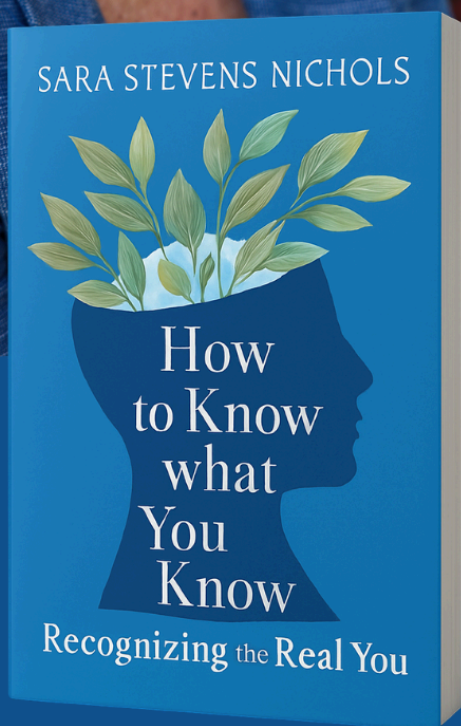


An experiential Four-Week study guide for small groups and classes Based on the book

What if your life were guided
not by pressure, fear, or
habit
—but by a quiet, reliable
inner self-knowing that is
always available to you?
*Welcome to the
Conversation*



Created by Sara Stevens Nichols

A four week Discussion Study Group Guide based on

How to Know What You Know:

Recognizing the Real You

DeVorss  Publications

By Sara Stevens Nichols

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How to Know What You Know is available through most major book
retailers and wholesalers.

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HOW TO USE THIS GUIDE

- First of all, this guide is for you, the facilitator, not for the participants. At the end of the guide is a one pager for them that you can add your name and contact info to.
- Read the assigned pages and the chapter tools in advance. Use this guide as your script — adapt language to your voice.
- Begin each session with a 5–7 minute centering (simple breath or silence).
- Encourage confidentiality and respectful listening. No cross-talk. Keep timing tight.
- Use the experiential processes indicated; they build skill. You may have to pick just one chapter per month. You could have the group vote on that. If time runs short, prioritize the dyad/process and the homework assignment.
- Most of the guide is written as if the book study is in person, so you may have to adapt slightly. If you are doing it online, check back to see if we provide slides (they are in process), otherwise, feel free to make your own but not necessary.

WEEK-BY-WEEK OUTLINE (quick)

- Week 1 — Intro + Tools: Introduction; Intro chapters (Intro, How to Use This Book, Ch. 1–3 excerpt focus); teach Light vs Heavy and Candle Flame; short dyads to practice; homework: daily practice & read Week 2 chapters.
- Week 2 — Body, Creativity, Life's Work: Discuss FLOW/GROW inventories (Ch.7–9); practice one tool per chapter in dyads; experiential group process to claim havingness for creativity/career; homework: practice chosen tool daily; journal coincidences.
- Week 3 — Judgments, Love & Sex, Money: Discuss judgments & havingness; use Interesting POV, Havingness Gauge, Double-Blind Paper Test; dyads for sensitive sharing; homework: new conclusion exercise; gratitude list nightly.
- Week 4 — Time, Boundaries, Beliefs + Closing: Gates to the Sacred Yes, You May Be Right chart, Best Thing You Believe; final Reclaiming Reality or Ho'oponopono; closing circle with declarations.

SESSION 1 — INTRO + CORE TOOLS (2 hours)

Preparation for facilitator: print session plan, post ground rules, timer, notecards, pens.

Prep for participants: Read Introduction, "How to Use This Book," Chapter 1 (You ARE Authentic Intelligence) and Chapter 6 (How Can We Know?) — especially the Light vs Heavy and Candle Flame sections. Bring your book and a journal.

Welcome + Opening (10 min)

- Greeting, quick logistics (bathrooms, breaks). Quick icebreaker: name + one hope for group (30–45 sec each).
- Read group agreement aloud: confidentiality; speak from "I"; no fixing; respect timing.

Facilitator brief (5 min)

- Explain structure: ~2 hours, share, dyads, brief experiential, homework. Encourage writing in books.

Centering / Sacred Heart intro (5–7 min)

- Short guided centering: breathe in 4, hold 2, out 6 — two rounds. Invite to rest in the "Sacred Heart" for 1–2 min (quiet).

Why this book matters for our readers (10 min)

- Read one short quote from Intro (or paraphrase): the goal is to live decisions guided by inner knowing. Ask: What resonated? (3–4 comments; keep to 6–7 minutes)

Teach the two primary tools (25 minutes)

A. Light vs Heavy (10–12 min)

- Explain concept (from Ch.6): Light = spacious/expansive = yes. Heavy = constricted/closed = no. It's *feeling* not *imagining*.
- Demo: ask facilitator to pose a trivial choice and show how it feels in chest. Invite group to try silently with a small choice (e.g., have coffee vs walk).
- Practice (paired): 6 min total — one partner names two choices (A/B) and the other reports light/heavy sensed. Switch roles (3 min each).

B. Candle Flame (10–12 min)

- Explain: imagine a candle in chest; brightens = yes; flickers/goes out = no. Helpful if visualizer.

- Demo + paired practice: same format as above but use candle image. Encourage noting the felt differences.

Short group debrief (10 min)

- What was surprising? Any resistance? How easy was it to notice light/heavy?

Experiential Dyad: "Introduce Your Fear" (20 min)

- Purpose: practice pause + mindful question to inner voice. Script:
 - Partner A (5 min): describe a current small worry/fear and then, aloud, ask your Fear, "What are you trying to tell me I might lose?" (pause). Partner B listens silently (no cross talk).
 - Switch (5 min).
 - Group share (10 min): 1-2 people share insights; keep others brief.

Homeplay & Close (10 min)

- Homeplay: (daily, for next week) — practice Light vs Heavy and Candle Flame at least twice daily (note findings). Read Week 2 chapters: Ch.7 Know Your Body & Healing; Ch.8 Know Your Creativity; Ch.9 Know Your Life's Work. Complete the Stream inventory FLOW/GROW for each chapter (pages noted in book). Journal any coincidences.
- Closing: short gratitude round (one thing). End on time.

Facilitator Notes Week 1:

- Keep energy light make it fun but grounded if you can.
- For quieter groups, extend dyad time; for chatty groups, enforce 2-minute shares.
- If members are triggered by "Fear" practice, offer option to reflect silently instead.

SESSION 2 — BODY, CREATIVITY, LIFE'S WORK (2 hours)

Prep: Read Ch.7–9 and complete FLOW/GROW inventories in book; bring notes and at least one tool you want to try (Body Dialogue, 2-Way Writing, Coincidence list).

Opening + Check-in (10 min)

- One-sentence check-in: where were you strongest with Light/Candle practice this week?

Body & Healing (25 min)

- Brief readout: invite 2 people to share their FLOW/GROW results (3 min each). Discuss patterns.
- Teach Body Dialogue tool (from Ch.7): model a 3-minute body dialogue for a knee/back issue.
- Dyad practice (10 min): Partner A (5 min) does body dialogue aloud while Partner B listens quietly; switch.
- Quick group share (5 min).

Creativity (25 min)

- Prompt: What's your creative jam? Any surprises from your inventory? (5 min open)
- Teach 2-Way Writing (Ch.8): facilitator demonstrates short 2-way (ask Higher Self (HS) one question, allow answer).
- Mini-write (10 min): Participants write one page to HS asking, "What would be a playful next step for my creativity?" Then silently read what "came through."
- Pair share (8 min): each partner reads what they received, as willing.

Life's Work (30 min)

- Brief frame: Coincidences tool + "What else is possible?" (Ch.9). Invite 1–2 participants to share Life's Work inventory insights.
- Exercise: Coincidence tracking set-up — give worksheet (simple table: date, coincidence, improbability, interpretation). Invite to practice for 30 days.
- Experiential (small groups of 3): "Havingness for Life's Work" (15 min)
 - Round: each person states a wanted work outcome, then uses the Havingness Gauge (visualize needle) and names one belief to release. Partners hold them in shared attention (no advice). Rotate.

Homeplay & Close (10 min)

- Homeplay: Practice Body Dialogue (twice), 2-Way Writing (3 x this week), start Coincidence log, read Week 3 chapters: Ch.10 Judgments; Ch.12 Love & Sex; Ch.13 Money & Finances. Continue Light/Candle daily.
- Closing: 1-minute breathing.

Facilitator Notes Week 2:

- Encourage safety when body dialogue brings emotion — provide pause options.
- Collect (or ask participants to email) one short coincidence during week for group review next week if they want.

SESSION 3 — JUDGMENTS, LOVE & SEX, MONEY (2 hours)

Prep: Read Ch.10, Ch.12, Ch.13. Complete inventories and bring an example for New Conclusion / Havingness work.

Opening + Check-in (10 min)

- Brief pairing: share one coincidence since last session (60–90 sec each).

Judgments (30 min)

- Short frame: judgment as a toxic mimic (Ch.5, Ch.10). Teach “Interesting Point of View” and Standards of Integrity inventory.
- Exercise: Pull-Judgment From (demo): facilitator models saying “Pull judgment from [name]” three times and then reads a brief affirming mantra. Explain energetic release concept.
- Dyads (12 min): each person chooses a persistent judgment and practices “Interesting POV” (3x) and then says aloud one thing they’ll do differently this week. Switch.
- Group debrief (5 min).

Love & Sex (25 min)

- Frame: Havingness Gauge + boundary context (Ch.12, Ch.17). Emphasize consent/ethical safety.
- Exercise (small groups of 3): Havingness role play (10 min) — Person A describes a relationship desire, Person B asks clarifying questions, Person C holds space and uses gauge prompt. Rotate.
- Teaching moment: quick H.A.V.I.N.G.N.E.S.S. phrases: invite using “I am worthy” + ask for support.

Money & Finances (30 min)

- Frame: Vagueness → clarity (Ch.13). Teach Double-Blind Paper Test (demo) and the Double-Check/Double-Blind quick method.
- Group exercise (15 min): small groups practice double-blind on a low-stakes choice (e.g., pick a retreat location). Use candle/light if participants prefer. Debrief evidence and feelings (10 min).
- Quick best-practices: track receipts for 30 days; list one finance small-step (e.g., set a bill auto-pay, create a budget line).

Homeplay & Close (10 min)

- Homeplay: New Conclusion exercise (choose one person/issue you've judged; craft positive alternative and gather evidence—see instructions below). Gratitude list nightly. Read Week 4: Ch.15 Time; Ch.17 Boundaries; Ch.20 Beliefs. Continue daily Light/Candle practice.
- Closing: quick audio-guided breath (1 min).

Facilitator Notes Week 3:

- Money conversations can be triggering — emphasize “this is about knowing and clarity, not shaming.”
- If someone shares sensitive financial info, offer resources (local financial counselor).

SESSION 4 — TIME, BOUNDARIES, BELIEFS + CLOSING (2 hours)

Prep: Read Ch.15, Ch.17, Ch.20; complete FLOW/GROW in each; bring one belief you want to test.

Opening + Brief Check-in (10 min)

- One short sentence: what tool most helped you so far?

Time (25 min)

- Review Gates to the Sacred Yes (Ch.15). Demonstrate with a real request scenario.
- Exercise: Participants list 3 recurring requests/time drains. Practice applying Gates to each; pair to role-play saying Sacred No + pivot phrase (“Let me reflect; I’ll get back to you”). (15 min)
- Brief debrief (5 min).

Boundaries (25 min)

- Lead You May Be Right + boundary chart. Demo scripting for difficult relative or colleague.
- Small-group practice (12 min): create 3 scripted responses for typical boundary scenarios (work, family, friend). Role-play using “You may be right” / “That won’t work for me” / “I’ll be right there” templates.
- Group share (8 min).

Beliefs & Closing Clearing (30 min)

- Lead Best Thing You Believe method (Ch.20). Facilitate brief guided exercise:
 - Step 1 (3 min): list 6 beliefs about a chosen outcome.
 - Step 2 (3 min): use Light/Candle to pick best belief.
 - Step 3 (10 min): partners share the one chosen belief and an action they’ll take this week to gather evidence.
- Group Reclaiming Reality or Ho’oponopono (guided, 6–8 min): lead whole-group practice (see script below).
- Final sharing: each participant declares one action and one new belief they’ll practice. (5–7 min)

Closing Circle (10 min)

- Rounds: gratitude; one sentence: “I am grateful for...” (brief). Facilitator thanks, remind resources and continuing practice. Offer optional follow-up check-in (email or next cohort).

Facilitator Scripts & Key Experiential Processes (timed)

A. Sacred Heart Centering (2–4 min)

- “Find comfortable posture. Breathe in for 4, hold 2, out 6. Imagine a warm space in your chest — the Sacred Heart. If it helps, think: ‘I am held.’ Allow the space to expand. Sit in this silently for 60 seconds.” (pause) “Bring your attention back slowly.”

B. Dyad Listening (10–12 min per dyad set)

- Rules: 1) Speaker has full time; 2) Listener holds space silently; 3) No advice; 4) Use timer; 5) Switch roles. Debrief together for 2 minutes after both voices.

C. Body Dialogue Script (3–5 min per person)

- “Place hand on the area. Speak aloud: ‘What are you trying to tell me? What do you want me to know to help you heal?’ Pause and listen. Record any words/feelings that arise. End with ‘Thank you.’”

D. Two-Way Writing (10–12 min)

- “Write: ‘Dear Spirit Team...’ Ask one focused question (e.g., ‘What small step will open my work?’) Set 7 minutes writing; then wait silently for answer and write whatever arrives. If nothing, ask again next day.”

E. Havingness Gauge (5–8 min)

- “Visualize an old gas gauge 0–100. Name what you think you want; see needle location. Now imagine needle at 100% — what releases? What belief must go? Journal what came up.”

F. Double-Blind Paper Test (10–15 min)

- Use 4 equal papers; options written on one side, coded *unknown* on other. Mix, place face-down. Lay hands over each and sense light/heavy or candle. Note scores; reveal code and see result.

G. Pull Judgment From (simple)

- When you feel judged, say aloud: “Pull judgment from [person]” three times. Close with “I allow all judgment to flow through me to Source.” (adapt for group safety).

H. New Conclusion (homework)

- List belief + evidence you’ve gathered for it. Create opposite/positive conclusion and start to gather evidence for that (5 entries minimum). Bring evidence to group.

I. Reclaiming Reality (closing guided)

- Script: “Say aloud with me: I AM the presence and power of God’s abundance who created the apparent reality. Now state briefly the story that has been making you feel stuck. (Pause 20–30s) Now say: It’s MY STORY. It’s made up. I reclaim my power. I let all power return to me. Thank you.” (pause) “Repeat silently three times.”

Optional Extra Materials (facilitator)

- Gentle guided audio: Sacred Heart (60–90 sec version). Create one yourself or use the short script above.
- Triggers & safety phrasing: “If this raises something intense, we have a 3-minute step-out. Do you need a pause?”
- Resource list: Al-Anon, local therapists, EFT practitioners, financial counselors, local 12-step groups.

Pacing & timing sample (session 2 as example)

- 0:00–0:10 Opening/check-in
- 0:10–0:35 Body Dialogue + shares
- 0:35–1:00 Creativity 2-Way writing + share
- 1:00–1:30 Life’s Work havingness + group process
- 1:30–1:45 Debrief + Q&A
- 1:45–2:00 Homeplay + closing

Homeplay (explicit, week-by-week)

Week 1: Light vs Heavy twice daily; Candle Flame twice daily; complete readings for Week 2; bring FLOW/GROW.

Week 2: Body Dialogue (2x week), 2-Way Writing (3x), start Coincidence log; read Week 3 chapters.

Week 3: Complete New Conclusion; practice Pull-Judgment and Double-Blind test once; nightly gratitude list; read Week 4 chapters.

Week 4: Gates to Sacred Yes application to 3 requests; practice "You May Be Right" scripting; complete Best Thing You Believe documentation.

Ongoing: daily 5-minute Sacred Heart centering; continue Light/Candle practice.

Facilitator Cheat Sheet — One Page (copy to your slide notes)

- Timekeeper: keep sessions on schedule.
- Opening: 5–7 min centering.
- Each week: Quick check-in (10 min) → Topic 1 (25–30) → Topic 2 (20–30) → Topic 3 (20–30) → Homeplay + close (10).
- Dyads: 5–6 min per person; no cross-talk.
- Safety: Offer pause, water, step-out if triggered. Keep referrals list for therapy/Al-Anon/financial counseling.
- Language to model: “Got it.” / “Noted.” / “Sounds good.” (varied). Use light humor; be curious.

Participant Handout–4-Week Study: How to Know What You Know — Quick Prep

Week 1 — Read: Intro, How to Use This Book, Ch.1 & 6. Practice: Light vs Heavy & Candle Flame twice daily. Bring book + journal.

Week 2 — Read: Ch.7, Ch.8, Ch.9. Practice: Body Dialogue, 2-Way Writing. Start Coincidence log. Complete FLOW/GROW inventories.

Week 3 — Read: Ch.10, Ch.12, Ch.13. Practice: Pull-Judgment, Havingness Gauge, Double-Blind. New Conclusion exercise. Gratitude list nightly.

Week 4 — Read: Ch.15, Ch.17, Ch.20. Practice: Gates to Sacred Yes, You May Be Right, Best Thing You Believe. Closing declaration.

Tools summary (1-line each): Light vs Heavy; Candle Flame; Body Dialogue; 2-Way Writing; Havingness Gauge; Pull-Judgment; Double-Blind Paper Test; Gates to Sacred Yes; Ho'oponopono; Reclaiming Reality.

Contact: [facilitator email/phone] — confidentiality reminder.