



# Module 5

## Connecting to Inspiration

*Creating a strong connection to God/The Divine*

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In order to receive guidance and inspiration from God/The Divine, you must listen.

In this module you will learn to:

- Create the space you need for listening.
- Discern whether a thought is really coming from the Divine.
- How to trust the guidance you receive and act on it.
- How to continue to nurture you connection with the Divine.

Be the  
ENERGY  
you WANT  
to attract

## Review of week 4

What stories have you been telling about your life?

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What new story have you created for your life?

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How did it feel to ask for what you really want?

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Truly connecting with guidance and inspiration is something you are required to do yourself. No one else can step into this for you. Are you ready?

To allow inspiration and guidance into your life, it is necessary to connect with the Divine which resides in you. The Divine may also be called God - Universe - Source.

You will also allow the Divine to flow to and from you to change not only your life, but the life of all those around you.

Are you ready to deeply connect and receive all the guidance and inspiration you are wanting in your life?

Write down why you are ready...

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Connecting deeply with the Divine is life changing step. You will move, grow, create and expand from a sacred space, a space that comes from deep inside of you and flows outward.

Into order to begin, you are required to set aside a time where you will connect with the truth that is inside of you. This is a time that you must hold sacred and not allow anything or anyone to disturb. You will start with setting aside 20 minutes each day.

If you are ready, please repeat this aloud:

“I commit to spending at least 20 minutes every day connecting with My TRUTH, connecting with the Divine in me and receiving what is necessary for that day.”

My intention for this time is to connect with my truth, receive guidance, inspiration, support and love.



Setting up your Quite Time Space:

**Now it's time to take action. Be sure to set aside this Quiet Time Space starting tomorrow. No excuses. This is for you and if you are taking this program seriously, it's important to commit.**

It's important that your Quiet Time Space has an atmosphere conducive to being able to relax, connect and receive. Here are some suggestions.

- Set aside a specific place for your Quiet Time. It doesn't have to be an entire room. It can be a corner with a comfortable chair or outside on a patio, etc. Use this place every day.
- Candles (light a candle, or several, during this time)
- Essential oils. Place drops of essential oil on your wrists and rub them together. You can also diffuse them in the room.
- Notebook where you will write any thoughts, revelations, inspiration or questions.
- Favorite pen or pencil - something that you **love** to write with.
- Soft music that creates a feeling of relaxation and reverence.
- Tea, coffee, water: Any beverage you prefer or more than one if you wish.
- Tissues – Sometimes you will have strong emotions during this time and if you have them handy you won't have to leave your space.



### What to do in your Quiet Time:

- Write down what you're thinking: Write down thoughts, concerns, ideas, anything that comes to mind. Don't censor yourself, just let your thoughts flow onto the paper. Write until you feel the flow stops.
- Gratitude in your Quiet Time: The next step is to write down 5 things you are grateful for. As you write each one, feel the positive emotion this brings to you.
- Asking in your Quiet Time: This is where you write down what you are asking God/The Divine/Universe to bring to you. Your list can be short or long.
- Keep track of any manifestation in a separate note book: If something you ask for manifests, it in a manifestation notebook. This way you can keep track of what you are manifesting into your life.
- Recording what you're receiving from the Divine: Keep track of any new thoughts, ideas or inspiration that comes to you by writing it down in your notebook. You can read through these anytime for a lift-me-up.





You may receive answers, inspiration or revelations while in this Quiet Time. Be sure to write it all down. Sometime it will come later in the day or even days or weeks later. Oftentimes inspiration will come while in the shower, doing mindless tasks such as dishes, while taking a walk, etc. Be aware and open to people, circumstances, messages, books, conversation, encounters, emails, etc. that may contain the response and or confirmation you are seeking.

Be committed and consistent with your Quiet Time. Do this for yourself and create the space for receiving guidance and inspiration from the Divine.