

Connecting to your Inner Wisdom

Webcast Class/Handout

1. Identify an area in your life where you would like to access your inner wisdom for guidance/assistance.

2. Set your intention to access your inner wisdom.
Bring your awareness to your breathing in and your breathing out.
Inwardly say the 9 magic words to yourself;
I love you, God bless you, peace be still
Listen and watch inwardly for guidance
(pause)

3. What does your inner wisdom tell you or show you about this area of your life? You may receive it through an inner voice, an image, an intuition that pops into your mind, a “gut feeling.”
Share what you have received from your inner wisdom.

4. Is there anything in this area that feels incomplete that you would like to complete?

5. What does your inner wisdom say or show you now?

6. Imagine yourself following your inner wisdom in this area. What would you say or do? What are you experiencing? Is there a next step you can take?

7. Go inside and thank yourself for allowing your inner wisdom to come forward.