



## Inner Wisdom Exercise

- I. The premise of all of the work that we do is that the answers are within. If you find yourself feeling plugged in, upset, stuck, blocked, confronted or otherwise having a hard time, begin by using the following sequence of steps to resolve it for yourself.
  - A. Sit down with your journal and just write for a few minutes to help unconceal what you're feeling and get clear about what's really going on for you. Let your stream of consciousness go and allow yourself to simply write about whatever is there. As you write, you may include:
    1. How or where else this type of situation has shown for you.
    2. How long you've been experiencing this type of situation or circumstance.
    3. The first time that you remember feeling this way or experiencing this.
  - B. Next, put your journal down and sit quietly in your chair for few minutes, observing your breath. Focus your attention on your body and consciously relax. When you feel relaxed and present, allow yourself to float down inside to your heart with the intention to get whatever information you need.
  - C. Continue to breathe deeply and ask yourself "What do I need to know or understand about this situation?" Repeat the question to yourself a couple of times, then simply pause and consciously breathe again. Notice the thoughts and feelings that you have and allow yourself to hear any messages from your inner voice.
  - D. Breathe deeply, bring your attention back to your heart and ask yourself, "What do I get out of continuing to hold onto this situation?" Again, pause and consciously breathe allowing yourself to hear what's there.
  - E. Breathe deeply again and ask yourself, "What do I need to do to take care of myself and to shift this situation right now?" Continue to breathe consciously and allow yourself to come up with one specific action or practice that you can do to take care of yourself and shift the situation.

- F. Continue to breathe and gently float back up out of your heart. Pick up your journal and once again spend a few minutes writing about the information or answers that you got during your time inside. Make sure to write down what it is exactly that you need to do and commit to a time to complete it.
  - G. When you're done writing, take a deep breath and thank yourself for the gift of your own time and attention. Acknowledge yourself generously for any wisdom that you received from inside, and then make a commitment to yourself to take whatever action or begin whatever practice is needed.
- II. After you've done your journaling, gone inside, then journaled again, if you still don't have clarity or some path toward resolution, then allow yourself just to be with the situation for a day or so. Don't try to fix it in any other way, don't try to figure it out, simply allow yourself to be with the feelings that it brings up in you. Then after you've just sat with it for at least a day, repeat the steps above.