

CUE CARD

During Phase Two, Three and Four, the use of cueing words or commands will help you get more information and detail about the target site. These are only examples. You can be very creative and think of other neutral (not leading!) ways to cue yourself.

The first list contains sensory words. Sensory words relate to your five major senses: taste, touch, smell, hearing and sight. Start using these words first.

*Once you have picked up some perceptions that describe the shape, size, pattern, or other dimensional information about the site, you can then begin using the dimensional word list **in combination with the sensory word list**.*

When using the list of sensory or dimensional words, be sure to read them quickly. Don't give yourself time to answer. These words are only meant to "prod" the subconscious mind. If you ask "Color?" and then stop and think, and then answer, "Red" you are often answering with your conscious mind. Instead, read the whole list of sensory words to yourself very quickly, and then get back to your viewing. Again, once you have come up with a dimensional word, use both sensory and dimensional word lists as your word cues:

SENSORY WORDS:

Colors?
Illumination?
Textures?
Density?
Temperature?
Smells?
Tastes?
Sounds?
Ambience?

DIMENSIONAL WORDS:

Shapes?
Sizes?
Patterns?
Positions?
Direction?
Orientation?

ACTION CUE EXAMPLES:

Mentally lick the target. Taste?
Mentally slap the target. Density?
Clap your hands at the target. Sounds?

MOVEMENT COMMAND EXAMPLES

Move 10 feet back from the target and describe.
Move 50 feet above the target and describe.
Move 2 minutes forward and describe.
Move underneath the target and describe.
Move 12 hours forward and describe what you see.
Turn 180° degrees at the target and describe.