

Intuition Versus Conditioning

There is a difference between inner messages, which are delivered to you by your own intuitive power, and conditioned responses. Everyone has had conditioning as a result of upbringing and differing life experiences. Conditioning has a large affect on the choices you make and why you make them. Much of the time, conditioning is based on fear and is limiting. What follows is a guide to the differences between fear and conditioning.

INTUITION	CONDITIONING
<ul style="list-style-type: none">• Intuition energizes you• Intuition expands• Intuition increases personal power • Intuition increases faith in yourself • Intuition increases your belief in possibility• Intuition creates support • Intuition is the still, small voice within that feels authentic, powerful, and new.	<ul style="list-style-type: none">• Conditioning holds you back• Fear limits your power to choose• Conditioning erodes your sense of self• Conditioning places your sense of power outside yourself• Conditioning produces dependent views and responses• Conditioning results in addictive behavior patterns• Conditioning is the old, familiar voice, dependent on external authority

Intuition is a Universal Rhythm

Imagine your own internal rhythm synchronizing with universal rhythms. Picture these rhythms becoming one.

Now record your insights in the space provided, drawing any pictures that come to mind.