

## **Accessing Your Inner Wisdom**

You have quite a bit of wisdom within yourself, but you may not know how to access it. Many people describe having a wise voice within that has guided them at times, but they may not always listen and may not know how to communicate with this part of themselves. People describe this part of themselves by many titles: Wiser Self, Inner Teacher, Guiding Voice, Inner Leader, etc. Here's one method to access that part of you.

1. Sit quietly and reflect on the challenge you face.
2. Begin a letter with "Dear Inner Teacher:" (or any other name you have for this part of yourself).
3. Briefly describe the challenge.
4. Describe the feelings you are having about this challenge.
5. Ask for help and what you need.
6. Conclude the letter with "Sincerely," or "Respectfully," etc. and then sign your name.
7. Take a few moments to breathe and clear your mind.
8. A few lines down the page, write "Dear" and your first name.
9. Take one more deep breath and start writing.
10. Do not edit, correct, or otherwise impede the flow of writing. Just write whatever comes to you.
11. Occasionally, you might have a question or a clarification request for your Inner Teacher. Simply skip a line, write your question, take a deep breath, and start writing again.
12. When finished, conclude with some loving and compassionate words and sign off from your Inner Teacher.

