



# Truth or Lie

HI EVERYBODY!!

When we aren't used to listening to our intuition, we often get confused as to when our intuition is speaking or when we are listening to stories we're making up in our heads. This leaves us wondering what is the truth and what is the lie?

If we really want something to be a certain way (like a romantic relationship), we tend to believe that the voice in our head that wants that is our intuition. We convince ourselves that the voice in our head is the truth. We also mistake instinct for intuition. When we are using our instinct, we are scanning for danger. We are looking for perceived threats so we can take action. When something is not our intuition and it's not true, we are much more up in our heads with all the thinking.

Our intuition doesn't require that much work. Intuition is a quiet knowing that comes to us. It's easiest to notice when you are grounded, in a neutral space, and not attached to an outcome. Intuition is a truth you feel in your body.

Try this exercise:

- Sit quietly and get in touch with your body, notice how it feels.
- Now, tell yourself something you know to be true.
- Where do you feel it in your body?
- Try another truth.
- How does your body feel when you speak the truth?
- Now, tell a lie.
- What difference did you notice? Did your body contract?

**Your intuition feels the same way that truth feels in your body.** It may not make any sense, but it just is.

Now pull a card. Ask, "What can I do to strengthen my intuition?" Use your journal to write about how your body felt during this exercise and anything else that may have come up for you.

Remember: Your body *always* knows when it's hearing the truth and your **intuition is true**.

That's it for this mini-lesson. Thanks for joining me!