

## MY INITIALS, MY RADIO STATION

Out of all the inner voices in your head, one voice is always giving you great advice, unfailingly, 24/7/365. When you tune into this voice you will hear exactly what it is you need to do next.

This is the voice of your spirit or your highest, best self.

What is this voice? Here's a way to understand it:

Write down the initials of your names (first, middle, last). For example, if your name is Mary Graham Bernard you would write down

**MGB**

Now, if you live east of the Mississippi River in the U.S.A., put a big **W** in front of your initials. If you live west of the Mississippi River then put a big **K** in front of your initials.

So Mary, who lives in Boston, would write down: **WMGB**

Now add W or K to your string of initials and write it down : \_\_\_\_\_

This is *your* personal radio station: the voice of your spirit or highest self.

It is always giving you good direction. Stay tuned to it.

***Note: for readers outside of the United States:***

Adjust this exercise to suit how radio stations are named in your country. For instance, if in your country radio stations are named Radio 1 or Radio 2, just substitute your name for the number: for example, Radio José or Radio Lisle.