

# **7 POWERFUL STEPS TO CONNECT YOU TO YOUR INNER GUIDE**

An Introductory Guide by  
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**Active Listening** is intent to 'listen for meaning'. **Communication** is the key to any success and probably the most important foundation block is the development of effective listening skills. Listening is the receiving part of communication.

This can also be applied to our inner listening, to the 'still small voice within', more usually known as intuition. This is the voice of peace and is God's way of talking to us. It is our connection to the Source of life.

We all come into this world with the potential to be someone special. It is as though our souls decide before we are born what we are meant to do – but then we are born and no one lets us in on the arrangement! However if we can learn to trust a higher power and be in touch with our intuition then the Universe can guide us along the path we are meant to tread.

Intuition is something we all have, irrespective of whether we have a religious belief or not. When we can learn how to gain access to it and to be able to trust what we hear we will make a positive impact on our lives and those around us. We will gain valuable intuitive insights.

The key to this inner knowledge can be accessed by taking time out for meditation or contemplation, asking a question and then sitting in silence to hear what is being said to us. What we ask for in thought or prayer, we receive the answer through meditation. As we learn how to do this our awareness is developed and heightened. We become more perceptive of the word around us.

Our minds can be such fertile grounds of activity, a cacophony of thoughts and images, so it can be very difficult to determine what genuine intuition is. It takes practice, discipline and time but if you are prepared to make the commitment you will be well rewarded for your efforts.

### **SO HOW DO WE KNOW WHEN IT IS WORKING – WHICH WE HAVE THE 'RIGHT' ANSWER?**

Here are a few pointers: When we flow with life and are open the Universe guides us gently towards creating synchronicities and so-called 'coincidences'. Opportunities and directions appear and we know - rather than think that we are doing the right thing.

When we feel a warm glow for the answer there will be no feelings of pressure or doubt, only reassurance, peace and support that what we've heard is right.

As we proceed many reinforcements from songs, signs and strangers may repeat what we have heard. You may have had the experience of a song being played constantly over and over in your mind. If you listen to the words you may well find that a certain 'answer' is being given to you.

When in doubt the best practice is to only listen to the still, calm voice. It is waiting patiently to be heard. If you hear worried, fearful or negative thoughts as your reply then this is a sign that the limited voice, otherwise known as the ego is at large. When we rely on our logic and want to be in control we create the most problems.

The still calm voice is only concerned with your wellbeing and of those around you. It is never aggressive or fearful, and is only ever like a gentle guide, encouraging you to find a way through.

## **THERE ARE OTHER WAYS TO LEARN ABOUT DEVELOPING YOUR INTUITION.**

One of these is through your dreams.

Before you go to bed write a few paragraphs about your situation.

Summarise the issue in a question and then state the question to yourself before you go to sleep.

Before you become fully awake in the morning ask yourself “What is the answer to my question”? You may remember a specific dream - think about the symbolism of it. You may not remember any actual details of the dream but may feel that you’ve awakened with an intuitive answer to your question.

I find a valuable way to monitor my progress is to keep a journal. As you record your issues and results, do an analysis. What outcome did you receive as a result of when you trusted your intuition – and when you didn’t!

## **BLOCKS TO UNLOCKING THE POWER OF YOUR INTUITION**

Sometimes it may feel that you need the approval of others. However, more often than not their own emotions and influence will blur your ability to make accurate inner level decisions that will guide you to the right outcome for you.

You may believe that if you trust your intuition it can make mistakes, so you won’t trust it again.

By increased inner listening you will learn to ‘know’ when your thought is real intuition (the still calm voice) or just a wishful thought, or even a fearful one. The last two will **never** be still or calm.

Listening to your intuition can be very valuable when you need to make decisions about what you really want from life. However it takes time to learn to trust because there is no actual scientific basis to confirm what you are feeling.

From my own experiences I believe that if you are prepared to go on a journey of self-discovery and take time to learn about your true self, even if this makes you feel uncomfortable initially, your intuition will never let you down and your life will become truly empowered.

## **TRY THIS EXERCISE THE NEXT TIME YOU FIND YOURSELF IN AN UPSETTING SITUATION OR CIRCUMSTANCE: 1.**

- 1.** Sit quietly and focus on your breathing for a few moments or use any other technique that allows you to quieten your mind.
- 2.** Bring to mind the situation you find upsetting.
- 3.** Acknowledge to yourself that your goal is to experience peace and calm about this situation. Your task is to find a loving and compassionate approach to the resolution of the conflict you are experiencing.

4. Imagine being filled and surrounded by healing light or energy. Ask God to be present in whatever form feels right to you. Say with this thought and image for a few moments.

5. Ask the question “How can I find peace in this situation”? And listen again. Through focused listening the answers will unfold.

6. The next step is to ask “Is there any action that I need to take right now regarding this situation”? Listen and repeat, as necessary, in step 5.

7. Understand that you may not always receive an answer immediately. If you are feeling upset and unsettled by the situation you are asking about your mind may not be calm enough for the response to come through effectively. Trust that the answer will emerge over the next day or so. It may come in the form of a dream, a shift in perception about your problem, a conversation with a friend, or something you are drawn to read. Or the answer may come fully formed.

1. With kind permission and adapted from ‘Divine Intuition’ by Lynn A. Robinson.

### **HERE ARE SEVEN POWERFUL STEPS TO CONNECT YOU TO YOUR INNER GUIDE:**

1. **Daily Commitment.** In order to ‘hear’ properly you must have a real wish and flexibility to change your view of the world. You should be willing to see or consider an alternative route. Reserve a special time each day to connect to your Divine Source. Ask for what you need in prayer or thought. Receive your answer in meditation.
2. **Be silent.** You need to quieten your mind, to let go of all your thoughts except to focus on your wish to hear. Release all your ideas of what you think you need to the Divine.
3. **Recognise God’s voice.** There is only one. It is the still, small voice that speaks of love and peace. It is the voice of truth and will give you a peace that is beyond understanding.
4. **Have no terms or conditions.** True ‘listening’ is difficult when you request a specific answer to your question. Simply ask to be shown or guided to the best way forward.
5. **‘Listen’ with self-confidence.** Trust what you hear. Your willingness and ability to listen is all that is required.
6. **When in doubt, continue to listen.** The truth is the consistency of the still, small voice of peace and love that comes from within.
7. **Continue only when you feel at peace.** If your peace becomes disturbed, stop and ask for guidance. Don’t try to force things. The answer will come.

I hope you have enjoyed reading this basic guide to developing your secret power tool – your intuition. Along with providing a worldwide readings and counselling service helping others

to discover and develop their inner guide is part of my passion and life purpose. To discover more about how I can help **you** please do contact me.

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