

Stop & Listen - Intuition Visualization

- 1. Start by doing something you just LOVE doing - anything at all!**
 - a. Go for a walk, take a hot bath, watch the sunset, snuggle with a loved one, play with your pet, get a massage, give to someone, play marbles, etc.!**
 - b. DO NOT do anything your think you have to do or need to do!**
- 2. Then sit or lie in your favorite place - where it often just feels good to be there.**
- 3. Now - take a few deep breaths - not too deep, just "relaxing" deep.**
 - a. As you are breathing, firmly massage your head in many directions.**
 - b. Make feel good & just keep breathing. (Maybe 3 minutes or so.)**
- 4. Now - Think of all the things that you love in your life and feel those feelings wherever they happen in your body.**
 - a. Allow yourself to just feel all those feelings.**
 - b. Perhaps imagine they are like sunshine and your are warmed pleasantly by them.**
 - c. If any other thoughts or feelings come up, just let them drift by like clouds passing in the sky.**
- 5. Now - completely relax into that warmth and LISTEN!**
 - a. Some part of you already knows what best serves you to manifest this year.**

Perhaps it is:

 - a more meaningful job, a deeper sense of well-being, a more purposeful way of expressing your gifts & talents, a life partner who aligns with your sense of the dance of love, a better way to have open & loving communication with people in your life, a deeper trust in the flow of life, etc.....**
 - b. It is part of your "bliss", your purpose, your gifts - feel it NOW.**
 - c. You will feel little sensations of joy, fun, love, or such with the important ones. :)**
- 6. When you have a sense of it:**
 - a. Bring the feeling of having that "goal" into your heart area.**
 - b. Radiate out to the world & others the feeling of HAVING that goal.**

(What it feels like to "have" it right now.)
- 7. Be In the Joy of that feeling for a moment!**
- 8. Let go of any must, have to, need to, got to, or pressure to make this happen.**
- 9. TRUST - take time to stop like this & LISTEN, you will know what steps to take, if any.**
- 10. Do this every day for a while - until you notice you are thinking about your "resolutions" or goals this way all the time.**