

EPISODE

1.20

INSIGHT

EPISODE 7 OF 8 IN THE PRIMAL WOUND SERIES

TYPES OF INSIGHT

- Instant
- Gradual
- Reflective

METHODS OF INSIGHT

- Regressions
- Personification of Your Shadow
- Meditation
- Grace
- Friendship / Therapist

YARDSTICK TO MEASURE PROGRESS

- Suffering is less intense.
- Suffering is less frequent.
- Suffering is lasts less long (shorter duration).