



Connecting in Community

with Dr. Shana Johnston

Week 4 - Intuition and Accessing our Inner Wisdom

This week's key points:

- 1) We all have an internal guidance system that we can access by paying attention to what's happening in our bodies - using our "spidey senses" or trusting our "gut feelings". As we become more aware, we can start to tune into this ability with greater ease
- 2) By paying attention to what's happening in our bodies, we can sense changes in the energy within us and around us. For example: "good vibes" and "bad vibes" when we walk into a room, a "good feeling" or "bad feeling" about a particular situation. As we learn to pay attention, we can use this information to help guide us
- 3) We can also access our own inner wisdom through guided visualization and through "channeled writing". In channeled writing we write our question down then respond as if we were writing on behalf of a wise sage or our own inner wise one.

Journaling prompts:

When did you have a "gut feeling" about something that later proved to be right?

What is my inner wise woman telling me right now? What advice does she have for me?

Invitation to continue to explore this week's theme:

- 1) Start to notice when you have a "gut feeling" about something. Make a note of it so you can start bringing these experiences into your conscious awareness.
- 2) Use the guided visualization as a way of learning to connect your wise woman within
- 3) Experiment with channeled writing as a way of accessing your inner wisdom



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Course resources:

- 1) MP3 with guided visualization to access your inner wise woman

Additional resources:

- 1) Ideas on how to tap into your intuition <https://www.heysigmund.com/9-ways-to-tap-into-your-intuition-and-why-youll-want-to/>
- 2) Interesting article on the science of intuition <https://www.forbes.com/sites/alexandramysoor/2017/02/02/the-science-behind-intuition-and-how-you-can-use-it-to-get-ahead-at-work/?sh=bfff663239fe>
- 3) How to channel through automatic writing. She takes it one step further to using trance states to access your own higher wisdom with resources on how to do that <https://medium.com/astro-fieldguide/how-to-channel-through-automatic-writing-e6d42f816c4>

Excerpt from “Trust Yourself” card in Sacred Rebels Oracle deck

You are wise.

You know how to grow, even without knowing you know how.

Like the ancient forests, spectacular galaxies and the acorn that becomes the oak, there is a natural intelligence for growth that is beyond logic and reason.

It just happens.

At the deepest levels, we are governed by this force that is so palpable it literally shapes the world. At the same time, it is so invisible that sometimes we forget its presence and worry that our minds have to work everything out for life to happen and for us to be alright. We can become unnecessarily anxious about our affairs and how life will unfold.

This oracle brings the message that you are growing.

You really are. Don't doubt it.

Even if you don't see it yet, remember there is so much happening when the seed is still unbroken in the ground. Below the earth, it is summoning up all the might, power and force it needs to push about the top soil and burst up into the light. It is essential for anything good to happen later on! Yet we don't see any of that. We just have to trust that things will happen when the time is right.

You are being asked to trust in yourself. You know how to grow.

Don't overthink things, it won't help you.

Don't worry so much, you are doing a great job in this game of life. When you trust yourself, you can relax and you can heed your own wisdom, insight and messages much more clearly and easily.