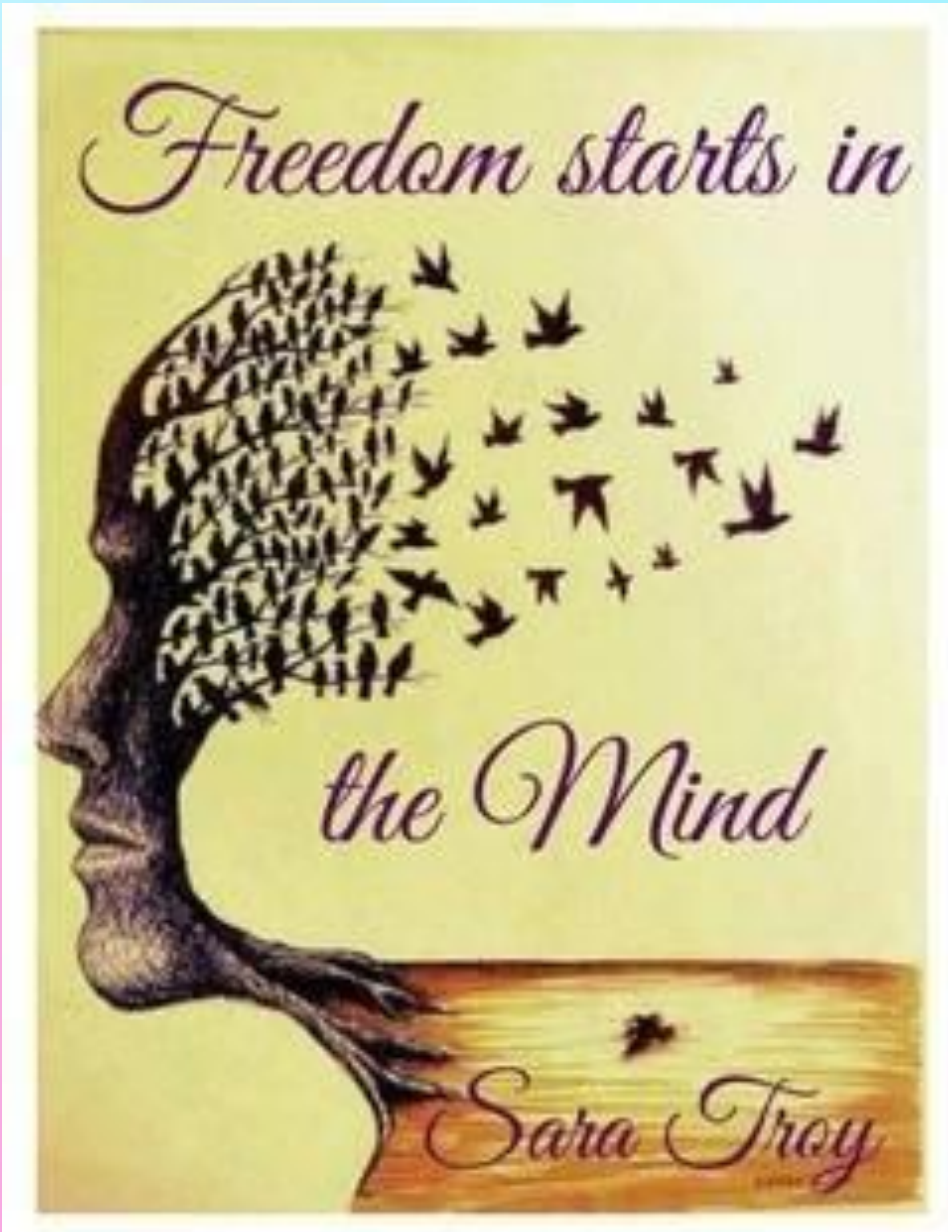


TO KNOW WHAT YOU
NEED TO KNOW,
WHEN YOU NEED TO
KNOW IT,
IS ALL YOU NEED TO
KNOW

KNOWINGNESS IN BUSINESS

With Sara Troy
of Self Discovery Wisdom podcasts
& Orchard of Wisdom org



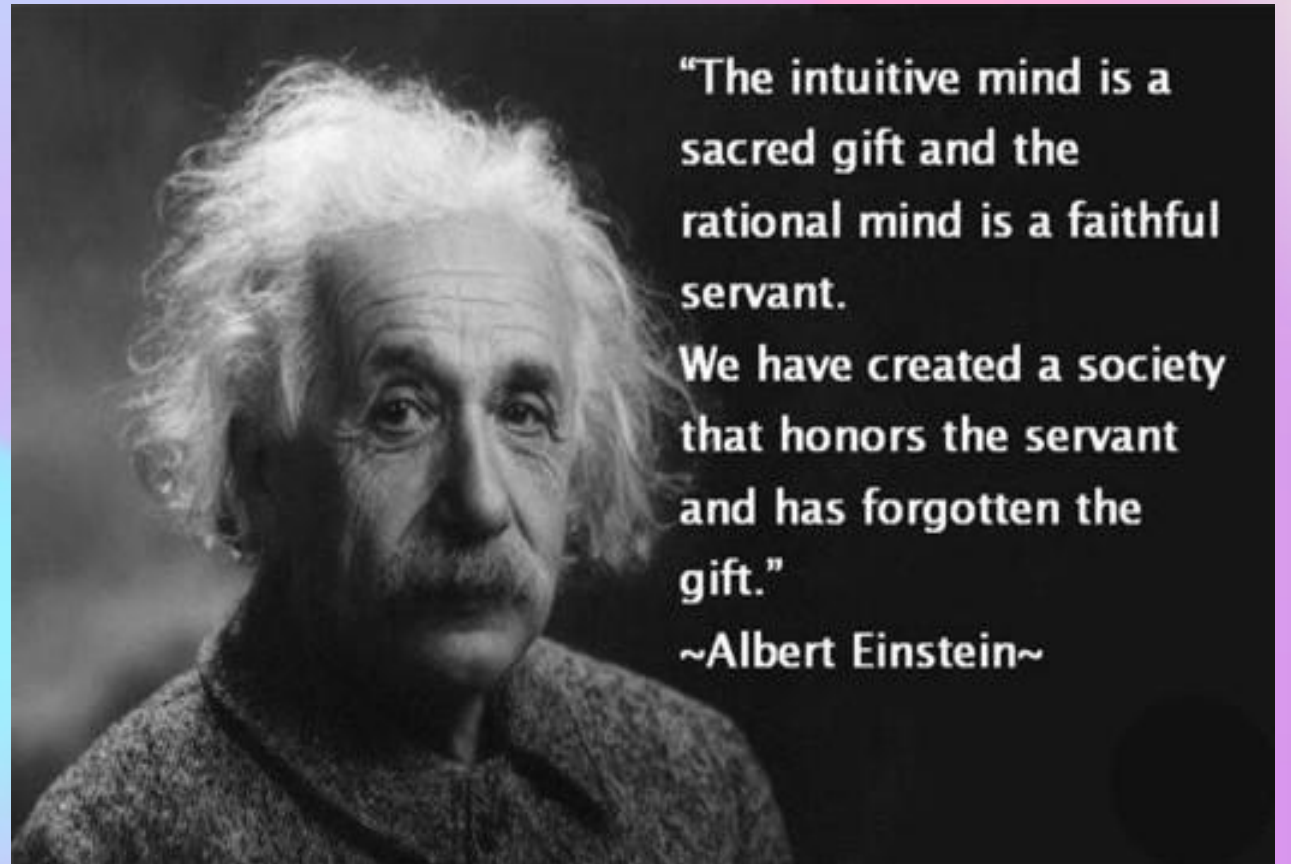


“ONLY WHEN THE
MIND OPENS TO
WISDOM CAN TRUE
UNDERSTANDING
UNFOLD.”

*Knowingness is your soul's energy wisdom
moving through the hearts truth, speaking
through the spirit, and giving the mind
clarity at the moment it's needed.*

Sara Troy

THE BUSINESS ADVANTAGE



Why Business Needs Knowingness

Data vs. Wisdom

Data

Facts and figures

External information

Informs decisions



Wisdom vs Data

Knowingness

Inner wisdom

Soul-level guidance

Transforms lives

Knowingness Leaders

Leaders who use knowingness:

Make decisions faster

Choose aligned partners

Avoid unnecessary drama

Lead from steadiness, not stress

Inspire trust in teams and clients

Innovate from clarity, not chaos

Knowingness is the competitive advantage no one can copy —because it comes from within you.



Intuition: Your Inner GPS

Think of it this way: your soul gently taps your shoulder while your mind frantically reads the instruction manual. Your intuition is your inner GPS—it already knows the shortest route home.



ANALIZE VERSE INTUITION

In business, we are trained to
analyze everything.
But analysis alone can paralyze.
Spreadsheets don't always tell
you if a client is aligned.
A business plan doesn't reveal if
a partnership feels right.
Data can't measure character,
integrity, passion, or resonance.

Knowingness fills the space logic
can't reach.
It reduces doubt.
It accelerates decisions.
It refines leadership.
And it brings *humanity* back into
how we work.

Accessing Universal Wisdom



Universal wisdom flows through everything, connecting us to something far greater than our individual minds.

There are no office hours, its available 24/7

Nothing to plug in, switch on it is always there...when you choose to listen

Recognizing the Signals



Knowingness speaks through the body:

Expansion = Yes.

Lightness. Ease. Breath.

Contraction = No.

Tightness. Pressure. Hesitation.

It speaks through energy:

A yes flows like a river.

A **no** feels like wading through mud.

The body is honest.

The energy is honest.

The question is...

are we honest enough to listen?

The Action Sequence

Notice the sensation in your body. What's your gut telling you? What does your heart whisper?

Feel First

Let the knowing emerge. Don't force it. Your soul speaks softly, lean in and listen closely.

Know Second

Move with confidence. When intuition guides you, clarity follows naturally and doubts fade away.

Act Third

Trust this sequence. Your feelings are messengers, your knowingness is truth, and your actions become aligned. This is how intuition brings crystal-clear clarity to your life.

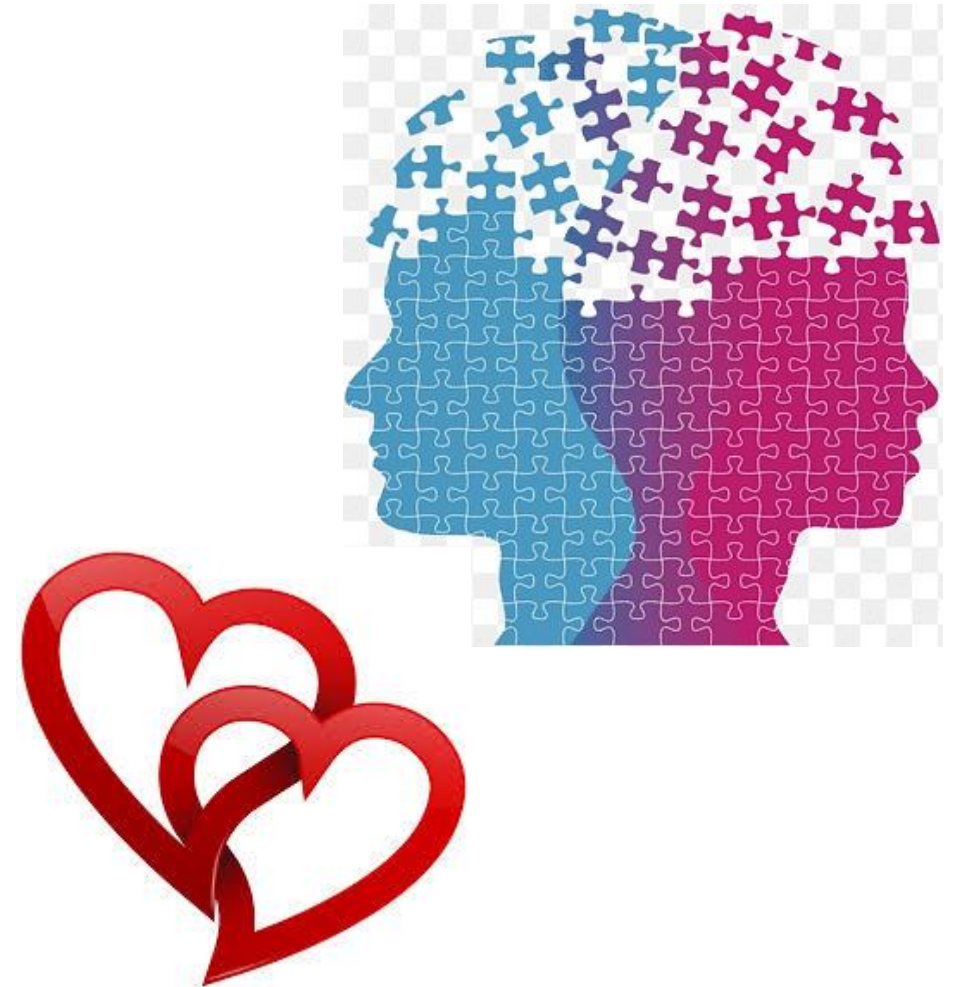
The Heart-Mind-SOUL Partnership

The heart is the tuning fork, it **feels** the truth first.
The mind is the architect, it knows what to do
with that truth.

When the heart leads and the mind organizes, we
get clarity and alignment.

When the mind leads alone, we get stress and
second-guessing.

Knowingness is simply partnership, heart and
mind, soul and spirit.



You know that "Goldilocks" moment when something feels perfectly right?

That's your soul speaking. Your body knows before your mind does.

Watch for these signals:

Your shoulders drop and muscles soften

Your heart opens like a gentle door

Your busy mind finally settles

Everything clicks into place

This is your soul's quiet "yes", the feeling of alignment you've been seeking.

Goldilocks approved!



Your knowingness
is the CEO of clarity
— the mind just
the meeting minute

Gut instincts:
the original
business analytics.

If something
feels wrong
in the boardroom,
trust that—
sour intuition
saw the red flag

Decisions made
from knowingness
create less cleanup
than decisions
made from panic

When leaders
follow their
knowingness,
the whole team
feels the shift
—and stress drops

The Cost of Ignoring Knowingness

Every one of us has overridden that inner voice.

We've said yes when we felt no.

We've stayed in partnerships long after our spirit stepped out.

We've taken on clients who were screaming red flags from day one.

And what followed?

Burnout.

Misalignment.

Lost time.

Lost money.

Lost peace.

Ignoring knowingness is expensive.

Listening to it is liberating.



“If something feels wrong in the boardroom, trust that ,your intuition spotted the red flag long before HR did.”

Don't be afraid to trust your gut and speak up when something doesn't feel right.

Leadership Presence

“When leaders follow their knowingness, the whole team feels the shift, and the stress drops.”

It builds confidence inside your organization and strengthens trust with your clientele.



STRENGTHENING YOUR KNOWINGNESS

To strengthen knowingness, we must quiet the noise.

Simple practices:

Breathe before you decide

Pause before you speak

Step back before you commit

Ask: **“Does this feel true for me?”**

Journal your yeses and no’s

Create micro-moments of stillness

Let timing reveal itself

Knowingness doesn’t rush.

It reveals.

It unfolds.

It arrives right on time.

Knowingness is our built-in guidance system, subtle, steady, always available. It shows up in the quiet places: a tug in the gut, a nudge in the chest, a whisper in the heart.

When we honor it, life becomes clearer. Decisions simpler. Stress lighter.

We move from reaction into alignment.

Data informs us, but knowingness transforms us, broadening our vision, deepening our wisdom, connecting us to something greater than the thinking mind.

So, as you move forward, in business and in life, let your knowingness walk with you.

Feel first. Know second. Act third. Trust what resonates.

Notice the yes, the no, and the “just right.”

When you tune into this deeper intelligence, you don't just make better choices you become the clearer, calmer, wiser version of yourself the world has been waiting for.

SARA TROY IS
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