

## **Week 1 Day 2 – Applying Embodied Listening to Language**

We are centering our practice around listening to the spoken word.

There is so much going on with language. There are all types of conversations happening at an overwhelming rate.

Think about how much we are surrounded by language all day. For most people, they are conversing constantly. Families in the morning are rushing off to daily events such as work, school, or activities. Our days are filled with meetings, classes, television shows, radio, pod casts, stores, activities, etc. The amount of our day dependent on language is insurmountable.

Language is a part of our world. It is how we communicate. It cannot be avoided.

However, it can be reduced.

Today, we are tuning into language by observing our usage. The challenge will be to limit your words. Practice being silent and speaking less. Challenge yourself to pause, stay silent, and observe as much as possible. Speak only when it is necessary and keep yourself from engaging in conversation. Pause, breathe, and say nothing most of the day.

Why are we doing this? Because intuition is more about sensation than language. We are tuned into more observation and less words spoken.

Pausing helps us feel what is happening instead of interpreting with the mind. It helps us tune into the intelligence of the body resonating with inspiration when something is right for us. Or resonating with burden when something does not feel right. These are important sensations.

When we remain silent and allow ourselves to tune into sensations we observe and embrace more information through the body than we ever realized we have access to.

Most of us are thinking about what we are going to say to someone before they are even done speaking. Most of us are making up our judgements about a class or program while it is happening. Many of us are on fast forward already predicting the outcome of a situation before we allow ourselves the chance to pause, breathe, and tune in.

As we pause and remain silent, we create space. We create a bubble of awareness around us that invites higher level awareness to come in. Through this we can tune in and sense within our bodies what is happening around us and within us. From here we gain access to higher level information only accessible in the silence. From here we can sense what feels right and not so right. We can just be. We can allow. We can do nothing. It is in the nothing that everything happens.

We may receive insights into a situation. We may feel, sense, or know things never realized before as we were busy in our heads. We have access to visions, ideas, or clarity that would have remained in hibernation. As we pause, and just allow we open to everything possible. We open ourselves to allowance.

This practice helps us be heart-full and in alignment with truth. We become insightful.

Everyone holds truth but not everyone is in line with truth. We are all uniquely different with amazing perceptions. The intuitive knows this. He or she does not try to change this with anyone. They merely sense, listens with embodiment, and chooses to contribute or not. This is empowerment.

This can be especially helpful if someone is marketing a product. As we pause, listen, and feel we can decide what is going on within in ourselves and if this situation feels inspirational or if it feels unaligned.

Many of us have been trained to say 'yes' and please people. Pausing, breathing, listening, and sensing helps us to regain a powerful part of our intuitive body that knows the truth. The intuitive honors this.

We are seeking attunement with our highest vibration. If something is not resonating at this high vibration we will know with our entire being.

This is our unique internal guidance system accessed through heart intelligence and resonating at a level of in-spirit consciousness.

When we pause, sense, feel, breathe, and listen we allow ourselves the space to highly vibrate. We avoid overlooking or denying ourselves the experience. As we practice, we revive this muscle we all contain.

Today, we are practicing this skill all day long. Talk less and not at all. Feel more, observe more, breathe more.

Then write down your experiences and insights. There will be many. This is a moment-to-moment experience. Take your journal with you and write down your experiences as they happen. It will be easier to remember. If this is impossible use symbols, pictures, or shorthand words to spark your memory at the end of the day. At some point, you must journal your experiences.

Journaling validates your intuition and strengthens the intuitive muscle. We are becoming intuitive. We are heart-full and less mind-full.

The best way to go about your day will be to tell no one about what you are doing and allow the experiences to happen. Observe, listen, feel, and breathe. It will be enlightening.

**Mantra:**

**I listen with my conscious intuitive body as I feel what is happening within and around me.**

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