

**3 reasons we  
aren't  
connecting  
with our  
intuition.**

**Lack of  
Neutrality  
+  
Not Trusting  
Ourselves  
+  
Fear of Being  
Vulnerable**

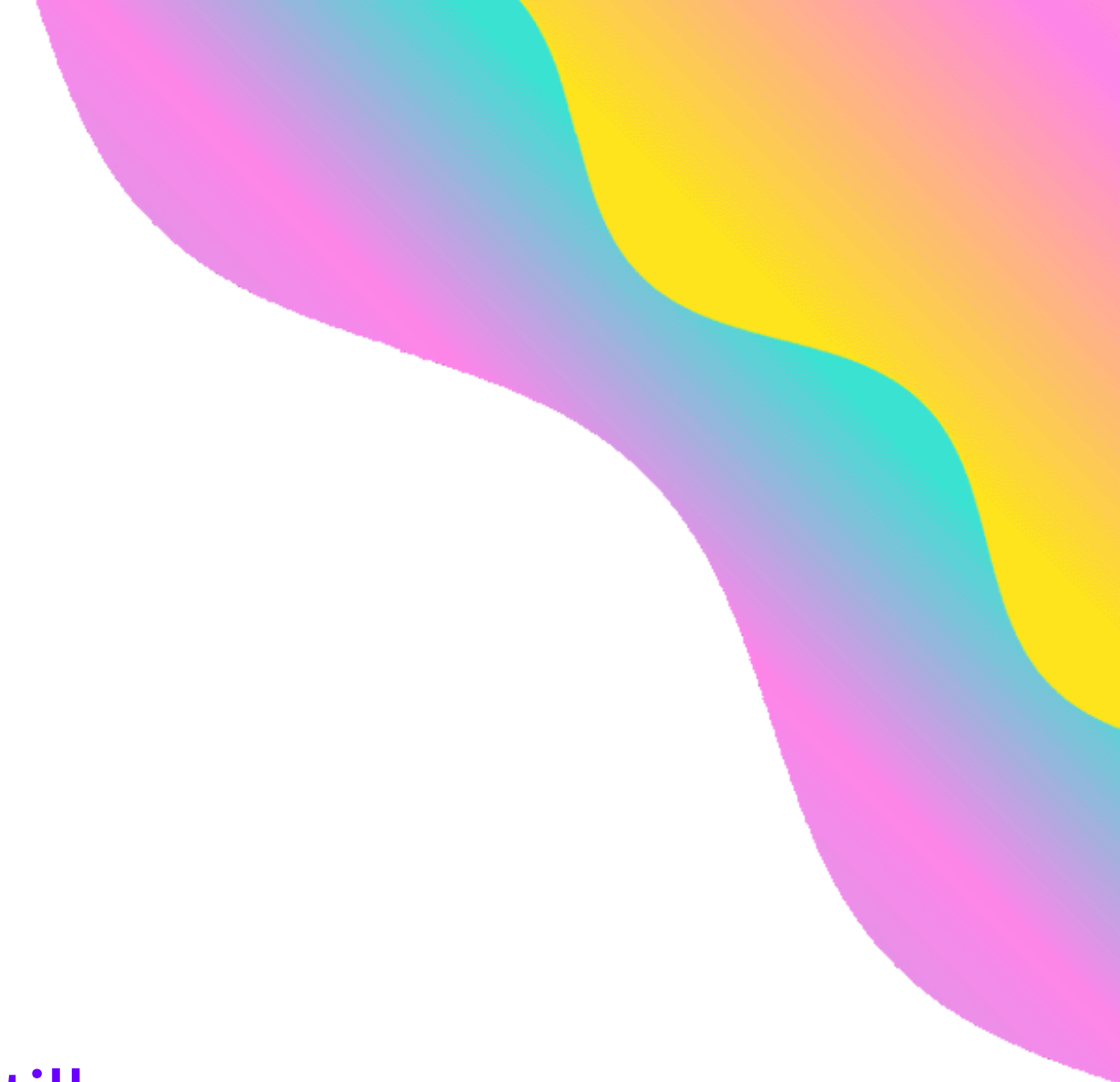
# How do we gain more neutrality?

- Practicing being present
- Yoga
- Spirituality
- Energy Healing
- Meditation

Mindful eating:  
Not only what you are eating but how you are eating it.

- Eating while on the phone, TV, Computer, Eating on the run.

- Stillness
- Nature
- Qi Gong
- Tai Chi



# Journal Prompts

## Do you trust yourself?

-Do you second guess yourself?

-Has someone taught you that you are not trustworthy?

Do you value your own opinion?

-What needs to happen in order for you to trust yourself?



# Vulnerability is the gateway to yourself.

- Leaning into your emotions and feeling them.
- Allowing your heart to open even when it's scary.

- Being present within your body.
- Your body is a loving space where you can rest, grow and heal.