

RYIG Exercises

For your convenience, here are the four exercises from
Part One of *Raise Your Inner Game*.

#1: YOU ARE NOT YOUR THOUGHTS (from Chapter One)

Sit comfortably, relax, close your eyes, and, for a couple of minutes, observe your thoughts. Don't judge them or filter them, and try especially to not engage with them. Just watch them come and go, like you're sitting on a park bench and your thoughts are people walking by, or you're a birdwatcher peering through binoculars. "There's one! That's interesting. Hey, there's another." The approach you want is that of a distant but interested observer.

After you've observed this inner activity for a bit, sit with the experience for a moment and feel the reality it demonstrates: On one hand are the thoughts you observed. On the other, there's YOU who observed them. They are separate entities, like two people sitting on opposite sides of a table.

Do you see it? Can you feel your Self separate from your thoughts? That's the reality that the four-level structure illustrates. There's a *you* that's separate from the levels just as there's a *you* that's separate from your thoughts. And this observation is the foundation of raising your inner game.

#2: LEVEL REPORT (from Chapter Three)

Over the last 48 hours:

- What levels were you on and when? (Think of examples of all four.)
- For each level, what was the trigger?

#3: INNER GAME MOMENTS (from Chapter Four)

In this exercise you're going to create an Inner Game Moment and observe this mechanism at work. It's a very specific exercise, so please follow the instructions to the letter, and as you do it, remember that the purpose is to observe what happens in these moments.

1. Note the current time.
2. Identify the next 10-minute mark. (If it's 2:12 now, the next mark will be 2:20. If it's 7:31, it'll be 7:40, and so on.)
3. Think of some small action you could do at that time (e.g. check your email, call someone, take a deep breath).
4. As you wait, note any pull against taking that action – arguments, physical impulses, etc.
5. When the 10-minute mark comes, take action at precisely that moment.

Steps 3 and 5 are especially important: The action needs to be small and relatively unimportant, and you need to do it at exactly the time you choose, not one second before or after. (NOTE: The opposition you're feeling right now to doing this is part of the exercise.)

#4: GRAVITY REPORT (from Chapter Five)

Think back over the last three days:

- Were they high-gravity days, low-gravity days, or normal days?
- How can you tell? What do the differences feel like?
- What high-gravity triggers did you encounter?
- What other high-gravity triggers can you identify in your life?