

An excerpt from

TRANSITIONS

*Pathways to the Life and World
Your Soul Desires*

by Bonnie Hutchinson

From the BONUS section

Experience Your Inner Wisdom: Which ways work for you?

Cultivate a relationship with your trusted inner guide

Over the millennia, humans around the world have experimented with ways to connect with higher wisdom. Each of us has access to universal intelligence. That inner wisdom knows all we need to know, supports our highest good, and is an aspect of our divinity.

When we are attuned to our inner wisdom, all aspects of our lives get easier. Opportunities appear. We make decisions more easily. We can stop struggling and be open to the universal flow. It's not that challenges never occur. But when we are aligned with our inner wisdom, we can deal with challenges and move on, secure in our inner direction. As one of my mentors said, "It's like riding the wave of God."

Seven methods

One of the most transformative practices you can have during times of transition – and in all phases of life – is to cultivate a relationship with a trusted inner guide. Among the infinite ways to do this, here are seven methods you might find useful.

Notice

Breathe with intention

Meditate

Visualize

Write

Pay attention to serendipity and symbols

Be in nature

You probably already practice one or more of these techniques. Experiment with two or three others that appeal to you. To strengthen your “expanded awareness” muscles, test out at least one technique that does *not* appeal to you. The worst thing that can happen is that you won’t enjoy it. The upside is that you might discover a technique that adds to the ways you tune into higher intelligence.

You may find that you are drawn to different techniques at different times. If a method that’s been effective for you begins to lose its appeal or starts seeming ineffective, try another method. Keep expanding your repertoire of ways to experience and express your inner wisdom.

And now, here are comments about seven methods.

1. Notice

An over-arching aspect of all the techniques is to be still and quiet, have an attitude of openness, and be mindful and aware. As you notice different aspects of yourself

and the world, you'll discover new things to notice. All of it adds to your awareness, and awareness is a component of being open to inner wisdom and higher intelligence.

- **Notice shifts in yourself – physical, emotional, mental, spiritual.** You may have experienced some or all of the following “indicators” that you’re in tune with inner wisdom. You probably also have your own unique experiences.

Physical changes that might occur when you are attuned to inner wisdom could include sensations of relaxation – more relaxed muscles, releasing of physical tensions, slowed heartbeat or breathing. You might experience “shimmers” or goose bumps, tingling in your palms or the bottoms of your feet, or changes in body temperature – cooler or warmer.

Emotional indicators of being in tune with inner wisdom might be greater cheerfulness or happiness, or a sense of love and compassion for others or for the world. You may have sensations as though your heart is relaxing and expanding with love. Sometimes I’ve felt sensations that I think of as “power surges of joy.”

Emotions themselves can be messages from our inner wisdom. For example, I’ve learned to pay attention to niggles. If I feel uneasy about something, I stop, pay attention, and do not proceed until that uneasiness has cleared away.

Following joy is good practice. If an idea fills you with joy, that's an indicator of a good direction. "Following bliss" needs to be accompanied by diligence. Our higher selves may be accurate about concepts and general directions, but not always completely in touch with practicalities of our third dimension world.

In the months after my mom died, I became aware of another aspect of emotional alignment with higher power. When I allowed myself to feel my grief without trying to change it in any way, something powerful happened. I could feel myself deepen. I grew to have even more respect for the cleansing and strengthening power of authentic human emotion. Grief is grief. Anger is anger. Joy is joy. Our judgments and fear about emotions are what cause pain, not the emotions themselves.

Acceptance of all our emotions is a pathway to inner peace and contentment.¹ Acceptance of ourselves as we experience emotions is an act of self-love. In the depth of grief, in acceptance of my fragility during that time, I also experienced more peace, love and miraculous gifts than perhaps at any other time in my seven decades.

~~~~~

*The section continues with other aspects of noticing*

~~~~~

¹ Robert Scheinfeld expands on the concept of accepting emotions without judgment in *The Ultimate Key to Happiness: How to Be Happy All the Time No Matter What's Going On Around You* (2012), Abundance Publishing LLC, Charlottesville VA USA.

2. Breathe with intention

One of the fastest ways to slow down an over-busy mind and be open to higher wisdom is to change your breathing pattern.

- **Notice your breathing.** Notice your breathing for a few seconds. This will shift your focus and connect you with your body.

Pausing to notice your breathing and taking a few deep breaths can quickly shift your mood and your energy. That may be all you need to re-connect with your inner wisdom. Or, you can move from noticing your breathing to a time of meditation or visualization.

To continue breathing with intention, four breathing patterns you can practice are one-nostril breathing, in-breath first, out-breath first, and “breathe in light, breathe out whatever is not useful right now.”

- **One-nostril breathing:** If it takes a bit longer than usual to let go of distractions, try using “one-nostril” breathing. Hold one nostril closed, breathe in through the other nostril and hold for a few seconds. Then breathe out through your mouth. Hold the other nostril closed, breathe in through the nostril you were holding first and hold for a few seconds. Breathe out again through your mouth.

~~~~~

*The section continues on with this and other methods to connect with your inner wisdom*

~~~~~