

How to Sense the Truth of Your Heart's Guidance

Consider a situation where you made a decision that was **not** beneficial for you. Take yourself back to the time that you were deciding to take this course of action. Replay within your memory how you felt. *(If it is something traumatic, do this at a distance in your mind's eye – don't dive into it deeply. You just want to extract information...you don't need to re-live it...!)*

This could be a situation where on the surface all the signs looked favourable – such as a promising job with great money, and the appearance of it being a 'good choice' but underneath you had an uneasy feeling that it was not right for you. It could have been something that **your mind** told you was a good choice, or **other people** said was a good choice. Something where you had reservations, but did it anyway. How did you feel inside...



Make some notes about the above and anything else you notice regarding how you felt when this situation happened.

Repeat this process with the opposite sort of scenario.

Consider a situation where you made a decision that was very beneficial for you. This might be something that you felt great about all the way along. Or it could be something that initially you felt some fear about. Maybe your mind was saying things like 'no this is a risk', or 'it is not what you were brought up to do', or 'what will others think', but your heart was guiding you to follow it down this path.

How did you know that it was the right thing underneath...? What was it about how you felt, that let you know you were doing the right thing for you? What was going on inside you...?

Did you feel heavy or light in your heart?

Did you feel a sense of expansion or contraction in your chest?

Did you feel energised and uplifted or tired, jaded and flat?

Did you feel inspired and a sense of the greater potential that was available to you, or closed down and as if your world was shrinking?

Did you feel fully alive and connected to your true self, or numb and disconnected?



Make some notes about the above and anything else you notice regarding how you felt when this situation happened.

Now make some notes to sum up...how you know your heart is guiding you to what is true for you.

In considering this reflect on the circumstances that happened when you got guidance from your heart to hold back, signalling that this wasn't going to be the best route for you...but you did it anyway, perhaps due to lack of confidence in your own truth?

Also reflect on those times when your heart intelligence said 'Go for it', even if your mind was cautious and fearful.

Compare the two scenario's. What was different about the two types of experience? How did you feel in your body and emotions? What kind of thoughts were you having? Did you have more energy or less?

And what happened when you followed the inner light of your heart's deeper wisdom?

Use this information to help refine your awareness of your inner guidance system.

Notice the differences between the two scenarios and observe what sensations your heart wisdom uses to guide you.

As you develop greater clarity about the way your heart guidance operates, it will enable you to trust it and rely on it more fully.