

Call 1: Clearing the Blocks to Divine Inspiration

1 - How are you living more in the flow of life?

2 - Describe how worry has shifted for you.

3 - How are you embracing change?

4 - In what ways have you begun letting go?

5 - How do you trusting in expanded ways?

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6 - How have you been allowing your thoughts to flow from divine?

7 - Describe how you have been willing to let go of the oars and breathe more.

8 - In what ways have you been relaxing and allowing the universe to handle the details?

9 - Notice how you have been seeing that it can be easy to create something of value.

10 - Describe how you are more open and flexible to divine ideas

11 - How have you had a more open mind to ideas from others and yourself?

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12 - Notice how you have begun moving forward (even if just a small step).

13 - How have you been able to allow others to help you move forward?

Call 2: Clearing the Blocks

1 - How are you noticing yourself living within your unique divine flow?

2 - How are you valuing yourself more?

3 - Describe how you are seeing yourself playing on a team rather than competing?

4 - How have you been willing to step out and show yourself to the world more?

5 - How have you been able to focus more on your world rather than what is going on all around you?

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6 - How are you seeing that it is possible that everybody can win?

7 - How can you feel yourself living in agreement with your higher self?

8 - What new truths are you noticing about yourself?

9 - How are you standing for yourself more?

10 – How are you beginning to take inspired actions with ease?

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11 – Describe how you trust your actions more?

12 – How has your view of procrastination begun to shift for you?

13 - Indicate how you feel as though you are in the perfect place at the perfect time right now.

14 - This is what I notice is different about me.

15 - This is what I notice is different about how I perceive the world around me and how I perceive myself.

Call 3: Opening to Divine Inspiration and Creating the Energetic Space

1 - How are you beginning to feel more open in your body and how you communicate with all parts of you?

2 - How have you been communicating with your core purpose?

3 - Describe how you have begun embracing your new journey?

4 - How have you begun embracing your plan?

5 - How are you feeling more open My heart centers are open and aligned.

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6 - Describe how you are more trusting of the unknown.

7 - Indicate how you are staying more present in your body and living fully in the now moment more often.

8 - You wonder if you can handle the new scripts of a life that is fully open and aligned.

9 - Describe how you feel the presence of the universe inside your body.

10 - Describe how you are feeling more connected to yourself.

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11 - Describe how you are feeling more connected to the divine.

12 - How do feel the universe is living inside of you?

Call 4: Opening and Preparing to Receive

1 - Describe how you are feeling different.

2 - What is different about how you perceive yourself?

3 - What is different about how you perceive the world around you?

4 - Describe what it feels like to be open to divine inspiration.

5 - How are you trusting yourself?

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6 - How have you begun moving forward?

7 - How do notice that it is possible to be open to divine inspiration more and more?

8 - How open are you feeling?

Divine Inspiration Practices

Congratulations! You have opened the door to your divine inspiration and now it is time to strengthen your energetic muscles. The more you practice the better you will become and the more you will trust in your abilities. Practice these exercises as often as you feel inspired. Each time you practice you will become stronger and more open to divine inspiration.

Write these processes down and cut them out and put them in a bowl. And throughout your day pick one and practice for 68 seconds. Really allow yourself to play as often as possible. Then go about your day!

Practice 1:

Meditate

By opening the door you have created an open space inside of you. Continue to keep this space open and clear by focusing on the space and seeing it expanding. Place your desire to be inspired inside this space and continue to expand this energetic space. Imagine what it would be like to be open to divine inspiration whenever you want.

Notice what it would feel like and hold onto that feeling. Practice this process whenever you think about it or whenever you are feeling yourself contract inside. If you are feeling any type of negative emotion such as fear, anger or sadness then you are contracting. This is the best time to open yourself back up. You will probably notice that your breathing will improve as well as how you are feeling in that moment.

Practice 2:

Communicate With Your Divine Inspiration

Ask your divine inspiration to turn on and to remain open. See your divine inspiration as a faucet from the cosmos and see it flowing with ideas and coming straight to you. See yourself catching them!

Practice 3:

Speak to your Divine Inspiration as if it was a person

What does your Divine Inspiration have to say to you? You can take time in a meditation or be out in nature or journal this.

Practice 4:

ASK Divine for Inspiration

Look up to the cosmos and ask for inspiration no matter where you are. You can say something like "I ask divine to send me inspiration." You can even write your question down and offer it to the divine. For some extra fun plant the question in earth and see the seeds sprouting.

Practice 5:

Let Go and Get Out of the Way

While waiting for divine inspiration to flow to you be patient so that you remain open. Allow yourself to trust even though it may not be coming in as fast as you would like. You cannot force divine inspiration because it shows up out of the blue. THAT is the beauty of it.

If you are paying attention and staying open and aware you will know when it shows up.

Take good care of yourself. Remember this is not a race.

TRAVEL...ocean...drive... nature... watch movies....read ... write ...play ... go out with friends ... listen to music ... laugh

Participate in activities that are new to you. This will create new pathways in your brain and create new possibilities for divine inspiration. Have fun!

Practice 6:

Be curious about everything. See divine in everything around you.

In your body

Thank the divine for your body and your mind. Connect to your body more by pampering yourself, practicing your favorite exercise, deep breathing and meditating

In nature in the trees, flowers and grass

Connect with the moon and imagine it being close to you. Take extra time to connect with nature in every moment you can. Take walks and notice what you see and how you feel when you allow yourself to connect.

In the items in your home

This may sound silly to you right now but the more you can see the divine in these items the more you will begin to connect because it may not seem obvious. Open yourself to connecting to your table, chair and bed all of your clothing. Connect to your artwork, your kitchen utensils. Just allow yourself to connect in this way whenever you think about it.

You are expanding and opening more and more each time. Think about the different ways you can allow yourself to open. What you come up with will be divine inspiration!

Just continue to open yourself to the possibilities. See yourself as a flower that continuously blooms.

Practice 7:

Practice the meditation at the end of Call 4 whenever you feel inspired!

Thank you for playing in Divine Inspiration with me!

Love and Inspiration!

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