



The Compass Within

Module 5 - Creative Intelligence - The Relationship with Your Inner Knowing

Connecting Brain Power with the Intelligence of the Heart and Body

When you embark on Inner Inquiry, you are energetically connecting the brain/mind with the intelligence of the heart and of the body.

Sustaining your Inner Connection

Life is full of noise. Consider how your whole body gets impacted. Is your body tight? Do you find yourself getting sidetracked and off-purpose? Do you get caught up with worry and concern? When your attention goes to the noise your best intentions for yourself are undermined. The key is learning to sustain the connection with the source of guidance that lies within you.

Inner guidance requires focus and commitment. It is not just for use in times of crises. It is a way of living. It comes from a relationship that you actively develop over time. You will discover that you are able to rely on your inner wisdom and sensitivity. It will change the way you live and your approach to everyday situations. As you get to know your “best friend”, you won’t feel alone because you can trust your inner teacher.



When you build a pattern of *living from* the inner connection, life works. It brings you an experience of constancy and inner peacefulness.

You have begun to build a deeper connection with your inner knowing. Continue to build upon this. Practice daily. Don't wait for a crisis! The more that you practice, the more you will trust that you can rely on your Inner Compass.

A reminder:

1. **Dedicate some “check-in” time with yourself each day.** Allow time for uninterrupted silence. It can be a period of reflection, where you might look back over your day. Was there anything you would have liked to have done differently? Is there something you want to celebrate?
2. **Pay attention to the quality of your thoughts.** Are you critical of yourself or those around you? Is there a belief that is out-of-date or self-limiting? Like attracts like.
3. **What tone do you use with others when speaking?** Notice what attitudes are present when your tone is less than it could be. Your tone gives you clues about how you are feeling towards yourself.
4. **Notice how your body feels in situation throughout the day.** Is it tense, anxious or uncomfortable? Tension is a clue to track what is needed at that moment.
5. **Pay attention to the synchronicities, coincidences, “random” thoughts, etc.** Ask questions about what you notice.
6. **Does your day feel effortless?** If not, what is in the way? If it does, acknowledge your connection, what you are learning and celebrate it.
7. **Writing: Use writing as a way of dialoging with your inner self.** Ask questions, write down the answers and read them aloud. Do the answers feel true?
8. **Action: Taking action based on trust in your inner direction develops new life perspectives,** a feeling of expansion and trust. Taking action builds a new way of life.

How to sustain your inner connection

Taking quiet time each day can bring a feeling of relaxation, aligning you with what your day requires.

Over time you feel a developing relationship with the inner core of yourself. A feeling of strength builds as your intimacy grows with this inner core. This is the pathway of connection with your true self.



Sometimes something deeper is needed. What becomes possible when you step away from everyday life for a longer time-out?

Relaxation can become renewal and rejuvenation. Implied in “re-newal” and “re-juvenation” is a refreshing return to an earlier state of being, like polishing the layers of tarnish off an old piece of jewelry. This is the first step—the clean-up that reveals the original brilliance of the jewel.

The jewel is not to be kept locked away inside a treasure box.

The true gift of focused, intentional time-out is one of transformation—opening new dimensions within to realize more of your potential that has been lying dormant in your cells. Once this is realized, it must be activated. It is easy to miss the deeper levels of transformation when you return to your daily routines, allowing the marvelous to fade like a dream. How do you hold on to these new dimensions, keeping the transformation alive and putting it into action? How do you keep from falling back into familiar patterns?

If you want to realize the fullness of your potential change, pay attention to what is entirely new and unfamiliar. There is so much more to discover. You may not know what it is yet, or how to describe your experience—even to yourself. Allow it to unfold. It takes physical time—days, weeks, or even months.

Action, timing and manifestation

Action without insight is running blind.
Insight without action is impotence.

Life unfolds when your changes are aligned with your essence. Stumbling blocks appear when there are aspects that are not aligned.

Start by exploring what feels different. Notice new ways of thinking and of interacting with others. You may experience a different kind of flow in your



body. New pictures about your life might come into awareness. Ask questions about them.

- *How am I to engage with these pictures?*
- *Is there more information available about the pictures?*
- *What action is required?*
- *What do I need in order to manifest them?*

Do you walk through life with blinders, reacting to what comes, ignoring the options for self-discovery that continually present themselves? If your scope of vision is only on what lies directly in front of you, then anything outside of that will be *as if it did not exist*. As you create in life, your pictures can be dynamic, alive with the unknown. Once a picture becomes static, it becomes an agenda instead of a vision. As you seek to maintain the agenda, control becomes the operant force. Timing is imposed, rather than allowed to unfold.

The steps to realize your vision may be quite different in this moment from what they were yesterday. Be deliberate with your dream, yet notice what sparkles in your peripheral vision. Where you had been laser-focused, be aware when your expectations and agendas are suffocating your inspiration.

Being conscious, becoming self-aware, is a choice you actively make in each moment. It is not automatic. Become conscientious in your consciousness journey.

The future is based on your visions. Allow them to evolve. Actively participate in them.

Inner Law and Daily Life

Life will present you with opportunities to experience yourself as you are now. Pay attention to it all. Take time to document it. Writing can become



your informational ally; a means for you to attend to what is new, taking you into deeper exploration.

See how your changes fit into your everyday life as you begin to integrate them. Allow what is new to flourish. Claim it as your fresh reality. When old thoughts creep in, bring the lens of your new vision to transform and reveal them for what they are.

Can you continually begin anew? This is your potential. There is nothing that *must* be carried forward from the past. What if you realized this was true? What would your life feel like if you lived each moment as new?

When you invest in a specific outcome, that outcome becomes your focus of concern.

Judgment often disguises itself as concern. You have an expectation or agenda that something should be different. You want something to be done your way. The situation is not meeting your expectations of life.

Everyone is responsible for their own growth. Your idea of what is needed for someone's own good is a manipulation that thwarts everyone's freedom. You deny them the freedom of self-discovery.

Your own freedom depends upon your moment-to-moment awareness. When you feel concern, you deny yourself freedom to focus. You block the dynamic movement on your own path.

There is a consequence for your body. Judgment, concern and manipulation all constrict you, limiting your ability to listen and to respond. Imagine how many of your thoughts create tightness in your body.

What if you dropped all your expectations and concerns? Your thoughts and pictures are the vehicles for interaction with the world. Being present allows you to be a witness to life's situations while maintaining your focus. With your thoughts free of concern, your clarity of awareness facilitates the dialogue between the outer environment and your inner guidance. Decode



the information that brings your next step. You know what action to take and the timing that is needed.

Your responsibility is to keep your inner compass pointed to true north. This is where your freedom lies.

Claiming Your Self-Leadership

How do you connect with a grand plan of life? Take the leap.

“We are given such a grand opportunity to learn of the splendors and gifts that are within us.

We can reject everything or we can experience the truth of who we are from the beginning...”

~ Dawn Taylor

Life is ever changing. You take certain actions and life expands, then others and it seems that life contracts. Sometimes with a shift in attitude rather than action, you experience a sizable change as you adapt your life to a new way of thinking or an updated perspective.

A quantum leap takes you even further. It's as if you are done with the past and have been moved into a new way of experiencing life, like jumping off a cliff and discovering you have grown wings. Your consciousness has shifted.

You feel your life being repurposed.

This life is so important!

“The blueprint is in the cell, but how do we connect with this great plan? What prevents us from taking a quantum leap into the future? We need



to realize that everything is in place within our physical bodies and needs to be awakened, so that we can realize a deeper sense of clarity and inner direction.” ~ Dawn Taylor

Have you ever considered that you have a role in a grand plan?

Really? Really.

Approaching the Mysteries

The mysteries cannot be approached from the intellect. They can only be realized when you surrender to the strength that is within you and relax into life.



In this quiet space, without outside influence, the mysteries unfold. This becomes your inner journey, the adventure of Self-discovery. With time and with practice, this grows into a dynamic connection and relationship with your own inner guidance.

This is the essence of Creative Intelligence.

The Inner Journey

Deep in the inner silence, with a sense of well-being, a quantum leap may occur. How do you recognize it? Begin to notice how you feel out in the world. Look at how your feeling of well-being carries you forward. Observe what is different. Give space to nurture and receive what is new. As you acknowledge and express this, the change is integrated and becomes anchored in your body.



A quantum leap only reveals itself as you interact with life. Life is the mirror of your inner world.

In a world of infinite possibility, taking a quantum leap unlocks the door, illuminates the pathway and propels you across the threshold. A quantum leap brings a fundamental shift in consciousness. Nothing remains the same.

Are you ready to take a quantum leap in your life? You may already know what this would be. *Know this:* The Universe stands beside you, cheering you on.

In truth, how often does the opportunity for a quantum leap come along?

Your life is so important! You are ready to connect with a grand plan, aren't you?

