

Exercise:

Getting Guidance from Your Wise Self

(1-3 min)

ABOUT

Have you had a moment in your life when you just “know” something, but maybe you don’t know how or why you know it? You just know it’s time to leave the job, or you have a sense not to go down a certain street right now or that you need to call and check in with a family member immediately.

Some might call it intuition, a gut feeling, a wise inner voice or their Higher Self talking. Some may have a more spiritual relationship with this sense of knowing.

We will call it your “Wise Self” for now.

Especially when stressed, it can be easy to ignore the voice of the Wise Self. But when you ignore it, it usually gets louder, and the consequences of not listening can get more and more significant.

For example, Wise Self may say: “You have to take a break.” But the stressed brain says: “You can’t afford to!” So you push on. The voice gets louder and your body starts speaking up, too. You may begin feeling fatigue, physical pain, anxiety.

You keep dismissing the Wise Self over time and you burn out: your mental health is in the drain, your important relationships have taken a hit, maybe there is a financial fallout.

One of the keys to wellbeing (and happiness) is to cultivate a powerful and trusting relationship with your Wise Self. See what happens when you get in the habit of asking for guidance, and not just listening to what it says, but **DOING** what it says!

EXERCISE:

It can be harder to hear one's Wise Self when super ramped up. So, you may try using one of the other somatic exercises to settle yourself a bit before getting guidance.

- **Close your eyes and imagine your brain is a chamber. Visualize a broom coming through, sweeping all the thoughts to the sides of the room.**
- **With your attention on the clear space in the center of your head, ask these questions:**
 - *“What would be helpful for me to know right now?”*
 - *“What would be helpful for me to do right now?”*
- **Listen for the *very first thing* you hear, before the mind kicks** trying to dismiss or negotiate with what you received.
Write it down, if you want.
- **Take a minute to take in, validate and feel the quality of the messages.** How does your body respond to what you heard?
- **If there's something helpful to do, do it immediately or schedule to do it as soon as possible without question.**
(This is a practice. Sometimes what it says may elicit fear or may need to be whittled down to a small first step instead of a huge leap.)
- **Check in with your Wise Self throughout the day.**
Make it a habit of listening and acting according to that Wisdom.