

CONTENTS

Introduction	1
Chapter 1	8
Getting Quiet	
Chapter 2	27
Nourishing The Body	
Chapter 3	41
Games To Play	
Chapter 4	65
Lightening The Heart	
Chapter 5	81
Honing Our Intuition and Focusing on What We Want	
Chapter 6	105
Recognizing Ourselves as Sexual and Sensual Beings	
Chapter 7	130
Conclusion	
Appendix	134
Checklists	
Additional Room to Write	

STEP FIVE: Extend Your Focus Beyond Your Five Senses

A fifth intuition exercise is to notice what your senses are telling you. I've been suggesting that you check in with how you feel as you proceed throughout your day. But this is a little different. For example, I could go into a bookstore and not only notice where my gaze was being directed, but feel a rush when I reached for the book I was being guided to explore. Think goose bumps. You've had these feelings too. Observe **WHEN** you feel them. What's the context? What's going on for you? Become your own detective and follow the clues. Where are you being guided—to what message or insight? Ask for additional information from within.

One of my earliest cognitive prayers was asking that guidance from the universe would be easy, gentle, and obvious. I was already intimately familiar with hurdles, hard, and hidden. (Glad that's over!) Take a moment to ask for how you'd like your messages to appear.
