

# Inspired Life Formula with Nina Lockwood

## Module 6: Find Your Flow

### Exercise 2 Expanded Perception

This is Nina Lockwood, and welcome to the second exercise for Module 6, called Expanded Perception.

Once you know whether your dominant perceptual style is visual, kinesthetic (movement), auditory or tactile (touch), you can conduct endless experiments in noticing and expanding each one. Most of us are a combination of styles, but by now you are aware of what avenue of perception is the one you rely on most. As you clarify and then expand your range of perceiving, you'll be able to choose or include perceptual styles that will give you the most information, information that will help you make decisions or confirm that you're going in the right direction.

Let's give some examples of different perceptual styles. If you are a visual learner, You take in information through images. The neural pathways between the eyes and the part of the brain that interprets visual images is stronger. You are visually sensitive to your environment, you tend to describe things in terms of visual elements like color or shape or size. Eye contact with another person is important.

If you are an auditory learner, the way you received information is through hearing, speaking or processing ideas out loud. You need or are aware of auditory stimulation like singing, talking, or music. When you meet someone new you notice the sound of their voice the way they talk and what they say. You are sensitive to noise in your environment and you remember what people say. You have a good memory for music and dialogue.

If you're kinesthetic, you are tuned into movement in and around your environment, Your attention can be distracted by movements, But you need to move in order to learn or to integrate your surroundings. When you meet someone new you remember most how they acted or what they did. Your language reflects the Action words: doing winning achieving and you get to the point quickly.

If you are a tactile learner you rely on your sense of touch, the use of your hands and fingers and your feelings either physical or emotional. You are sensitive to your feelings and other peoples feelings, nonverbal communication and it can be difficult for you to tune out other people's negativity. The language you use often describes Comfort or physical sensation as well as emotions.

In this exercise, which is adapted from the book, The Power of Flow, we're going to spend time noticing how we perceive through our senses. I'm going to describe the exercise first from beginning to end and then you'll be able to do it on your own. When you first Do this exercise, do it at home I'm up but it's not necessary for you to be alone or by yourself. Have a timer on hand, and you're journal nearby. Sit in a comfortable chair or lie down, But if you lie down, just make sure you are not going to fall asleep.

Whether you are sitting or lying down, set your timer for three minutes. begin with the perceptual style that you are most comfortable using and is most familiar to you. And for those three minutes, put all your attention on perceiving the details around you exclusively through that one style. So, for instance, if you have a predominant auditory style, put all your attention on listening two as many different sounds as possible. If you are using your visual Mode of perception, let your eyes take in as much detail as possible. And if you are kinesthetic, pay attention to the sensations that you are experiencing, Both inside and on the surface of your body.

Next, try experimenting with another perceptual mode, and in that next three minutes, take in as much detail as possible in that Second perceptual style. For instance if you are taking in information through your kinesthetic sense, become aware of any movement in your environment, it might be another person an animal the movement of air. If you are using the tactile mode where you rely on your sense of touch, and your awareness of physical and emotional feelings, Put all your attention on what you perceive through through feeling.

By the time you'll have finished, You'll have gone through all four modes of perception. Take some time to reflect on your experience and what you've learned about how are you taking in information and whether it is changed

in anyway as it is filtered through your brain. It's a good idea to take some notes, Especially of things you learn about yourself that you may not have known before. Now, you don't have to do you all for perceptual modes one right after the other. You can do one, then take a break, Set your timer and do the second mode. The point is to notice how are you take in information. Once you've done this exercise at home, try doing it in a familiar place which is not your home, like your office or in a store or a public space where you can sit without having to move for several minutes. Then you can try one more variation, which is to go somewhere you've never been before and try this exercise.

As you practice all of these styles of perceiving, you'll be able to consciously choose one or more modes when you want to increase either of the amount or the quality of information you are able to take in. The more skilled you are in recognizing details and information, the more your awareness Will be able to reveal flow in your life.