

10 PRACTICES FOR CONNECTING TO YOUR INNER GUIDE



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How to Go Within to Get Answers
to Your Biggest Questions



YOU ARE THE ORACLE

You are a wellspring of your own wisdom.

Behind all of the worry, self-doubt, and mental mayhem is a deep knowing and understanding from which all answers can emerge. Some refer to this infinite intelligence and loving guide as your soul or higher self. It is the unseen part of you, existing beyond time and space, that has the grandest perspective of your life. It knows the intentions you set for this lifetime, the experiences you seek, and the most magnificent ways to present them to you. However you conceive of this guiding force, it is always standing by ready to be of service to you and illuminate the path ahead.

It is you inviting you to your greatest potential.

You can turn to your inner knowing for all kinds of things, ranging from what food would most nourish your body or what book would inspire you to what career would most satisfy your soul or what is the next best step to take. In the world of the higher self, there are no tough or unanswerable questions.

All information is available and all potentials are possible.

Ask and the answers will come!

LISTEN TO YOUR INTUITION

Often, answers come through our intuition. We can think of intuition as the direct line between our higher self and our human perception. Intuition functions as our guidance system, always pointing us to our greatest good and most beneficial outcomes.

Our intuition communicates with us in many different ways, though there are typically one or two ways that show up the most. As you read the descriptions below, see which one lights up for you. It could be your intuition telling you how it most likes to communicate with you.

- **Clairsentience** - For many people, intuition is experienced through gut feelings, be it a physical sensation, emotion, or energetic perception.
- **Clairaudience** - For others, intuition comes in as a supportive voice in their head, like the voice that tells you to go to a networking event where you'll meet someone who can help you.
- **Clairvoyance** - Intuition can also come through images, like getting a mental picture of yourself in the kitchen of your next apartment.
- **Claircognizance** - Finally, some people get a "download" where you just know things. It's an instantaneous insight or knowledge, where you just know something even without knowing how you know it.

No matter how your intuition presents itself, know that it is always there to help. Some people may seem more intuitive than others, but they do not have more intuition. They are simply more practiced and skilled at perceiving their intuition and being guided by it.

You strengthen your intuition by paying attention to it and thanking it when it brings you something happy or steers you away from something you wouldn't like.

FINDING YOUR TRUTH

Below are 10 tools and practices to connect you to your inner wisdom and divine guidance and get answers to questions you have about your life. Play around with different ones to see which resonate the most for you, including which ones work best for different kinds of questions. Look for the messages, feel the love, and know you are always supported. Most importantly, have fun!

For all of the practices, begin by creating a quiet and comfortable space where you can be still, undisturbed, and free of distractions for the time you have set aside. You will be most receptive to information when you allow your mind to settle and your brainwaves to slow. In that relaxed, calm, and almost dreamy state, answers can flow in without being censored or judged by our ego minds. Set the intention that you receive answers to your questions, such as by saying out loud:

I call forth my inner wisdom to bring me clarity and guide me toward my greatest good. I ask that I receive answers to my questions in a way that I can understand and act upon. May my guides and support team be with me to show me the way to my own knowing. Thank you.



10 TOOLS & PRACTICES

#1 - Listening Meditation

There are many different forms of meditation but they all have one thing in common: calming the mind. For listening meditation, the goal is not to eliminate the thoughts in your head but to bring through the ones that can add to your clarity while filtering out the chatter. To bring yourself into a meditative state, close your eyes and take a series of deep breaths, focusing on the air going into and out of your body. Scan your body for any tension and breathe into those areas to release it. Cultivate a feeling of stillness and balance. If it helps your mind to relax, listen to some soft instrumental music.

From here, hold your question in your mind for a few moments. Then release it, asking:

What does my higher self most want me to know about this right now?

Keep breathing and relaxing your mind as you listen for messages to come through. If random thoughts pop into your mind, do your best to let them float by like a cloud.

Trust that you will recognize the messages meant for you.

Tip: Keep the question short and sweet. Your higher self doesn't need the backstory.

In asking a concise question, you invite clear answers.



#2 - Follow the Energy

This practice works best when you are choosing between different options.

For example, perhaps you are trying to decide whether you want to accept a new position at your company or strike out on your own. The answer will come when you get clear on what you would love for the joy it brings you. When we let ourselves be led by our heart, our next steps light up before us, turning something that the mind sees as a big, heavy decision into a choiceless "yes!"

Write each of the options on a small piece of paper and place them before you. Close your eyes and place your focus on your heart. Take a few deep breaths. For each of the options before you, place the piece of paper on your heart and feel into what it would feel like to have chosen that option. You can also imagine yourself telling a friend about the choice you are making.

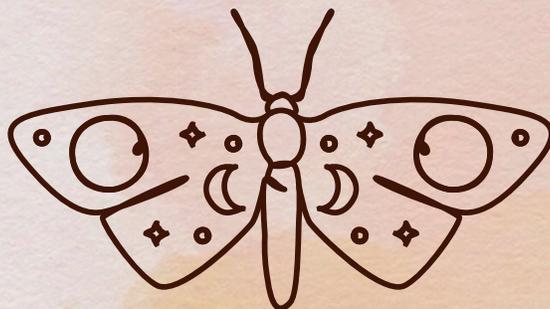
Where do you feel the greatest spark and excitement?

What makes your heart expand?

Where is the path of pure love leading you?

When you have landed on an option, ask yourself: Do I love this? If the answer is yes, ask that the next steps easily, effortlessly, and harmoniously reveal themselves to you.

Tip: Ignore any thoughts about how you would do something or what might be needed. You are just asking your heart to signal to you where it is feeling called.



#3 - Automatic Writing

Write your question on the top of your paper. Take a few moments to clear your mind and set the intention that you will receive the answers you seek. When you feel called, start writing whatever comes into your head. Do your best not to censor anything, even if you think it doesn't make sense, isn't relevant, or isn't something you feel proud of saying. Keep writing for at least 5 minutes, stopping only when the energy seems to have dissipated.

Take some deep breaths and read what you have written. Perhaps the answers are there leaping off the page. Or maybe you need to approach it like a poem or a special code from your soul, where you look for associations between words, symbolism, and nuggets of truth. You might circle or highlight different phrases and put them together to see what they are trying to tell you. As you read your words, ask yourself what they mean to you and how they make you feel. Keep playing until you feel like you have your message and then trust that you have heard what you needed to hear.

Tip: Create a dedicated automatic writing journal or use loose sheets of paper so that you give your subconscious full permission to say whatever and however much it wants to say.



#4 - Channeling

Starting from a deeply relaxed state, invite in your higher self. It may help to imagine your higher self as a ray of light shining upon you or a warm bubble of golden energy surrounding you. The goal is to make a deliberate, conscious connection. You might feel a buzzing in your body, warmth or chills, or hear ringing in your ears.

Hold your question in your mind and ask your higher self to speak to you. I find it is helpful to close my eyes and speak out loud but you can also do this silently. You may be addressed by name or as "you," like "you are on the right path" or it may come through as "I," like "I am being asked to more fully commit." It could be a one-way download or a dialogue. Just let the words flow however they want to come out, without judgment.

Tip: Record yourself. If you are deep in the channeling, you may not remember all that you wish to. But even if you don't remember, trust that the information received is now part of your greater awareness.



#5 - Self-Introspection

Our intuition and intellect can be a powerful team, allowing us to merge feelings and reasoning to arrive at self-discovery. Self-introspection involves asking yourself questions and being completely honest in the answers in order to allow for insight. You can talk out loud or write in a journal. You may have a different line of questioning based on the nature of the answers you seek. There is no right or wrong way to do this, but the following can be a good place to start when you are seeking guidance on a situation that is troubling you.

What am I feeling?

What's going on to cause me to feel this way?

What worries me the most about this?

What are other ways to view this situation?

Where can I be more honest with myself?

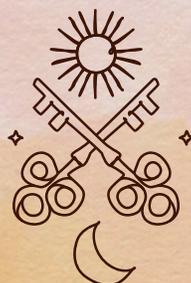
What is my heart's truth in this situation?

What do I really want?

How can I honor what I want in this situation?

Where can I give myself more love, grace, and compassion?

Tip: Be gentle with yourself. The goal is to know and love yourself more and learn from your experiences. As you become more reflective and self-aware of your tendencies and patterns, it becomes easier to disrupt them and make choices that will serve you better.



#6 - Visualization

Close your eyes and imagine you are walking a path toward a pyramid of light. As you approach the pyramid, you see a door inviting you in. Notice how big the pyramid is, what colors are radiating from it, and what shape the door is. Stepping inside the pyramid, you find a cushion in the center waiting just for you. Imagine yourself sitting down on the cushion and taking in the energy of the sacred space. Invite in your higher self and move into full embodiment of your divine light.

Feeling pure love and power flowing through your body, speak your question and ask to be shown all that you need to know. As you do, a beam of light enters the top of the pyramid and shines down into your crown chakra, illuminating your third eye. The light continues to flow through your body, activating light within your cells. With this light inside you giving you the gift of insight and intuition, you see the holographic images that represent the answer to your question.

What do you see? How do you feel? Where is your desire?

Tip: Once you feel complete with the visualization, journal about your experience and what you saw and learned.



#7 - Asking for Signs

Speaking directly to your higher self, ask it to place signs on your path to direct you to your greatest good. The signs could be a video popping into your feed, a person calling you out of the blue, a song on the radio, repeating numbers like 11:11, or a literal sign you see on the road. Don't be surprised if your higher self has a sense of humor!

You can speak the following to ask for signs:

*Higher self, I am asking you to guide me toward the highest and best outcome.
Please place signs on my path that I will immediately recognize as signs from you.
Let them be clear and unmistakable in their direction and full of love.
I will be watching and listening for them. Thank you.*

Tip: Signs from spirit are typically simple and uniquely meaningful to you. Trust that you will know it when it comes and don't over-analyze it. Sometimes signs just mean you are on the right track and have no deeper meaning.



#8 - Dream Divination

Dreams are the playground of our subconscious and a powerful messenger of hidden truths. Not only can your dreams tell you a lot about what is active in your energy, but they can offer answers to your questions.

Write your question on a piece of paper next to your bed and make sure you have a pen nearby. Before you fall asleep, read the question several times and set the intention to be shown what you need to know. As you drift off, try to hold the question in your mind.

As soon as you wake up, record any messages, images, or dreams that relate to your question.

What did you see? How did you feel? Where is your desire? Your fear?

It might be just a flash of something you remember or a longer dream sequence. Write down anything and everything that comes to mind. If the answer is not obvious, look for symbols and associations and pay attention to what shows up during the day. It might not make sense until later.

Tip: If you feel like you aren't getting the information you are looking for, try for two or three more nights. If it doesn't work, this method might not be for you.



#9 - Tarot & Oracle Cards

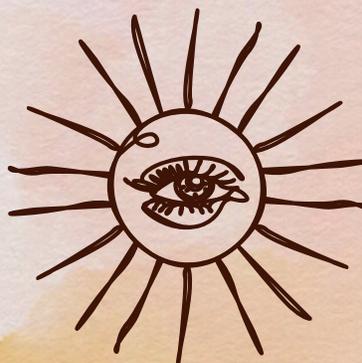
Tarot and oracle cards have been used for centuries to receive messages and guidance from the higher realms. While learning tarot can be a lifelong study, beginners can benefit from tarot cards by focusing on their own interpretations and the meaning they intuit from a given card. Oracle cards simplify this process by offering written messages, often accompanied by more lengthy commentary.

Find an oracle or tarot card deck that resonates with you. Hold the deck of cards against your heart and set the intention that they be a clear channel for loving messages. Hold your question in your mind or write it down on a piece of paper.

As you shuffle the deck, keep your question in your mind. You can shuffle the cards and pull from the pile or fan them out in front of you. For a quick answer to what you need to know about a situation, pull a single card. For more insight, you can do a spread of three or more cards.

A simple spread is to pull one card for past, present, and future or one for internal influence, external influence, and the resolution. Your card deck likely comes with a booklet with other sample card layouts.

Tip: The more you believe that the cards are speaking to you and that you always pull the right card for the moment, the more likely they are to resonate with you and provide useful information.



#10 - Pendulum

Pendulums are another tool your higher self can use to offer greater clarity and quick cues as to whether something is in your highest good. A pendulum is a small object attached to the end of a string or chain, and can be made of wood, crystal, glass, or metal. The material matters less than the intention you give it and the connection you feel to it.

1. **Program your pendulum** - Holding the pendulum in your dominant hand with the chain or top link between your thumb and index finger, dangle it without moving and ask "show me yes" and "show me no." You could also ask "show me neutral" if you want that option too, which could show up as no movement in the pendulum. When you do this for each, the pendulum will either swing vertically, horizontally, or in circular motions—clockwise or counter-clockwise. Note what each answer looks like.
2. **Test your answers** - To get familiar with how your pendulum communicates with you, start with questions you know the answer to, like "Is my name Kim?"
3. **Start asking yes/no questions** - Once you are comfortable that you are getting clear answers, start asking your questions, being sure they have yes/no answers.

Tip: Pay attention to how you feel when you receive the pendulum's answer. Your emotions are a more powerful signal than the pendulum. If you don't like the answer you got, you just got a clue as to what you would prefer instead, which you can get about creating!



RISING LIGHT COACHING



HELLO!

I'm Carolyn

As a transformational coach, I support you in connecting to the inner wisdom, clarity, and courage that will empower you to show up as your whole, true self in all you do and create a life you love.

ARE YOU READY TO SHINE YOUR BRIGHTEST LIGHT?

Having experienced my own transformation, it is my joy to be a hand over the bridge, guiding you into the self-realizations and actions that will change your life.

Together, we can:

Accelerate Your Awakening, Increase Your Peace, & Expand Your Possible.

My signature program, **Liberate Your Light**, is a streamlined yet deeply supported path to bring your aspirations to life. Through 1:1 coaching, guided exercises, and wisdom teachings, you will move into the new you quicker and easier, which offers:

- relief from your heavy burdens and old patterns,
- courage and confidence to answer your heart's call, and
- the peace, joy, and satisfaction of higher consciousness living.

Feeling called to find out more?

Visit my website to explore my courses and coaching options and book a free consultation.

www.carolynbrouillard.com

