

# The Voice of Action

EVA GREGORY ·

**There's a voice that says "YES, this is the right decision", "No, let's pass on this", or even "Hmm, let's mull this over a bit."** In each instance your voice within advises you to take action, even if it is inaction. But do you really listen to it, or do you scoff at the idea that you actually pay attention to your inner voice? **That voice is your Inner Guidance.** Your Inner Guidance is the one thing that you can truly count on that is always looking out for your best interest ... if you choose to listen for it, not intercept the message, and ACT on its direction. **But it's very easy to let your Inner Guidance be clouded by other things.** Fear, desire, self-doubt, and over-reasoning are all some of the many ways you block Inner Guidance. Instead, trust that your Inner Guidance is leading you to the correct path for you at all times. Not just when your intuition falls in line with your thoughts on a subject. Turn off whatever limiting beliefs that may be overpowering your intuition. **Perhaps it's your belief that Inner Guidance is just "mumbo jumbo".** It is easy to believe this because Inner Guidance is not thought of as a concrete thing. It is based on nonverbal things, feelings, unconscious thought, and instinct. This is definitely not a description for people who define things in black and white. Inner Guidance is often looked at as gray. But it is not.

**When your Inner Guidance speaks to you do you hear it?** Do you know how to identify it? Your Inner Guidance typically kicks in when you are quiet. Many people find answers to their questions in the dreams, or when meditating. Others find them "out of the blue", when they are not looking for them. Many "feel" the right thing to do, or what the next course of action should be. There are many ways that your Inner Guidance will speak to you, and everyone's is unique.

**How do you learn to trust your Inner Guidance?** Like everything else, if it is practiced it becomes second nature. Allow yourself to consciously ask for the answers to something that you are seeking and write down the results when they occur. Visualize you unlocking a door and seeing your answer tumble from within.

**Through repetition and proof, your confidence in your Inner Guidance will grow and it will become second nature to trust it automatically.**

Discover How to Tap Into Inner Guidance for Business Success - The Critical Missing Piece That Will Transform Your Business From Stressful to Successful here.