# Lifestyle focus

# 13. follow inner urgings, inner voice

Learn to pay attention to the soft little voice deep within. That voice is your truth. Your intuition talking to you.

Learn to listen to your body. Here is a simple yes-no technique. Take a few deep breaths and relax deeply. Clear your mind. Say “this is yes. This is yes. This is yes.” And see what happens in your body. Most people feel some sort of expansion but people have different responses. I have a friend whose thighs vibrated on “this is yes.” Then do the same with “this is no. this is no. this is no.” See how it feels in your body. Usually this is some sort of contraction, but not always. I feel a bit of a knot in my gut with no. Test your new-found knowledge with questions you know the answers to. Try “should I drink gasoline with my lunch?” Also try “should I eat vegetables today?” Confirm the sensations in your body. Use this technique to answer all yes-no questions, large and small. Be very specific. Do not ask questions like “Can I get hurt in Brazil?”. Instead, be very specific, like “will I get hurt in Rio if I go for carnival next year?” Feel the question throughout your body. Then let your body respond. On big things, ask the question in a few different ways, from a few different angles. Ask, “is it safe for me to stay anywhere in Rio when I go for carnival next year?”

Your intuition will sometimes guide you to unexpected, unexplored places, sometimes that even might violate your own personal ethics a bit, and definitely some that will make you uncomfortable. These kinds of directions can bring uncertainty. Should you really trust where you’re being guided to go? Verify with this yes-no technique before acting. I was firmly directed to take an apartment that didn’t really meet the needs I’d set out for myself, and I was not too happy about it. But the direction was crystal-clear. So, I took the apartment, and learned a host of lessons there that helped shape my next steps. I needed to learn these lessons before I could jump onto the next lily pad on my journey. So I trust, and follow, and learn how to accept it and like it! When you’re on your path, the journey is sometimes uncomfortable, by definition. These are growing pains. You have to grow past your comfort zones, out of previous versions of your self. This is how we evolve.

## Task

1. Learn the yes-no technique discussed here. Use it for 3 decisions today. Examples include, “should I leave the house at X:00 for my appointment at Y:00?” “should I turn here to find a parking space?” “is it important which door I use to enter the building today?” Feel free to use follow-up questions as you work through making these kinds of decisions.
2. Ask yourself what you can do for fun today. Allow a response to arise. Don’t think about it too much. Just ask the question then let it go. When an idea comes to mind that makes you smile or maybe makes your heart jump for a second, that is your answer. Do that today if at all possible! If not possible to do today, take a step toward doing that thing today. Before acting, verify with yes-no technique.