



7 Ways to Receive Inner Guidance

Version 4.1

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About Barbara Marie



Greetings! I am Barbara Marie, and it brings me great joy to share with you the wisdom and knowledge I have acquired throughout my years of receiving Inner guidance.

As an expert in this realm, I have dedicated myself to assisting others in exploring their spiritual connection, expanding their innate gifts, and expressing their Divine Essence to the world. Every product, service, and offering I provide has been Divinely inspired, with the intention of touching your heart and nurturing your spirit.

Throughout my personal journey, I have discovered that sharing my knowledge of Inner guidance not only fulfills a significant part of my own life purpose but also empowers others to fulfill their unique life purpose in profound ways.

It is my sincerest hope that this short e-book will provide you with valuable insights into seven powerful methods for tapping into your own Inner guidance. From my perspective, this gift of Inner guidance is paramount for spiritual growth, unlocking a life filled with boundless joy and magic. It is my deepest wish for you to experience this extraordinary journey.

Blessings,

Barbara Marie

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7 Ways to Receive Inner Guidance

Introduction- What is Inner Guidance?

I invite you on a transformative journey of self-discovery and spiritual empowerment. Within these pages, we will explore the profound concept of inner guidance—a sacred connection that exists within each of us. It is my belief that this guidance arises from our inner spiritual gifts and is facilitated through what I refer to as metaphysical tools. Together, they create a tapestry of divine support, encompassing God, the Universe, the Holy Spirit, Angels, Guides, and even our dearly departed loved ones.



It is a wondrous truth that this guidance can flow to us from one source or many, converging in a symphony of wisdom and love. Ultimately, the purpose of this assistance is to serve our highest good. It is readily available to us, but it requires our conscious intention to receive it. When we open ourselves to this divine connection, it will manifest in our lives, offering unparalleled clarity and direction.

Why is receiving inner guidance so vital? Because it is the pinnacle of discernment—a direct line to the essence of truth. By bypassing the limitations of the brain and reasoning, we access a profound source of wisdom—the very essence of our Highest Self. When we allow ourselves to be guided by this inner light, we can trust wholeheartedly in the answers we receive. A sense of ease and confidence replaces worry, as we navigate each day with the assurance that our actions align with our greatest good.

The power of tapping into our inner guidance extends far beyond spiritual realms alone. It permeates every aspect of our lives. From the grand decisions that shape our life purpose to the seemingly mundane choices we make daily, our inner guidance illuminates the path before us. It helps us determine the right career, forge loving relationships, create harmonious homes, and make choices that nurture our well-being. From the clothes we

wear to the foods we consume, every decision—big or small—can be infused with the wisdom of our inner compass.

In the following pages, I am delighted to share with you three easy tools that you can embrace immediately to access your inner guidance. These invaluable techniques will empower you to make clear and conscious decisions for yourself and your family. Beyond that, we will delve into the four natural gifts we all possess—gifts that have the potential to be nurtured and expanded to even greater heights.

As we embark on this journey together, open your heart and mind to the infinite possibilities that await. Prepare to unlock the depths of your inner being and unveil the extraordinary guidance that resides within. Embrace this sacred connection, for it has the power to transform your life and bring you closer to the divinity that flows through every fiber of your being.

Muscle Testing- Unlocking the Wisdom Within your Body



Muscle testing is a form of kinesiology. The kinesiology approach examines 'unresolved stress reactions' in a person and provides techniques intended to help the body's natural healing process. The practitioner will work with a client using their own style of muscle testing.

For our purposes today, muscle testing presents another powerful method of receiving answers to our questions. The theory is: that there is another level of communication, of understanding, of recognition that some things are right, some wrong; some things are better for us than others. This method helps us to receive answers to your "yes" or "no" questions, from our body. It is crucial to ensure you are well-hydrated for this technique to yield accurate results.

There are several forms of muscle testing, each offering unique approaches to accessing your inner guidance. One method I refer to as the "swaying"

method is best performed while standing with your back straight. When you pose a question, your body will instinctively sway either forward or backward, indicating a "yes" or a "no" response, respectively. It can be beneficial to request your body to demonstrate what a "yes" or "no" answer looks like, allowing for clear interpretation of the responses.

Alternatively, you can employ specific fingers on your hands to create a joined circle, forming a chain-like configuration. Refer to the accompanying picture for a clearer visualization of this technique. Personally, I use my thumb and middle fingers on each hand, creating two linked circles. To



determine a "yes" response, I attempt to pull my fingers apart, as if breaking the chain. If the chain remains strong, it usually signifies a "yes" for me. Conversely, if the chain easily breaks, it typically indicates a "no." It is important to ask your own body to demonstrate what constitutes a "yes" and a "no" for you, ensuring accurate interpretation.

For example, if you seek a quick "yes" or "no" answer, such as deciding what to wear for the day, you can ask, "Is it for my highest good to wear the red dress today?" This type of question can be answered with a simple "yes" or "no." Avoid asking open-ended questions like, "What should I wear today?" as they do not lend themselves to "yes" or "no" responses. By asking about each specific piece of clothing until you receive a "yes," you can confidently choose the most aligned outfit.

It is important to follow the proper sequence in all three of the aforementioned methods to ensure accurate answers. The complete program I offer provides detailed guidance on these sequences to enhance the reliability of your results.

Many individuals have found great success in using muscle testing as a method of seeking guidance, incorporating it into their spiritual journeys. It can be incredibly valuable to use one of these methods to corroborate the results obtained through another technique. For instance, if you use muscle testing to receive an answer and find yourself doubting its accuracy, you can turn to the pendulum to validate the response.

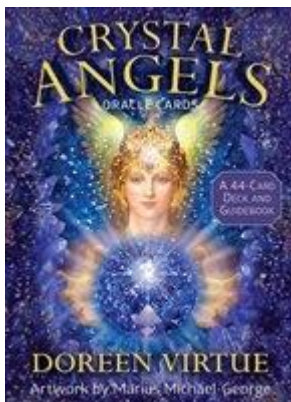
In the following sections, I will introduce you to the natural gifts we possess to access our inner guidance. While there are numerous ways to tap into this wellspring of wisdom, I will focus on the four most well-known methods. By embracing these gifts, you will unlock the door to a realm of profound self-discovery and spiritual growth.

Example Questions for Muscle Testing

I like to use muscle testing for quick answers or to confirm answers I have received by “hearing” the answer from a voice within me. Some of the questions you can ask are:

- 1) I am applying for a job today. Is the red dress the best one for me to wear today? Wait for the answer. If you get a “no” then ask again about another piece of clothing.
- 2) You can ask about what job to take. Ask by prefacing it with a bit of information if you like. For example: I have been given an opportunity to have a new job. Is it in my highest good to take it?
- 3) What color should I paint my room? Go through the colors one by one using the same method as the other examples.
- 4) Should I date/marry the blonde man or the brunette?

Using Card Decks: Tapping into the Wisdom



Within the realm of inner guidance, card decks present a powerful tool for receiving profound insights and messages. There exists a wide array of card decks designed to facilitate this connection—Angel Cards, Rune Cards, Animals Cards, Ascended Master Cards, and many more. However, the key to success lies in posing the right questions that pave the way for meaningful and accurate answers. While professional “card readers” often possess additional gifts to interpret the cards, utilizing the cards on your own can be an incredibly valuable practice.

To embark on a journey of card divination, find a serene and quiet space that allows you to fully immerse yourself in the experience. Prioritize your well-being by ensuring you are properly hydrated, taking a moment to drink a glass of water before you commence.

Set the intention to receive guidance of the highest order. Familiarize yourself with the instructions accompanying the specific deck you are using, as each deck may have its own unique guidelines. To begin, shuffle the deck, creating a sense of anticipation and openness.

You may wonder about the next steps to take in your life. For instance, when working with angel cards, you might utter, "Please grant me an angel's guidance for today." The card you draw becomes your angel of the day. As you read about the angel on the card, you will witness its relevance to your present life circumstances.



Inquiring about your life purpose, however, requires a different approach when using angel cards. Instead of asking directly about your life purpose, you can pose the question, "Which angel can assist me in discovering my life purpose?" By framing your question in this manner, you align it with the purpose of using the cards as a means to receive guidance.

In certain instances, you might seek a binary response, such as a "yes" or "no" answer. To achieve this, you can turn the bottom side up, about half of the cards before shuffling the complete deck. With the intention that the top side up cards signify "yes" and bottom side up cards represent "no," you can proceed to draw a card that holds the answer to your question.

For example, you might ask, "I am considering applying for a new job elsewhere as I'm not satisfied with my current boss. Is it in my highest good to make this change?" Subsequently, you would pull a card to receive your answer, allowing the wisdom of the cards to illuminate your path.

Similarly, when contemplating whether to wear a yellow dress to an important meeting, you can ask, "Is it for my highest good to wear the yellow dress today?" With the cards face-down on the table, select one, and it will provide you with a clear "yes" or "no" response.

As you explore the depths of your inquiries, you will encounter both profound and lighthearted questions. The accuracy of the answers you receive partly hinges on the quality of your questioning and your level of hydration. Countless individuals have found great success in utilizing cards as a method of seeking guidance, and now, you too can tap into this powerful tool.

Example Questions for using Angel Cards:

Ask and then pull a card.

- 1) I am feeling blue, which angel can help me today?
- 2) I am having a hard time with my mate lately. Which angel can help me today.
- 3) What can I learn today?
- 4) How can I learn patience?

In the pages that follow, I offer guidance on refining your questioning techniques and enhancing your connection with the divine wisdom that flows. Prepare to unlock the door to infinite insights and embark on a transformative journey of self-discovery through the captivating realm of card decks and the use of a pendulum.

Using a Pendulum: Unlocking the Wisdom Within

A pendulum, as described by Wikipedia, is a weight suspended from a pivot, allowing it to swing freely. While it serves various purposes, we will explore its profound potential as a tool to access our inner guidance system. The beauty of using a pendulum is that anyone can employ it, as long as they are willing to place trust in the answers it provides. Furthermore, we can also utilize the

pendulum to validate guidance received through other means, enhancing our overall discernment.

To achieve accurate results with a pendulum, it is crucial to ask the right questions. These questions should be framed in a manner where the answers can be a simple "yes," "no," or "maybe." Once you find your rhythm with the pendulum, it becomes an invaluable medium for receiving inner guidance.



As with other practices, it is essential to prioritize your well-being before engaging in pendulum work. Ensure you are well-hydrated by drinking a glass of water, preparing your mind and body for the journey ahead. The only tool you need for this process is your pendulum. If you don't have one, you can easily make one using a piece of thread, a chain, or even a piece of your own jewelry.

To create your own homemade pendulum, start by selecting a suitable household item that will serve as the weight. This could be a small pendant, a key, a ring, or any other object that feels significant to you. Next, attach the chosen weight to a string, cord, or chain, making sure it is securely fastened. Adjust the length of the string or chain to about 12 inches. Before using it, take a moment to cleanse the pendulum's energy by holding it under running water for about 20 seconds. Send positive energy into it with your mind. For example, visualize it being filled with light. It is now ready to use.

Begin by holding your pendulum in front of you, grasping the thread or chain, and asking a "yes or no" question. It is always advisable to preface your questions by asking if the answer is for your highest good. Request your pendulum to demonstrate what a "yes" answer looks like. As you hold the pendulum up, you will notice it swaying in a left or right motion, a forward or backward motion, or even rotating in a clockwise or counter-clockwise circle. Similarly, ask the pendulum to show you what a "no" answer looks like. Take note of these movements as they become vital in interpreting the pendulum's responses. Understanding how your pendulum communicates with you is key.

If the pendulum remains motionless when you ask to see what a "yes" or "no" answer looks like, it can imply two possibilities. It might indicate a "maybe" answer, prompting you to rephrase your question for clarity. Alternatively, it could signify that the timing is not ideal to ask that particular question. To confirm this, you can directly ask the pendulum, "Is this a good time to ask that question?" The pendulum's response will guide you accordingly, potentially offering a "no" answer.

Mastering the art of asking accurate and precise questions is a gradual process. It is through practice and experience that the pendulum becomes a reliable instrument of inner guidance. Additionally, the pendulum can be used in conjunction with various charts to explore a wide range of inquiries. However, delving into the intricacies of these charts exceeds the scope of this discussion. Rest assured, in my program titled "Inner Guidance Mastery" I provide comprehensive guidance and access to those charts.



Countless individuals have embraced the pendulum as a powerful tool for seeking guidance, attesting to its effectiveness in their personal journeys. As we venture further, you will unlock the profound insights and wisdom held within the swinging pendulum, as it serves as a gateway to your inner realm of truth.

Example questions for using the Pendulum

- 1) Just a reminder that you may ask anything where the answer will be a "yes" or a "no" and you may also receive a maybe, or not at this time answer.
- 2) You might ask if this is a good time to meditate, or take a shower, or read a book, or take a break from your work.
- 3) You might ask about a friendship or relationship- asking if that person is here for your highest good.
- 4) You might want to pursue more questions going deeper from what you may have asked previously. For example, with the previous question the answer might lead you ask more questions about that situation or the person.

Important Note:

If you are receiving conflicting answers you may need to do this to correct that situation: Using your finger tips on both hands, tap on your upper chest just under your collar bones. Say these words as you continue to tap over and over again. "Even though I get confused some times, I totally and completely love myself and accept myself." Do this 7 to 10 times and then go back to your muscle testing or using the pendulum. This hint is one I use when I get answers that don't make sense. It has helped me every single time. I copied this picture



from E.F.T. (Emotional Freedom Technique) at <https://efttappingtechniques.com>



Clairsentience

Clairsentience: Tapping into the Wisdom of Clear Feeling

Clairsentience, often referred to as "clear feeling," stands as one of the most widely recognized "clair" gifts. While some may associate it with the term "gut feeling," not everyone experiences this guidance in their stomach area. Clairsentience encompasses the sensations we feel when encountering people, entering rooms, or seeking answers. It manifests as a range of emotions, including happiness, sadness, or unease, and provides valuable insights from our inner guidance.

Let us consider the example of walking into a room and immediately sensing a loss of energy or an overall negative vibe. In such instances, our inner guidance communicates to us that something is misaligned. It does not imply a right or wrong situation; rather, it signifies that the particular setting or circumstance is not in harmony with us at that moment. It could indicate a lack of resonance with a specific individual or simply suggest that we need to pay closer attention to our surroundings.



Under certain circumstances, we may experience intense sensations of heat or cold. These sensations might permeate our entire body or concentrate in specific areas. For instance, our right hand may feel unusually warm or chilly. These physical cues serve as messages from our inner guidance, offering valuable insights.

During moments of receiving a massage or engaging in an energy healing modality, a profound sense of peace may wash over us. This serene feeling can signify that we are precisely where we need to be at the perfect time, aligning with the healing energies surrounding us.

Another sensation commonly associated with clairsentience is the experience of "goosebumps." These tingling sensations often occur when we encounter something or someone that resonates deeply within us. It serves as a personalized message, an intuitive whisper affirming that we have stumbled upon something truly significant.

These are just a few examples of the myriad of feelings we can experience through clairsentience. By paying close attention to these sensations, we can harness their guidance and allow them to illuminate our path. Clairsentience is one of the gifts that will be activated for you in my Inner Guidance Mastery Program.

In the subsequent sections, we will explore additional natural gifts we possess to access our inner guidance. While clairsentience provides us with powerful insights through our feelings, there are other extraordinary ways through which we can tap into the profound wisdom that lies within us. Prepare to embark on a journey of self-discovery as we uncover the vast potential that awaits.



Clairaudience

Clairaudience: Embracing the Gift of Clear Hearing

Clairaudience, also known as "clear hearing," is a remarkable ability where you hear voices either within yourself, in your mind, or even outside of you. This gift is highly valuable as it is often the easiest to receive and interpret. The voices you hear could emanate from your Higher Self, angels, guides, or even spirits from the realm beyond.

It is essential to establish methods to discern whether the voice you are hearing comes from a benevolent source. In my comprehensive program, I provide guidance on these methods, offering you the tools to ensure your interactions are with beings that have your highest good at heart.



Imagine an angel speaking to you. You will hear a distinct voice conveying messages or guidance. It is wise to listen attentively and before proceeding further, inquire about the identity of the speaker. They can often reveal much to you, and depending on the guide present, you may be able to engage in a dialogue, asking them questions. As you establish a rapport with these ethereal beings, a deep and meaningful relationship can blossom.

To capture the wisdom bestowed upon you, it is beneficial to keep a pen and paper within reach. By jotting down everything you hear, you create a record of the messages received. Sometimes, disbelief or the passage of time can cloud your memory, but having a written account allows you to revisit the messages and reflect upon them. Consider keeping a dedicated journal solely for the purpose of recording these messages if they occur regularly. Clairaudience is one of the gifts that will be activated for you in my Inner Guidance Mastery Program.

In the following sections, we will explore more natural gifts we possess to access our inner guidance. While clairaudience provides a direct and unmistakable form of communication, there are other extraordinary ways through which we can tap into the profound wisdom that lies within us. Prepare to immerse yourself in the transformative journey that awaits as we delve deeper into the wonders of our spiritual gifts.

Clairvoyance



Clairvoyance: Embracing the Gift of Clear Seeing

Clairvoyance, also known as "clear seeing," allows us to witness vivid images, movies, or colors within ourselves or just beyond our physical sight. Some experience these visual projections as pictures displayed on an inner screen, usually situated in front of their forehead. This is also known as the "third eye". However, interpreting these visuals often becomes necessary as their immediate meaning may not always be apparent.

These mental images can manifest in vibrant colors or in black and white. Sometimes, they resemble the negatives used in traditional film development processes. When receiving visual messages, they may appear as single pictures, a series of images, or even scenes from a movie. It is important to understand that these visuals can be taken literally or symbolically, requiring interpretation to unveil their deeper significance.



For instance, during my work with clients, I often close my eyes, and the pictures come to me. Sometimes, the meaning behind these images is clear to me, while other times it remains elusive. In certain instances, I describe the pictures to the client, and they intuitively understand the personal significance it holds for them.

Personally, one of my innate gifts is the ability to see colors and comprehend their meanings for myself. When a flowing cloud of green appears, I know that I have tapped into the realms of love and personal power. When violet hues surround me, I sense a profound connection to the Divine and what I refer to as my "zone of creation."

However, when I perceive colors during client sessions, I may not always grasp their specific significance for the individuals I am working with. As I

share what I see, they often possess a deep understanding of why that particular color has presented itself in their session.



Allow me to recount an experience from years ago when I saw a blue rose during a session. Aware that blue roses do not exist in reality, I initially disregarded the image, expecting something else to emerge. Yet, the blue rose persisted, captivating my attention. I shared my confusion with the client, confessing that I had no understanding of its meaning. As tears streamed down her face, she revealed that the blue rose held immense significance for her. Before her mother's passing, she had written a heartfelt poem centered around a blue rose. In that moment, the blue rose symbolized her mother's presence and connection during our session.

Clairvoyance grants us the extraordinary ability to witness the unseen, offering glimpses into the realms of symbols and visual messages. As we explore further, we will encounter additional natural gifts that enable us to access our inner guidance. Prepare to unveil the profound insights and wisdom that lie within, guiding us on a transformative journey of self-discovery. Clairvoyance is one of the gifts that will be activated for you in my Inner Guidance Mastery Program.



Claircognizance

Claircognizance: Embracing the Gift of Clear Knowing

Claircognizance, the remarkable ability of clear knowing, often eludes immediate recognition. It is an innate gift that allows individuals to possess unwavering certainty about something, without any logical explanation or external source of information. This profound knowingness arises independently, unaffected by the input of others or conventional knowledge. Often, claircognizant individuals possess this gift alongside other intuitive abilities, enhancing their connection to higher wisdom.

Let me share a personal experience to illustrate this gift. During a vision, I encountered a man and a woman from the 1800s. In an instant, a deep sense of recognition enveloped me, and I knew with absolute certainty that the couple represented my current husband and myself in a past life. Despite the stark differences in physical appearance, the profound knowing within me resonated undeniably.

Another powerful instance unfolded during my recent visit to Los Angeles. As I meandered through a hallway, I approached a table and chairs. Without any logical rationale, an inner knowing directed me to take a seat and await someone's arrival. Though I couldn't explain the source of this guidance, I trusted it implicitly. Before long, a passerby greeted me and continued on their way. Then, my attention was captivated by a young man approaching me, and an overwhelming sense washed over me that he was the individual I had been waiting for. As events unfolded, it became clear that he sought me out to request a private Language of Light session.

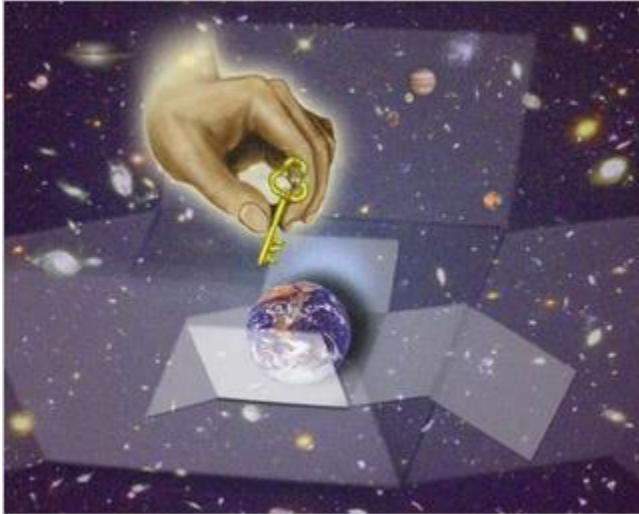


Initially, these moments of profound knowing may arise sporadically, like sparkling gems amidst the vast expanse of consciousness. However, for those blessed with the gift of claircognizance, these instances tend to increase in frequency as awareness deepens and receptivity expands. Claircognizance, is one of the gifts that will be activated for you in my Inner Guidance Mastery Program.

As you venture further on this extraordinary journey, prepare to embrace the profound insights and wisdom that reside within, guiding you along the transformative path of self-discovery. The tapestry of your intuition unfurls, revealing intricate threads that weave through the tapestry of your existence, illuminating the extraordinary connections that await your embrace.

Conclusion: Embracing the Power of Inner Guidance

In conclusion, the three metaphysical tools—muscle testing, card decks, and the pendulum—serve as invaluable aids in accessing and receiving inner guidance. Additionally, the four spiritual gifts of clairsentience, clairaudience, clairvoyance, and claircognizance, are available to all who seek them through spiritual intention and focus. By simply asking for these gifts to grow within us, we open ourselves to their transformative presence. They are truly gifts from God.



I vividly recall my own journey when I initially began hearing voices and communing with angels and guides. Through dedicated effort and the guidance of my mentor, Michel Green, I discovered that what I was experiencing was clairaudience. As I embarked on a program to develop this gift, I soon realized that the other “clair” gifts unfolded naturally alongside it. With

Michel's guidance, I learned the importance of asking for additional gifts, and over the course of the following year, I received them all.

However, I must admit that initially, having all the gifts active simultaneously proved to be challenging. Hearing voices, seeing images, feeling sensations in my body, and experiencing profound knowingness all at once was overwhelming. In fact, I even found myself questioning whether I truly desired to possess all these gifts. It took time and integration for me to harmonize these abilities within myself, allowing me to offer my clients a deeper level of assistance. Now, I embrace and appreciate the full spectrum of these gifts, but it wasn't always the case in the beginning.

If you are eager to embark on your own journey of tapping into your inner guidance, I invite you to join the waiting list for my live or full home study program titled "Inner Guidance Mastery." Simply email me at revbarb@gmail.com, and I will notify you once the program becomes available. All 7 of these gifts will be activated in my Inner Guidance Mastery program.

Furthermore, if you wish to explore your personal Inner Guidance System with me, I extend an invitation to participate in a complimentary Discovery Call. During this 30-minute session, I can guide you in recognizing how you receive your unique inner guidance. To book your call, please visit [HERE](#).

May you be blessed on your path as you embrace the profound power of your own Inner Guidance System.

With warmest regards,

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