

# EFFECTIVE METHOD FOR A YES/NO ANSWER

## HOW TO GET A YES, NO, OR MAYBE

This method of getting a yes or no answer involves somatic (body felt) sensing. Whenever we tune in for psychic feedback, we are sensing with our whole self. When you are sensing with your intuition, you know when you receive a tug to take action or hold back by how your body feels. The body is the receiver of all psychic energies.

So many questions can be answered with a simple yes or a no. "Should I go to the event tonight?" "Is this person a right fit for me?" or even something very small, like, "Should I work out or rest today?" Sometimes it's hard to make these decisions, because we tend to have high expectations of ourselves, and yet....sometimes our Guidance is urging us to sit back and rest and integrate.

So this method can be used as a way of helping the mind to relax around decisions big or small. If you've ever heard of muscle testing, or used a pendulum, this exercise operates on similar principles. At the same time, it helps to train you to listen to how your body feels for feedback, and this is a skill that you can grow and build upon. Eventually, you may not even need to do this exercise, because you will be tuned in enough that you will just know whether it's a yes or a no.

## THE YES/NO EXERCISE

The Yes/No Exercise involves standing up. Close your eyes, and breathe deeply in and out three times, focusing on your feet and the connection you have to the ground. Next, focus on your heart. Your heart connects you with your higher self, through which you will channel guidance.

Once you are grounded and centered, close your eyes and ask to be shown "forward for yes." Your body should start to tilt slightly forward. Next, ask to be shown "back for no." Now, your body should be tilting slightly backwards. Ask to be shown "maybe," and you should tilt neither forward nor backward, but stay neutral and still.

Now, you can ask your question. Your body will tilt either forward or backward for your answer. If you get a maybe, it's helpful to try rephrasing your question to see if you get a different answer. Practice this as often as you like, and gradually your connection to your intuition will grow.