



STORYSPEAK ENTERPRISES

AWAKEN YOUR INTUITION

KNOWLEDGE IS WITHIN.

Years after being diagnosed with PTSD, I realized the truth - I became a slave to my thoughts. I couldn't trust my mind because I never learned to trust myself.

This exercise helped me rewire my brain and overcome PTSD (no mental disorder is permanent. Your brain is a muscle - just like any other muscle, it can strengthen and heal with proper action). I learned to become present in my body, not my mind.

Ready?

Here we go.

On a journal (yes, you must WRITE), do the following:

1. Draw a line straight down the middle of the paper
2. On the left side of the paper write HONESTY (fear-based)
3. On the right side of the paper write TRUTH (love-based)
4. Write your existing thoughts and feelings in the left column. Just let it all out.
 - a. For example, if you feel unworthy write "unworthy", if you feel ugly write "ugly", you get it
 - b. All the honesty is probably from fear. Fear is the opposite of love.
5. Now, be still.
6. Take a deep breath and close your eyes. The truth comes from Spirit (intuition).
7. Now go to the write column and write the truth. Truth is Love.
 - a. Paying close attention to the sensation in your body, write the TRUTH that is opposite to each honest thought
 - b. For example, are you unworthy? Or do you only FEEL that way? The truth is you only FEEL that way. You ARE worthy because you are - it is who you are inherently.

- c. Continue confronting each HONEST thought and feeling one by one until you sense the truth in your gut for each one and write the TRUTHS on the right hand side

Now each time you FEEL the honest feelings (which are a result of thinking fear-based thoughts), you must reassert your TRUTHFUL thoughts in its place. You have power to cultivate feelings from Love by telling your mind what to think.

Do it over and over again.

This is called spiritual warfare and this is how you awaken your intuition.

Did this cheat sheet help you? Be rewarded for telling the truth [here](#).