

Week 3 Day 1

I am becoming intuitive through continuing to cleanse and clear my life.

As we continually open to our intuition it becomes increasingly more important to allow for consistent learning and constant change. Society freely inundates us with information in every corner of our lives. We are given advice on what we should do for our careers, our families, our children, our finances, our health, and many others. Newspapers, magazines, social media, and news media sources report what we see happening in different areas in our local, national, and international worlds. Discerning how we would like to direct our attention is an invaluable skill to the intuitive. We can no longer remain silent in our beliefs and long for changes that are not happening. As we shift and mold within ourselves, we are being asked to shift and mold our immediate surroundings. Learning and expansion is constant in the intuitive way. Therefore, we need to freely shift and remold our thoughts and beliefs and always expand our current states of awareness.

If we remain where we are, we are limiting ourselves. Remnants remain becoming collections of the past. Our purpose as intuitive, is to freely become more of ourselves every day. Stagnant ponds eventually collect debris and algae drawing in mosquitos and bugs. As intuitive we transfer all our experiences into opportunities of development. We are inspired by re-creation and the expansion into light. We know there is nowhere else to go but become more of ourselves. We are open and approach life from questions such as “show me what else I can do to help?” and “how can I facilitate something greater in this situation?” When we approach life from a form of positive questioning, we are allowing for the opening of ourselves to this or something greater to happen. We are not limited by an ideology...but rather we are freed in the knowing that nothing ever stays the same. We are open to possibility and strengthened by inspired thoughts breathing creativity into life. Living life inspired helps us remain open to the universe working for us.

For a child, the world is one large question. Children freely inquire about everything and allow answers to bubble up. They explore and create within their worlds. They naturally develop their intuition through limitless creativity. Their hearts glow and they are inspired by life. They are unlimited.

Today, we imagine opening to life through inspiration, by allowing ourselves to look at our surrounding and contemplating all the things we own. Look around your home. Contemplate everything you own. As you do...ask yourself some questions...

Do I love where I live?
Am I inspired by what surrounds me?
Do I notice what I have?
Have I forgotten about items in my environment?
Do I know where everything is?
Am I holding onto anything I do not need?
Could I live without anything?

Remember, objects and spaces hold our energy. If we own something because we feel obligated to hold onto it versus living with something we love because it inspires us to be more of who we are becoming, we need to ask ourselves the following questions...

Do I really need this object? Why?
Do I love this object?
Why am I holding onto it?
Does it represent a version of me that I am not anymore?

Does it represent the person I was or the person I am becoming?

We want to see ourselves becoming that which we desire to become. In this case... we are becoming intuitive. As intuitive we know that everything contains energy. If we can let something go, we need to allow that to happen.

When my family had a house fire many years ago, we learned very quickly what we could and could not live with anymore. It became very clear what things served our highest purpose and potential and what things were holding stagnant energy.

Even the things we thought we could never live without became memories of the past. And everything we needed and more came back to us in new versions of themselves to help us become more of ourselves. The supply of the universe is unlimited. Even those things we let go and decided we needed later returned to us in the same form or something better. It is really that easy.

Whenever Michelangelo created a statue of masterpiece, he focused on what he saw within the large marble rock and then he chiseled away at defining his vision. See yourself as the inspired intuitive that you are becoming and chisel your life away at matching this. Allow your hands to be guided into removing that which does not resonate on your new higher and more expansive states.

If we were getting in a spaceship, we could not take everything we needed with us... we must allow our hearts to speak and feel unattached to lower energy. Allow discernment to help you decipher what you want your new world to contain. Instead of filling our lives with things, we fill our lives with joy and then allow the things around us to reflect the joy we contain. Let go and become more of you.

In the spirit of cleaning and clearing our inner worlds from last week... we continue to move and cleanse our outer worlds.

To make it even simpler, today we will merely scan our living environments and begin removing those things not serving us. First, we'll look at everything we use when we travel. Scan inside purses, bags, satchels, wallets, and even coat pockets. We tend to collect things in hidden spaces every day. Look inside these small spaces. There could be old receipts, dirty napkins, wrappers, business cards, expired credit cards, etc. Just clean them out and let them go. Think of it as a fun challenge while on hold for a phone call, while getting your car washed, filling your car with gas, or standing in line. Glance through and dispose of items. The less thinking involved the more fun this will become. Periodically scan through car pockets and bins for any loose items to quickly throw away. Open your purse and wallet for old receipts or things hiding at the bottom. Make releasing stagnant energy a habit. It is an excellent way to remain expanded. Our cars are great representations of the journey to transformation. If they remain stagnant, as do we. Clean them out, minutes are all we need, and repeatedly we continue to keep the energy flow as we continue to expand.

We will never know what it feels like to be empty and free flowing if we don't begin. Ultimately, we really do not need anything and if we never know what it feels like to be empty, nor will we ever know the satisfaction that comes from being filled.

So let's get started...

If you use a brief case on a train, then be sure to clean it out periodically to keep the energy flowing. If you have a car full of old papers, coupons, pens and pencils, bags, food, and just things; then deeply recognize the stagnant energy being held in these places and clear them out. Clutter equals stagnant energy. It is not inspired, and it keeps you where you are. To become in-tune with life we must flow and effortlessly respond to change. Releasing old items facilitates this.

What we see on the outside is a direct reflection of what is going on the inside. If I have a car, bag, wallet, or pockets full of stuff, we need to dive deep and ask ourselves why. Why don't we make the time and what is behind our reasoning? Could we be self-sabotaging? Could we be doubting our abilities? Are we holding onto old ways of being? Why? Do I want to know what is really holding me back? Do I really want this to continue?

If you could take a magic pill and your life would drastically change? Would you take it? Are we avoiding our own issues through our things? So, what is it? What is holding you back?

See what comes up for you today as you begin cleaning up and clearing out your life. Look into the bags, the wallet, the satchel, the briefcase, the car compartments, and the small spaces. Look at them and let yourself go. Just do it. Clear and throw unnecessary items away. Habitual cleaning, clearing, and purging shifts everything within and around you. It simply feels good.

Sense and feel the connection today through this simple process. We are starting small with travel spaces today and continuing to go deeper tomorrow. Begin the journey.

Mantra:

I am an open intuitive channel for flow and ease.

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