

WFWP USA: Pay Attention to Your Sense

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Perhaps all women have, at one point or another, experienced a moment when you feel, deep in your heart, that something is off. It is not always easy to put into words what it is that you feel, and yet you can't shake the urgent feeling that something is wrong. Those feelings may take the form of tears brimming the corners of your eyes, or an increased heart rate, or an uneasiness in the pit of your stomach. It is almost as if the sensitivity is so strong that it feels like it is bursting out of you. In those moments we have two choices to make: pay attention or ignore it.

If you choose to trust that sensitivity, you are all-too-often misunderstood or considered emotional for speaking from such a place. But, I believe that place you are speaking from is one of the most untapped reservoirs of divine inspiration. You see, women are innately gifted with the ability to sense when things need to change. It's not a burden, it's not simply hormones, it is, in fact, a gift from Heaven. Without years of practice harnessing this innate spiritual sensitivity many of us have quieted this voice inside of ourselves. Instead, we must learn to recognize the feelings for what they are, a signal from within our souls.

It is true that our emotions sometimes cloud our judgment and get the better of us, so it is up to us to learn which emotions to pay attention to and which to simply breathe through. If we're able to pay attention to the core of that signal and understand what is the essence of what we are feeling, we will unlock a profound secret. Our Creator is speaking to you through these feelings. Breathe them in, dig deep, and pay attention. What is the essence of what our Creator is saying to you? I suspect you are being asked to heal something only you can heal.