

## *Inner Advisor*

When you are ready to proceed, you are encouraged to become acquainted with the wisest, most compassionate, part of yourself. We refer to this part of you as your *Inner Advisor*.

- Find a place to get comfortable where you can sit or lie down comfortably.
- Take a deep breath and allow your eyes to close. As they close, feel the stress and tension flowing out of your body through your arms and legs.
- As you inhale again, focus on any remaining stress or tension in your body. As you exhale, imagine yourself blowing all the stress from your body.
- Feel the tension draining from your head, through your neck and shoulders, through your back and torso, through your pelvis, legs, and arms and out your fingers and toes.
- As you relax, breathe comfortably, in and out, allowing your attention to remain on your breath. The more comfortable you become, the more relaxed you are.
- As you relax, allow yourself to feel the weightlessness that you can sometimes feel before drifting off to sleep.
- Imagine that a wonderful, warm fog begins to envelope you. The fog is warm, but not hot, and cool, but not cold. It is perfectly safe, secure and comforting in this fog.
- Feel yourself gently propelled forward through the fog into a clearing.
- As you come into the clearing, see before you the most beautiful place you have ever seen, whether real or imagined.
- Take in all the sights, sounds, and smells in this place. Allow all of your senses to experience the beauty and comfort of this place.
- Walk comfortably here until you find a place to relax- whether seated or reclining.
- When you are able to sit or lie down, take a deep breath and imagine what it would be like if you could know how to improve your life and your relationship. Imagine if you could know yourself well enough to remove any obstacles to beginning your family.
- When you are ready, you can ask your Inner Advisor to join you in this beautiful place. The Inner Advisor is the wisest, most competent and nurturant part of you. It may take any form it chooses- it may be a person, animal, shape, sound, or even a feeling. The Inner Advisor will come to you as soon as you invite it to do so.
- When your Advisor appears, thank your Advisor for coming to you. Invite your Advisor to communicate with you in a way that will be easy for you to understand.
- This is an opportunity for you to ask questions that have not been answered yet. This is also an opportunity for your advisor to give you messages and instructions about you might improve your life.
- Consider what questions you might like to ask.
- Some common questions include:
  - “What do I need to do differently to improve my stress level?”
  - “What have I not heard that I need to hear?”
  - “What messages am I not attending to?”
  - “How can I be more welcoming to my family and any souls that may want to join us?”
  - “What skills do I need to learn?”
- As you feel able, pose these questions to your Advisor.

- Listen with your ears, eyes, mind, and spirit. Advisors do not always communicate verbally, but everyone has the ability to experience the answers provided by their Advisor.
- When you feel satisfied with this first exchange with your Advisor, thank your Advisor for coming. Ask your Advisor how you will be able to make contact again, and if there is “homework” that you need to do before your next exchange.
- When your Advisor is ready, s/he will exit.
- Take a deep breath and walk towards the fog at the edge of the clearing. As you enter the fog, feel again the comfort and security there. Allow yourself to be enveloped, feeling the relaxation blanket you.
- As we count back from 5 to 1, you will feel refreshed, and clear about what you have learned.
- At 5 you will begin to feel the chair or ground beneath you. At 4 you will become more aware of those around you.
- At 3 you will begin to hear the sounds of the room. At 2 you will take a deep breath and prepare to be back in the room. And, at 1, you will allow your eyes to flicker open.

*How was the experience for you?*

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*What form did your Inner Advisor take?*

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*How did your Advisor communicate with you?*

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*What did you learn?*

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*What messages did you receive?*

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*What skills do you need to acquire?*

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*How will you connect with your Advisor again?*

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Once you have learned how to deepen the relationship with yourself, there is no limit to what you can learn.