

HER

*Spiritual & ★
Self-Love Summit*

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CONNECTING TO YOUR INTUITION

Learning to listen to your intuition so that you can make empowered decisions and choices from the heart and a place of self-love helps you to live life with greater ease and flow. By learning to discern what feels good to your soul and what does not ensures that when life has twists and turns you are more able to clearly hear your intuition, which enables you to feel more confident and happier about the choices you make.

Here is a simple exercise you can use to hear your intuition more clearly, as with the first 2 steps of the challenge, the more you practice these steps the easier and more natural they will become and they will form part of your self-love tool kit.

The Process:

- Start by doing the grounding meditation then follow this process:
- Take several slow deep mindful breathes in and out and close your eyes. Now place your left hand over your heart and your right hand over your left hand.
- Allow your shoulders to drop and relax and imagine any thoughts dropping from your head into your heart space.
- You can simply intend it to be so or visualise your thoughts as if they are grains of sand dropping through an egg timer.
- When you have done this keep your attention lightly on your heart space and do this for a few minutes.
- Become familiar with how it feels to be in your heart space as this space where you can clearly hear your intuition. There should be a feeling of calm.
- This is the space in which you can ask yourself a question you feel unsure about.
- If you still feel unsure place your left hand over your lower tummy and your right hand over your left hand and breathe, what does your gut tell you?

Remember to practice this process as often as you can so it becomes part of your daily life.

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