

Week 1 Day 7

Summary

This week we have tuned into the power of listening, sensing, pausing, and breathing. We have grown aware of our innate ability to shift our state of being in the present. We have witnessed the power of music and sound. The power of words and conversations. We have sensed subtle vibrations coming from living and non-living things such as animals, plants, buildings, cars, and rooms. We have incorporated several techniques providing us with direct access to our conscious intuitive heart center. We have opened to creativity and joy with 'I wonder' and 'flicking' negative thoughts away. We connected with our heart center through the 'figure 8' meditation. We have practiced opening and listening by simply remaining aware. Our energy has expanded, and we are finding the infinite within. Finally, we have embraced our intuition through an inspired heart.

Our hearts have come to the forefront with intuitive living. Our first week of expansion and becoming intuitive is complete. Applaud yourself for your efforts. This work requires commitment to developing the heart. Heart-full living is elevated, expansive, and energetic. As we remain open, guidance is received at any time. It drops into our experience, and we can choose to follow.

By the 4th week you will have accelerated your intuitive awareness to at least double your normal speed. Expanded vibration is elevated energy that can be seen and felt for miles. It travels quickly and continuously attracts more light. Our world reflects the light that is shining from within.

Today, let us remain focused on two things.

1. Recognize how far you have come through self-reflection. Review the notes in your journal seeing the positive progression this practice has made on your life. Attune to how far you have come. The conscious intuitive way of living encompasses a consistent process of living that 'knows' without cognitive explanation. We are centered in the heart. The Intuitive embodies all sensations and knows without apology that the best course of action for any situation will always appear. We breathe into situations inviting in expansion instead of contracting and pulling away.

We find that old ways of holding on to outcomes are limiting. We recognize our mind's grip on reality. We decide something greater is yet to be discovered.

2. Next, spend some time in appreciation for yourself. Give yourself permission to follow your heart's desires. Do something spontaneous. If you feel inspired to walk in nature, then do so. If you feel inspired to spend extra time writing a letter of 'gratitude' to yourself or someone else, then do so. If you feel inspired to buy yourself a delicious meal someone else has lovingly prepared for you, then do so.

Give yourself a 'thank you' day. Allow appreciation into your life. You are one with something bigger. Send love to everyone through loving yourself. As we fill ourselves first, we have more to share with the world. Love only expands in appreciation.

Whatever you do today, be heart-full and create gratitude. You are transforming from mind-fullness to heart-full intuitive living. It is inspired and in spirit.

You are on your way.

Today's Mantra:

I give thanks to myself and all of life today.

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