

## EMOTIONAL FREEDOM

### Are You Intuitive? Quiz & Intuitive Experiment

1. Do you listen to your gut feelings about people?
2. Do you pay attention to your body's early warning signs such as fatigue, to take care of your health?
3. Do you listen to the wisdom of your dreams?
4. When you sense someone is an energy vampire who drains your energy do you avoid him or her?
5. In relationships do you listen to "beware" signs such as getting a sick feeling in the pit of your stomach?
6. Do you pay attention to the vibes that people give off, positive and negative?
7. Do you act on what moves and inspires you rather than only making decisions by what seems right on paper?

IF YOU ANSWER 0-1 YES: At this point you depend mostly on your analytic capacities and could benefit from balancing your intuition with logic.

If YOU ANSWER 2-3 YES: You are beginning to trust intuition, though generally you rely on logic alone

IF YOU ANSWER 4-5 YES: You consult intuition much of the time, and act on it to make better decisions

IF YOU ANSWER 6-7 YES: You are in beautiful sync with your intuition. Continue to let it guide your life and increasing trust it to make excellent decisions.

#### **Emotional Action Step**

#### **Try An Intuitive Experiment: Sense the Difference Between Positive and Negative Emotions.**

In this experiment, you're going to compare two scenarios. With both observe how your words and tone affect your body and emotional state. Spend at least a few minutes trying these words on.

*Scenario 1.* Stand in front of a mirror and sincerely say to yourself in a loving, appreciative tone, “I look terrific and I’m a fantastic person.” Stay focused on your positives. Then feel, don’t think. Notice: How does your body react? Are you breathing easier? Do your shoulders relax? Does your gut untighten? Energy rise? Do you feel happier? Lighter? Freer? Also, note any other changes.

*Scenario 2.* Stand in front of the mirror and say in your nastiest, most hateful tone, “I look horrible and I despise myself.” Really mean it. Flare those negatives up. How does your body react now? Notice: Your shoulders? Your gut? Chest? Is your energy higher or lower? Are you clenching? Breathing shallowly? Do you feel depressed? Are your aches and pains aggravated? Whatever you sense, note it. Stew in this negativity a while so you won’t forget the feel of toxic energy.

I’m so taken by this exercise because it spells out that positive and negative energy are about as opposite as you can get. No confusing them. Ask yourself: Which do you prefer? It’s time to make a choice and go after it. The launching pad for emotional freedom is always yourself. Words, tone, and the positive or negative energy of emotions all figure in. You must become accountable for the vibes you expose yourself and others to. The next time someone speaks to you, note the physical reaction within your body--not how your brain processes the actual words. Feel the energy beneath those words; notice how your body responds to that. If the content of someone’s words is positive, yet the energy beneath it causes you to contract, respect that physical reaction. Energy doesn’t lie. Keep sensing it, trusting it, letting it liberate you.