

# The Treasure of Inner Guidance

Rev. Victoria Loveland-Coen, November 13<sup>th</sup>, 2022

Inner Guidance is an ability we all have, but many have it well hidden. We can learn to reawaken this Inner Divine Knowing which sees the full picture and can guide us when we're faced with making important decisions. It can lead us into activities that feed our soul, keep us healthy, help us grow, and bring us joy!

1. **Sensitivity exercise:** In the quiet, begin by reviewing all 5 physical senses, then listen to your feeling nature. Just observe what you're feeling. Breathe and let all that fade into the background and connect with the non-physical energy center of Divine Wisdom. Feel it reactivating.
2. **Ask better questions.** Unambiguous, simple and directly related to your issue. Ask questions that move you in a positive direction (rather than "will I be fired?" ask "what action can I take now?")
3. **Get into a place where you can hear the answer.** For example meditation, before falling asleep (theta brain waves), walk the labyrinth, pay attention to synchronicities and "sixth sense."
4. **Distinguish the difference between fear and intuition.** *Fear* is uneasiness, constriction, wanting to avoid disapproval or failure. *Intuition* gives you a sense of excitement or expansion, or a calm, relaxed feeling of "not this, or not now."