

Accessing Wisdom Through the Body

Oftentimes when we are faced with a decision, the mind can become paralyzed by unknown variables or unduly influenced by the ego's fears. One way to circumvent the mind's confusion is to tune into the body as a means for our Inner Wisdom to communicate with us. This technique uses your body as a pendulum.

Learn Your Body's Yes and No

First you will want to find out how your body communicates a "yes" and a "no." Here's how:

- Stand with your feet slightly apart with your eyes open, but looking down.
- Place both hands over your solar plexus (just below the sternum).
- Pose a question to which you know the answer is an affirmative. For example, you can ask "Is my name _____?" (insert your actual name) Or "Am I from _____?" (insert your home town).
- Notice whether your body wants to lean forward or backward. This motion is your body's "yes."
- Now pose a question to which you know the answer is a negative. Again, notice whether your body wants to lean forward or backward.

Accessing Your Inner Wisdom

Now that you know how your body communicates "yes" and "no" (for most people, "yes" is forward and "no" is backward) you are ready to access your inner wisdom. Pose a yes-or-no question about any decision you are facing and notice your body's response. For example, you can ask: "Is it in my highest good to take this course?"