



## Wonder Questions To Use With The Harmonizer

### Instructions:

As you listen to The Harmonizer, occasionally float these Wonder Questions through your mind. Ask each question—take a moment to feel genuine wonder about it—then let it go and go back to the sound of The Harmonizer. Don't strain for answers; they will come in the perfect time and place. The important part of the practice is to enjoy moments of pure, genuine wonder. These moments of pure wonder, when you're sincerely wondering about a question that would change your life if you answered it, speed up your evolution remarkably.

1. What works beautifully in my relationships?
2. If my relationships worked well, what would I do with the energy and time I have been expending in loneliness and conflict?
3. How do I most like to be appreciated in a close relationship? How does my partner most like to be appreciated? How can I increase the exchange of appreciation today in my close relationships?
4. (Imagine you are on your deathbed and someone asks if your life was a success. You answer, "Yes, it was.") What are four or five of the most important things I have experienced or accomplished in my life that caused me to say it was a success?
5. What body sensations let me know when I'm expanding my capacity to receive love and appreciation? What body sensations let me know when I'm shutting out love and appreciation?
6. How can I support me/my partner today in doing more of what I/we love to do and living more in our Zone Of Genius?