

**EXPLORING THE THREE SELVES**  
**WEBCAST CLASS**  
**July 30, 2006**

**Partner Exercise**

*When the facilitator during the class gives this exercise to the group in the room, you may participate in this exercise in a variety of ways:*

**If you are participating on the Internet by yourself** you can:

write answers to the questions in your journal

OR

talk the answers to the questions out loud

OR

answer the questions inwardly.

**If you are participating on the Internet with a partner**, you can do the exercise together, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

**If you are participating on the Internet in a group**, you can choose one partner to do the exercise with, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

**EXERCISE ON EXPRESSIONS OF THE THREE SELVES**

1. I am allowing my Conscious self to express when I...
2. I am allowing my Basic self to express when I ...
3. I am allowing my High Self to express when I ...