

ALIGNED

Transformational Program With Rony Reingold

WEEK 3 – IGNITE INTUITION

Wednesday, April 2, 2014

Hello everybody, welcome. This is Rony and I am very excited to be with you as we kick off Week 3 of ALIGNED. I want to thank you and acknowledge you for taking the time out of your evening, your morning, at work, on your walk, wherever you may be to continue to invest in yourself, and deepen into your truth and align yourself with your highest integrity, your highest vibration and potential.

It really feels to me that we've had a deepening happen here over the last week of the course. I was very moved by the depth, authenticity, and vulnerability that you demonstrated during our first Q&A call last Monday. It was beautiful!

I can see that you're beginning to access some of those deeper layers of yourself and beginning to differentiate between fear, old wounds, patterns and this deeper more truth-based place inside of you. This is incredibly exciting. I encourage and I acknowledge your willingness to be this sacred warrior, and this curious observer of your own life and your experiences, so that your emotions are no longer running you. Instead so you can shift into your place where your decisions in life are based on this deeper ocean that you are becoming, that is way more wise, more capable, more connected to your power, your grace, and your truth. Keeping your core values and your limitless life vision as your north star. Really as you do all that, you begin to distinguish between what aligns you with your truth and what doesn't. Your truth will become more and more solid as you continue to do that.

So I applaud your courage, your curiosity and commitment in this process. Let's get started by doing our weekly centering together. Especially because this week we are talking about igniting intuition. It's a perfect opportunity for us to get a bit more grounded and shift into our sacred inner space.

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Give yourself just a REALLY good deep breath wherever you are. Get comfortable in your chair with your feet on the floor. If you're in a place where it's safe to do so, go ahead and close your eyes, sinking into your body and allowing your body to start to settle. See if you can breathe ALL the way down into your hips, letting your hips widen and your belly soften. Our belly is being the home of our gut instinct and our third chakra of personal power. Feeling the parts of you that are starting to become more clear, more awake, powerful, and willing to go the distance in your process.

To set our sacred space, I'm going to light three candles.

This first candle I light in honor of everything being born in us. Every seed that you are planting. Your values that are becoming clear and beginning to sprout through the soil. The person you are becoming, intentions you are setting and beginning to following through on. In this first candle we open to all possibility, all things coming our way.

The second candle I light in honor of everything we are letting go of. Continuing to release the physical objects, the emotional and mental patterns, the energy, everything that no longer relates to the person who you are destined to become and who you were committed to becoming, gently setting all of that down.

The third candle we light in honor of that which has always been and always will be within us. Our truth, our intuition, our greater knowing, creativity, and wisdom inside. As we feel into this last candle, we feel ourselves opening up to the courage within, to your knowing, your deepest knowing, your deepest truth, and your inherent ability to stay on your growing edge. Knowing that you are supported by this group and more so that you are supported by all of life itself. Honoring the part of you that naturally knows how to align with your greatest good and handing yourself over to the part of you that knows how to do that.

To this we say YES, and so it is and so it shall be!

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Giving yourself another deep breath, rolling your shoulders back, wiggling your toes and opening your eyes. Good.

Here we are in week three of our course and we're going to be talking about Igniting Intuition. This is a super juicy and important week. Everything you've done up until now has paved the way for this. This is the last week of the course where we will focus entirely on your inner game, this inner landscape. In coming weeks, we'll continue to refine that, but we're going to start focusing on your external life next week. So it's really important that we cultivate and strengthen your inner wisdom this week before we take this show out on the road if you will.

In week two we focused on releasing and letting go. It's so critical to our process because those saboteurs, or those old contracts and patterns, and toxins that are in your body, all the stuff that's accumulated is creating a level of muck almost, an energetic fog that gets in the way of truly feeling, and identifying, and interacting, and actualizing, manifesting our truth. And if your truth isn't clear or you don't have clear access to it, then how in the world can you align with it?

It's like there's this hidden gem in the back of the closet, and there's all this junk piled up on top of it. And it's scary to dig through all that stuff to get to this gem. Once we allow ourselves courageously to acknowledge, hey there's a pile of junk here in this closet and now allow us to dig through it bit by bit, then magically it disappears and we've got access to this incredible diamond inside you. You are starting to do that.

It's okay if there is massive overwhelm here. Your gremlins might be out of control and feeding you all kinds of BS, fear and propaganda right now. That's great! It means that your truth is immerging from the inside and it's pushing this stuff out, it's coming to the surface. It means you are on your growing edge and you're on a threshold of change. You are stepping into the new land, new territory and that is an edge that can be scary. But it's also an edge where you are about to experience massive growth. Allow yourself to feel that fear, but STAY here anyways and move forward anyways. I promise, promise, promise you that that edge is going to be busted through and you are going to discover a new

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familiarity in a new comfort zone on the other side the more you let yourself go there.

That's what we're actually doing. We're actually shifting from the familiar to the unfamiliar. While that's uncomfortable at first, with commitment to staying in your new space, it actually becomes natural and comfortable. There will come a moment in your journey in the not too distant future when you realize that this new way is suddenly actually more familiar than your old way of being and you'll have a good laugh about it. I promise you.

I like to use the metaphor with my clients of reaching a chasm on a hike. Imagine that you're hiking on a mountain or a hilltop and there's a big crevice in the earth in front of you. A chasm that you could jump over and get to the other side. Until now you've been standing on this side of the chasm. It can feel really kind of wobbly and scary to cross over to that other side, especially when the other side hasn't been built up yet or you can't see it. That's where you are this week. What we're going to start doing now more and more is building up that other side. The rest of the course is focused now on building this other side, strengthening and fortifying it, so that you can see it's there and so that you can interact with it and easily hop over to the other side into this new land where you can be supported by a really strong foundation. Your core values and your Limitless Life vision have started to do that and the more you align with them and make choices based on them, the stronger this new land is going to be.

You are in a process of discovery. Be gentle with yourself; take your time as you're being bold. Just notice where are you holding yourself back, where can you keep practicing the methods to shift. Catching it, staying there instead of running, pausing, naming it. The idea is to continue to take radical responsibility for your experience and for your life. You can do that simply by pausing. By being with yourself in these moments and by looking at the, if you will, the emotional or energetic pile of trash that's in the middle of the floor instead of stepping right over it as sometimes we long to do.

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I'm wondering even if any of you started to cleanse your body in any way this past week? I wonder what you've cleared out in terms of clutter, physically or energetically and what you've started to make room for in your life? Where are you feeling more spacious? What started to open up for you or shift for you? Obviously, please feel free to share that on the Facebook page so you can be supported by myself and everyone in the group.

I'll share a story about releasing before we dive into tonight's content on Igniting Intuition. I remember personally when I was engaged in a releasing ritual during my profound healing process some years ago. This is something that I don't share with many people, but it was enormously powerful for me. I chose to do the releasing ritual that you got for homework where you can burn old patterns or fears, write them onto strips of paper and burn them into a fire. In my process of clutter clearing and getting rid of old clothing, packaged food, all kinds of stuff that that no longer represented the direction I was going, and who I was becoming, I found piles of old medical lab tests and medical notes from when I was a sophomore in college when I went through – I had a year of being really sick in college.

These notes, these pages and pages of notes that a doctor had written about what was wrong with my body. My mother, God bless her, she was so well intended, in an effort to really keep me safe and keep on top of this medical journey we were on, she'd made several copies of all these medical reports in case I needed to give them to another doctor in the future. I realized for so many years that I had been standing in the belief system that something was wrong with my body and because of these being prepared with files ready to go for the next doctor, I was bracing myself for the next time I would be sick. The next time I would have a health crisis. It was massive to realize this. It was so powerful and liberating for me to take those old lab tests and burn them up. It was literally like me closing the door on an old identity of a sick person, and claiming instead this inherent health and vitality in my body. It was amazing! I will never forget it.

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So you still have time to do these rituals whenever is right for you. If you haven't taken the time to release what's no longer relevant for you then I truly invite you to go through those exercises and invest in yourself to get this liberation, and this healing, and this space that can come in for new opportunities by getting rid of this stuff.

You are literally shifting from an old paradigm to a new one, a new consciousness of understanding yourself differently and we need space for all these things that are at a way higher vibration to come into our lives.

So keep the faith. Keep practicing and building these new muscles. I hear from clients all the time about how much this stuff really works. Just recently an old client of mine shared with me something amazing that I'm inspired to share with you guys. She told me that after she had clarified her Limitless Life vision, she cleared out almost ten bags of garbage of stuff in her house, and she made a Vision Board, which she shared with me to have a tangible reminder of what she wanted to manifest of her intention.

She shared with me two things that are amazing. One, that she ended up meeting the guy who's now her husband just six days, six days after the date on her intention. That was incredible. This made me really fall out of my chair. On her vision board, in the section of her love life, she spent a lot of time cutting out the letters that make up the word Sweet – S.W.E.E.T. It was really important to her that her soul mate be a sweet, loving man. After marrying the man that is now her husband, she put the vision board away. She met him, she put it away. After they got married she was going through the closet, she found it and she couldn't believe it what she saw. She married a man, she saw this word Sweet; she ended up marrying a man whose last name is Sweet. This is now her last name. It's all happening. The more clear you become, the more you dare to live according to your truth, the more you're going to see amazing results. I thought I would share with you tonight, you would like it.

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This week we are focusing on Igniting Intuition. The “I” in ALIGNED stands for Intuition. I also believe that it stands for I, as in Me. Each one of us being an I.

Now you’ve begun releasing and you’ll be able to access your deepest wisdom and truth because of that. Our deepest wisdom comes in the form of intuition and it literally opens the door for what I like to refer to as inside-out living. That’s another “I”. Inside-out Living, where our inner light of truth creates and determines our external fulfillment and success.

As I mentioned, this is the final week where we’re going to be officially igniting and strengthening truth within. You’re going to be doing inner work throughout the entire seven weeks. But week three is the most inwards that we are going to go in a fun way. Before we start applying these learnings and put them into life, we just want to go deep inside.

You may have noticed people who glow from the inside out. People who have this inner shine, and confidence. There’s something about them. You cannot achieve that without sinking into your true self, and basking, swimming in the pool of your intuition.

This week I’m going to cover the following:

- What intuition actually is and how you can start to access yours.
- I’m going to teach you how to use the innate power of your body to distinguish between fear and intuition, which is sometimes a little bit confusing to people. We want you to be clear and empowered so I’m going to review that.
- I’m going to share with you the importance of practicing self care and putting yourself first and how that’s related to strengthening your intuition.

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- We're also going to talk about how you can partner with a life force energy greater than you, to support you in manifesting your vision and your dreams.

In the homework this week, you're also going to meet your "Captain". Total life changer to know who your captain is. This is the wisest part of you who can steer your ship towards your truth through any storm.

By the end of this week, you will have refined your ability to decipher between fear and truth. You will have strengthened your intuitive muscle and developed a strong inner compass to navigate your way. You're going to begin to feel what the energy of your truth actually feels like, this purity and clarity of the stillness within you. You'll know how to listen to the messages that arise. You're also going to gain evidence for how putting yourself first and following your gut is actually the most generous thing you can do for others.

Fittingly this week, we're going to do a few meditations. Especially on this call. So prepare for that.

So what is Intuition? Intuition is described by many as a sixth sense, it's a feeling that we get. This feeling of inner knowing, somehow we know deep inside. So many of us are busy residing in a mode of doing, that we step right over this mode of being that connects us to our clearest knowing inside.

Intuition is about trusting yourself and trusting life. It can come in different forms for different people.

Some people are very visual and they get words flash before them or complete visions/scenes. Others hear things. They hear a voice that gives them messages. Others aren't visual or auditory; they just sense something, something they know. People get goose bumps just at the right moment all over their body when their intuition is onto something. Some people feel a vertical energy or a light within them. Whatever form your intuition tends to take is totally right. It's yours, so it has to be right.

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This is what makes up the landscape of our truth. It's critical to start fortifying this landscape. As you release, you want to simultaneously strengthen and nurture this intuition inside of you. You want to make it rich and full so you can trust it. Because when you trust it, you will feel confident to take action from it. Otherwise, if we don't do that, then we just keep taking action from the wrong center, (like we discovered last week) or perhaps no center at all. That's when we begin to feel like we're flailing all over the place. Instead, you've now got your roots of truth. You've got these wings of your limitless life and now we have our center, our core, which is our intuition.

If you think about the GPS system, our core values are the actual map itself that the GPS provides, like the roads. The map that you see. Now we're adding intuition, which is kind of like the brains of the GPS system itself. This is the part that tells you which road to turn down. Turn right, turn left. So the two go together.

This is where we start to TRULY connect to our ultimate essence and we can start to know our way through life instead of just feel our way through or think our way through. This is very powerful.

There are three types of centers or spaces, you can call them, that we tend to reside in (whether we are aware of it or not). We can be in a thinking space, a feeling space or a knowing space. Intuition is the knowing space. I'll give you an example. If you take the example of purchasing a car. A person who tends to be in a primary thinking space is going to approach purchasing a car by doing all of the research, and looking online to read about safety and pricing and all of that.

A person who tends to be a primary feeler is going to want to test drive the car and is going to want to sit in the driver's seat and see how it feels, or they'll want to choose the color that they like the best, that's going to evoke emotion in them.

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And a person who is predominantly in their knowing space, is just going to get a hit on the type of car they want and be able to decide really quickly on it.

One space is not better than the other, but when we are on the path of living our truth, as we are, it becomes really important to be able to access and reside consistently in your knowing space. When we are disconnected from our inner wisdom, it's often because we're stuck in a "thinking" zone, we're in our heads.

Think of the thinking space as that of the intelligent mind up in our heads. The feeling space as that of the heart, and the knowing space is that of the lower abdomen or the Root Chakra area. When we ignite our intuition, we are literally moving beyond the thinking and the feeling arenas into that of a deeper, powerful knowing area. Again, I'm not suggesting that thinking or feeling are bad – they are both very useful and critical.

Week two, we focused entirely on being with our feelings and allowing them. When we do that, our feelings move through us and what they make room for is this inner knowing. We want to be able to sit with our feelings so that they can pass through and we can get to this wisdom inside.

Now there are three main ways to strengthen your access to your intuition, and we will review all three of them on this call:

1. By getting still
2. By practicing deep listening
3. By awakening the physical body, or the feeling space that leads to your knowing space.

Our body is where we feel so much or where we need to feel so much if you've been numbing. Once again when we sit with that feeling; it opens the door to the knowing.

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The first way to access intuition that I just mentioned is by getting still. This is where we have to shift from Doing to Being. Let's admit it, we all have PhD's when it comes to Doing. I know I certainly do, I have multiple degrees in the Doing department, and I imagine you do as well. We assume and we've been trained that getting everything done is going to give us the inner peace that we seek. That's not actually the case, because the list is endless, it's ever growing. Every day we could add to that to-do list. There's always more to do. You'll never reach the peace fully by pushing it out to later when your to-do list is done.

Instead, you need to cultivate your "being-ness", your ability to be in this moment. You started last week by practicing pausing and being with your emotions. This week we're going to be doing it in a different way. We're going to go underneath the feeling space of your emotions into the depth of your knowing. It's like the depth of this ocean that you are.

In this golden era of change that many of you are awakening to, we are being asked to step into a deeper stillness for ourselves and simply to learn to BE with the glory that resides within. The pace of our society is so fast and too loud to catch this inner spark without pausing. Even when we do catch it, we tend to just move towards the next thing and we want to cross things off that list, so we don't bother honoring or following through on this blip of knowing that moved across our radar. When we step over our institution enough that's when catastrophe strikes in our life and that's when we get sick, that's when we get into accidents, we get "wake-up" calls from the universe that force us to stop and pay attention. So your intuition will get very very loud if you're not listening. But usually it's a little too late at that point and you're out of your safety zone. Intuition starts as something very quiet and subtle within, so it requires that we get still to hear it.

We are in our beautiful ALIGNED community over here, in the business of pausing and catching and listening. This week, one of your homework assignments is going to be to create or to cultivate a sitting practice of going inwards and being still.

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Now some of you may be veterans of mediation and others of you may never have done it before. Either is great. You're invited this week to do it a little more; just to sit quietly with yourself. If you've never put yourself in a "time-out", as I like to call it, just sitting still, then my request is that you do it at least five minutes a day. If you do meditate regularly then my request is that you start to do it for at least twenty minutes a day.

You want to make meditation and getting still relevant and authentic to you. There are times when I go to sit in the morning, but I'm wound up and I feel like I just can't get still right now, so before sitting I stretch my body or I jump around a bit and get the jiggles out first. Or I make some sounds or I have this beautiful meditation drum, called a moyo drum and I play that for a little bit so that things can move through me so that I can become a little still and then put myself in a meditative time-out.

If you've never meditated before, it can feel uncomfortable in the beginning. I have a client who had never meditated and in the beginning it was truly unbearable for her because all of this anxiety would come up when she would get still. So she started by just doing it two minutes a day. Even just two minutes of sitting quietly; put that timer on your phone. The next thing you know, she started to enjoy it. She upped it to three minutes and then to five minutes. Then one day she decided to turn the timer on her phone off, and just sit naturally and she ended up sitting for eleven minutes and now she loves it.

The point is to get still and to start listening. You want to notice what shifts come up for you. What's here for me when I pause long enough to catch whatever is present inside? Our true power exists when we become peaceful. There are coaches and teachers, some very famous people out there who teach us to go big or go home. Which is very useful at times – we will talk about taking big action, and I am a huge supporter in taking massive bold leaps and risks, especially when there's fear. We just got to go for it. I believe that our TRUE, true power, our sustainable power, exists by getting peaceful and quiet inside so we become steady enough to accept ourselves, to hear the divine that's

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inside and really to navigate our life from a place of grounded peace. Imagine steering your ship through the storm. You want to be peaceful. You want to be bold. Yes, there is a time for adrenalin, but to truly stay the course and sustain that over long periods of time, we need this inner peace.

So I invite you right now to just take a moment with me and get still. Close your eyes, give yourself a deep breath. See if you can become perfectly still. [Pause].

Beautiful. Beautiful. Give yourself a good deep breath. It's like we are taking the ticks of a clock and we're just slowing them down. Tic.... Tic.... Tic.... Hearing, noticing what's in-between these ticks. There is a world of magic there. Go ahead and open your eyes. Did you feel the shift? I felt myself shift. Do you hear the difference in my voice?

It's amazing how we can get restored in one minute of doing that. We're so used to being in a lack mentality in our society that we feel that we don't have one minute to spare. We don't have five minutes to spare to get still. Because someone is waiting and we got to get back to the email and we just got to do this or do that. Right? We can't afford a minute. We can't pause for two minutes. But look who you just became in one minute of sitting still.

I'm going to share with you now a second way to access your intuition and become even more still. This is through the practice of DEEP listening. It's like what do we do once we're still? Here we are we've got our sitting practice, we've put ourselves in the time-out and we're just sitting there, and we're doing it. We're doing the being and we're breathing and now what? The thing that we want to do once we're in our Being mode, is to listen. There is so much noise in our minds, as we discovered last week. And there's noise out on the street and all around us. How can we possibly even catch what we are supposed to hear from deep within?

We're going to engage now in an exercise to cultivate deep listening.

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If you're listening on the phone, I encourage you to put your phone on speaker mode, if you can, so that you're listening through the speaker and not through headphones. Or, at least to take one of the headphones out of your ear. This is going to help open you up to the sounds all around you. If you can't do that, it's fine. You can always repeat this exercise at home later. Don't worry about it

Once again, get yourself centered. Close your eyes. Take a nice deep breath into that beautiful vessel, that beautiful body of yours.

As your eyes are closed, you're settling in, just begin by feeling your body. Just feel it. What do you notice? Notice where you might find a little tension. Maybe in your face or your jaw, your neck. By noticing where in your body are you relaxed. Just opening your capacity to notice and observe.

Beautiful.

Now, tune in to all of the sounds that you hear. Every single thing that you hear right now. My voice, something outside, a dog, a plane, maybe there's static. Just take a moment and hear EVERYTHING you can possibly hear all around you. (Pause)

Noticing the abundance of sound as you take in everything you hear. Great.

Now keeping your eyes closed, shift to focusing on hearing everything in front of you only. It's a little tricky. Everything just in front of you. It might help to bring your focus to the front of your head right now to do that. Feel what you can hear that is in front of you. (Pause)

Good.

Now we're going to do the reverse. So focus on everything you can hear that's behind you. This is a great exercise to do with a group of people or with your kids, your family. Someone might be behind you in a group, so focus only on what's behind you.

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Good. Just noticing what's coming up for you as you do this. Are you impatient? Are you ready to move on? What's the point? Are you having insights? Just noticing.

Now shifting to hear things only from your right ear, keeping your eyes closed. Only things that are to the right of you.

What's different or tricky about this part? What do you notice that's different than what you noticed before?

Now shifting to listen to those things that are to the left of you. What do you notice over here out of your left ear?

Good.

Now shifting inwards. Become even more still here and listen deep inside yourself. Handing yourself over to whatever wisdom is inside of you to access.

What do you hear from within? What's here for you now that wasn't available to you perhaps at the beginning of this exercise or even the beginning of this call?

So taking a moment to feel into that and just collect any information, any data that arose for you here. Taking stock of that. Coming back to my voice now. Wiggling your fingers, your toes. Give yourself a good deep breath as you roll your shoulders back and gently open your eyes.

It's amazing – isn't it amazing what we notice when we close our eyes and focus on listening at a deeper level than just our mind. Suddenly we're aware of subtle sounds and messages inside of us, all around us that wouldn't otherwise be available. That is the gift of getting still, that we can actually hear on a deeper level. So allow yourself to hear everything deep inside, underneath the monkey mind, as I like to call it. I encourage you to share any insights that you have from this experience on the Facebook page after this call.

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The other major way to access our intuition is through the body. In fact, I think this is the most powerful way to access our inner navigation system. If we go back to the concept of thinking, feeling and knowing spaces that we can reside in... most often, it's that FEELING space that opens the door to our knowing when we're having trouble accessing that inner wisdom. When we sit with the emotions that are actually present for us, then it opens that door to a deeper place. The best way to awaken our feeling zone is through the body, which is the home of all of our physical sensations.

We think we are SO much smarter than our bodies in this society, but we're not. Our bodies never lie to us. And what I find truly amazing is that the body is always working to restore homeostasis within itself, or to come back to it's center. It's goal is always to be balanced and centered. It's amazing.

If you take our hormonal system, we have an entire system of messengers who are running around the body, and transmitters, all kinds of stuff that are compensating and rebalancing your every single move. Consider insulin. If we put too much sugar in our blood, then insulin will help it balance our blood sugar levels by putting more sugar into the cells. Symptoms start to arise when our body is out of balance. Our body will even break itself down in an effort to come back to center and keep things restored. There's a process called gluconeogenesis, where our body literally breaks down its own muscle tissues to release more glucose into the bloodstream if we need it.

A beautiful example of how wise our bodies are, and how they're constantly balancing themselves is when you have a cold. Your immune system creates this mucus in your runny nose so that it can carry the toxins out of your body. It's cleansing. If you've ever had an upset stomach, that is the body releasing and bringing itself back to center.

So just as the body is bringing itself back to center physically, similarly the body is always working on getting us back to our emotional and

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spiritual center by giving us messages. The key is to learn to work with our bodies so we can hear it's wisdom and decipher these messages.

This is why eating clean is so important and why I talk about it in the audio bonus "Three Surefire Ways to Cleanse Your Body & Life". Our bodies are our doorway to intuition. Your body is your guide. When we eat clean and we remove these toxins that we're putting in our bodies, we can get messages that are more clear.

When we're numbing ourselves through emotional eating or putting toxins into our body through sabotage that we do, it keeps us foggy and we're unable to partner and work with this intuition and truth, because our truth is covered in kind of blanket of muck.

We're going to do another exercise now that to me is the most profound way and eye-opening tool that you can start to use immediately to decipher when you're getting a message of intuition that you need to follow, and when there's one of fear. It's actually one of favorite exercises.

So I invite you now to stand, wherever you are. I'm going to stand here with you. Just take a comfortable stance. This is going to be a pretty quick exercise.

Close your eyes. Notice how in week three, Ignite Intuition, we are closing our eyes a lot. Feel the four corners of each foot on the floor and let your body in this standing position as you give yourself a good deep breath. Recall a time when you listened to your intuition or your gut instinct and it totally paid off. It was awesome. Like thinking of a time when maybe you listened to the hunch that you need to get out there on the dance floor and just dance your butt off and you did, and you ended up having the time of your life and maybe met your mate. Anything. Thinking of a time, bringing forward a time in your life when you listened to your gut and it paid off or it made you happy.

As you recall this time, noticing how does your body feel right now when you bring this forward? Really notice that. This time when you

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listened to your gut and it paid off. What's your belly like here? What's your energy like and your posture like? What's happening in your heart or your legs? Take stock of how your body feels when you listen to your gut and it pays off.

Okay. Remember how your body feels. Keeping your eyes closed, just take a moment and shake it off. Just jiggle that memory off.

Now bring forward a memory, a time when you decided NOT to listen to your gut instinct. A time when you got a message from your intuition, but you decided to step over it and you compromised it and you compromised yourself in some way. Feeling that now in your body.

What's your body like right now as you remember stepping over your inner knowing? What are your shoulders doing here? I notice mine are hunched over. There's kind of a soggy feeling that I've got in my energy. Maybe you feel heaviness. See if you can really name the specific and subtle sensations that you have in your body when you bring this forward.

Good. Now take a deep breath and shake that guy off. Just give yourself a good jiggle, open your eyes if you need to. Just clear that memory away.

Now closing your eyes one last time, recall a time when you felt fear. Or perhaps obligation that you should do something. A time when you acted from this fear, acted out of your smallness, out of the "shoulds". Or if I don't do this, it's all going to fall apart. I'll be alone. Right? Bring that forward, try when you acted from that message. Feeling into, what's your body feel like in this space? I notice my throat get constricted right away. What's your throat doing or your face or your stomach? What's your heart doing? Great.

Now shake that guy off. We do not want to stay in that place. Just give yourself a good wiggle and feel free to sit back down again.

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Take a moment if you need to and just jot down any notes on how the three felt different and any subtleties and specific areas of your body that you noticed. Because I imagine that you probably felt quite a difference in the place of fear versus the place of following your gut.

We explored three different things. We explored what does your body feel like when you honor your truth, when you follow through on your intuition. We looked at what sensations arise in your body when you step over your intuition. You hear it, but you step over. Lastly, what's happening in your body when you act out of fear or some kind of inner smallness? I really really invite you to pay attention to the very subtle differences. Maybe they're not so subtle, but usually they are; to the very subtle differences that are here.

What's beautiful is that now you can start to use this information as a guide. You can start to notice, when I listened to my gut I felt this way – I felt this simultaneous relaxation in my face and calmness. I also felt this power, this energy that had me stand up tall. You might notice when you're relaxed, when you're feeling tall, whatever you felt, you can now know that the decision you are making is the right decision for you. Alternatively, when you try to make a decision and considering route A or route B, the route that makes you feel constricted, and your belly's tight and your throat is tight – this is a really good indication that it's probably not the best decision or the best route for you to take. Your body is letting you know that you're out of alignment with your truth. These are the messages we need to start picking up on. When we are in alignment with our truth and we follow through on this inner knowing usually you can feel a combination of freedom, joy, power, and this peace both emotionally and physically. It is a sure sign that you are acting from your truth.

I invite you to explore this for yourself all week. Tune into what are the specific clues in your body, subtly or not subtle, that you are receiving and is this right for me, is this not right for me, am I acting out of fear, am I acting out of truth based on these body messages. You'll notice sometimes that when the signals of something being wrong or acting

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from fear arise, usually those are much louder initially than the whisper of truth that exists.

Intuition is subtle. When we move fast and we keep busy, we miss this whisper. Train yourself to catch the subtleties that exist inside of you.

I'll share a story. For example, I learned in my journey of becoming aligned, that my belly does this very subtle softening. To where it feels completely relaxed and I can from that place connect to something that is perfectly right for me. It's actually this feeling that led me to my husband, and led me my coach, and led me to my assistant, and all kinds of other things.

I'll share with you briefly the story of how my belly led me to my husband in case it's something that will inspire you in your own path. I actually knew my husband as a very casual acquaintance for about eight years before we connected romantically. He was right in front of my face, living 10 minutes away from me the entire time. I was SO busy and convinced in my mind, in my thinking space, that love was supposed to look a certain way for me that I never tuned into my body wisdom. It actually took me becoming very very sick to turn on this partnership with my body. I remember I would go on dates with these guys who on paper I was convinced were perfect potentials for me. I'd get really excited, but I would find that I would turn myself into a pretzel and I would sit at the date during dinner, whatever and I would fidget and I'd shift my jeans around and I'd suck in my belly. I was uncomfortable in my body; it was totally unrelaxed.

And as the universe would have it, of course I set my intention and literally my husband reentered my life the night I set my intention and we became good friends. Every single time that I would spend time with him as a friend, my entire belly would soften. My body was completely open and relaxed – I never felt guarded, uncomfortable, anything. So I choose to keep listening to my body's guidance instead of my mind's guidance and more and more it became wildly obvious that he was the one for me.

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So you want to LISTEN to the subtleties. Pause long enough to pay attention.

Part of being able to cultivate this important type of connection to our body is through practicing putting ourselves first and practicing self-care.

I want to spend a little bit of time talking about this. I know some of you who signed up for this course, especially those of you who are women, are struggling with putting yourself first. We must create the time and the space in our lives to practice self-care. It's critical. When we are last on our list or third or fourth or even second on our list, we end up squashing our intuition. We don't pause to listen and in that state sometimes we don't know what we need to do for ourselves. We ignore that because instead we're aiming to please other people to feel loved or feel important. This is where you get to practice Radical Responsibility and check yourself. You want to get curious about those patterns by going back into the work from week two. If resentment, shame, anger are involved with how you care for others, then somewhere, in some way, you are stepping over your intuition and you're not listening and honoring to what you need. Or even if you know what you need, you're not following through on it.

Also, when we are too tired or too hungry, thirsty, stretched thin, whatever it is, we cannot access our intuition. I know for many of my clients, actually myself as well, it takes them so much longer to get in touch with their gut knowing and their center when they're exhausted. The more exhausted we are, the more we step over our intuition. When we allow ourselves to rest and take a day off; wow, what a radical concept of taking every Friday off, which is one of my rules for example, or we take a nap, whatever we need, that's when our insight and our guidance return. It actually puts us back in our feeling space, which remember, then connects us to our knowing space.

In order to use your body, you have to care for it, just like you would for a car. A client of mind mentioned to me recently - we used this analogy of filling up her gas tank. She noticed that what she does is she runs it

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completely empty, and then she fills it up a third. Then she runs it down again, and then she fills it up a third, then she goes all the way down again to empty. She can never get her head above water, never feel refreshed, and she doesn't have the capacity to give to her partner, to her family, to her clients, with this ENORMOUS heart that she actually has. She's cut off from that heart generosity. We spoke about what does it actually look like to bring your tank to full and then let it go down a third, then bring it up to full again and let it go down a third and refill from there. You can feel the difference. She did that.

So what are the structures, the boundaries, or the practices that allow you to be restored so you can be in relationship with your intuition? You want to start taking intentional time out to connect with yourself. You have to insert this into your life as a top priority. Even five minutes, very small amounts, but you want to do this so you can have access to start making empowered choices for yourself.

What happens with most people, especially women, very common, is that they feel they're being selfish or bad or wrong or guilty, they're being a terrible parent or a bad wife, whatever, if they put themselves first. It's hard, especially when you've got children and family members, we have obligations and careers. Right? But it's CRITICAL to make yourself a priority in this way and to care for yourself. You will not be able to re-align your life with your truth if you are always second-best on your own list. You are literally denying a life force energy of higher vibration from moving through you when you only use the power of your mind and you do not take time out to connect to your intuitive body.

What happens when we dare to put ourselves first and practice self-care is that we actually become so much more generous. Why? Because our tanks are full. We have capacity. We can now give to others from a place of sincerity.

What type of mother, wife, boyfriend, boss, teacher, husband, friend, colleague, whatever, are you going to be to the people in your life when you show up full and refreshed? What version of you are they going to

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get? I know for me as a coach, my clients get an entirely different experience when I've taken responsibility to take care of myself and put boundaries in my schedule. I do not see people on certain days and at certain hours because that is my time for me to be the most radiant version of myself. You will show up when you do this as more generous, more supportive, you'll be more creative and innovative, you'll be more sincere and impartial. You will not get as triggered. And you'll want and be able to truly help others from a place of true caring and tank full. You have enough to give. This is a very big deal and it is a big shift for many of us. We are retraining ourselves here. And we are retraining the people in our lives that now we do it this way, that I'm going to take five minutes so I can be the best version of me so you can get the best version of me before we interact.

This is the secret "I" in ALIGNED. We're not aligning to someone else's truth; we're aligning with our own truth. So you need to keep your first attention on yourself so that you can interact with others in a way that gives you access to your intuition and leaves your truth wide open. You can put second attention on others. We're not saying abandon them completely, but first attention stays on you, over here with you.

I love to use the example of the oxygen mask. Every time we fly, and if you're sitting with a child or someone who needs assistance, they always tell you put your own oxygen mask on first. Many of us have heard this before, but do we really practice it? Probably not. So this week I invite you to begin practicing putting your own oxygen mask on first. From that place, you'll be able to tune in with ease and you'll know how to help yourself and help others. You may even tune in to realize that there's somebody that you're no longer wanting to help or be in a relationship with. Maybe it's draining you. Who knows what you'll hear. But at least you'll hear it.

Now that we've spoken about accessing your intuition, and you're empowered around that, I want to talk to you about the fact that we are in a co-creative relationship with the Universe. What does that mean? What that means is that we get to do our part in creating and manifesting our life and the universe matches us where we are and

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gives us the rest. Premise # 2 of the course: Our outer world is a reflection of our inner landscape. That's why it's so critical to be on point with this inner landscape and be in touch with your intuition. The Universe serves like a gift-matching program. It will match whatever you put out. When you're acting from intuition from your higher vibration and you're following through on that inner knowing, the universe can match that and give to you from that place.

This puts us in the driver's seat of our life. We cannot control life itself, but we are in charge of our inner space, of our responses to things, our perspective on our "circumstances" that we're creating and the degree to which we're following our gut instinct. We are responsibility for that. This is where we practice trust and surrender. As you start to tap into this intuition more, and you get clear with yourself, it builds a trust within. It creates this energetic foundation so you become more centered, more peaceful, and clear. You begin to feel this groove or this momentum as you start to listen and follow through on your gut.

Then, once we're clear with this intention and our intuition and all of that we're following through, our job is to let go of the rest. Let go of how things are supposed to look, how they're going to happen, when they're going to happen, and tune in instead to how they feel and what you know is right for you. Go back to that body exercise. Is this right for me? Using your body, your belly, your heart as your guide.

What's amazing is that the universe will meet us here. The universe shows up with this safety net, when all we do is practice listening to our intuition and following through on it. It's going to give you everything we need – the opportunities, the people, the situations, circumstances, money, you name it. I'm going to start talking about the "how" to manifest and important steps around that next week.

For now, this is your opportunity to practice listening to your gut and following. So this week you'll practice getting still, you'll practice deep listening, and you'll practice self-care, creating the time and space to nurture your body so it can be there for you and become your guide.

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You can start playing and checking out this inner GPS system that you were born with and see what it opens up for you.

To recap this week. We're talking about our Inherent Inner Knowing. We were born with it. It's free, use it. We're talking about utilizing this gift, this gift of intuition within us, by getting still, by using deep listening, by being in relationship with our body signals and body wisdom. You're going to start to notice that when you do that, life will partner with you and give you the opportunities and the safety net that you need.

The homework exercises for this week are really fun.

First is to create or to cultivate your sitting or meditation practice. I spoke about that.

There's also an exercise called: Today I Choose Instead. There are three different worksheets as part of that exercise. You can do all of them or just chose the one that resonates the most with you now. One of them is today I choose instead to put myself first. Another one is today I choose instead to listen to my gut. Another one is today I choose instead to practice self-care.

What you want to do is list at least three examples at the end of each day of how you did those things. For example, today I choose instead to follow my intuition or tell my gut and it was okay. One of your examples could be, I choose to eat an apple instead of an orange. It could teeny. It doesn't have to be huge. Or I choose to speak up in a meeting. I knew I had to do that and I followed through and it was okay. Or how you turned right instead of left, how you said no. Maybe it's something big - you declined a job offer. Whatever it is.

This is going to help you to start to gain evidence on how it is actually okay and it's safe when we follow the gut instead of just following our mind all the time, and how it actually pays off in your life. This is where you get to start retraining yourself. In the coming weeks I will teach you

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how to retrain others. But for now, focus on retraining yourself first. This is the foundation that we want to strengthen.

Also, this week there is a meditation to meet your Captain. Just as we met your saboteurs or some of your lesser parts, your gremlins in week two, we're now going to meet another part, which is the wisest part of yourself. We have many parts. One of them that has always existed in you and will always be there, is this part that is incredibly wise and knows the right direction, knows the right decision to make, has the courage to follow through to lead your way. And this is the part that steers your ship through any sea, calm or rough. You've met this part I'm sure, at various times in your life. I call this part our Captain and it already exists within you right now. The Captain is the champion of your values and of your purpose and your truth. It's this inner leader and authority that exists within us.

It's not a critical, harsh inner authoritarian. It's a wise and compassionate part within that's clear and certain, and will always take us to where we need to be. You're going to engage in a beautiful meditation to meet that part of yourself this week.

We're also working on the roots of your tree here. Everything below the surface. We're going to create what I call your fertile foundation next week. Then after that, we're going rise above the earth. For now, you just want to cultivate your roots. Keep working on your core values if they haven't become clear. If they're clear, then start playing with them and start showing up in relationship to them and your life. Be intentional around them, align with them. Also, keep practicing releasing what's no longer needed. Maybe you're releasing practice just becomes the practice of saying "no". Thank you so much, that's not for me at this time. Just practicing and starting to tune in to this enormous tool of intuition that's inside of you. It's going to steer you straight into **1:15:32.1**.

I'd like to offer a friendly reminder that we have our second Aligned bonus audio taking place this being coming Monday at 5pm Pacific time. I know we've had two weeks in a row of a Monday/Wednesday thing

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happening. We're going to get a break from that. I wanted to do this call at this time because it connects us to divine order. I am totally excited to bring my very good friend and incredible energy healer Kate Winch into this program. She's going to work with two or more of you live to tap through any blocks that you have and to guide all of us into Divine Order, into this co-creative relationship and this flow with the Universe that I spoke about. You will get an email on Monday about the call and details for that. It's going to be fun. I've tapped with Kate before and it's powerful, powerful work.

I invite also each of you to please reach out to me with any questions and share on the Facebook page. Some of you are feeling somewhat shy and a little more tentative when it comes to sharing. I want to just name that if it's your pattern to remain isolated or hidden or disconnected from people, then this is a perfect and safe opportunity for you to start practicing radical responsibility to come out of invisibility and to allow yourself to be witnessed, or to practice creating more connection and community for yourself. Everybody here is on their own journey, so there's no judgment. Wherever you are is fine. When you share, as we know, we help ourselves and you help yourself because then I can see where you're at and I can formulate this course; steer it in such a way that it's going to give you what you need. Also, it will inspire others, it will help others. And you guys get to cultivate relationships with one another and continue creating **1:17:55.8** or community after this course is over.

So, enjoy the process of deepening into yourself, of igniting your intuition. Swim in this land of inner knowing. Even if fear is there, who cares what else is there. Let this part of you immerse and let it become part of our conversation, part of your team. I thank you very much for your time. I acknowledge you and I applaud you yet again for the commitment and the willingness to show up in your truth and partake in this phenomenal journey of aligning yourself with it in your life.

Have a beautiful evening, morning, wherever you may be, and I will speak to you on Monday during our second bonus call. Thanks everybody. Bye.