



Module 1. How to Strengthen Your Intuition

Module 1 is about strengthening your intuition. It's about learning to **trust** yourself enough that you make life choices from that inward stance of alignment. This alignment feels more like the truth of who you are, which feels expansive, peaceful, joyful along with a whole host of indescribable feelings that are beyond words.

When you start showing up for your life in the most authentic way possible, your intuition is leading the way. Skills you'll learn in this module:

1. How to identify the key ways that your heart speaks to you, and how to interpret the the language of the heart. It takes courage to not only learn this native language but to trust in what what your heart tells you. **Discernment** is a key part of that process.
2. Uncover assumed identities and roles you have played throughout your life. It's time to decide what reinforces your trust in your heart path and, just as importantly, what no longer serves you.

Key: Build Trust. Learn to trust your heart and allow it to be your guide



Truth. *Open your heart and listen to your intuition.*

Truth is who we are. Another word for truth is light, the kind of light that can only be described as love beyond measure. It's a way to understand how and why we react when we feel that someone is not telling us the truth or that we are not fully aligned with truth: Because we can feel that still soul light presence within us. We can feel that clear resonance of truth and weigh it against our life experiences.

Truth, to me, feels peaceful and light like a soft flowing breeze on a sun-filled day. No clouds are in the sky—if they are, they are flowing gently with the breeze. They are not cloudy or thunderous, ominous or threatening. Truth is like that: Light, open, allowing of all, especially of oneself. How often do you feel and live by, or flow your truth into most or all that you do? If you are struggling or are finding your way, this workbook will help you to gain clarity around all of that. It's no fun at all to feel torn or tortured by the lack of

clarity in your life, and that's what aligning with truth does for us. It brings us a way to navigate through life. It's intuition at it's very core.

In this very first module, you are going to spend some time taking a look at truth as it applies to your life. Truth is the thread that is woven throughout each of the modules. It calls you to continually take a look inside, open your heart and allow intuition to be your guide.

Concept 1: Discernment

Discernment is a necessary skill to hone when it comes to learning how to best honor your heart. Your heart is hot-wired to your soul's calling in this life and wants you to soar through life. Intuition fires off and now discernment is required. What do you do? How do you know if you are getting clear signals or are about to derail your life?

Truth and discernment go hand in hand. It helps to understand how and why you react when you feel that someone is not telling you the truth or when your body begins to feel uncomfortable when on the surface, all is well. You can feel truth's resonance within you even when your mind wants to believe otherwise.

Truth feels peaceful and light, like a soft flowing breeze on a sunny day. No clouds are in the sky. If there are any, they are flowing along with the breeze. The sky is not cloudy, thunderous, or ominous. Truth is light, open, and allowing of all, especially of self.

Discerning the feelings of truth in your body, and reading the signals is a skill that you will fine tune. The more you pay attention and read the signs, the easier it gets to trust what your heart is telling you.

Exercise 1:

Describe your version of "feeling good" about a choice you have made.... the sensation, awareness, perception.

What were some of the signals that led up to that choice? Describe the feeling in your body. What part of your body was most engaged when you made the choice, and what did it feel like after you made peace with the choice?

You might even want to create a metaphor or draw a simple picture that depicts this feeling. You may want to remind yourself of that feeling as you encounter another choice. *Please note the date of this entry.*

Describe a time (or the last time) you dishonored your heart, and how you felt about that. How did that choice turn out for you? It's important to remember the emotional resonance of that choice. *Please note the date of this entry.*

Describe one aspect of your life now that you feel really good about. It could be a recent decision you made, something about your home life, your home or workplace, your relationship (a child, husband, wife, lover, father, mother, brother, sister, friend) in a particular life situation.

Concept 2: Identity

Labels, Identities and Roles

For starters, let's take a look at what you really know about yourself. This can get pretty tricky because most of us have a tendency to make a quick list of who and what we think we are. This *think* version of your life may sound like the usual sound bite that one hears when her or she is listing assets and liabilities. In most cases, the list has absolutely nothing to do with *who* you are, and more to do with who you *think* you are. These perceptions are usually formed from hearing messages from others so many times that you begin seeing yourself through others' eyes. That's what most of us usually do: Shore up who we think we are by what others told us when we were young and what we continue to hear as we move through life.

This telling is not so much like dictating the terms of your truth as much as it comprises a constant barrage of sensory perception, emotional climate and attitudinal behavior toward you. Children pick these cues up naturally. By the time they are barely able to walk they have already figured out a plethora of behaviors that are rewarded when they do certain things, and a whole host of other behaviors that get them into trouble. These behaviors are shaped by reinforced attitudes and preconceived ideas of what others are holding onto about themselves. So, as children, we pick up these behaviors and shape them into an identity.

Identities are the way we learned to survive in a world that was new to us. We realized that someone that was going to keep us safe as early as two to three years old. By the time we were seven we picked that special someone to emulate, to model ourselves after or rebel against. Either way, it's what propelled us forward. We also had an earth angel in our midst too. That's an important part of our identity as we grow older.

Identity sometimes gets in the way of trusting our intuition. We can get so caught up in the identity of the roles we are playing that we will actually go against our own heart knowing. We adopt many identities through life but most of us have a main one that we will defend even when it makes no sense to do so. We will even find ourselves in life situations that dishonor the core essence of who we are for the sake of defending or protecting those identities.

Exercise 2: Labels, Identities and Roles

First, I encourage you to get quiet for a moment then write down all the ways that you label yourself. This includes one-word descriptions, perceptions and expectations. Then look at the identities that you have assumed based on your interactions with others, life choices, roles and names that you carrying around about yourself. We may have a first, middle and last names but a plethora of labels and identities. As you are listing both, jot down, to the right of each, the emotion or feeling that is invoked as you go.

Label

What is the emotional reaction or feeling to this label?

Now that you have a list started, what next?

Practical Application

Any label that does not invoke a feeling of freedom, of peace, joy, for instance, is an identity that you have created to defend or to protect yourself.

Now this is where two big questions come into play. With each of the labels or identities that you listed, ask yourself the following:

1. Does this _____ serve me now?
2. If not, am I ready to make a different choice or let it go entirely?

When you answer the question, “Does it serve me now?” if you answer yes, it’s because it makes you feel joyful, tranquil, free, giddy, loved, etc. Perhaps the label makes you feel safe or protected. On the soul level there is no need for labels because we are free and fully immersed in the world of vibration and the over-riding feeling is total expansion and joy. But in this world, feelings still guide us toward this direction but self-imposed labels can get us stuck in the weeds of discontent or dull our senses. Before you know it we have lost our luster and feel stuck in rigid roles that reinforce the many assumed identities that result in hearing ourselves labeled a certain way time and time again.

For instance, if you listed the word reliable as a label, and answered this first question “Yes” because being an accountant for the past 25 years has paid your bills, but you have always held a passion to be a painter then it’s an identity that doesn’t match the feeling when you are painting. If an identity doesn’t feel totally honoring of that special knowing of who you are and the desire you hold in your heart, then the answer to that first question must be “No”.

If you have answered no to the first question, then the next question begs to be answered. “Are you ready to let it go?” Letting go is easier said than done but for now, just acknowledging that you are ready or not is an important part of this first step.

Let’s explore this in a way that you see more clearly the choices you did make or are still making that create internal conflict around those labels.

Questions: Who was (or is) the person in your life that you most looked up to, and why?

What were the expectations that you felt this person placed on you as you grew older?

How did your relationship with this person change over the years?

Describe the innermost essence of You.

Are there times in your life when you change how you behave for the sake of being what you perceive someone wants you to be? Circle One. Y / N.

Describe your emotions when you behave in a way not in alignment with your true self.

Key: If you don't not feel open, expansive, and clear then chances are you have created or are still holding on to an identity that is keeping you from living from the heart. This keeps you disconnected from your heart.

Once an **identity** has served its useful purpose yet is still a part of your life, you have created an emotional attachment to the identity. Identities feed your fears and fears push you to mask your true feelings in order to sustain it. There is a reason for that! You want to fit in, and continue to be a part of your **human tribe**.

Assumed identities are like a lie we tell in order to get by in the moment. Once that moment has passed, if not cleared, we expend energy perpetuating a reality that is not even true to who we are. If the cycle is not broken, we find ourselves expending energy on the identity rather than putting all our focus on the truth.

When we let go of any identity, we may feel a sense of loss or disconnected from the very people we have considered our tribe. But it frees us to find our rightful place in the order of our own truer sense of self.

Once we loosen the grip of those identities, the choices we make can be aligned with what our heart calls us to do. We begin to move through life undefended by the many masks formed from identity and become the champion of our lifepath. We begin to lead with a kind of vulnerability that makes us stronger, freer, and more confident in our resolve to trust our innate wisdom.

Key: Any identity that does not invoke a feeling of freedom, inner peace or joy, for instance, is an identity that no longer serves your higher purpose.

Now here is where the big question comes into play. With each of the identities that you have taken note of, ask yourself the following:

Q: What purpose does _____ (as an identity) serve? Who was I doing it for, and why? What benefit did it serve at the time (or now)?

Write out as many identities as you have discovered that "ping" you. Be brave. The more you can recognize the behavior, the more you can become aware of when you are falling back into old patterns.

Once you hold a clear idea in your heart, and are using your body by reading the signals of the heart correctly, the fun part begins. Pay attention to the ways that you are showing up. When you remember who you are and how you want to feel, it's makes it easier to make the choices that are most aligned with your higher path.

The manifestation of your true essence is what you are seeking in all areas of your life. If your reality does not match how you feel inside when you are in your life, you have only to make a new choice that better aligns with a pattern that invokes the joyousness of inner peace.

Your Practical Life Assignment

Model Two will speak to the shadow side of this learning, and the fear that seeps into us when we feel threatened by our own expansion.

But for the remainder of this week, I have a homework assignment for you. Let's put these concepts of discernment, truth and identity to the test. Watch what happens as you move through your week. Pay attention to how you feel when, in each moment, you are choosing expansion rather than contraction.

Key: When you remember who you are and show up that way, the people in your life will respond differently to you, which provides them with the invitation to do so as well.

Exercise:

For starters, pick one identity that on some level "pings" you (name it here) _____ and pay attention to your action and reaction to this identity as you move about your day. Pay close attention to how your body feels. Take note.

When this occurs, I feel:

Notes:

Questions:
