

What it is

A tool for accessing intuition regarding a pending decision

What it can do

This tool can assist you to:

- Help others gain clarity on decisions they are facing.
- Help you gain clarity around your own decisions.

When to use it

- When people you work with are having difficulty getting clear about a decision.
- When you are having difficulty getting clear about a decision.
- The tool can be adapted for a team facing a decision.

How it works

This tool is available online at: atctools.org/resources/tools-for-transformation

- This is a guided imagery process.
- If the person you're working with is unfamiliar with this kind of exercise, explain to them:
 - It's a way of accessing their own intuition.
 - There are no right or wrong answers. They should trust whatever images arise as they hear the instructions.
 - Before beginning the guided process, have them name each of the alternatives to the decision they are facing.
 - The decision of *not* deciding should also be named as an alternative.
 - The options should be numbered 1 to ____.
- Take your time guiding them. Read the text slowly and pause often, so they have adequate time to really visualize the imagery.

The guided imagery:

Ask the person to close their eyes.

Imagine you are heading down a path . . . any kind of path . . .

See the scenery around you . . . Look around you . . . What do you see, smell, or hear? . . . What details do you notice? What's the weather like? . . . If you are walking, feel your feet as they touch the ground... If you are seated, feel the pressure of the ground against your body . . .What sensations arise for you?

While you are heading down this path, review the decision that you are considering . . . remembering each of the alternatives you are considering.

You now come to a fork in the path. The path splits into as many paths as you have alternatives to your decision . . . one branch for each alternative.

Stop here. . . The paths are numbered from left to right – corresponding to the numbers of your alternatives.

Look at Path #1 . . .and now slowly start heading down this path.

How do you feel, going down this path? You are living out this option as you head down this path . . . Physically, what happens to this path as you continue down it? Notice how the path itself changes and morphs as you continue in this direction. What's the weather like? . . . What details do you notice?

And notice . . . what are some of the qualities you experience walking down this path? What's it like to walk this path . . . energetically? Emotionally? What happens in your body? What happens to your energy? . . . What sensations arise for you?

When you have gone far enough . . . stop . . .
And breathe . . . let your mind and body relax.

And now imagine you're back at the point where the paths divide.
Look at Path #2 . . . And on your own, start walking slowly down Path #2.

How do you feel, going down *this* path? You are living out this option as you head down this path. . . Physically, what happens to this path as you continue down it? Notice how the path itself changes and morphs as you continue in this direction. What's the weather like? . . . What details do you notice?

And notice what are some of the qualities you experience walking down this path? What's it like to walk this path . . . energetically? Emotionally? What happens in your body? What happens to your energy?.... What sensations arise for you?

When you have gone far enough . . . stop . . .
And breathe . . . let your mind and body relax . . .

Come back once more to where the paths divide. If there are more options, go down each of these paths on your own, just as we did before.

Whenever you are done, open your eyes . . .

When complete, ask the person to report on what they experienced walking down each of the paths.

Things to consider

- People very often receive impressions that help clarify the decision they are considering.
- For example, one path may be frigid and dark, or lead into brambles, or walking the path may feel tedious. Another path may be a bright, sunny day and easy walking.
- The impressions and information received in the imagery may or may not be sufficient on their own to inform the decision, but the Decision Path process is almost always helpful.
- It is also possible to guide groups on the same journey to explore their collective decisions.
- Lastly, you can also use this process to guide yourself in helping clarify your own decisions.