



Simple Ways to Access Your **INSPIRATION**

Gain **Confidence** and **Creative Inspiration**
in as little as **2** minutes with
these easy techniques you can
do anywhere, anytime.



Dori Etter



Congratulations...

...on your decision to learn more about accessing your Inspiration!

Inspiration is a powerful tool to have on our side - whether we are doing business, building great relationships, parenting - or just living life in today's world. This simple guide will empower you with 5 easy and quick ways to connect with your Inspiration and begin to operate from your full power.

Once you are connected to this powerful force, you'll begin to have new ideas, desire to create more, and experience aliveness and fulfillment. No matter where your Inspiration takes you, welcome to the journey of your lifetime!





*Take a
Gratitude
Minute*

Take a Gratitude Minute



The vibration of Gratitude is on the same level as the vibration of Inspiration. By getting yourself into the vibration of Gratitude, you're ready to easily and effortlessly access your Inspiration on demand.

You've already experienced gratitude - hopefully you experience it every day - and a Gratitude Minute is a method of accessing this gratitude on-demand to raise your vibration in just a minute!

Here's how to Take a Gratitude Minute:

- Take a deep breath in - fill up your lungs deeply
- Release that breath slowly, feeling the air leave your lungs
- Think about something you are grateful for in life right now
- Experience that gratitude as you take another deep breath in
- Release that breath, still experiencing gratitude, and continue to consciously breathe throughout the rest of the minute
- As you focus on the gratitude experience, experience where you are feeling gratitude in your body - access the physical experience of gratitude - how it feels, physically, for you.

Where do you feel gratitude? How do you feel gratitude?

- Focus your attention on the physical experience of gratitude in your body, and allow yourself to recognize and name Gratitude
- Continue focusing on your physical experience while calling up the visual of your Gratitude experience and breathe for the rest of your minute - or as long as it continues to feel good





*Notice
the
Miraculous*



Notice the Miraculous

There are so many miracles all around us, and yet for the most part, we don't recognize them as miracles.

Taking a moment to look at nature - at the sky - at the trees, and the grass - these are all miracles in every sense!

The next time you visit the grocery store, stop in the produce section,

and experience the miracle in the variety of nutritious, healthy, and delicious food that is available with so little effort on our part.





Meditate

Meditate



Science is proving the value and benefit of meditation on both our physical and emotional health. The great news is that it's also a fasttrack to accessing the knowledge and support of your Inspiration.

If you've never meditated, or think you don't know how to meditate, it's really simple, easy, and can be done in as little as 5 minutes.

Consider starting with guided meditations - you are guided through breathing techniques and usually include soothing music. They train you to be present in the moment. You can get guided meditations for many different experiences - for relaxation, for focus, for connecting with your Inner information and

intuition. You can find effective guided meditations to get started at [Sounds True](#), [Tara Brach](#), and even from [UCLA](#).

If you have an iPhone, there's a wonderful app called [Omvana](#), and there's a book I love - [The Meditation Bible](#) - that outlines dozens of different types of meditation practices.





Journal



Journal

Journaling is one of the most effective ways to access your Inspiration and Inner Guidance.

Don't be intimidated by the blank sheet of paper! Start by asking a question about whatever you desire - and then just start writing the answer. Imagine you were answering for a friend - what would you be guided to say?

Best selling author SARK has a wonderful process called Inner Wise Self Love Notes. Simply sit down and intend to hear from your Inner Wise Self - and start writing. You'll be amazed at the amount of inspiration and guidance you will receive!

You can easily combine journaling with meditation and a gratitude minute to get a triple boost to your access too!





*Creative
Visualization*

Creative Visualization



Practicing visualizing - actually seeing an image in your mind - is a great way to increase your connection with Inspiration!

It adds another sense to your experience of Inspiration, and can result in enhanced understanding of the information you are being given.

If you have trouble visualizing - the actual seeing of images - it's often because we just aren't visually inclined anyway. You can increase your creative visualization techniques by visualizing things in reality - effectively exercising the muscle, so that when you go to creatively visualize - from nothing, you have some experience.

Do this by thinking of something you do regularly, and put the visuals in your mind. If you regularly pick up your kids from school, visualize driving there, sitting the car, waiting, seeing your child...all the components. Bring in as much detail as possible, and you will soon find Inspiration sharing pictures with you too.





Enjoy this wonderful source of Passion and Purpose!

It's my hope that you will use these tools to empower you on your journey to your True Purpose.

Having spent 5 years on a journey of my own, I know the joyous and painful experiences awaiting you. Know that your path is here for you to discover and take - and THRIVE along the way!

Dori

