

Week 5: Attuning to Your Guides with Your Inner Senses

Lesson 1 – Attuning to Your Guides and Your Inner Path

- Attuning to your guides is the first place to begin with finding your inner path.
- Your guides will speak to you through your strongest inner sense and the one you pay attention to the most.
- If you feel contraction or forcing regarding an inner sense, let that go and turn your attention to a different inner sense to practice.
- Your gifts progress healthily in relation to your inner work and the work you do with your ego, mental condition, and psychological well being.
- Your inner path is something you find the opening to and once you step through, you are creating it. This requires responsibility because you will gain more power as you create this path.
- Shadow selves are guides as part of your Underworld and will lead you to where you still need healing.
- If there is a part of you that you are afraid of, there is significant power available to you in the process of overcoming and integrating it.
- Any extreme that you experience is your ego.
- You are here to integrate the cosmic realms and the human realms within your own self.
- By harmonizing the lower three chakras, you harmonize the Earth.
- Your individual healing is the healing of all life on this planet and of the planet Herself.
- Express, witness, and reflect is the three-step process of integration.

Lesson 2 – Guiding Yourself to Your Inner Path

- For the following practices, you will entirely guide yourself. Use the same questions from previous inner sense practices if they are supportive for you.

- Find the inner chord that the Lemurians guided you to earlier, and lead yourself to the answers you seek. Everything is within you and it is a matter of trust and practice, or devotion and discipline, that enables you to access the inner well of wisdom.
- Remember to document all the details you experience including bodily sensations, tones in the ear, etc.
- Use music to practice with if you find that sound supports you, otherwise, go through these practices in silence. When you want to access wisdom, silence is the purest container.

Self-Guided Practices

For each guide listed below, connect in the morning and ask for a message. Then set your intention for the day around the answer that comes through. Feel into the energy of the message and discern its meaning. Is the message symbolic or literal? Is this an energy to bring forth within you, or is this something to create in the physical?

If the answer is not clear at first, ask for more information from your guide. Set your intention around this energy and allow it to sit lightly within you. Notice what synchronicities arise throughout your day and record or journal to document these synchronicities.

Inner Child – Enter the belly and ask your Inner Child to give you a message that is helpful for you on this day.

Heart – Enter the Heart and ask for it to give you a message that is helpful for you on this day.

Higher Mind – Enter the Higher Mind and ask for it to give you a message that is helpful for you on this day.

Angel – Enter your Heart Temple and ask an angel to bring forth an energy or message that is helpful for you on this day.

Higher Self – Enter your Heart Temple and ask your Higher Self to bring forth an energy or message that is helpful for you on this day.