

Ep #4: Intuition, Part 2



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With Your Host

Dr. Tangie

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You are listening to episode four of the Wealthy Happy Soul Podcast: Intuition Part Two.

Welcome to *The Wealthy Happy Soul Podcast*, a show for high achievers who are ready to start enjoying the life they've worked so hard to create. Join me, your host and certified life coach Dr. Tangie, to learn how to start infusing the dedication you have for your career into living a truly fulfilling life. If you're ready to finally gain the happiness your soul has been longing for, this podcast is for you.

Hello everybody. Welcome to episode four. I am so happy you're here. And today I wanted to start out by asking you a question and that is have you ever had one of those amazing, just eureka moments about yourself that was maybe akin to discovering electricity or sliced bread? I love those moments.

For me, I remember the first time that happened to me in coaching, in self-coaching and it was really powerful. And essentially what happened was that something was pointed out to me by my own personal coach. And then as I coached myself more and more, over time I began to see it over, and over, and over again.

And being completely vulnerable right now I can share with you that my issue at the time was rooted really in insecurity and comparing myself to basically everybody around me. Specifically when they appeared to be getting results that they wanted in life and I really wasn't getting the results that I wanted in life. And especially when the results that they desired and were getting, matched my own that I desired but wasn't getting. And let me tell you, it was a stage four compare and despair situation. It was kind of awful.

And I first saw this show up around my job and then it was in this mastermind that I was in. And then next it was in this circle of close friends that I really cared about. And finally I began to see it even in my own family relationships. And it went back, all the way back, old school to the early

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90s. It was crazy. And then it really became glaringly obvious to me that what they say is true. How you do one thing in life is how you do everything. But then I began to wonder, why is that?

And earlier this week I ran across a quote by Carl Jung that I believe explains it perfectly. And what he said was that, “Until you make your unconscious conscious it will direct you and you will call it fate.” And I’m going to read it again. What he said was, “Until you make your unconscious conscious it will direct you and you will call it fate.” You’re going to call it, hey, that’s just the way things are. Or that’s just how the world works. Or that’s just the way I am. Or what do you expect, I’m, fill in the blank.

And it feels so real and it feels so true when you say it, but is it really true? And the spoiler alert is that it’s not. And the model of conscious creation helps you to examine with awareness these and other beliefs that you hold near and dear to you like they were just reported on the 6 o’clock news. It really is a systematic and practical way to get it all out on paper so that you can visually see what you’re creating, whether it be consciously or unconsciously. And the only thing you really need is a pen and paper. And actually when you get really good you don’t even need that.

So one thing I want to make clear before we get started is that this is just a way of getting what’s in your head and your body down on paper. And to merely increase awareness by observing the events being created in your life, and how they relate to your thoughts, how you feel and your actions, individual actions and cumulative actions over time. And what this isn’t meant to be is an easy button or a way to bypass your own work and your growth. It’s not a genie in a bottle. I am speaking of a process and it is meant to be a practice.

And often I will explain the process to somebody and literally three days, a week later they’ll email me and they’ll say, “Hey, this isn’t working.” And to that I say, “You have to give it time. This is a practice, one that will serve you greatly with time, and intention, and consistency.” And I want you to expect that you putting in the work comes first but it is totally worth it.

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So let's get to it. Last week we spoke about what intuition is and the internal and external blocks that keep us from tapping into it. And this week I would like to share with you my favorite tools for accessing your intuition. And those are in the big picture, journal, model, feel.

And for the first tool, journaling, the concept behind why I wanted to share this with you is because conscious creation requires the willingness to be aware. The willingness to be aware of what's happening in your mind, what's going on in your life, the little things that may be bothering you and just getting under your skin during the day. It is really the easiest way to do what I like to call a brain dump and just get all of everything you're thinking out on paper, because if nothing else that act alone does provide relief. And that really is why people love journaling so much.

In addition to that, journaling is just a really awesome way to preserve who you are at any given moment. I still have my first journal. I got it when I was in the fourth grade and it is so fun. Every couple of years I'll pull it out and I'll read about what fourth grade Tangie was thinking about, and what was important to her, and what made her upset, and all these things. Who she had a crush on, and what friends she was in an argument with, or what new friends she made, what adventures she had gone on.

It really is just such an amazing thing when you're able to preserve pieces of yourself over long periods of time. So for that reason alone I'm a high proponent of journaling and of course it also comes in handy when we're talking about conscious creation and increasing intuition through awareness.

The second tool is also a tool that helps to increase awareness and is actually a coaching and self-coaching tool that was created by Brooke Castillo of the Life Coach School where I certified as a life coach. And essentially what it is, is a framework that's based in cognitive psychology. And it's based on the observations that there are circumstances in the world and those really are the things that we have no control over. And

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everything that happens outside of ourselves is a circumstance and essentially those are the only things that are outside of our control.

And the rest of the components of the model include our thoughts, our feelings, our actions and our results which are all under our control. And it's our thoughts that create our feelings, and our feelings are also important because they drive all of our actions. And this comes in handy because there's so many people wondering why they're not taking action and wondering why they want to get to point B but they're not really willing to do what it takes to get there. Or they want to start a business but they go home and watch TV instead every day.

And the model really comes in handy because it brings to awareness of how all these things come into play. And it could give you the simple answer that the reason why you're not taking action is because you're feeling an emotion that is not fueling you in that direction. And it's literally because of the way you feel, that's the reason why you haven't been taking action. And actions over time create the results you are experiencing.

And really this is the cleanest, most simple way to explain it. It is a very objective way of looking at our lives and how we can change it if that's what we're choosing to do.

And the third tool that I want to talk about today that is helpful in tapping into your intuition is the willingness and the ability to feel without judgment. And what I mean by that is to do this type of analysis in a way that can truly transform your life you are going to have to go in deeper. And I like to think of life as being a 50/50 type of experience, meaning that it's not going to be all rainbows and daisies all the time. And it's not supposed to be all rainbows and daisies all the time because if it were it would be called heaven.

So part of the discomfort we feel as we go through life is really meant for our own learning, and our growth, and for us to evolve into better versions of ourselves. And this process is a perfect way for us to really graduate

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from the mentality that unpleasant, or irritating things happen to us to really knowing that much of it is happening for us to learn, if we are willing to learn and if we are willing to feel. Because our emotions are a way for our soul to communicate with ourselves, emotions are teachers.

And really what we tend to call negative emotion, all they really mean is that our soul is out of alignment with its true state. And what we need to do is keep in mind that really there is no such thing as a negative emotion. We've just been taught to view them that way. And we have to use our intuition to discover what it is that our emotions are trying to teach us about ourselves.

This is the lesson and ultimately you want to imagine that whatever you're feeling has a lesson for you, that's going to propel you towards the highest version of yourself, that's going to propel you towards your next level. What is it that it's trying to teach you, what advice does it have for you? For example, as I stated before, I have dealt with insecurity and jealousy a lot in my life.

And when I go through this process and I really tap in to the lessons that jealousy has to teach me, it might say something like, "Hey, you feel jealous right now just because you're believing in scarcity more than you believe that you live in an abundant world." And just because that person made \$10 first doesn't mean you will never make \$10. And furthermore, this is a human emotion, it's normal to feel jealous. There's nothing wrong with me for feeling it, of course I feel jealous, it's a completely normal part of the human experience.

It may be jealousy is actually here to help me evolve into the next version of myself, who knows that she is abundant, who knows she is enough. And I don't want to make jealousy the villain. Just because jealousy's uncomfortable, doesn't make jealousy bad. And the more I make jealousy the villain the more I block myself from the learning and the growth that it has to offer me.

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So here are some of the questions I like to consider as I begin this process of really intentionally feeling what's showing up for me. I do this for awareness and so that I can begin to recognize all the feelings as they show up in different areas of my life. Remember how earlier I was talking about how you do one thing is how you tend to do a lot of things? So if you're feeling jealous in one area, more than likely you're feeling it in another area. But if you never tap in to how jealousy feels for you in your body, you're going to tend to miss the growth in that area.

So here are the questions. With any particular feeling, how does it feel in your body? Get specific, where does it go? If you could look at it with your mind's eye, does it have a look or a color? How do you carry yourself when you're feeling this way? Do you slouch? Are your shoulders tense? Does your brow furrow? How do you experience this emotion? Because really all we are is just experiencing these emotions, they are not who we are, they don't define us.

And the most powerful people in the world are the ones who really know how to effectively do this. The ones who really know how to and are willing to feel any emotion because that's where the growth and the lessons are that will get you to your next level. And I guess the most important thing is that this pattern of feeling like you're just going around the same mountain again, and again, and again, it doesn't have to continue.

And learning how to increase your intuition and really become aware, this is what breaks that cycle. This helps you to untangle the web of confusion so that you can get unstuck and finally free yourself to experience life as who you want to be on your own terms. Conscious creation puts you back in control and with consistency, and understanding, and repetition you can create the life that you want.

And I didn't include this as a tool but I think that a big part of intuition involves trust, and specifically, trust in yourself, because when we don't trust ourselves that's when we give our power away, and that's when we end up in that state of exhaustion that we've been speaking about. And I

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think it's important that we all agree to have our own backs. And decide that no one knows what's best for your life more than you do.

And in next week's episode we're going to talk all about decisions and where it fits into the model of conscious creation.

If you enjoyed the show, please be sure to go to iTunes and subscribe, rate and review so that more of our Wealthy Happy Soul family can find the show, it really does make a huge difference.

And you'll definitely want to remember this. I'm doing a giveaway. And to enter, all you have to do is leave a review, screenshot it, and send it to me. For instructions on how to do that and more information about the giveaway, please head on over to drtangie.com/podcastlaunch, and you can learn more about the giveaway there.

I'm so excited about it because I love gifts. I love being a gift and I love giving gifts. So, head on over and thank you for listening to this week's episode of *The Wealthy Happy Soul Podcast*.

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