



Let me ask you a question: **Are you a person who makes decisions from the inside/out or the outside/in?** Let me elaborate:

If you are someone who gets their answers from the outside/in, then you probably tend to let external circumstances and people dictate your life. If that's the case, then you're allowing outer forces to determine your inner peace. Consequently, you might react impulsively, often making a wrong choice, even if you hear that small voice inside that says, "This may not be good for you."



Conversely, being a person who gets their answers from the inside/out, you don't obsess on what you witness or observe. You are probably driven by your own choices rather than what others do.

When you **depend upon other people, their opinions** and outside conditions, you are bound to **feel discontent and miserable**. I find most people then experience the "**not good enough monster**," as a friend of mine named it.

***It's actually impossible for you to get answers that are right for you from what others tell you!*** Unless, of course, that person is an **expert**. But the answer still has to still feel right for you.

Everything you need and all of the deep answers about what is right for you is within you. In fact, getting in touch with **your own Divine nature is a much higher level of knowledge** than what we get from the outer world.

Do realize that **if you're in a strongly negative emotional state** such as fear, embarrassment, confusion or overwhelm, **you will not be able to access the wisest decisions for you?**

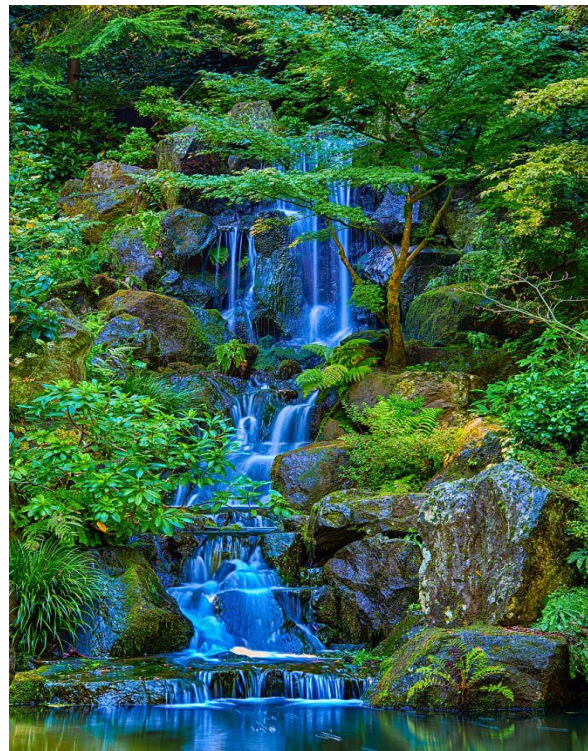
**At those times an expert may have more knowledge** and understanding which can be very helpful. However, it is necessary to go inside and figure out if their information is the best for you. Basically, it's essential for you to **develop discernment**.

Getting answers from the outside often takes away your power! Looking out into the world for resolutions, you will never find what is best for you. There is so much infinite knowledge within you that is waiting for you to wisely access.

When we get our answers from the outside frenetic energy, it's like a boomerang that touches us (often negatively) and bounces back out into our outer world.

Working on the inside **first** by going to the **quiet, calm energy**, allows us to **access our own profound knowing and brilliant wisdom**.

Which sounds like a better choice to you?



There is an **inner voice guiding us at all times** and we seem to want to ignore it. First it gives us a gentle nudge, until eventually it literally knocks us over. Yet often, we still won't listen.

Practicing **meditation** and **using healing tools** every day provides a **solid foundation** so we can develop our perception and inner guidance at a more profound level. As we go deeper inside our essence, we find the place that wants the best for us, as opposed to finding what's best for someone else.

How many times have you intuitively *known* something about a person or a situation, but ignored it only to have your suspicions confirmed later? Only then did you think , “Oh, I should have listened to that feeling or knowing.”

Going inward brings us to greater clarity. So many of life’s mishaps could be avoided if we would just listen to our inner voice first.

Next Tuesday, we will do a process that takes us inward, so we can **access** the answers from **our own intuitive knowing**. It’s really about developing a practice that you can rely on when you have important questions for which you want answers.

I’m going to leave you with this quote from Albert Einstein: “No problem can be solved from the same level of consciousness that created it.”

Here’s to listening to Your Own Higher Knowledge!

Knowing Your Own Wisdom,

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**P.S.** Really start getting results with your own healing and path to your Inner Knowing, by having a free “Discovery Breakthrough” Consultation with me. We will work on setting this in motion together