



# The Compass Within

## **Module 5 - CREATIVE INTELLIGENCE: THE RELATIONSHIP WITH YOUR INNER KNOWING** *READING HANDOUT*

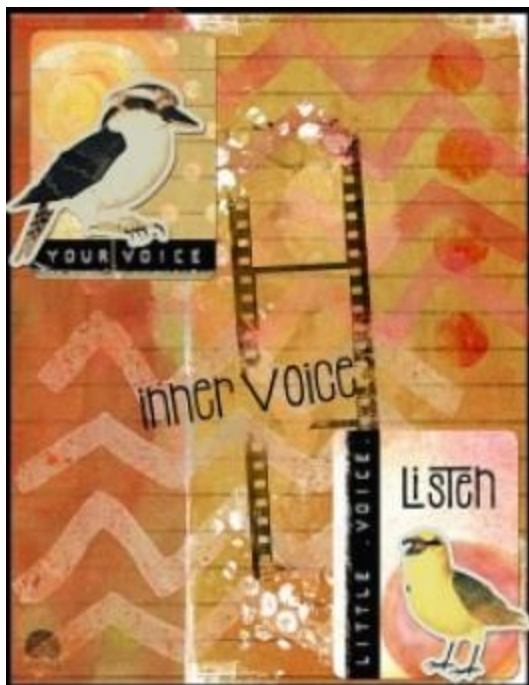
Want to know your next step? Cultivate your inner voice.

*“You can read all the books, follow all the steps, write affirmations to the moon and back, but unless you begin to feel this invisible, yet palpable buzz, this infinite force that flows through you and connects you to all that is, you will spend your life searching.” Pam Grout*

Are you feeling like it's long past time to move ahead with your new project?

But... You're caught on pause, unsure if the ducks you've lined up just so are enough. You're unsure if you have what it takes. Yet, when you still yourself, you feel pulled by your desire. But when you hold back, stuck on pause, you feel *pushed*.





Realize that there is an interplay that takes place with your inner awareness, your actions and the Universal energetic life force. When you are contemplating change of any kind, this interaction creates a flow that moves you forward or pulls you back.

## Inner guidance is real

When you use inner guidance you move through life with purpose and direction. Inner guidance invites you into an intimate dialogue with life.

It may show up as a glimmer, an idea or a picture. It waits for a response from you.

You actively receive the invitation by your willingness to explore it. Then, as you pay attention to what emerges, you begin to give it form.

Your next action determines the potential of this dialogue.

## Why discount the value of your inner voice?

You can choose to ignore the inner call, discounting its value. If you choose the path of not-trust, you will always be looking outside of you for the “right” answer, lacking confidence in your steps.

When you undermine yourself like this, you stop the natural flow of your creativity.

You have a choice. Choose to pay attention, explore and take action. This allows you to search deep within yourself, to research how this idea applies to your life. This is deliberate action taken to uncover and explore. In taking action, you are no longer a “victim of life’s circumstance,” or subject to the “whims of fate.”



## Inner Research

Through inner research, you build a lasting relationship between your vision and the energy available to bring it into manifestation. You cement a bond with the idea that you can explore further in the future. You give this idea energy and a life force that moves towards manifestation.

There are questions to consider and steps to take. As the picture or idea unfolds, pay attention to new questions that come to mind. They give substance and detail and point towards action for you to take.

Be patient. It takes practice to pay attention and take action in this way. It requires willingness to take direction from your inner voice. As you work this way with life, you develop an intimate relationship with your inner voice. With trust, your voice grows stronger. You learn to count on it to guide your actions, taking steps with confidence.

Let your feeling body guide you. As you establish this dynamic of inner directed exploration, it becomes a new way of living. Your creativity and individuality blend with your inner voice for self-expression.

*Are you willing to take a risk to listen and follow your inner voice?*



# How to Receive and Live Your Ever-Evolving Purpose

*Do you question your purpose in life?* Is there something you feel called to do? Maybe it shows up in your quiet moments, when you take time to reflect.

Each of us has a private, personal experience of life and of who we are in relationship to the world. How does this connect us with a sense of purpose? My teacher used to talk about the “one and the many.” The *one* is that singular voice of God that expresses itself as a common essence imprinted within each of us. From this essential spark, each person shapes, colors and defines a uniquely personal expression. *We*, separate and together, are the many.

## The Essential Spark



Your personal expression does not take place within a single moment of time. It is not fixed. Rather, it is something that continues to evolve throughout your life, as you surrender to giving greater voice to that essence.

You express who you are through the “vehicle” of your personality. Your personality is what carries the spark of God into the world. It is needed!

The beauty of this evolution is that you discover and become more and more of who you truly are as this inner relationship grows. It is how you discover and uncover purpose, meaning and a sense of inner peace. This then resonates into your family relationships, your



community and into political and social structures. This is how you come to embrace change instead of holding back from it.

*It is the “marriage” of your God self with your personal self.*

## Living Your Purpose

As you give time to this singular relationship, you discover more and more of who you are in relationship to life itself. Purpose becomes something that you *live* instead of question.

It's true that time and attention are required to grow this relationship. And that as this most important relationship goes, of self with Self, go all others. When my “self” feels disconnected from my God Self, I see that mirrored in my other relationships.

I often become aware of the disconnection first in my personal relationships. It shows up as a feeling of dissatisfaction or irritation or separation. That cues me to look within, to see how I am caring for my inner relationship. Am I loving towards myself?

Wouldn't you want to give time to the relationship that is the foundation of all others? *Aren't you ready to receive your purpose?*



## Going Beyond the Now

*The horizon is defined as the “line in the farthest distance where the land or sea seems to meet the sky.”*

For the individual, it is “the range or limits of somebody’s interests, knowledge, or experience.” The horizon is visible. It represents what is known or manifest. It does not, however, define the limit of what exists or of what is possible. The earth continues beyond what you can see. There is always an unexplored “new land” within you.

**Do you consider your picture of yourself complete or ever-evolving?** Perhaps you have come to the completion of one vision and are ready to expand into a new direction. Is it time to tap innate abilities within you that have not had room for expression?

Is your picture accurate? If your horizon is based on a limited self-definition, with concepts that are false, then your horizon is artificially adopted. You may be content with things as they are. But are you satisfied? Do you feel a sense of joy? Are you growing and expanding in what you are doing? Do you feel an inner desire for what is next?

**The foundation you have built for your life can be your springboard.** Built on the past, it contains aspects from the environment in which you were raised, all you have learned and the paths you chose to walk. If you want something new, your foundation needs to orient towards the future. With a willingness to explore the unknown, you don’t get trapped in the status quo. You take what you already know and allow your inner landscape to be shaken up. An idea arises within you and you allow it to open new avenues to traverse. As you take action that idea acts like a magnet attracting other ideas until a whole fresh vision unfolds.

*Life is full of mystery waiting to be revealed.* It is limitless, continually expanding as you embrace it.

*Are you ready to step into what lies beyond your horizon?*

