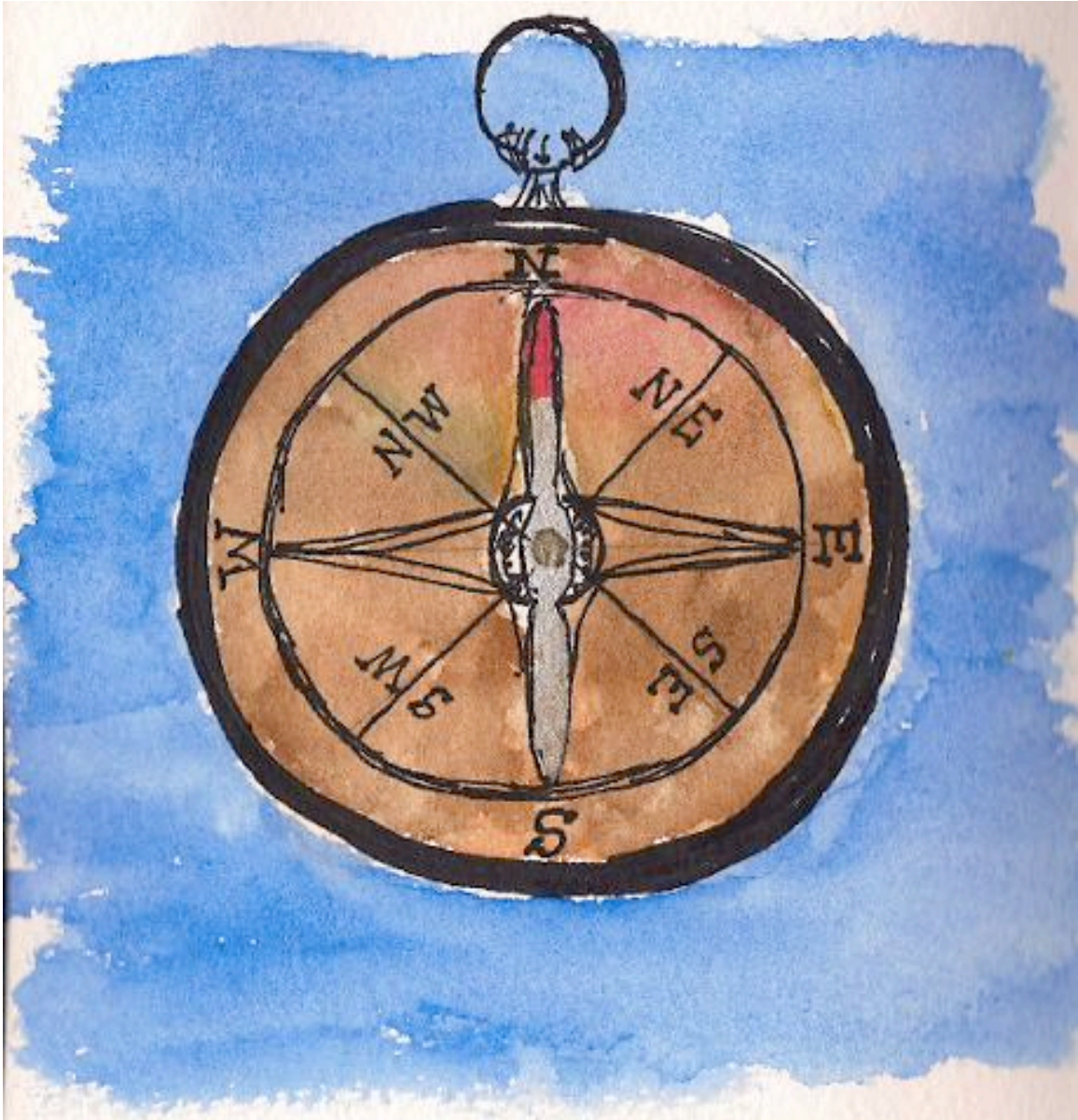


## Inner Guidance Hotline Kit: Guide and Journal



### A Gift for You, from Lynne Fairchild, Wayfinding Coach

Now you can consult your inner guidance in the middle of your day, Real Time, 24/7. It's a powerful way to re-energize and re-focus you.

This Guide is designed to be used with the Inner Guidance Hotline Kit Meditation, which you received with this Guide and Journal. Instructions inside this Guide.

For additional tools and resources, please go to [www.wayfindingcoach.com](http://www.wayfindingcoach.com)

## Quick Start Guide

Welcome! Thank you for downloading this Inner Guidance Hotline Guide and Journal, with the accompanying mp3 file, the Inner Guidance Hotline Kit Meditation.

I hope you enjoy using this simple yet profound tool to help you connect to your inner guidance, real time, right in the middle of your busy day.

## What the Inner Guidance Hotline Can Do For You

First, it will give you a respite, an opportunity to take a deep breath and relax for a moment. This helps you physiologically, mentally and emotionally.

Then, it will give you access to your inner spiritual resources, the part of you that has wisdom about what is most important now. This will help you see everything more clearly and it will give you a sense of direction that may not be accessible by just continuing to forge ahead when you feel stressed, overwhelmed, or under pressure.

## How to Use the Inner Guidance Hotline: It's Easy!

Just pull up the Inner Guidance Hotline Kit Meditation on your computer, your iPhone, or your portable audio player, and listen. It's under 8 minutes long. It will lead you to your inner guidance and help you set your direction for the next part of your day.

After you have listened to the meditation, you can choose to write down the guidance you've received on the Journal page that is included in this guide. Writing down your most important "for now" focus helps reinforce your energy and clarity, and it will add to your centeredness in the rest of your day.

If you find that you like using the Journal page, I've included a pdf file (in the downloads) with just the single page, so that you can print a number of them for your continued and frequent use.

You will find over time that the more you use the meditation, and the more you consult with your inner guidance, the easier it will become to tune into the clarity, power, and energy of your inner guidance.

Thank you again for joining the Wayfinding Coach community and for your commitment to tune into your inner guidance. May your practice help you find your way to a life of balance, ease, joy, and authenticity.

## **Inner Guidance Hotline Journal Page**

After you listen to the Inner Guidance Hotline Meditation, very quickly jot down the inner guidance you received. Your first thoughts are better, so resist the urge to over-think it and trust what comes up first for you.

**What is my most important focus for now?**

**What am I gently pushing off to the sides, for now?**

**Date:**

## **Additional Info**

### **The Power of the Inner Guidance Hotline Kit**

I don't have to tell you that we live in an extremely fast-paced and chaotic world that expects us to be available all the time and to respond almost instantaneously.

Virtually all of the tools we have traditionally used to get control of our lives and work are useless in this environment.

One tool that works consistently and reliably, once we learn to use it, is our inner guidance. It's easier than you might think to use it, and it gets better and better with practice.

I've designed this kit so that you can take a 10-minute break, right in the middle of your day, to reorient yourself to your inner guidance and intuition.

It may feel counter-intuitive to stop when you are acutely feeling the pressure of demands and deadlines, but it's actually the highest leverage thing that you can do.

### **Your Intention Matters**

When you use the Hotline to tune into your Inner Guidance, please do it with reverence. You have profound wisdom within you to help guide you in any circumstances. It's available to you literally 24/7.

And, it's a relationship. As with any relationship, your connection grows deeper over time, and you learn the skills to communicate with your inner guidance gradually and steadily with practice.

Your inner guidance is a resource that's available to you in any moment, but most of us have spent a lifetime (trained by our culture) overriding our inner wisdom. Don't feel like you need to rush it. Just use the Hotline consistently over time, and you will feel this beautiful connection to your inner wisdom developing and beginning to flourish.

Most of all, trust that the answers that you need will come to you, because you are listening. Whether or not they "show up" during your 10-minute meditation and journaling break will vary from day to day. The answers will come, and as

you practice, you'll get better and better at tuning into this channel within you, It will get easier and easier to hear your inner guidance over time.

## **Why Doing a Quick Journaling Page at the End of Your Meditation Makes a Difference**

As I said above, your connection with your inner guidance is a relationship that deepens and strengthens over time, as you practice listening and paying attention. I think of it as a channel that we're wired for, but most of us aren't used to tuning into it consistently.

If you take about 2 extra minutes to quickly jot down what comes from your meditation, you'll reinforce your skill of inner listening, and then, over time, you can review your journal pages and see recurring themes, which are the deeper currents of your life and your inner process.

I've included a separate pdf file with just the single journal page so you can print as many of them as you like. Keep them handy for your daily use.

The Journal page is very simple, but when it is used consistently with the meditation, it's life-transforming.

## Who's Lynne?

I'm Lynne Fairchild, Wayfinding Coach. I'm a Professional Certified Coach. Since 1997, I've helped Women Breadwinners find their way to a life of balance, ease, joy, and authenticity. You can find me on [www.wayfindingcoach.com](http://www.wayfindingcoach.com)

## What's Wayfinding and How Can It Help You?

Our environment is increasingly chaotic and fast-paced. The demands and expectations that we face are unprecedented. The tools that we have always used to get control of our lives and to feel like we are directing our lives are virtually useless in our world today. We need to live in a different paradigm.

Fortunately, there is one. The new paradigm is to re-orient yourself to your inner compass and intuition. We're born wired to our inner guidance, but it takes some skill and practice to stay connected and tuned in. That's why I developed the Hotline, and all of the other tools that you will find on [www.wayfindingcoach.com](http://www.wayfindingcoach.com).

Wayfinding is living connected to your inner guidance and using it to find your path and direct your life.

## Additional Wayfinding Resources for You

### [The Inner Compass Daily Orienting Kit](#)

If you like this Inner Guidance Hotline, then check out my [Inner Compass Daily Orienting Kit](#). This kit takes your connecting practice to the next level. The Daily Orienting Kit is designed to take you from no daily inner connecting practice to a powerful daily practice that takes you only 20 to 30 minutes a day. Again, it's the most highly leveraged time you can spend. This kit is a very practical tool to use in your life to help you chart the course of your life, by tuning in to your inner wisdom and making life choices strategically and authentically.

### [Other Ways We Can Stay Connected](#)

- Subscribe to my [Wayfinding Blog](#), where you'll receive tips, inspiration and ideas about finding your way to a life of balance, ease, joy, and authenticity.
- Follow me on [Twitter](#) and [Facebook](#), where I'll be sharing some real-time Spiritual Time-Out's.

## **P.S. The Power of Meditation and Journaling Combined**

*Journaling* is incredibly insightful when it is used intentionally, and focused directly, on connecting you with your inner guidance. You can get inner wisdom that you just cannot get any other way by asking the right questions and listening within.

*Meditation* is the most effective practice I know to prepare you to be receptive to your inner guidance, and to hear it.

When you do a *meditation combined with some simple journal prompts* that are specifically focused to help you tune into your inner guidance, the results are powerfully life-transforming.

This is why I design all of my Wayfinding products using this potent combination of journaling and meditation.

You can check out my [product offerings](#) on [www.wayfindingcoach.com](http://www.wayfindingcoach.com). I call them [Spiritual Time-Outs](#) because they are self-directed tools designed to help you take a time-out so you can live connected to your inner guidance, and use it to find your path and direct your life.