

FOLLOW YOUR GUT

CONCEPTS TO REMEMBER

- Following your gut does not serve the patriarchy and is not for sheep, so be prepared to rebel against the status quo in more ways than you can imagine.
 - The goal is to live 100% by your intuition.
- The secret to making a decision: There is no such thing as a decision! You either follow your gut, or you don't.
 - Following your gut is non-rational (but not irrational).
 - Nobody can hear your intuition for you.
 - Your gut **always** speaks to you; if you think you can't hear it, you probably just don't like the answer.
 - A daily grief practice prepares you to follow your gut.
- How do you know you've chosen incorrectly? You are not at peace (even if you look “good” and everybody seems happy).
- How do you know you've chosen correctly? You are at peace (even you look “bad,” even if there is chaos).
- *Each time* we deny the commands of our intuition, we dull it. (Read that 3X.)
 - Two things stand in the way of your intuition: fearful thoughts and unforgiving thoughts.

Fearful thoughts look like: anxiety, stress, doubt, denial, lying, white lies, pretending, etc.

Unforgiving thoughts look like: anger, judgment, jealousy, envy, superiority, inferiority, etc.

TO FOLLOW YOUR GUT (AKA Be Your Own Psychic/Therapist/BFF), DO THIS

MINDSET PREP

Carve out several hours to devote to this practice, just so you can have the experience of going all the way through it one time. Light a candle. Pour yourself a glass of water. Pull up your meditation cushion (a couch cushion will do!). Gather your notebook, a pen, all the supplies you need. Sink in.

1. Identify a question you want to answer for yourself or a "decision" you need to make.
2. List 2-5 main fears surrounding the question or "decision." Be specific.

Usual suspects:

X person or people will think Z about me.

I'll end up X.

Being found out to be X.

X person will judge me as Z.

Being wrong about X.

Not being loved by X person.

Being loved by X person/people.

Being misunderstood by X person.

Being broke.

Being rich.

Being alone.

Being with people.

Being unhappy.

Being happy.

Conflict with X person.

Peace.

Failure. (Be specific about what you imagine this to look like.)

Success. (Be specific if you imagine this to look a certain way.)

Not having the life or future I want. (Such as...)

Getting what I want. (Such as...)

3. List any associated people or groups with whom you feel tension or anger.

Example: If you are answering a question making a decision involving a person, be sure to do the The Practice on forgiveness around them.

4. Complete The Practice on fear for each fear (including the meditation).

5. Complete The Practice on forgiveness for each person/group (including the meditation).

6. Meditate for at least one minute.

7. Do the guided meditation titled "Follow Your Gut" below.

8. Follow your gut! Actually *do* what your gut tells you to do.

If you are afraid to follow your gut, return to the fear exercise and meditation; share with others; and then *do it even though you are afraid*. Don't wait for the fear to go away.

NOTE: You will not **always** have to complete such a long process. If you commit to using this process a few times a week, your thought forms will reach new heights. Living by intuition will become your natural way of thinking. But right now, while you are building your intuitional musculature, it's important to go at this practice full-throttle.

BONUS:

10 WAYS TO HEIGHTEN YOUR INTUITION

#1. Kick your addictions. Check out the bottom of [this page](#) on my website for a list of resources I love.

***Even if you don't have an addiction, consider defining what "sobriety" means to you around alcohol, drugs, weed, money, sex, work, codependency, food, and technology.

#2. Get sugar out of your life. Even fake sugar. Bye, sugar.

#3. Meditate every single morning... *before* you check your phone, email, the news, or make calls.

#4. Pray.

#5. Do not lie.

#6. Do Morning Pages.

#7. Get enough sleep, but do not obsess about getting enough sleep.

#8. Keep your word.

#9. Drink water, ideally with a fluoride filter. (I recommend [this one](#).)

#10. If you feel moved, practice *A Course in Miracles*. Start the Workbook.