

*the roadmap to your*

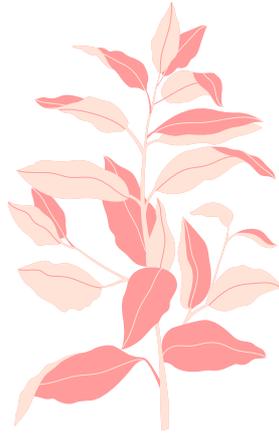
# INNER WISDOM



*in 4 simple steps.*

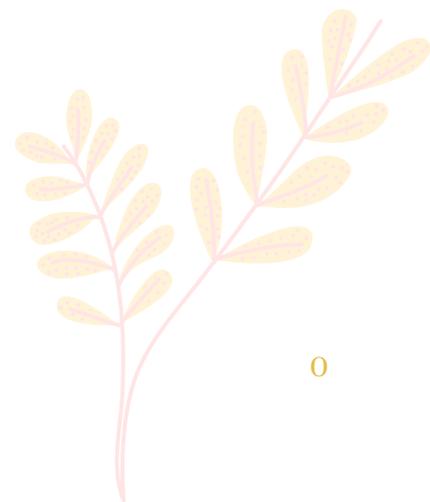
*Your go-to steps, when self-doubt and indecision kick in.*

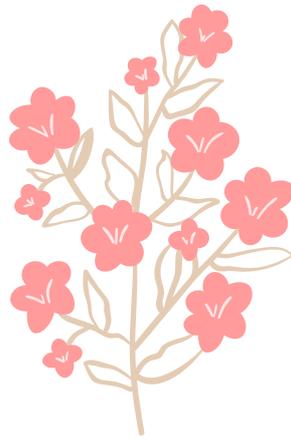




# THIS IS WHAT WE'LL DIVE INTO

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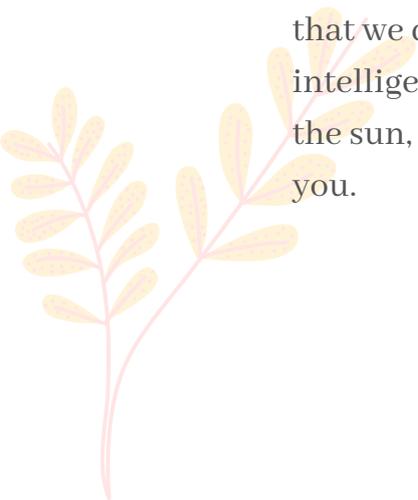


# INTRODUCTION

Inner wisdom is the most powerful thing that we possess. We have a tendency to think that wisdom is somewhere out there in the world. Somewhere far from where we are. At a place that we have no access to, and where only special people have a chance to go. But that is far from the truth, and it's exactly this illusion, which makes us waste our valuable time, looking for answers that never seem to appear.

Inner wisdom is wisdom at the level of the most beautiful things in nature. Your inner wisdom is connected to the energy responsible for the most powerful creations that you could ever encounter. Your inner wisdom is the same wisdom that nature used to create the sun, the earth, and the sky that you look up to. And if you think that this is crazy, let me ask you a question: where do you think that you come from?

For some reason, us human beings, love isolating ourselves from the rest of the world. We see beauty all around us, and we believe that we don't deserve a spot in there with all the beauty and intelligence. But why wouldn't you? The same energy that created the sun, created you. The same energy that created the sea, created you.



However you prefer to understand creation, either through science, religion, both, or none, the point remains the same. Everything comes from the same place. We all have the same origin. So when you doubt yourself and can't find a good reason to believe in yourself, think of the sun, and remember that that's your big brother. You, me, and the sun, come from the same place. And look how bright it shines. Look how huge it is. Look how warm it is. You have in you, the potential to be like that. Never forget that.





## 4 SIMPLE STEPS

In the following pages of this book, I will share with you, the 4 simple steps that I follow to connect to my inner wisdom. If you think that you're not wise, through these steps you will realise that you are actually incredibly wise.

Before we go deep into each one of these steps, I will ask you to take a deep breath, and open your heart to the wisdom that you're about to receive. In the universe, there is a permanent flow of energy that manifests itself in many forms. Words, is one of those forms. There is a reason why you're reading this right now. There is a reason why you're receiving these words right now.

A Wednesday afternoon, I'm sitting on my bed, with my laptop on a cushion above my legs. In this very moment, I'm turning into written words the thoughts and ideas that are popping in my mind, which are a consequence of millions of experiences and interactions with the world that we live in. These thoughts are now reaching you on the other side, to become part of your human experience. So open up to them, and let them shape you.





## *Acknowledge your connection*

The first step to connect to your inner wisdom, is to acknowledge your connection to the wonderful universe that you live in.

Imagine that you belong to a huge family that you had never taken into consideration. This family, not only contains the sun, the stars and the sea, but it also contains the people that you admire the most. Think about that author, actress, CEO, dancer, you name it, that you admire, and put them into this family.

This family is real, and it's the universal family that you belong to. When I say acknowledge your connection, I truly mean that you understand that you have a connection to all the beauty and intelligence available in the world. What's possible for Beyonce is also possible for you. Universally speaking, you are not in disadvantage. Your soul is as bright as anyone else's, and step #1 is all about fully acknowledging this.

By acknowledging your connection to greatness, love, intelligence and beauty, you allow yourself to open a mental path to greater creativity and expanded possibility.

You are not alone. You are not small. You are not lacking anything. Everything in nature is abundant and beautiful, and so are you. Before we started believing that we needed more of this and more of that, we were already abundant. Our lack of material things is caused by our lack of an abundant mentality.

We keep seeking for more knowledge, more skills, more physical things, more friends, more love, more connection. But we keep missing the magic that is already available in us. We keep missing our nature, and how only a wise universe, could create an incredible creature like you.

The 4 steps that you will learn about in this book, are all deeply related. We will now move on to step #2, and you will easily see how applying step #2 will help you apply step #1 better, and also the other way around. This applies for steps #3 and #4 too.





## *Forget your identity*

The second step to connect to your inner wisdom, is to forget your identity. Sometimes we attach so many useless labels to ourselves, that we leave no room for labels that will actually give us the confidence to move forward.

Way too positive labels can also be dangerous, because they may lead us to not even try to make any progress. This is why this step is all about forgetting all labels that you have ever used on yourself.

What do I mean by labels? Well, by labels, I mean everything. From being an engineer, to being bad at singing. Step #2 is all about letting go of everything that you believe about yourself, to create space for what your soul wants to draw on yourself.



Saying to yourself things like,

"I'm too old to try that now"

"I'm not good at playing sports"

"I could never dance as well as you"

"I'm terrible with names"

are the perfect way to scare away your inner wisdom. Your inner wisdom still exists, but it has ran away and hid very well, after you made those statements. Forgetting your identity is like becoming a baby again, and having the possibility to re-write everything about yourself.

Forgetting your identity puts you in a neutral position, where you are allowed to have questions, ideas and desires, that are all equally valid.

Forgetting your identity is the way to get rid of all those annoying "buts", that come right after an idea that could lead to the next big thing in your life.

"I'd like to but, I don't know how to do it"

"I'd love to try but, I don't think I'll do a good job"

When you forget about your identity, there are no buts. Everything is possible and solutions are endless. You're not too slow, or too silly. None of that exists, so the road to your inner wisdom is much more clear and easy to navigate.

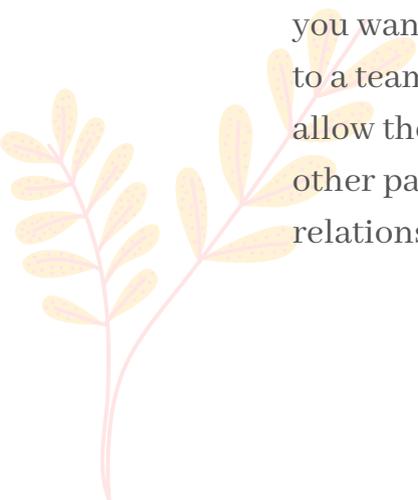




## *Allow yourself to receive*

Step number 3 is all about receiving. We have a natural tendency to push and push, trying to force answers into our mind. Sometimes this leads to nothing showing up, and other times, it leads to the exact opposite: too many options showing up. When the later happens, the problem is that we are so overwhelmed with everything that our mind is suggesting us, that we can hardly choose anything.

Allowing yourself to receive, means becoming part of something bigger, and letting that bigger team that you belong to, take part of your responsibility. There is a difference between leaving everything to the hands of the universe, God, destiny, or however you want to call it, and working together with it. When you belong to a team, you don't just leave all the work to your teammates. You allow them to help. You give them part of the job, and you take the other part. You collaborate. You work together. This is what your relationship to your inner wisdom should be like.



When it comes to your inner wisdom, you need to trust that it's there. Your inner wisdom is part of your team. She is there to help you, to support you and to guide you. But she also needs you to be active in your team work, and more importantly, she needs you to remember that she is there, and to ask for her help when you need it.

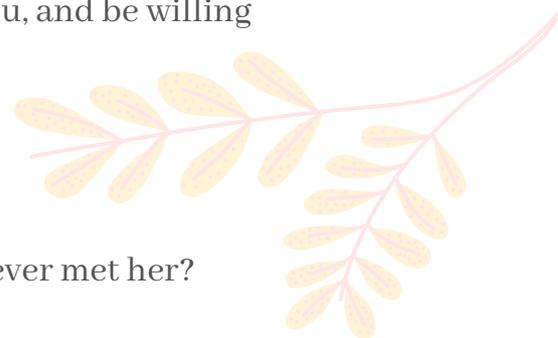
See your inner wisdom as a friend, and be open to having her guidance. Trust that she is there, ready to help you, and be willing to talk to her.

Now, you may be thinking:

"But Mary, how can I trust that she exists if I've never met her? Who is she? I feel like I'd be talking to no one".

The truth is, that you have seen your inner wisdom. You not only have seen her, but you're seeing her right now. When you look at your hands and your legs, those are your inner wisdom's creation. When you take a deep breath that fuels your whole body, be certain that the incredible human system that makes that possible, was created by your inner wisdom.

Your inner wisdom, is the presence in you, of the same energy responsible for everything in creation. When you follow Step #1, you acknowledge that you are connected to this beautiful energy. Then, when you follow Step #2, you allow yourself to become one with this energy, and let it turn you into whatever it is that you dream of. You do this by forgetting the identity that you have created for yourself, and all the limitations that that implies. Later on, when you follow Step #3, you deliberately create the space for your inner wisdom to have an active presence in your life. You give her a roll in your life, and you open up to listening to what she has to say.





## *Trust nature's process for you*

As with all other 3 steps, step # 4 is deeply related to all others. At this point, you have understood that you are part of nature and that you are connected to the energy responsible for all creation in it. You have forgotten the identity which holds the limiting beliefs that forbid you from your innate greatness. And, you have opened your heart up to receiving the wisdom available in this magical place that you belong to.

Now, the next step, is to trust nature's process for you. What this means, is that sometimes, when you try to communicate to your inner wisdom, you can't hear anything. Or at least, that's how you feel.

Trust in nature is your key to endless patience. If you look around, the timing for everything in nature is absolutely perfect. The timing for the sun to create day and night is perfect, and so is the timing of the seasons. Your timing is also perfect, as long as you stay connected to the energy responsible for everything in nature.

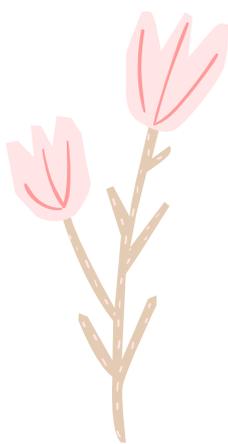


The moment that everything starts to go crazy, making you lose balance, hope, and fall into desperation, is the moment you forget your connection. The moment you believe that you are alone in this game, and in which you mentally separate from the incredibly powerful force that manages to keep everything in place, that's the moment when you shut your inner wisdom off.

But if you stay open to connecting to your inner wisdom, and you go back to connecting to her, every time you find yourself failing in any of these steps, she will come and help you.

Now let me give you more details about what it means to trust nature's process for you. It's very common to hear "trust yourself". But sometimes it's even easier to trust other people than to trust ourselves. Specially when it comes to making difficult decisions. Well, when you can't trust yourself, trust nature's process for you. Remember that you're part of a system. Remember that you didn't create yourself. A higher energy did. The same energy that created Tom Cruise and the sun. So when you can't find the strength to trust yourself, because you feel too small, too inadequate, too weird, too insecure, trust nature. Trust nature's process for you, and trust that your existence is part of a bigger plan.





## YOUR DAILY MANTRAS

You have now all the theory you need to know about these 4 simple steps to connect to your inner wisdom. So what we're going to do next, is put those steps into practice.

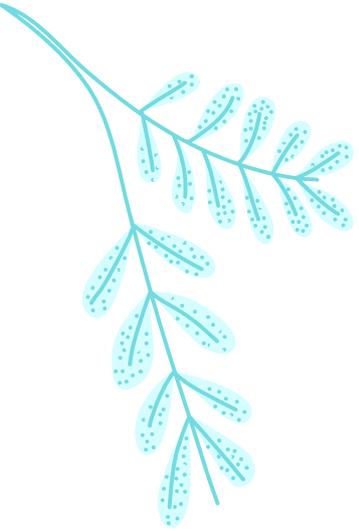
In order to do this, I will give you a list of mantras that you can use to connect to your inner wisdom. See these mantras as ways of calling your inner wisdom, and opening up to her advice for you.

Below, you will see a list of mantras for every step. You can simply pick your favourite(s), and either memorise them, or write them somewhere that you have easy access to. The idea is that every time that you find yourself in a difficult situation, needing to solve a problem or to make a decision, you turn to these mantras. In those moments, say either out loud or in your mind, one mantra per list, so that you follow all 4 steps using these simple mantras.





Mantras to  
**ACKNOWLEDGE  
YOUR CONNECTION**



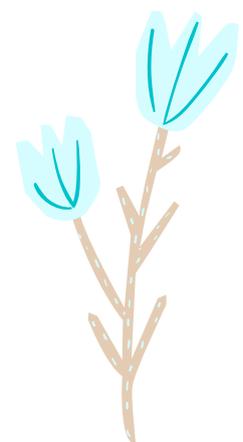
**I AM PART OF SOMETHING GREATER.**

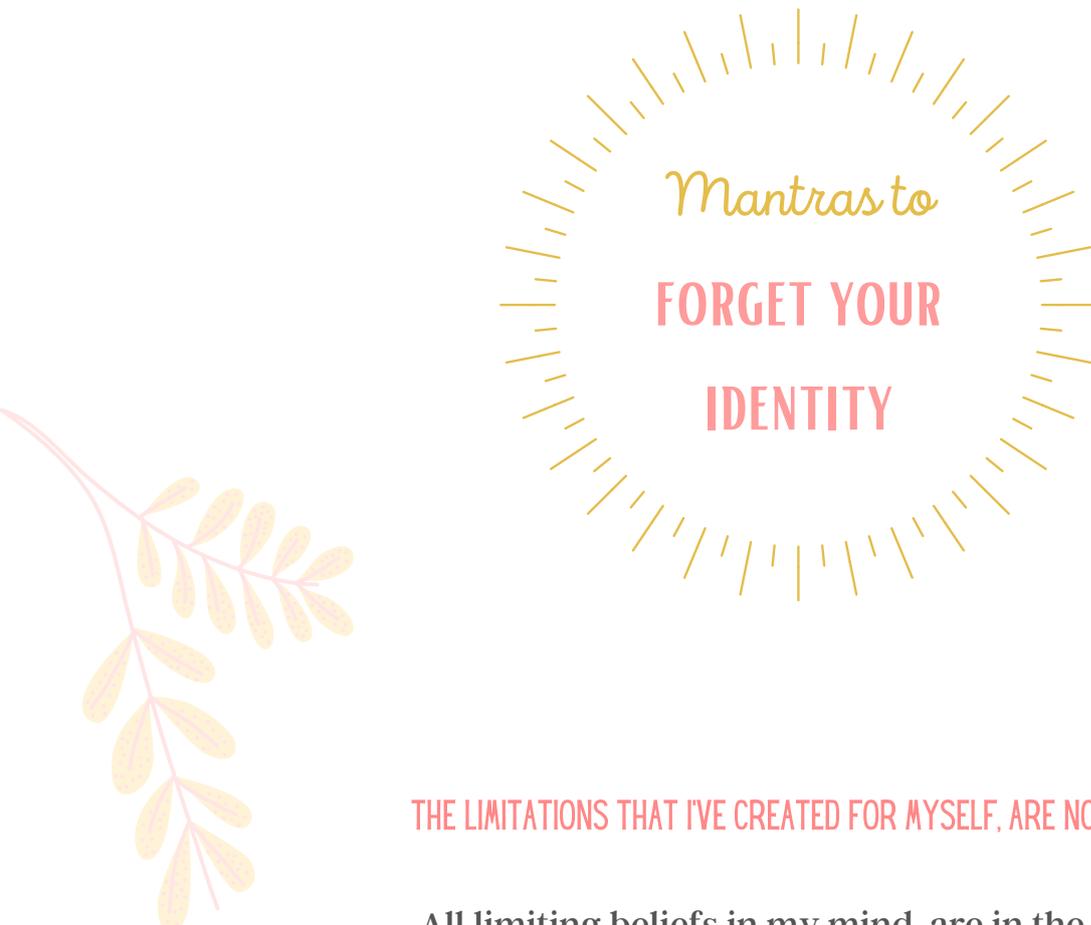
I am as bright as the sun, because he is my family.

*I belong to something bigger than me.*

*I come from the same energy that created all beauty and intelligence around me.*

**I AM AS SMART AS THE SMARTEST PERSON THAT I KNOW,  
BECAUSE WE WERE BORN FROM THE SAME PLACE.**





Mantras to  
**FORGET YOUR  
IDENTITY**

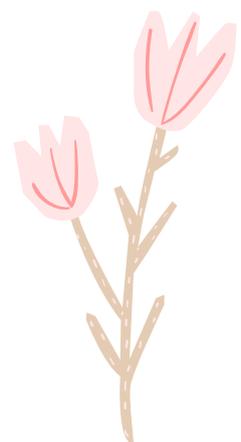
**THE LIMITATIONS THAT I'VE CREATED FOR MYSELF, ARE NOT TRUE.**

**All limiting beliefs in my mind, are in the past,  
and can no longer control me.**

*Outside of the limitations that I was bounded to,  
there is endless possibilities for me.*

*I close the book of limitations that is trying to hold me back,  
and I allow myself to start over.*

**I CHOOSE TO STEP OUT OF THE BOX THAT I'VE FRAMED MYSELF INTO.**





Mantras to  
**ALLOW YOURSELF  
TO RECEIVE**

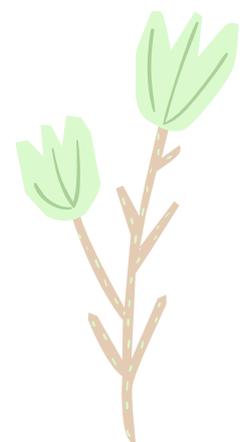
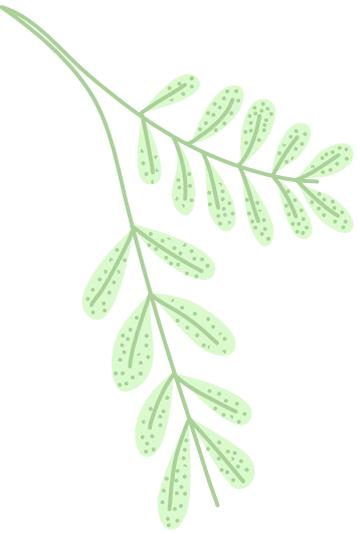
MY INNER WISDOM EXISTS, AND SHE IS TALKING TO ME.

**Inner wisdom, I listen to you and accept your advice.**

*Me and my inner wisdom are a team.  
She sees me, I see her, and we work together.*

*No one understands me better than my inner wisdom.*

**I TRUST MY INNER WISDOM AND OPEN MY HEART  
TO WHAT SHE HAS TO SAY TO ME.**





Mantras to  
**TRUST NATURE'S  
PROCESS FOR YOU**



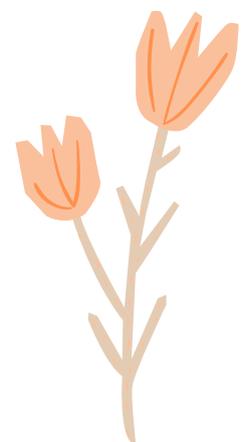
**I AM PART OF NATURE'S PLAN, AND THAT PLAN IS DEVELOPING BEAUTIFULLY.**

**Everything in nature is perfect, and so am I.**

*I trust that nature will speak to me,  
whenever I need her to.*

*I belong to a beautiful and powerful system.  
I am guided and supported.*

**EVERYTHING IN MY LIFE SERVES A GREATER PURPOSE.**





# BELIEVE IN YOUR GREATNESS

My dear human being, I truly hope that the wisdom in this book has touched your heart, and that you welcome these teachings into your daily life.

You have greatness within. You always have, since the moment you were born. With time, as you grew up, your human experience and interactions, may have made you disconnect from this greatness. But this powerful energy has never ceased to exist, and it is right there, within yourself, simply waiting for you to tap into it.

Take a moment to close your eyes, and take a few deep breaths. As you inhale and exhale, imagine a golden stream or light flowing through you. Let this beautiful light transform you and awake your inner greatness. Repeat this small exercise every time you're feeling heavy emotions, and let this beautiful light clean your inner world. Read this book often, and use it as the magical doorway to your inner wisdom.

Love,  
Mary.

