

Accessing Inner Wisdom Counseling

Statement of Purpose _____

Thought Cluster Perceptions _____

Insight from Inner Wisdom _____

My New Focus _____

Name _____

Date _____ Counselor _____



The Accessing Inner Wisdom Process

The most helpful thing you can do in the Accessing Inner Wisdom process is to look closely at the pain or circumstances in your life where you don't feel at ease. This lack of ease is caused by confused thinking. These confused thoughts cluster into beliefs. These beliefs, which were formed in the past, affect the way you see and interpret your present experiences. They affect your memories, desires and expectations.

The way to let go of pain, tension or lack of peace is to **look closely** at these confused thought clusters which cause pain, dis-ease, anxiety or depression. If these confused thought clusters are allowed to be fully explored and disclosed, you will be able to **see through** them to the loving reality that lies hidden below.

Confused thoughts, such as thinking you are unworthy, block you from accessing your Inner Wisdom. This confused thinking causes havoc and leaves you feeling perplexed and a victim of your circumstances.

Your conscious mind may cut off the innate knowledge of your own Inner Wisdom. Although your Inner Wisdom is always present, when your conscious mind identifies with or believes confused thought clusters, your Inner Wisdom can be denied and relegated to the unconscious realms.

By shifting into a deeply relaxed state and allowing troubled feelings and confused thoughts to come to the surface, you can access the thought clusters which are causing your current circumstances. Your awakening is accelerated when your conscious mind expands its tolerance, receptivity and openness to all aspects within your mind, including your confused thinking and Inner Wisdom.

Allowing confused thoughts to be fully recognized is the first step. By recognizing that they are there, you now have the opportunity to change them. Bringing them to the knowing of your Inner Wisdom is the next step. **When your conscious mind stills its chatter and relaxes enough to be receptive, the thoughts and feelings of your Inner Wisdom can be invited into your awareness.**

In the Accessing Inner Wisdom Counseling process, your conscious mind is guided to relax enough to allow tension-producing thought clusters to surface and be explored. Then the knowing of your Inner Wisdom is invited in to do Its self-healing work.

The power to heal is within you. You heal yourself through your receptivity and commitment to allow your Inner Wisdom to surface, and by being open to Its lead.