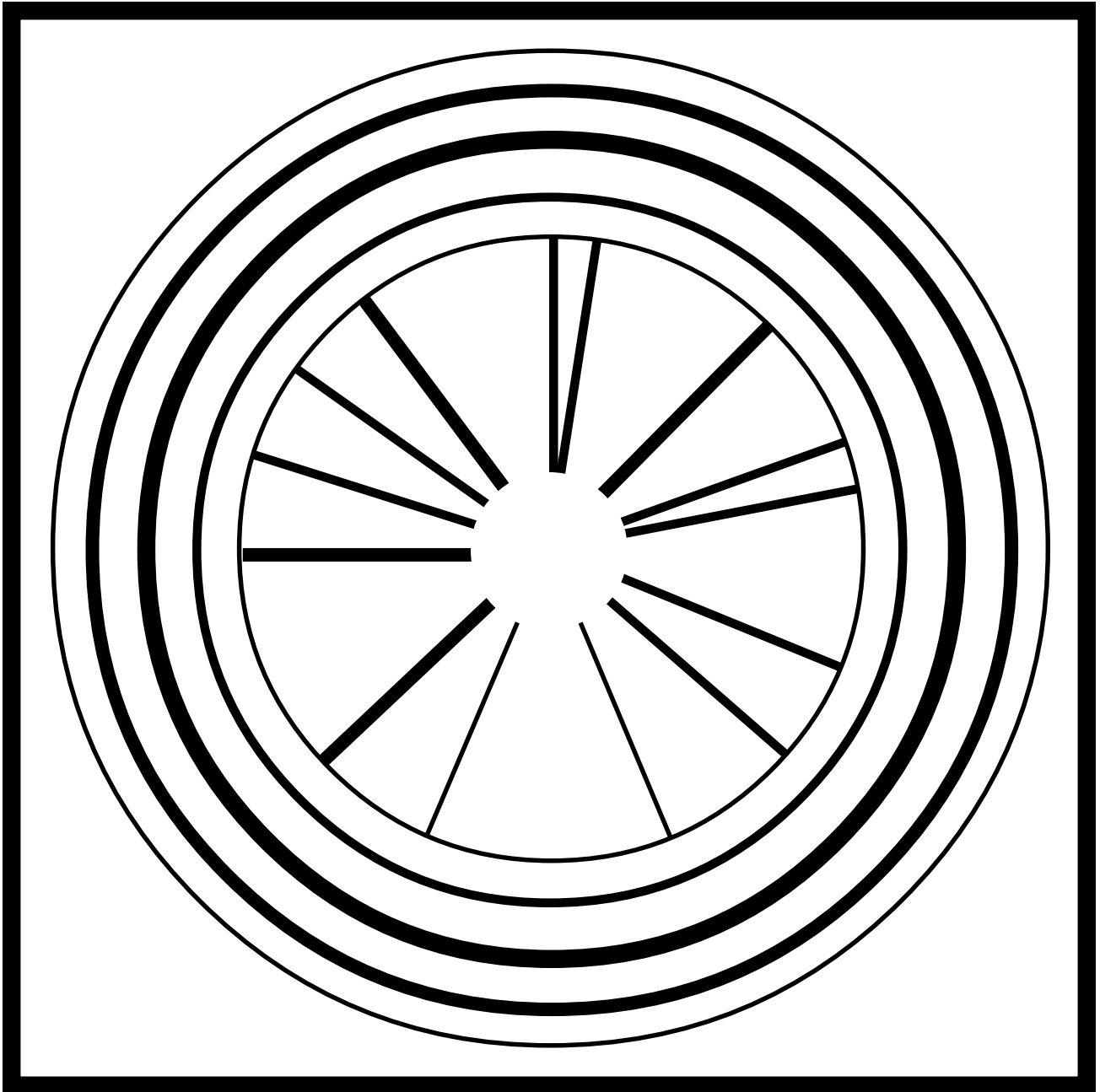
Read the affirmation and then look at the indicated circle one at a time with a soft gaze for approximately one minute. A shorter or longer time may be necessary. The circle is providing structural support for the contents of the intention, affirmation or question that accompanies it. Just breathe deeply and relax. Allow yourself to be open and receiving. You may notice subtle energies, memories or emotions running through you or the circle may begin to move, rotate, pulsate or even change colors. This is all part of the experience. Just keep breathing; relax into your body and stay objective - just as you would in a state of meditation. You are encouraged to journal on insights or new ideas that may come to you during the exercise.

To begin, go to the next page.

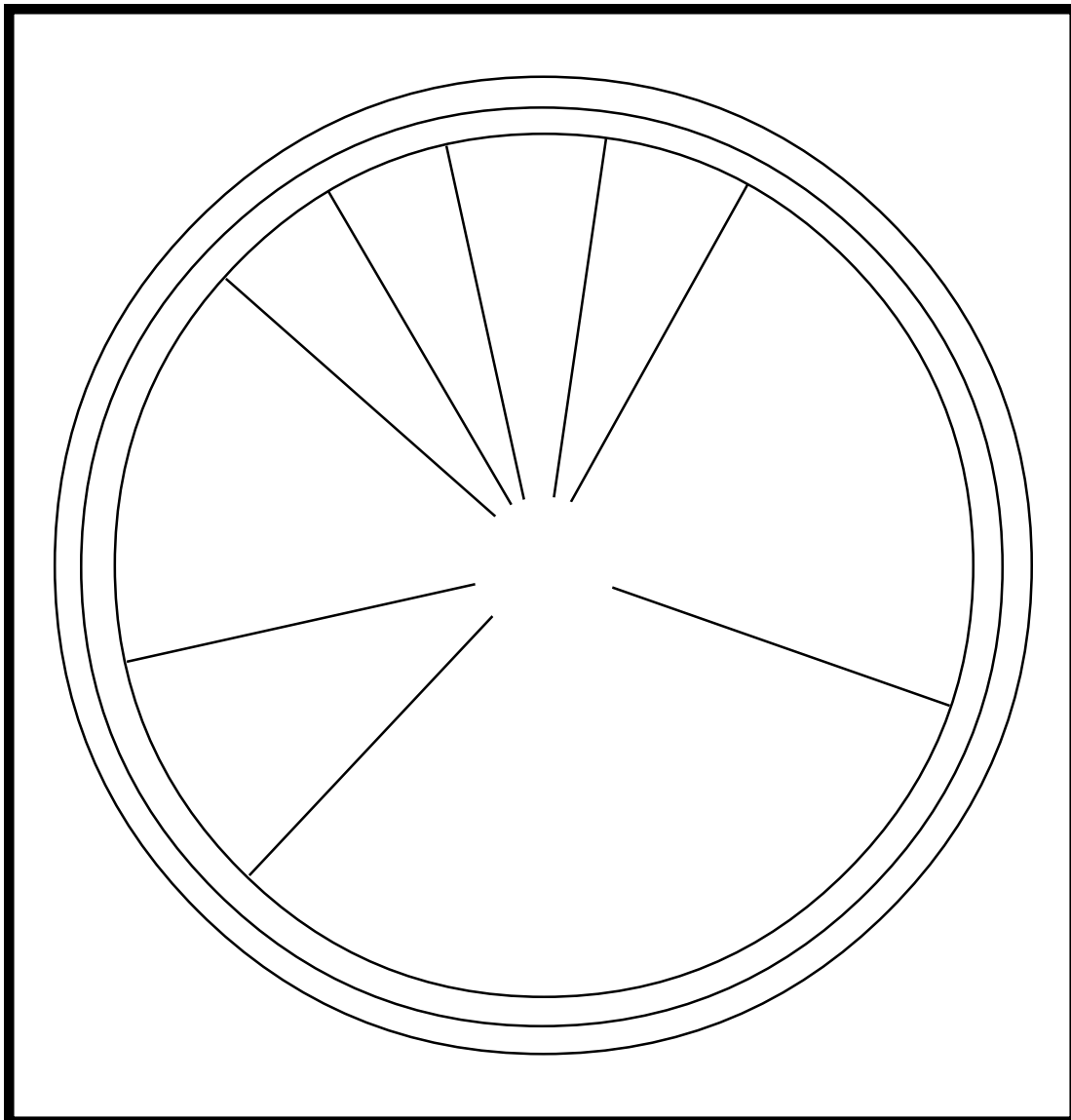
1. As you gaze into this circle, take a few deep breaths and relax. Bring your awareness to a problem or situation taking place around you that troubles your heart.



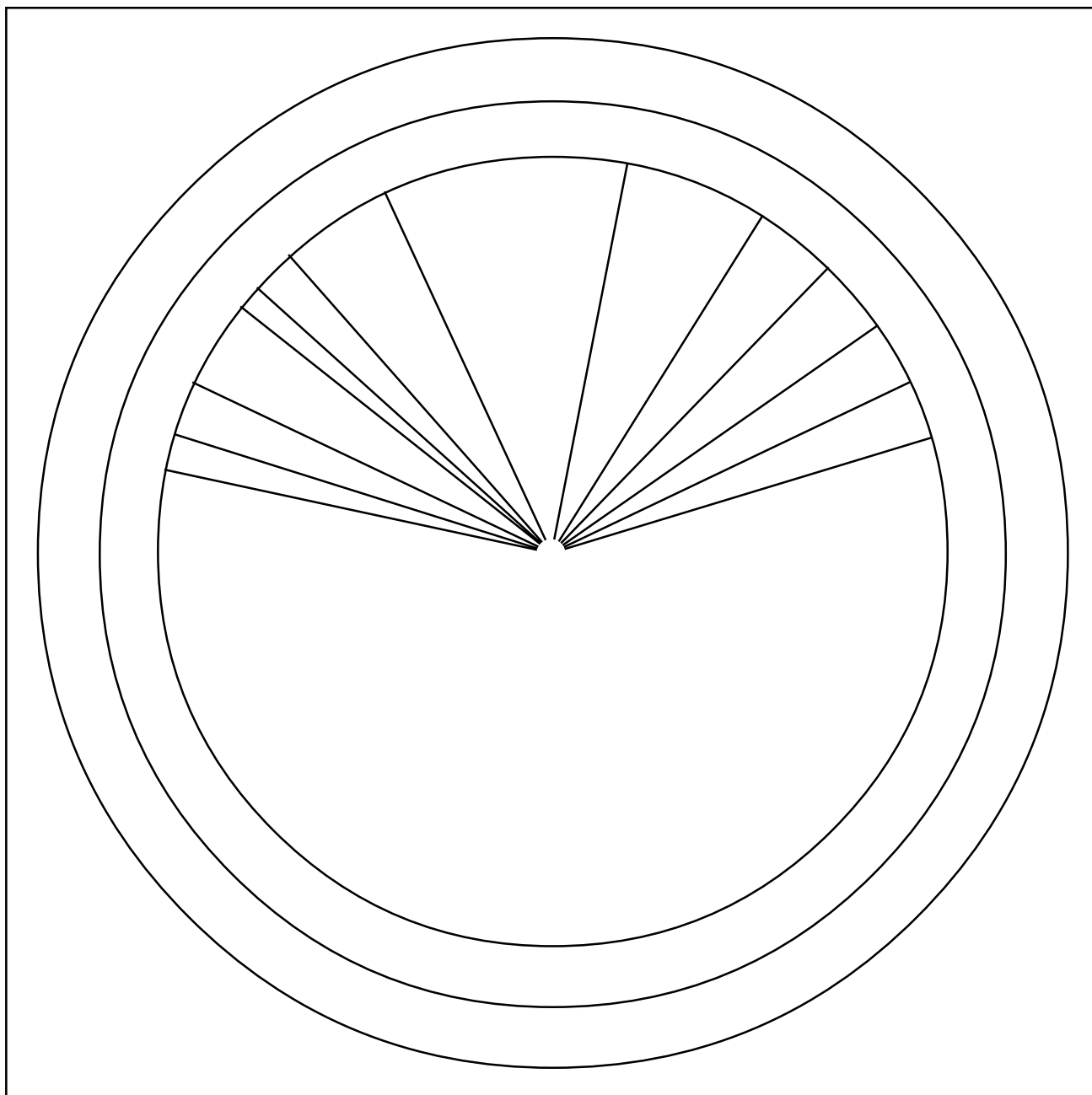
2. What is it about this issue that troubles you?



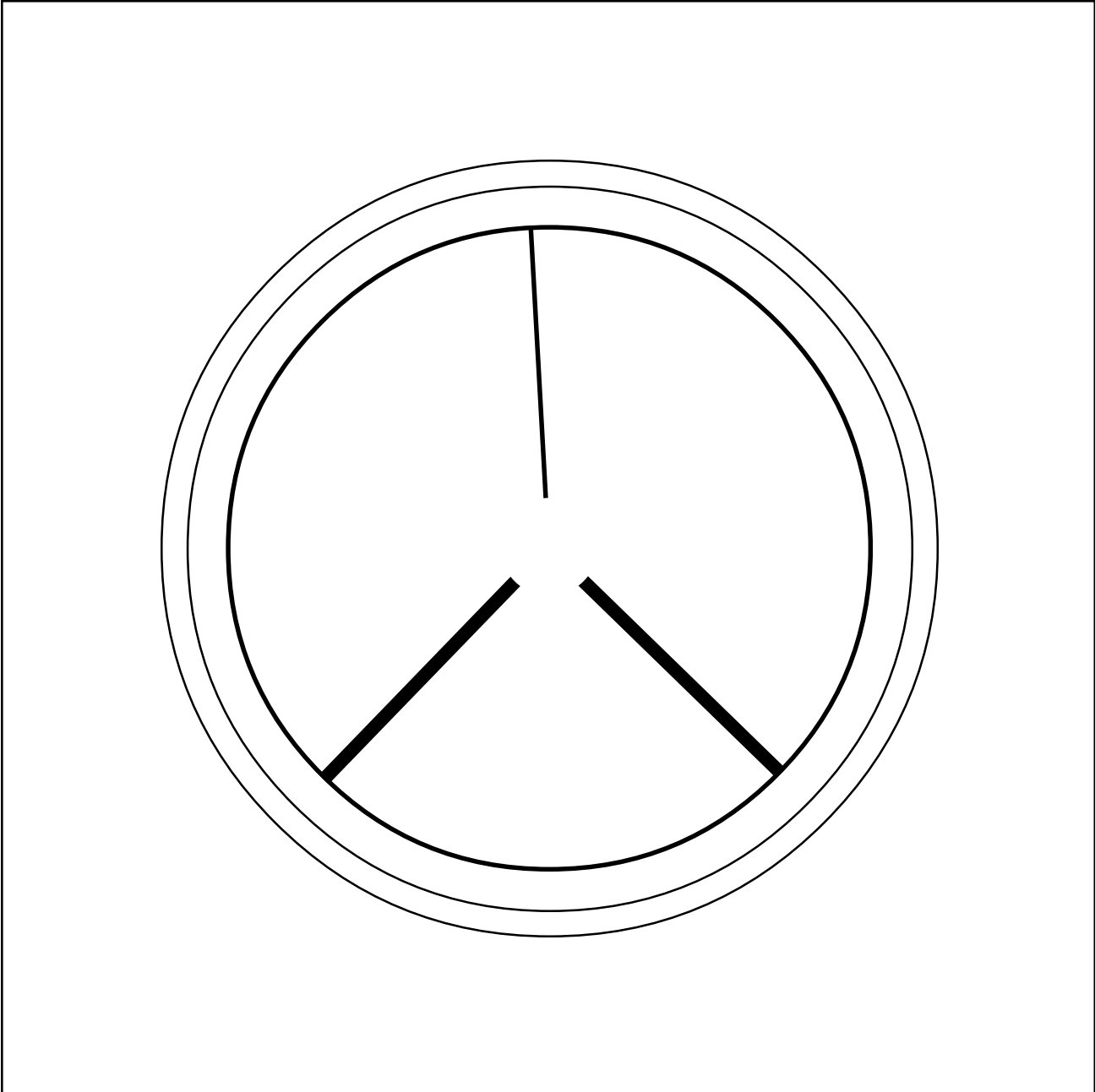
3. What, in your opinion, is missing from this situation?



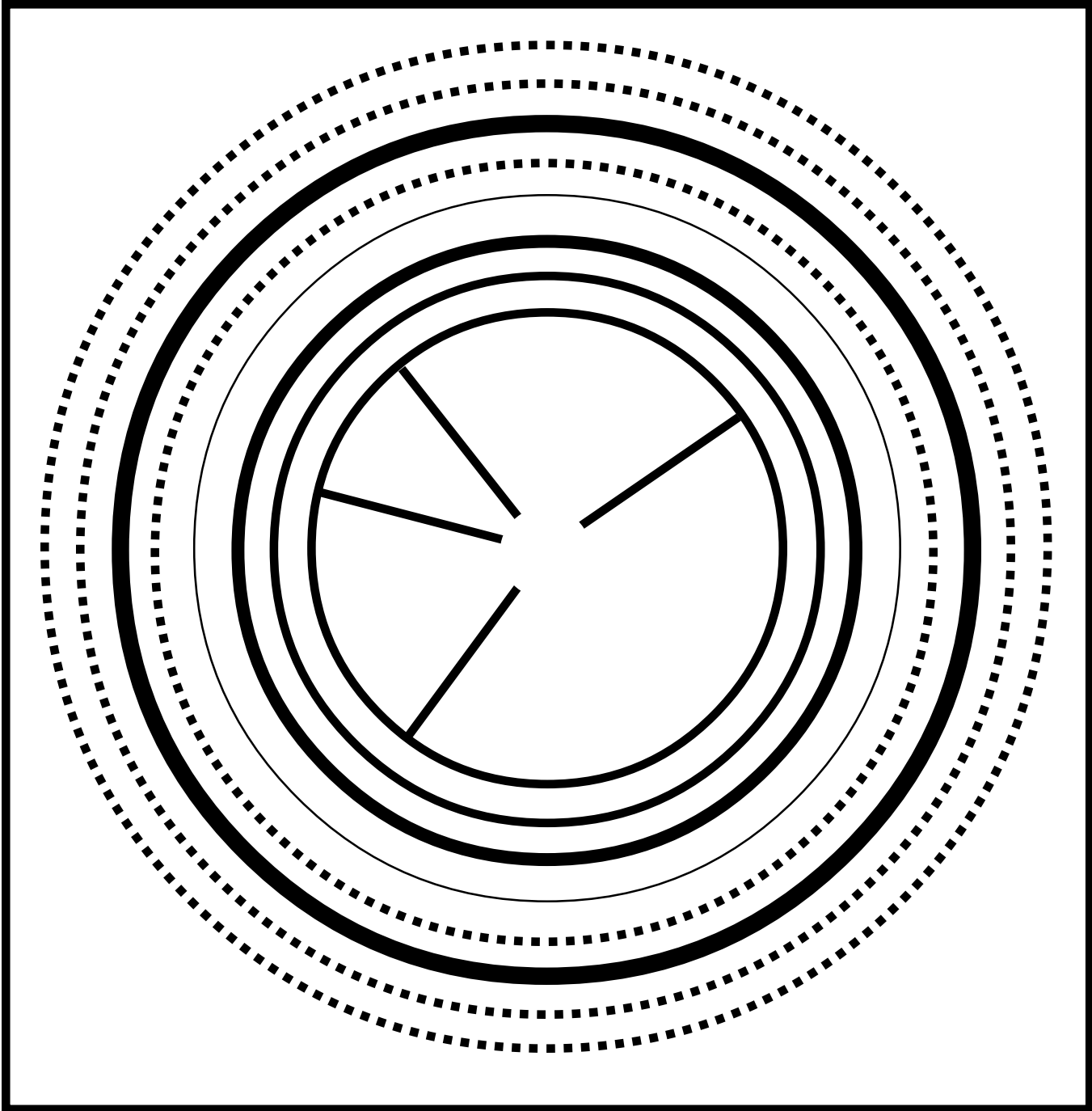
4. How could you bring joy back into your heart?
Write it down. This is one way you can contribute to finding a solution.
Remember to take the first answer that comes, even if it doesn't seem to make sense at first.



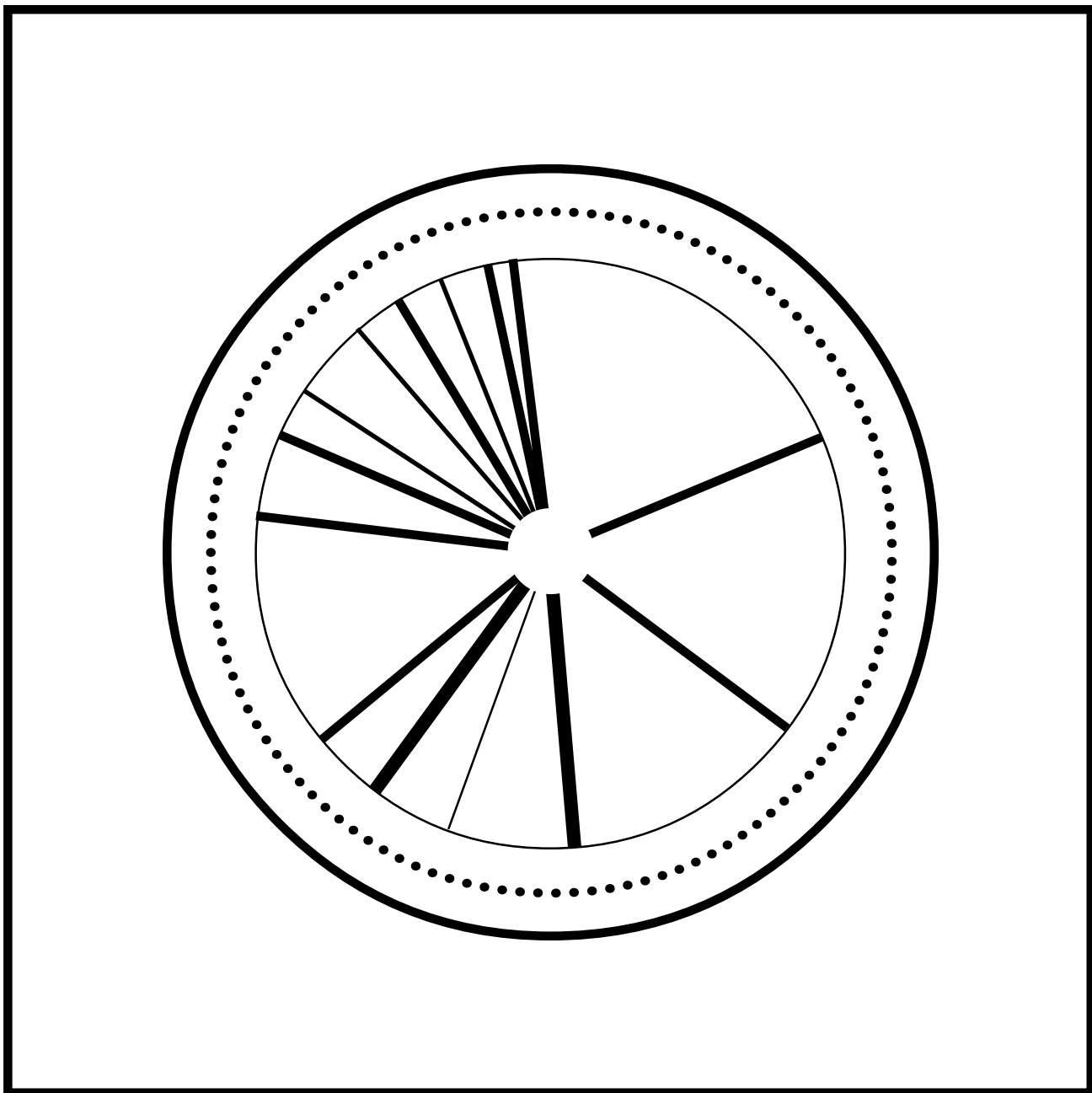
5. Do you think that other people might have the same problem?



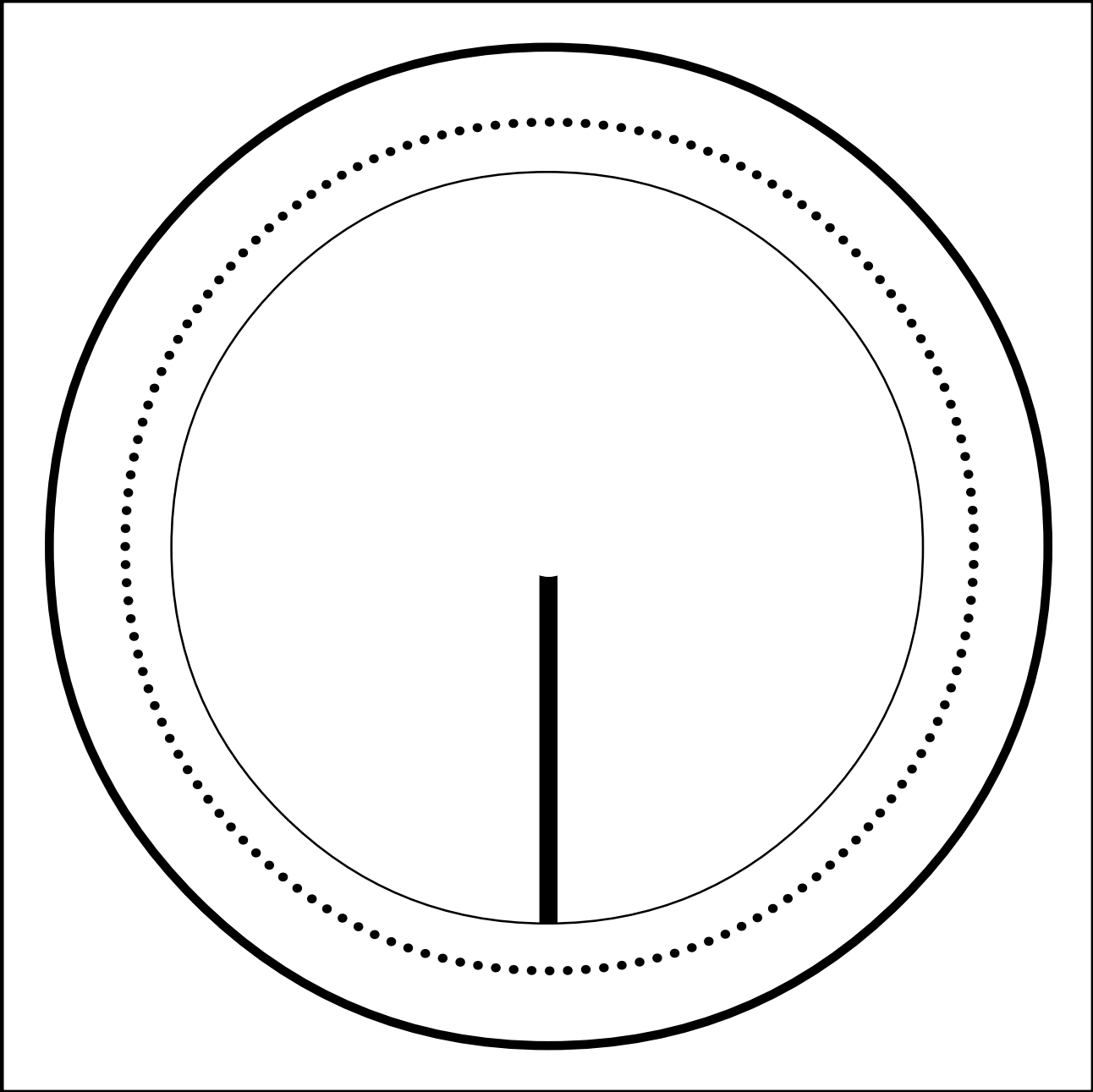
6. Are you ready, willing and able to be “the hundredth monkey”?



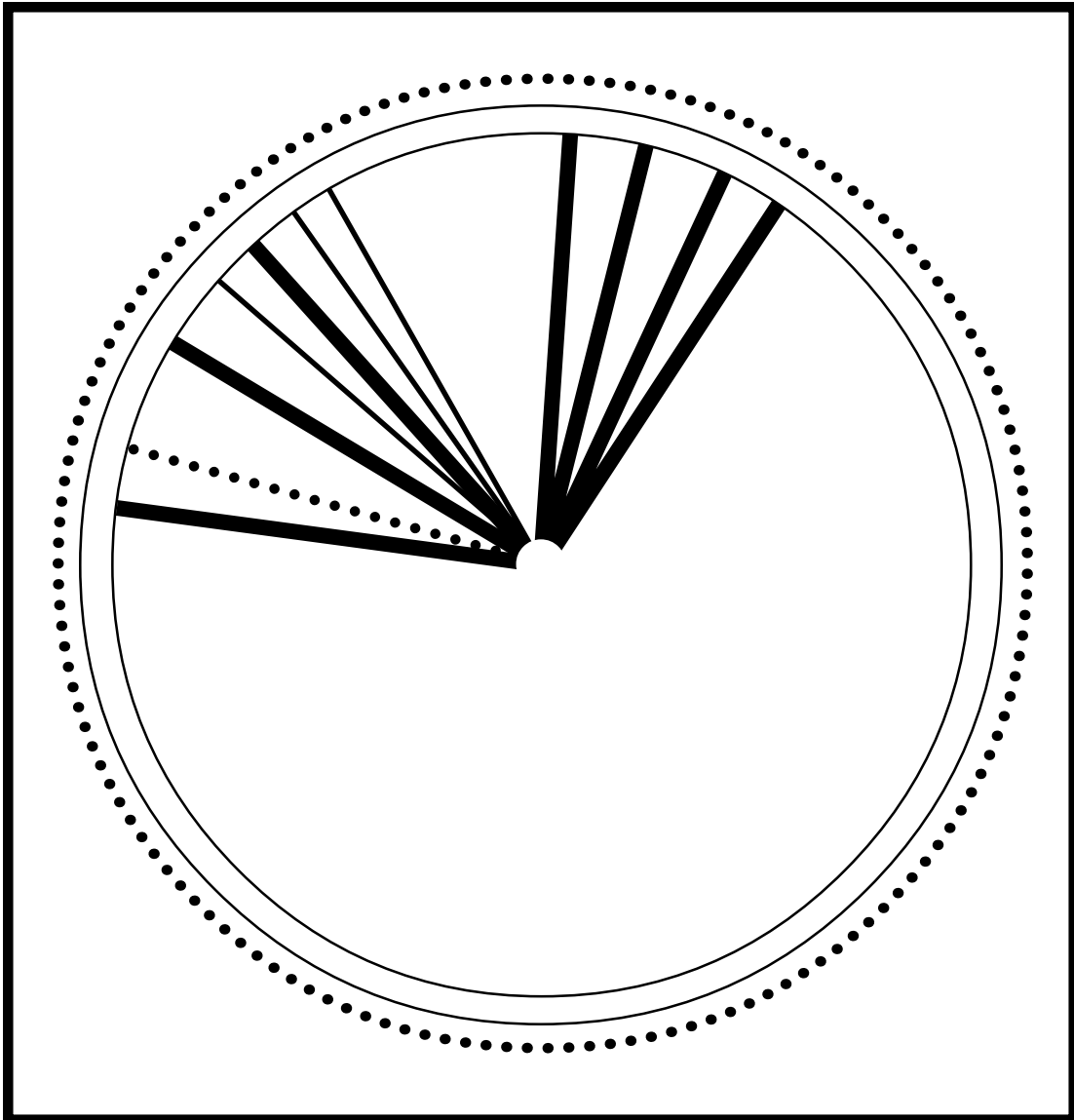
7. What criticisms come to mind when you think about your idea to help you bring joy back into your heart?



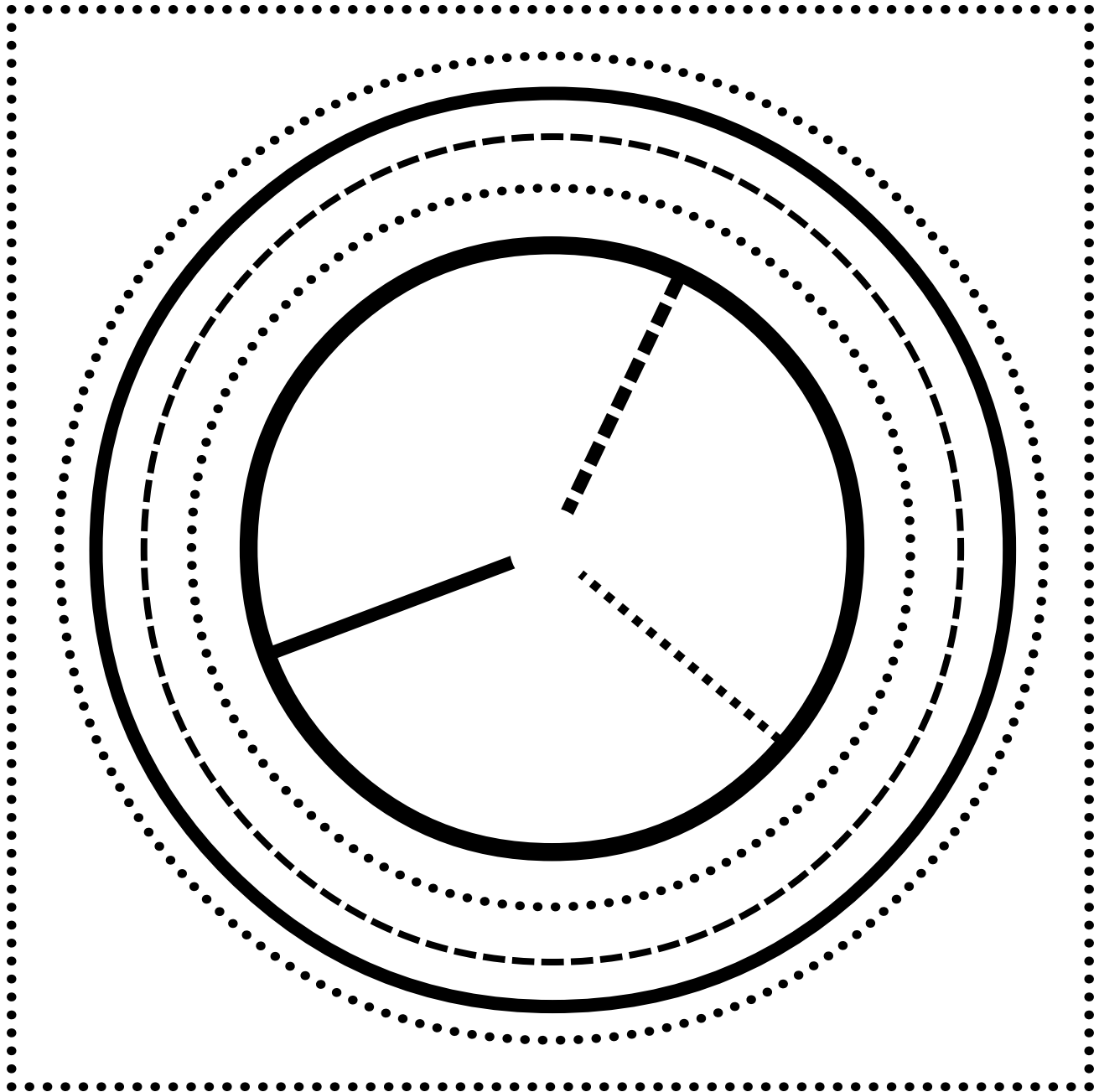
8. Are you ready, willing and able to be wrong about that?



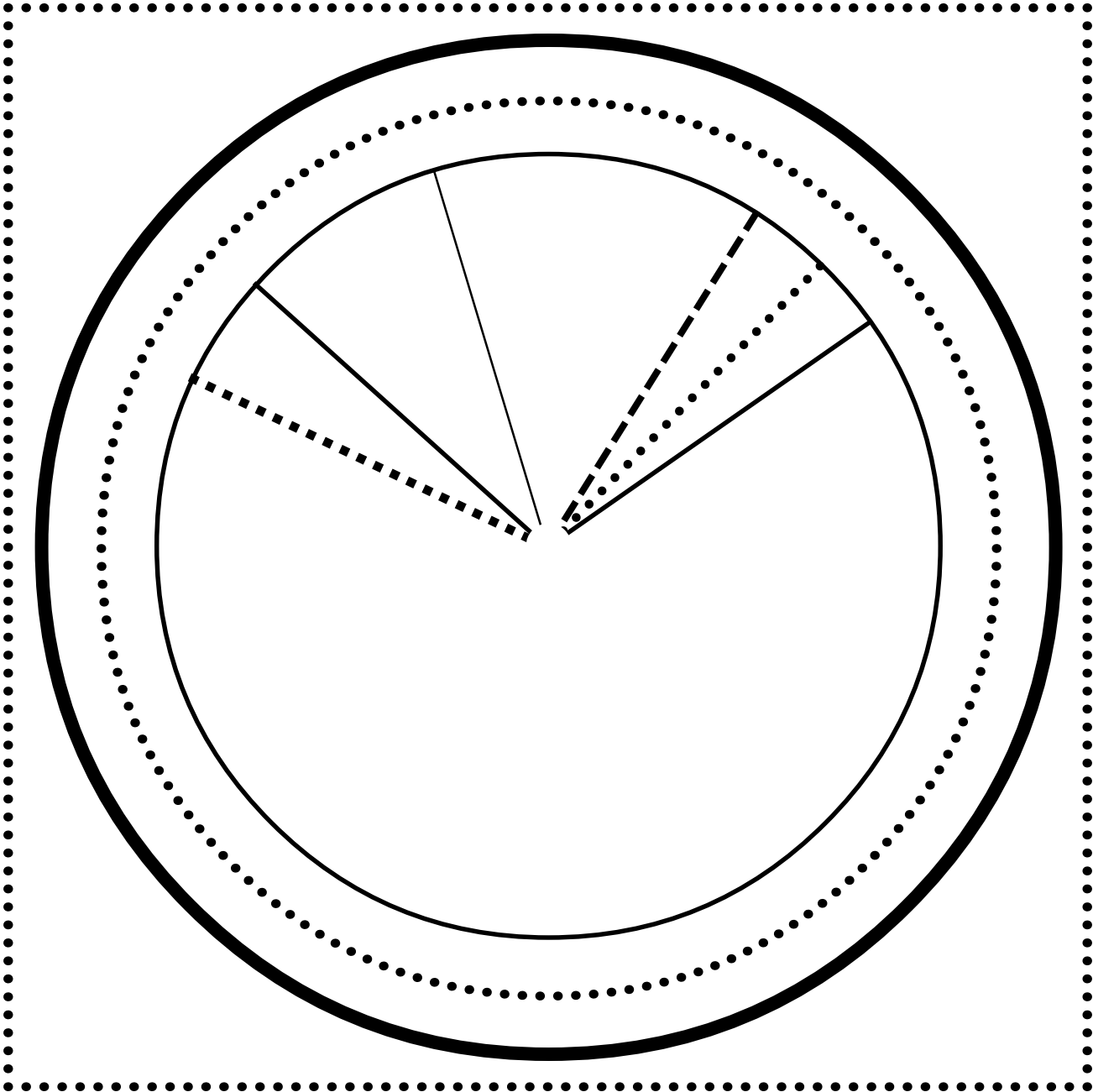
9. Notice that the critical part of your mind needs to be right. Imagine that the need to be right is like a big, bunch of balloons that you have been holding on to with all of your might. See yourself letting them go.



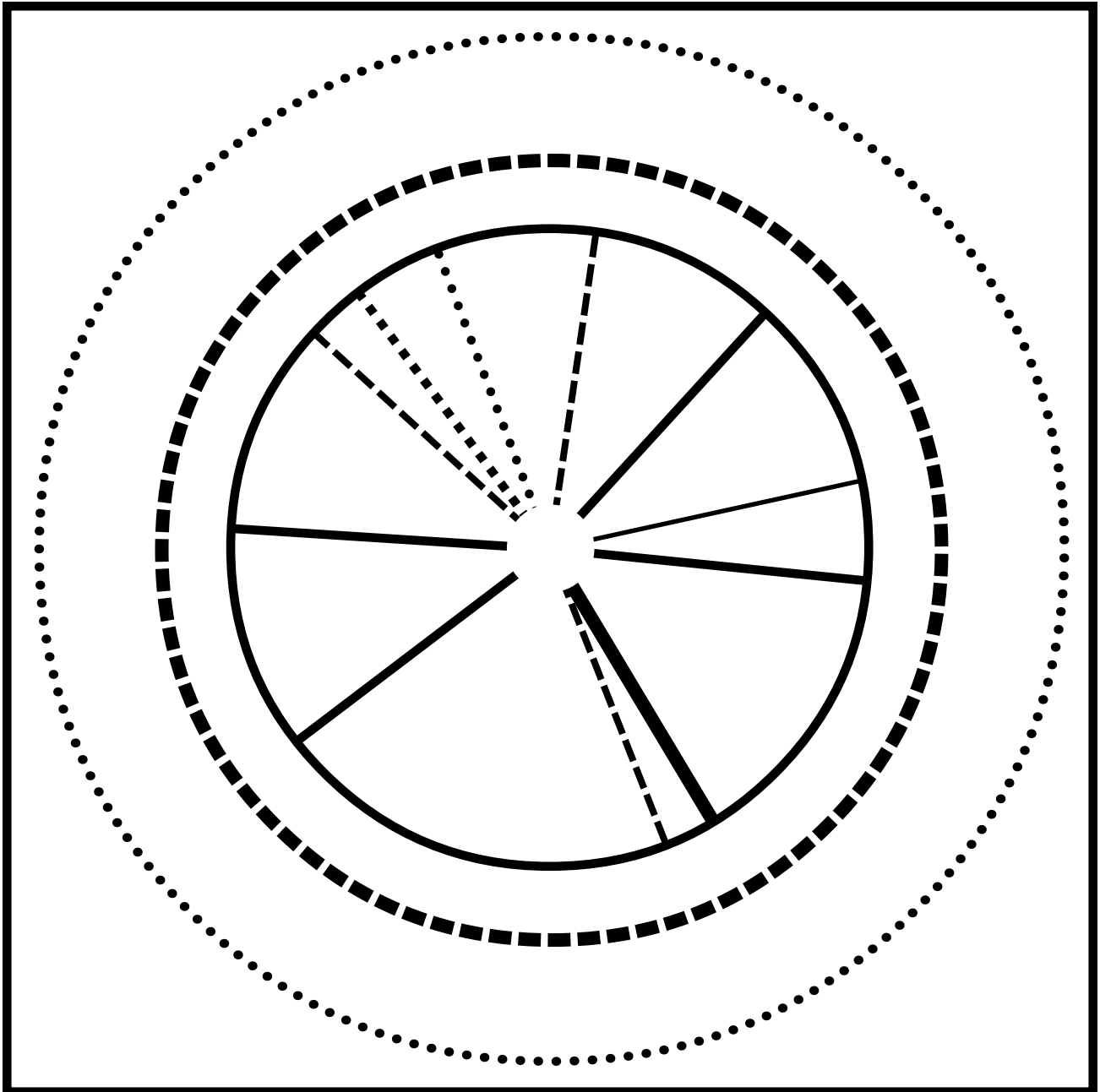
10. Watch the balloons fly away until they disappear into the Sun.



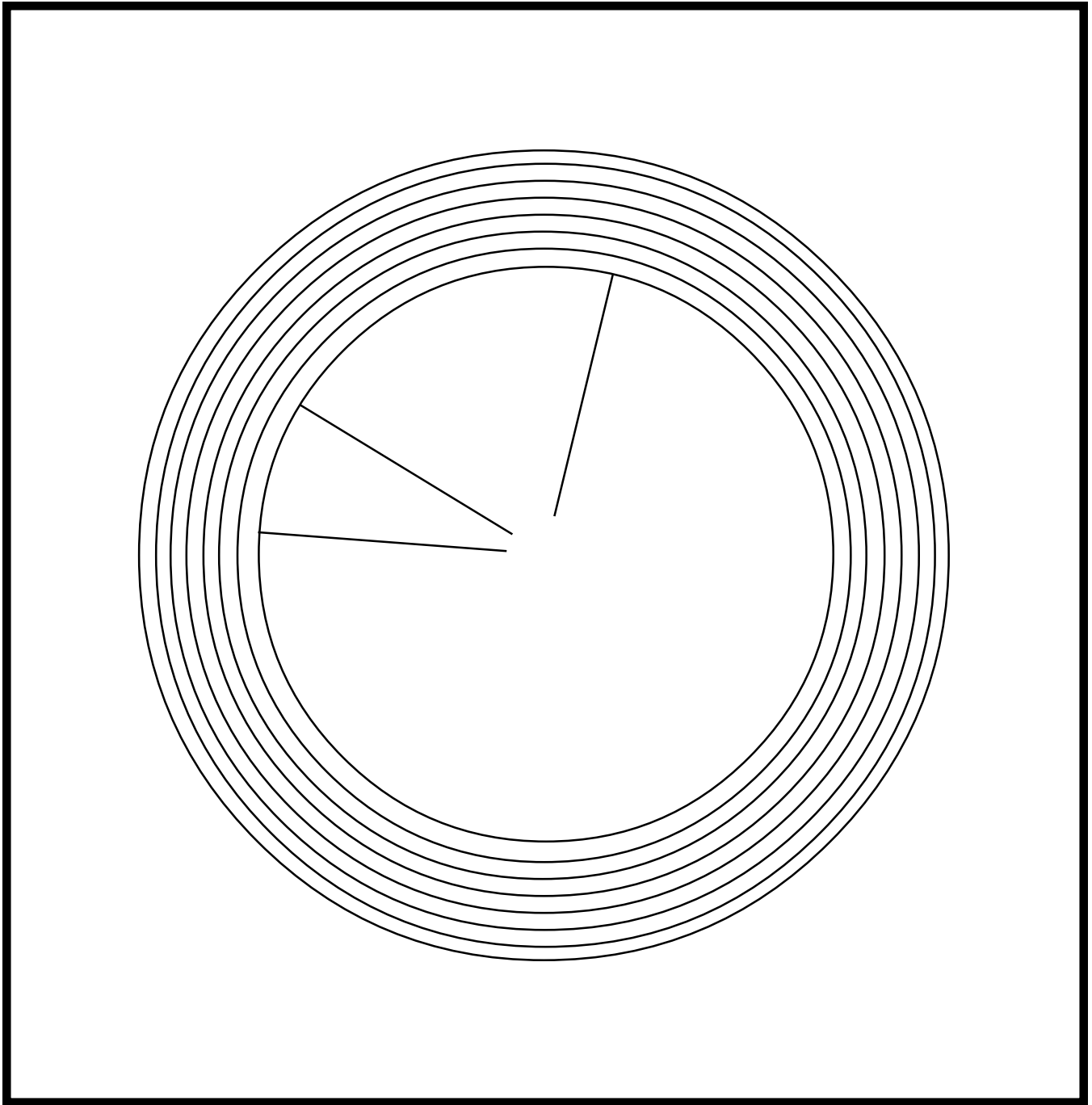
11. Imagine that at least one hundred other people are doing the same thing.



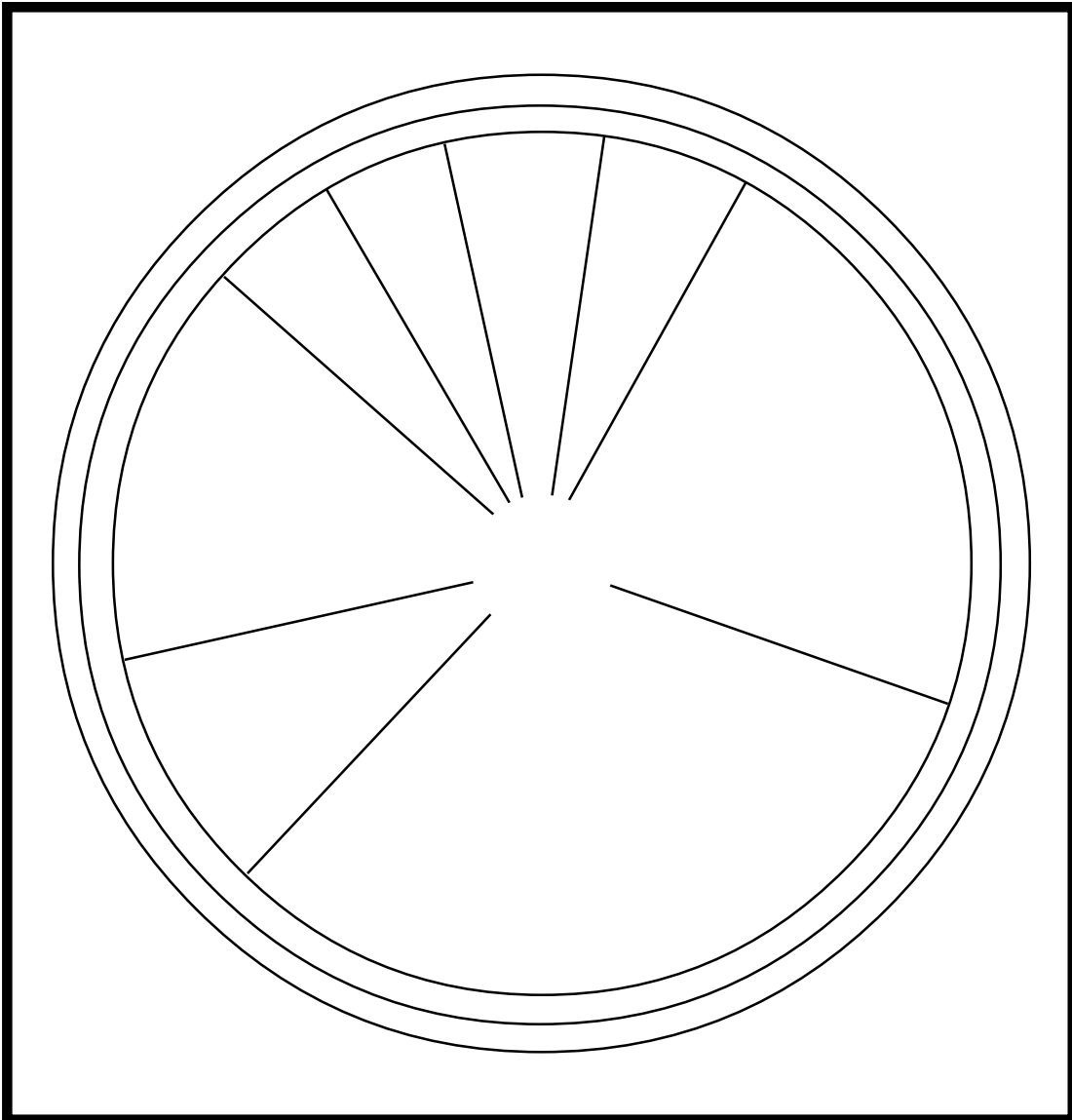
12. How do you feel as you watch thousands of balloons disappearing into the Sun?



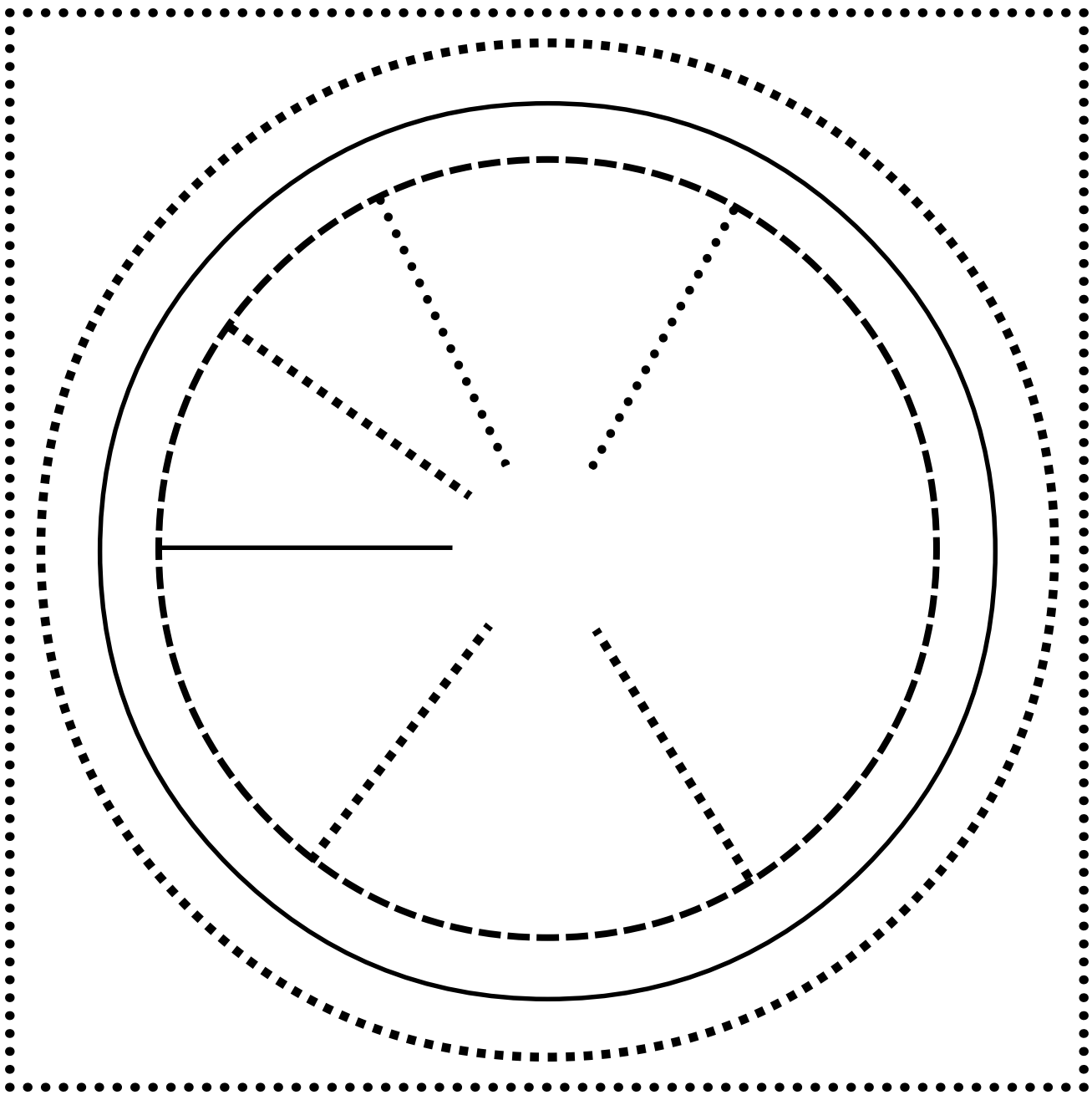
13. Make a request from your heart to be places in the proper conditions for joy to be returned to your heart.
Make an agreement with yourself that you will remember this request every day for the next twenty-one days.



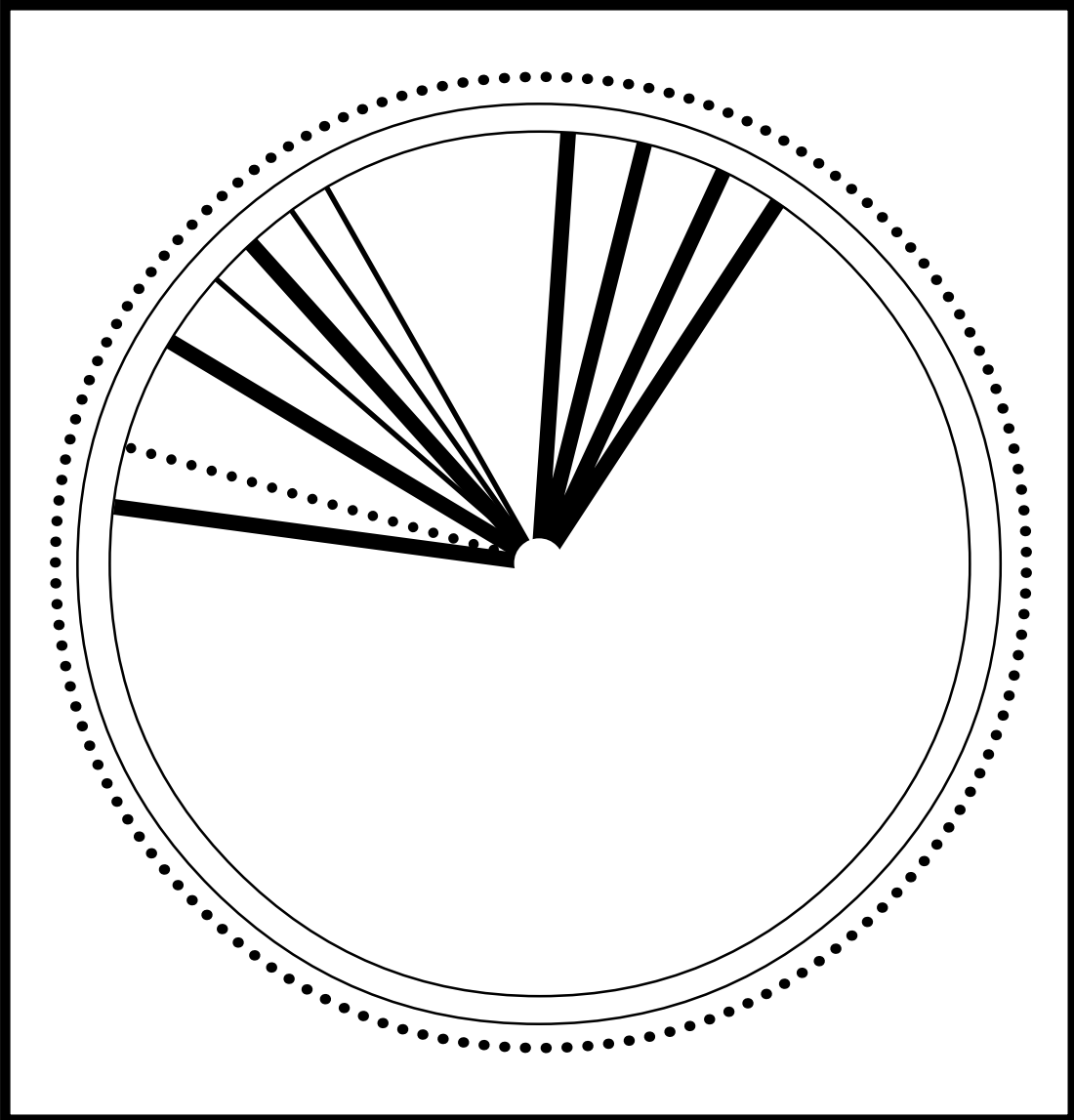
14. Feel your feet flat on the ground. Imagine that you are standing in an open field in your bare feet. Feel the power of the earth coming up through your legs and belly as you breathe. Feel the power connecting right into your heart.



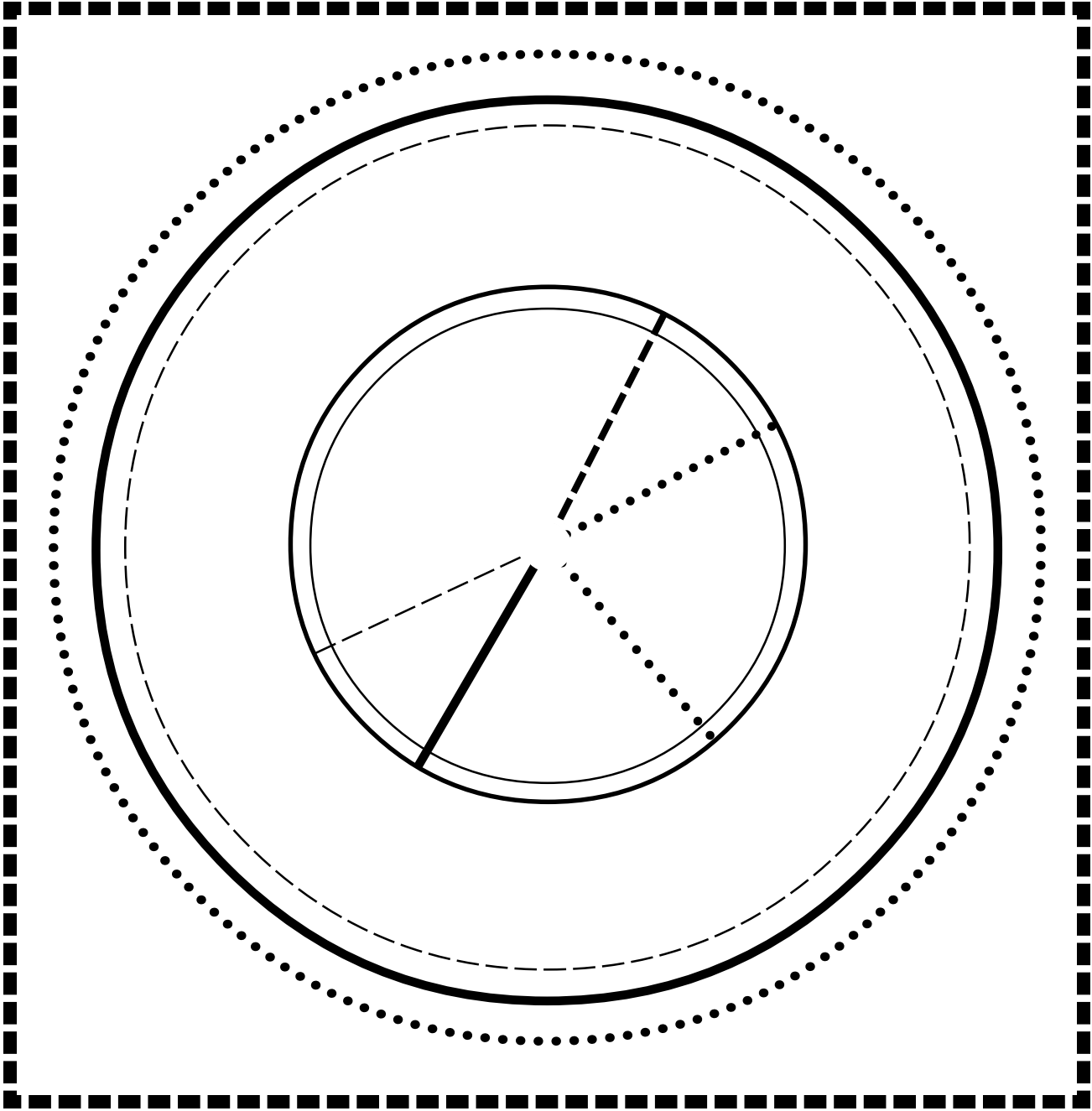
15. Allow this feeling to spread through your entire body, your hands and out into the world around you.



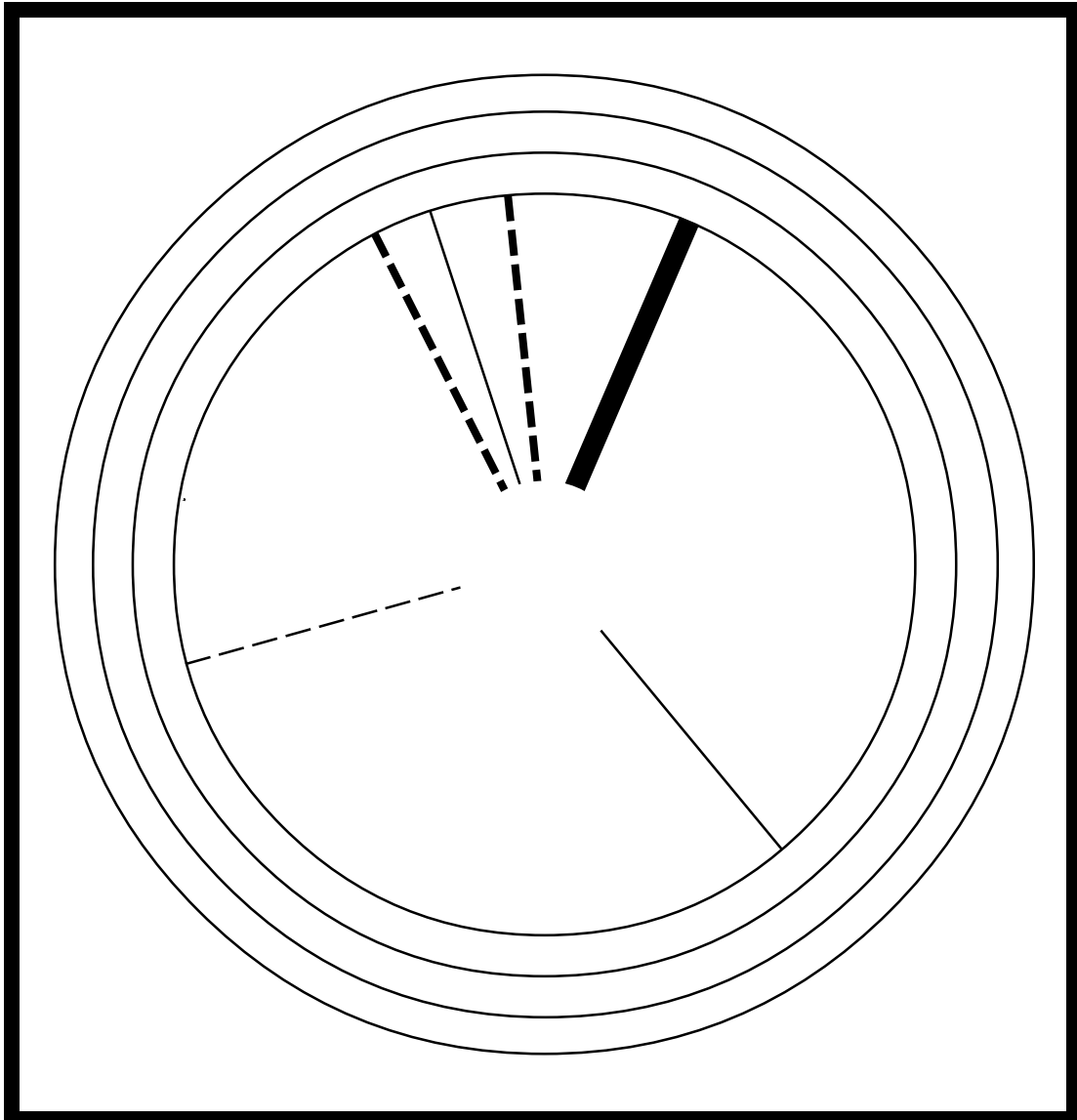
16. Imagine that every judgement, doubt or objection coming from your mind is a balloon that you are holding on to. See yourself letting them go and disappearing into the Sun, just like before.



17. Again, imagine that at least one hundred people can do the same. Watch all their balloons disappear into the Sun.



18. Take a few deep breaths and bring your body, mind and soul into balance. How do you feel?



Congratulations! You have just opened the gate to your imagination and connected with your intuition. You've also used your intuition to come up with an idea that could return joy to your heart and make a difference in the overall situation. Try out your idea and see what happens.

About the Author

Rheanni Lightwater is the originator of the Intuitive Learning Games and co-owner of Soul Resources, a consulting company that specializes in feng shui and hypnotherapy in Albuquerque, New Mexico. Her work with trauma, abuse and learning difficulties began in 1991 as a bodyworker specializing in Cranial Sacral Therapy, Lomi-Lomi, Somatic Education and Structural Integration. Later, she received certification in Hypnotherapy, Kinesiology and became a Master Teacher in Reiki, Karuna® Reiki and Grail Reiki.

Ms. Lightwater's studies with the Shipibo shamans in the Amazon gave birth to the Intuitive Learning Circles, which have been used as healing and teaching tools in medical clinics, detox centers, business settings, workshops, schoolrooms, on-line classes and in individual counseling sessions since 2001.

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Taming the BEAR



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

Intuitive Learning Games

RHEANNI LIGHTWATER

SOUL RESOURCES

Intuitive Learning Circle Games

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**

Self-care & Burnout

Whose Problem Is It?

Taking the pressure off of personal responsibility.

Cleaning Up the Clutter

Bringing order back into your thinking.

R-E-S-P-E-C-T

Living in recognition of your importance.

Master of Intuition

The Magic If

Using intuitive learning to foster creativity.

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.

Stop the Sabotage

Learning to accept help, love and miracles.

Building Rapport

Going beyond prejudice and fear to understanding.

Mastermind

Intuition and the art of creative analysis.

Being on Target

Ten steps to improving mental accuracy.

Intuitive Listening

Learning to hear with the heart.

Re-negotiating Your Relationships

Using Intuition to analyze and communicate your needs and desires.



Start your own circle.

Find out how at:

www.IntuitiveLearningCircle.com