

## Can I Predict?

The first thirty seconds of any experience gives you the most accurate information you will ever have! For that period of time, you are functioning below the level of consciousness and all input is unanalyzed and unmonitored. After thirty seconds, the intellect tends to get in the way, making judgments, comparisons and censoring. The first thirty seconds that you know someone gives you the most unbiased and clearest picture you will ever have of what that person really is.

### Prediction Exercise

1. Quiet your body and mind.
2. Ask yourself a question about a person, event, or problem. Something that can be validated shortly.
3. Jot down your impressions and date it.
4. Wait to see if you were correct. If not, where and why were you wrong?