

Learning to Discern

Begin by clearing your thoughts.

Focusing on 3 breaths generally helps with this.

Come back to the person that you want clarity on

State their name 3 times.

Pay attention to the shifts in your own body.

Notice where you feel any contractions

or warm feelings

Throat?Chest?Solar plexus?Stomach?Shoulders?

Simply sit with the sensation

Close your eyes,

place your attention on the most prominent area





Journal Prompts

From this exercise

Did you have any visions?

Even if they looked crazy?

Did you see any colors, a smell or even just forms?

Can you see the persons face? --their expression?

What does it mean to you?

Do you hear a message?

Was there a sudden thought about the situation?

An insight?

If so, what was it?

As you write does anything else show up?

Something you may have forgotten..

Honor your feelings

And trust this experience.

It's your experience.

