

LOVE SEX WISDOM :: RELATIONSHIP DECISIONS

CONCEPTS TO REMEMBER:

The goal is to live 100 percent by your intuition, because it's never wrong.

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: only you can hear it!

Two things stand in the way of your intuition: fearful thoughts and unforgiving thoughts.

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

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

Your gut **always** speaks to you; if you think you can't hear it, you might just not like the answer.

How do you know you've chosen incorrectly?

You are *not* at peace (even if you look good / your reputation is intact).

How do you know you've chosen correctly?

You are at peace (even you look "bad" or you've destroyed your reputation).

Each time we deny the commands of our intuition, we dull it. (Read that 3X.)

FOLLOW YOUR GUT ASSIGNMENT

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. Write down a question you want to answer for yourself or a “decision” you need to make.

#2. List your fears surrounding the question or “decision.”

Usual suspects:

People will think X.
My parents will think Y.
I'll end up Z.
Being found out.
Being judged.
Being wrong.
Not being loved.
Being loved.
Being misunderstood.
Being broke.
Being rich.
Being alone.
Being with people.
Being unhappy.
Being happy.
Conflict.
Peace.
Failure.
Success.
Not having the life or future I want.
Getting what I want.

#3. List any associated manifestations of anger or resentment.

Example:

If you are deciding whether to tell a specific person about your abortion, or to have a deeper conversation about it, definitely write a Free The Past exercise about that person, *even if you don't think you have any negative feelings toward them.*

If you are answering a question or making a decision involving a person, be sure to do the Free The Past exercise around them.

#4. Complete the Expand Beyond Fear exercise and meditation.

#5. Complete the Free The Past exercise and meditation.

#6. Meditate for at least one minute.

#7. Listen to the guided meditation titled "Follow Your Gut."

#8. Actually do what your gut tells you to do! It knows.

If you are afraid, return to the fear exercise and meditation; share with the group; 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 do such a long process. If you commit to use 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, you are building your intuitional musculature, so it's important to go at this practice full-throttle.