

Week 4 Day 7 & Summary

Play and create. Life in every moment is In-Joy living!

As we learn to rewrite our lives as we rewire our brains and bodies with new experiences, we realize we are not bound by a set of rules other than our own beliefs and awareness about life. As we remain alert, we remain aware in every moment. It is through our own inner and outer awareness that we reopen to the joy in life. We finally receive the in-joy experiences that are happening all around us every day. We speak with a state of higher consciousness, ask questions in a powerful connected manner, and know that we are being heard and answered. We remain truly alive. Even moments of crisis no longer surprise or overwhelm our lives.

I'll never forget when a very close family member became stricken by a sudden onset of a disease in the body. At first, I was shocked by the event and could not imagine how this could have happened. Actually, I was living unaware within several areas of my life. It is easy to be very aware in some areas of our life and then again be very unaware in other areas. It is easy to find this among people who have spent much of their lives mastering a craft. They become aware in what they are doing and that is their way of connecting and being in their intuitiveness. Other areas of life can be very disconnected and in a state of unawareness. This was me and this event helped me awaken to the awareness necessary to become reconnected in all areas. Through recognizing how I was in a state of unconsciousness in parts of my life I entered into a crisis with this person realizing it was time for me to reconnect all aspects of my life. In the heightened state of awareness, which this experience required, I was able to breathe into the crisis and become highly attuned to practicing detachment, non-judgment and non-resistance to the events unfolding. Through this awareness I tuned into the ability to sense when other people were invested in this family members recovery and when they were detached and unresponsive. I learned to embody full awareness in the space between what was happening. This space exists in all aspects of life. It is the awareness within what is happening around you without being consumed by what is happening. It was within this presence I could watch as the pieces of the puzzle fell together and navigated my response accordingly. If you are interested in more on this topic and the ability to presence us through 'crisis' moments that allows for blessings and shifts to happen in our favor there is a book written by Mathew Singer, "The Surrender Experiment". This book fully illustrates his life as a testament to what happens when we surrender completely.

Of course, I filled many moments in this 'crisis' situation with questions and continued asking for the answers that would bring us to the best possible outcome. I knew to 'ask' with positive and affirming questions. I practiced the ability to calmly step into what was happening, which opened up the highest possible outcome to occur. I breathed into the fears. I breathed into the perceived anxieties and remained focused with the intention that as I cleared my own issues that this situation brought forth, I could simultaneously tune into a higher knowing able to lead me to the people, places, and events necessary to miraculously help this person.

As I continued to practice, I received timely information when needed, I received inner guidance to persistently seek information when appropriate, and I received confirmation through symbolic synchronistic events that confirmed this highest path at precisely the right time. Through this process I mastered the ability to completely surrender and rose into a higher level of awareness. This experience helped me embrace mastery. Overall, I now know that we do not need to go through a crisis to bring mastery to our lives. Mastery can come from simple experiences. In essence, mastery can happen through this program. The mere awareness that emerges from reading these lessons could facilitate this process. Life can unfold effortlessly if we decide to become the awareness.

Awareness brings with it, the opportunity to view life with wonder. There is a way to go about life from another perspective. When we enter an awareness that includes a knowing that we are always lead, guided, and directed we begin to see the answers to our perceived problems everywhere we turn. We find answers in the waterfall, we find peace in the moment of a tantrum coming from the 5-year-old child, we find solace in paying the bills, and we trust in the rainstorms that flood our lives. In every situation there is a connected response waiting for us to open ourselves up to. As we are in tune with our lives, as we are in tune with the support system all around us and within us, we become one with the synchronistic responses to life.

Today, feel the Joy of life. Feel the creative aspects of situations unfolding before you. To help feel this aspect of creation we must be able to open ourselves up to more in-joy moments. Attempt to bring this heightened awareness in by playing a game with a friend. Maybe a game of Uno, or spoons. Maybe we are playing a strategy game of chess or monopoly. Or maybe it is chalk drawn hopscotch spontaneously drawn on the driveway. What we are doing is embodying the fun in what we are 'being' in the 'doing' with another person. When there is no competitive agenda, and we allow ourselves to be present in the laughter we get to be In-Joy naturally. If a game is not possible then take a moment to observe others, especially children, as they play. A park, a beach or somewhere people gather to play and be in laughter. Seeing how laughter and play can be so contagious we understand how heightened states of awareness naturally occur when we become beings living In Joy. When we immerse ourselves in laughter and fun our state of being naturally heightens. Our vibration increases and our conscious intuition elevates. Essentially, when we smile and laugh, we are naturally connecting the cochlear (ears), mouth, voice, eyes, and vagus nerves including the digestive system. We relax. We expand. We open. We are connecting to joy. This is a state of being. Laughter is a way of 'being' that does not allow you anything else but In-Joy.

Experience a game without competition, laughter with no agenda and to be with another being, and oneness. This is the final way to bring inspiration and intuitive knowing's to the forefront of your life. It alleviates our ability to see others through joy and it helps to know that people are more than what they appear to be. We are more than our bodies and our minds. We are feelings, sensations, and beings meant to enjoy this world, care for this world, and live authentically in this world. We are in this world but not necessarily from this world. With this understanding we become powerful in an expanded way. It is the power of presence that elevates our experiences.

Only when we completely trust can we be in joy effortlessly. We can then begin to laugh which leads to connectedness, unity, and synchronistic events. This connects human hearts and becomes a shared elevated state of expansion. Laughter breaks the rut of unconsciously living through the mind.

For example, we may be at a very serious meeting, and we feel the tension in the air. Suddenly, we may remember that in-joy moments create expansion and allows us to open up to elevated experiences thus solving many perceived problems effortlessly. We remember to tune into the importance of laughter...we find a lighthearted joke and we bring laughter to the situation. Immediately, tension subsides, people begin to relax, and we have allowed for expansion which inspires intuitive creativity to drop in. This is not possible if we continue to press on in fear and judgment. This is why courtrooms can be an oppressive place to be. These places mean well, and justice can be served but the idea that two parties are competing to be right and attempting to force their way into a system through judgment can be continually contracting and an oppressive experience.

Next time you are giving a presentation, resolving serious financial matters, or solving weighted problems, bring in a smile, lighthearted laughter and be present. Understand that the world has had enough force into

what has not worked in the past. We cannot jam two puzzle pieces together that do not belong together. We can never force a solution. Issues are resolved through the heart-full connection of a smile, the lighthearted dustings of giggles, and the grace that is now allowed to enter in an elevated state.

To bring this practice in, we must bring in laughter, elevate our vibration, and allow as many forms as possible. With our own practice of laughter and our experiences showing us the way, we have now embraced our new superpower.

Today...think of ten ways to laugh and begin checking off your list as though it were a bucket list. Bring this superpower with you to the next days and weeks ahead. Laughter is extremely important, and it is the last skill necessary to opening to your intuitive self. Laughter requires present awareness, which can only come from embodied awareness that again, comes from all the work you have completed up until now.

Remember to journal, open to your ten tasks to be done, and ten forms of gratitude. Record on audio if you must, but overall allow yourself to experience today's lesson whole-heartedly with fully embraced in-joy moments.

Today's Mantra:

Laughter is contagious consciousness.

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Program Summary

What to expect after these 4 weeks of Becoming Intuitive...

AS you practice the ideas in these lessons you will be invited to go deeper in your practice. It's as if you are the lead chef of your newly created world. As you become one with these new tools, the fruits of your labor, you learn to work with the energies all around you and within you. We begin to realize how we can co create all of our heart's desires. We can work in unison, live our heart's knowing, and intuitively hear the guidance inspiring us to the answers we have been seeking.

As an intuitive you are consistently guided to live your best most inspired life and as you do you pass this along to others effortlessly. Nothing ever remains in a low vibration around you. It simply cannot. Everything must rise to meet your vibration... it is how we naturally vibrate and help to shift the earth energies. All it takes is one courageous intuitive being to begin the process and then a second courageous intuitive being to join in to create miracles. When we actively want to vibrate higher... we release everything holding us back.

As you wish the universe commands it to be so. Our job is to open and receive the impulses, the insights, the intuitive hits at an alarmingly amazing, heightened rate and to allow life to unfold in the beautiful process. Just say "YES!" To this new way of being. Everything will unfold and do the rest for you. The skies will open, and the blessings will pour in.

We merely need to continue to remain open and repeat these lessons repeatedly until they become embodied into every cell of our nature. As we do, more layers will shed. We continue to become lighter and lighter. Ever so returning and ascending all the limitations that have ever been bestowed within and around us.

Becoming Intuitive is a process of opening. We open to guidance, we listen, and most importantly we feel. We feel with our whole body. We embrace with our whole body, and we allow ourselves to go where we have never gone before. I am always in awe of how much further and how much more there is to experience. There is always more, that is the beauty of this process. It will keep taking us to higher and higher states of awareness and connection. It is limitless.

Overall, allow this lifestyle to take over and revisit the lessons as often as possible. Pick one to have fun with and expand on them as you feel. Create your own and share with others. Its always better when we have more friends to join us on our path. It makes intuitive living even more fun!

It is our hope that you have received all that you expected and more from these last 28 days. Now, the fun really begins as we blossom into more of what we already are: Intuitive.