

Week Eight



AWAKENING THE INNER SENSES

You Were Born to Love

LESSON - CLEARLY DEFINE THE DREAM YOU DESIRE!

Clearly Define the Dream you desire! YES, the BIG ONE!

Pay attention to how you feel as you are writing it down. Come from your heart. Notice what pictures come into your mind's eye. Include your feelings as you write.

Ex. I am so happy and grateful now that I can write that 6 figure check (more specific would be to say \$200,000.00) to pay for a surgery for one child, so they may have a new smile. WOW! That feels quite unbelievably amazing. I notice my self writing the check. I can actually see it. I am smiling. I'm sitting at the kitchen table . The envelope is addressed and the stamp is on it all ready to go in the mail.

I have a wonderful, joyous feeling of fulfillment in my heart. This is a reality now! Holy Moly!!!! I'm actually trembling from the energy that is vibrating through my hands. It feels different than anything I could have imagined. I believe it's a sense of freedom and satisfaction combined with joy all rolled into one amazing feeling!

When you write, just write what feels 'right' in your heart. You can always add or edit as you shift your perception. Hold this image of your dream in your heart. It feels so important to you!

How does that feel? Write from this space. Remember it happens 'through' you. Allow your senses to awaken and write what comes through.

Start by placing your hand on your heart. Take three deep and full breaths, clear your mind and relax and have fun!

Dedicate a whole page, or more, to writing this.

You Were Born to *Love*

LESSON - INTUITION

We all get gut feelings. How many times do we *listen* and *trust* them?

Do you have any doubt or fear trusting your intuition?

Where do you feel that has come from ?

How can you '*allow*' this intelligence to reveal itself to you without any doubt or fear?

Remember, when you were a child? You looked at the world in wonderment. You explored. You tasted things, perhaps even dirt. Until we heard “NO” from someone, we continued to trust our guidance to explore, to taste, to touch, to feel.

Do you remember the feeling? To be free?

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LESSON - INTUITION

Make a decision today to trust your intuitive sense all day.

I will

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Act upon your gut feeling when it shows up.

Notice how you are feeling? Do you doubt or do you just do it?

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You Were Born to *Love*

LESSON - CONNECTION WITH NATURE

Take time to go out in nature. Notice how it feels to smell the grass, a flower? What do you notice in the sky? What does the energy feel like today? Notice the connection and cycle of life. What stood out to you in this observation?

Everything

has a

voice.

Listen with

the soft

ears of

your

Inner Spirit.

Did you trust your intuition to guide you to certain places, flowers etc?

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I am so happy and grateful now that I awakened to

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and

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