

A HIGHER SELF YOGA
WORKBOOK

Intuitive Decision-Making

A guide on making decisions based on the
support of your Highest Guide.



Introduction to Intuitive Decision Making

Your Higher Self is the wise being within you. Staying connected to this incredible inner guide allows you to access the clearest vision of your potential and gives you clear steps on how to bring that representation of yourself into your daily life. This guidance is not specific to your loftiest personal goals but in fact, can and should be applied to the challenges and opportunities of everyday life.

In the following workbook, we review the most general areas of life so we can build a vision of your life that allows for meaningful growth in all aspects of your world.



The Roadmap to Your Intuition



In these next parts, you will learn to engage with your copy copy copy copy copy copy copy copy copy copy.



PART ONE

Embracing Challenges



PART TWO

Heart Center



PART THREE

Higher Mind



PART FOUR

Inner Truth



PART FIVE

Celebration

Part One

Consider a challenging decision you made that could have had a more positive outcome if you had harnessed the knowledge of from the input of your intuition.

Bring yourself into a quiet, neutral, and supported place where your authentic experience is able to come forth ahead of any external demands.

Gently follow your breath to access this place, and rest here until you feel your authentic self, fully arriving in the present moment.



Part Two

Begin to open your heart center. You can place your hand on your heart for focus. Gently present the decision-making situation to your heart center.

If you encounter resistance, acknowledge it fully and let it pass. Relax into your intuitive wisdom. Allow any discoveries to rest in the realm of your heart.

Let go of any other thoughts you may notice, such as attachments, linear thinking, or rationalizations, and simply be with the insights of your heart. Take note on the sensations and messages that arise, no matter how abstract they may seem.



Part Three

Return to your quiet, neutral, and supported place. Find your breath in your body, recommit to the experience of your authentic self, and rest in the present moment.

Allowing your mind to be open but clear, bring the reflections of the heart to this awakened state of mental consideration.

Where as before, our intuition may have been speaking more abstractly, in this step, allow inspirations, choices and solutions to form around what you took away from your heart reflection.

Here you'll want to practice distinguishing between the "higher mind" and the "monkey mind." It is the monkey mind's tendency to cling to desire-driven approaches.

Release any thoughts that feel neurotic, grasping or defensive, and instead return to your open heart and begin again.

Allow yourself to rest in thoughts that inspire peace, calm, understanding and relief.



Part Four

Aligning yourself with the insights of your intuition and the direction in which it guides you while you are most open to its wisdom. This is your “place of knowing”.

Become familiar with what it feels like to rest in this inner truth. Take a moment to allow space for any emotions that arise with this commitment to your inner alignment.

Note that sensations may be mixed, conflicting, or surprising. Simply experience and acknowledge sensations and insights as they arise, trusting in your journey as you harness your inner wisdom.

Part Five

Celebrate any new clarities and insights you have discovered!

Allow for all of the feelings that arise from this place of knowing, remembering that while there may be uncomfortable sensations that arise while embracing your inner truth, you may also experience underlying clarity and peace that comes from the deep alignment of consulting with your trusted inner guide.

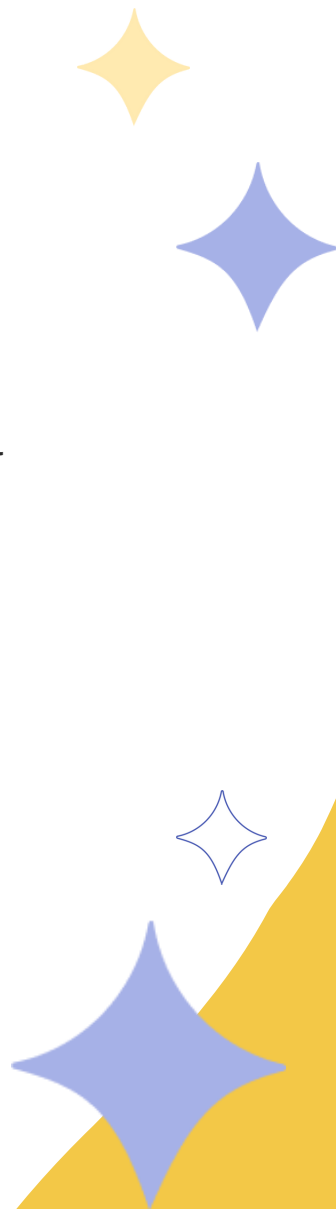


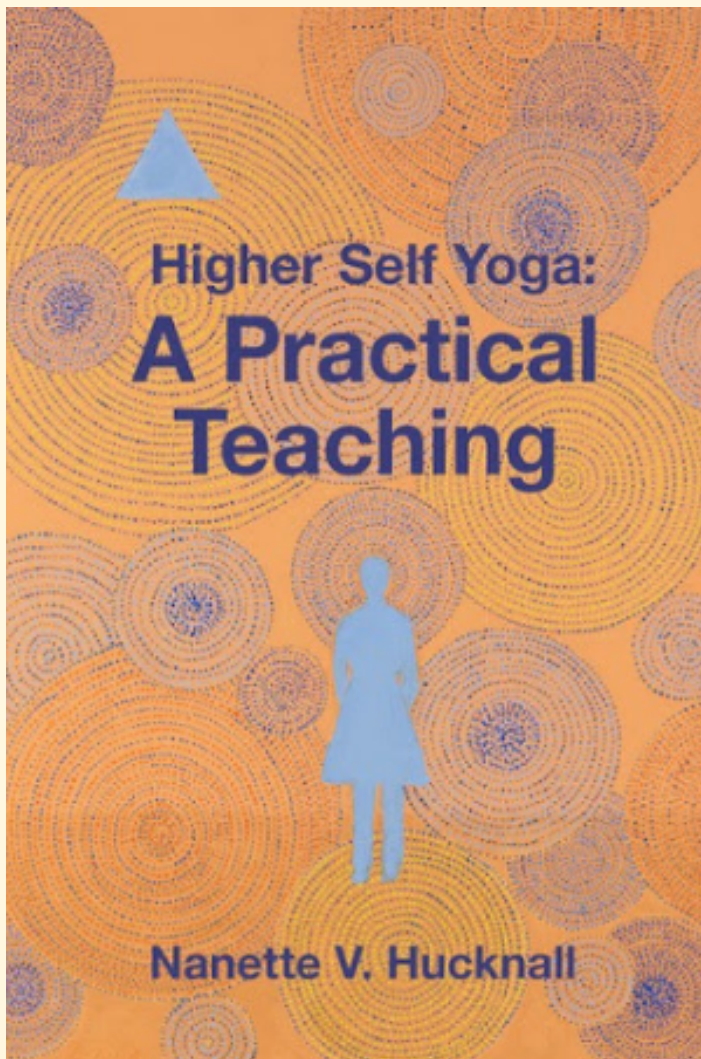
Concluding Intuitive Decision Making

Congratulations on taking the time to reflect on these categories bringing you closer to your Higher Self for the new year ahead.

For additional resources, visit HigherSelfYoga.org where free meditations, classes, and helpful articles are waiting for you!

For one-on-one support, consider the Higher Self Yoga Coaching Program. The first consultation is free of charge!





The material for this workbook is from Higher Self Yoga: A Practical Teaching by Higher Self Yoga Founder Nanette V. Hucknall.

To see this and more of Nanette's work, visit
NanetteVHucknall.com/library

Nanette V. Hucknall

Author, Teacher, Therapist, Artist



Nanette V. Hucknall is a recognized authority on relationships, healing psychological wounds, overcoming obstacles and self-empowerment. She is an award-winning author, teacher, trained psychotherapist, career counselor and painter. Through her books, classes, lectures, and retreats, she has deepened the lives of hundreds of spiritual practitioners.