

A DAILY PRACTICE FOR CONSULTING INTUITION

Any time you react to *anything*...

- ▶ I feel overwhelmed (too busy, don't have enough time, etc.)
- ▶ I am sad (depressed, manic, impatient, etc.)
- ▶ I lost my job (hate my boss, etc.)
- ▶ S/he disappointed me (betrayed, cheated, etc.)
- ▶ I feel inferior (invisible, unworthy, etc.)
- ▶ I am upset because my car broke down (flight got cancelled, etc.)
- ▶ I feel entitled (superior, better than, etc.)

Ask yourself:

What can I learn about myself from this reaction?

How can I heal this part of my personality that is reacting now?

How can I change my perspective from frightened to loving?

Listen for the answer.

It will come.