

SELF IN-QUIRY : SEQUENCING

INTUITION = inner tutor = inner guide = inner teacher

Our intuition craves to be acknowledged. And often we let our mind override our intuitive messaging and therefore go against ourselves and what actually feels right and IS aligned. We may prefer to listen to our mind as we can be afraid of pushing others away, changing too much or moving in a foreign direction that can seem a little confronting. Our mind's main job is to keep us safe, which means it doesn't want us to get hurt so it seems smarter to continue doing the same thing. Often this is where we can find ourselves repeating patterns of behaviour we don't actually enjoy or going against the grain = then we may get a universal message saying 'go the other way'.

Through honest self in-inquiry we have an opportunity to observe then rewire ourselves ! This can seem hard and at times overwhelming or confronting, but, there is nothing greater than tuning into You. With practice this becomes much easier and moving through life becomes effortless. Just be truthful with yourself, move from inwards and see what comes up with the following questions. No judgement.

WHAT DO I WANT ? / WHAT DO I WANT TO DO ? = really want to do (regardless of limitatons !)

Example :

- have my own business / advance in my career / start back in the work force
- improve my health / fitness / well being
- have more time for me
- be in a relationship / build a family / have a strong friendship circle / community
- have a new home / build my own home / buy my own home
- explore the world / explore Australia
- learn to cook / sew / play an instrument / a language
- care more for myself / deepen my personal journey / spiritual path

WHAT DO I NEED OR NEED TO DO TO HAVE OR ACHIEVE THIS ?

Example : your own business

- if you're stuck with where to start - think of having your first customer
- talk through what happens e.g. you need certain information to show / explain
- if you have / want to produce a product what is the packaging, branding etc (colours, materials, sourcing >> research these queries)

WHAT DOES IT OR WOULD IT FEEL LIKE TO HAVE THIS ?

Using the 3 zones - head, heart, hips try thinking about the 'future you' living this

WHY DO I WANT TO DO THIS ? * this is a big one !!**

- are you really wanting this for you or because you think you 'should' be doing this (expectations of peers, friends, family, society)
- are you wanting this because then at least you are doing something ?

WHEN DO I WANT THIS BY OR TO ACHIEVE THIS BY ?

What is your timeline - be realistic, find your 'edge' = balance of being challenged but not pushed excessively

HOW DO I WANT TO DO THIS ?

Is there more than 1 way of achieving this, can you do it in smaller / larger steps ? Would a particular way of doing this be more fun or fulfilling ?

WHAT WILL IT TAKE FOR ME TO DO THIS ?

What can You do to make this happen ? ** utilise your IDEAL Icon Planner to help here.

Example :

- make more space in my week for researching and planning for this goal ?
- make more space in my week for regular exercising / movement
- reorganise my weekly budget and set up a savings plan
- evaluate my spendings and which areas I can cut back on
- what are my non-negotiables ? = these are then to be worked around

WHAT DON'T I WANT OR DON'T I NEED TO FOCUS MORE ON ?

This is crucial to be aware of and can really help clear things up.

If you get stuck on what you DO want or what that could feel like, feel into what you DON'T want OR DON'T feel like you need to focus on right now. Often we need to be clear on what we don't want, then move that aside to focus on what we do want.

Example 1 :

- I am comfortable with my fitness levels / eating habits / self care right now
= this is an area you continue with your routines and can therefore focus on other areas of your life that want / need more attention right now.
- I am happy with how my friend circle / relationship status is right now (you may be focusing on You time while in between relationships so a new relationship is not your priority right now)

Example 2 :

- I know / feel I don't want to work for someone long term OR
- I know / feel I don't want to work for myself = I prefer working for an employer
= this determines so much of the direction you move into and what your focus is in relation to work / business

EXAMPLE QUESTIONS

FOR EXTRA GUIDANCE ONLY IF NEEDED

- Do I wish to work for myself or for someone else ? = this may determine your days of working ?
- Do I want to work 9-5 or alternative hours ? Specific days of the week ?
- Do I want to work from home or at an office / company / designated work space or both?
- Do I wish to work part time or full time or study or full time right now to move to part time etc. ?
- What is something I wish to do just for me ? (not my children, partner, friends, family, pets)
= this answer may determine if it is experienced in the morning, evening, on the weekend, on a particular weekday, once a year, 5 times a year etc.
- What is something I wish to do with others ? Do I meet up with family, friends, colleagues, have date nights / days on a particular day / am or pm ? Or hang out more with my pet ?
- What is something I wish for deeper family connection ? If they are not here or you don't have children, what can I do to connect with other family or create my own family ? If you don't have or want a deeper connection then you are knowing what you don't want which is great.
- What is an ideal income for me ? It's important to be realistic but also to be open to endless possibilities. What does financial freedom look like and feel like to you ? Is money not of much importance to you ? How can you improve your *relationship* with money ? Do you love money or do you think it is greedy or negative to want more money ?

MODULE 8 RECAP

- my intuition is my inner tutor
- my mind's job is to keep me safe which means it can trick me into sticking with patterns of behaviour that no longer serve me
 - being honest with myself through self inquiry is an opportunity to observe, then rewire myself

Using your journal, follow some or all of the 'Self Inquiry : Sequencing' questions and truthfully answer them by tuning into Your inner self.

4 PHASES OF YOUR MENSTRUAL CYCLE

The 4 Phases or 'seasons' of our flow (moon cycle / period / menstruation) can help guide us through our 'internal lunar cycle'. Just as nature moves. By tuning into 'where' we are at in our cycle and working 'with it' we can find more ease, feel more balanced and be supported by our own actions and thoughts. Move gently through each phase by taking note of what changes are or may be occurring for you. Note that even if you are currently not menstruating or have entered menopause, these 4 cycles are still relevant and can be very beneficial to work with. If you experience no period then work with any symptoms you experience as listed or note how you're feeling to determine where you may be in your 'cycle', moving accordingly.

WINTER

(menstruation - bleed time)

- Lower energy levels (your body is working hard at shedding the lining so be gentle with yourself)
- Hormone levels are very low as bleeding begins
- Resting and doing things for You is perfect, priority and much needed – let your family (or flatmates) know so they can support you during this time by giving you more space or nurturing
- Libido can be either up or down
- Feeling of moving inwards, lack of motivation, wanting to withdraw, a quiet time

SPRING

(pre-ovulation - follicular phase)

- Becoming bright and glowy
- Feeling fresh, lighter, energised – an unshedding, rebirthing, emerging
- Desire for socialising / creating / planning / organising increases
- May feel spontaneous, more clarity and drive
- Oestrogen is rising
- Appetite is lower as serotonin rises

SUMMER

(ovulation)

- Feeling more confident
- socialising, outgoing, networking, creative
- Energy levels are higher – may handle more workload
- Most fertile – libido increases
- Appetite is lower as serotonin rises
- Cervical discharge changes – like a raw egg white, clear, stretchy, more (this protects the sperm to make it's way to meet the egg) – different to vaginal mucus present throughout the rest of the month
- More focus, drive – productivity is high
- More vigorous exercise can be supportive
- Focus on what brings the most joy and pleasure

AUTUMN

(pre-menstrual – luteal phase)

- Energy levels can be lower
- Prepping for the winter – just as in nature
- Moving more inwards, get things ready for your winter phase e.g. food prep, tidy up any loose ends, get organised, clean up
- Focus on self care here and begin to move slower
- Emotions may be heightened so prepare for these changes, let your loved ones know you may need space and nurturing
- Body is starting to prep for possible pregnancy / shedding of uterine lining
- Increased appetite, possible food cravings
- May feel fluid retention or bloating - be gentle with yourself