



ACTIVATING THE HEART INTELLIGENCE.

Right hand on your chest with a little pressure. Breathing in saying in your mind love, compassion, understanding and forgiveness.

Hold the breath, your stomach should be expanded. Saying the words in your mind love, compassion, understanding and forgiveness.

Breathe out, saying the words in your mind love, compassion, understanding and forgiveness.

Do this exercise for three minutes.

This technique activates the heart intelligence and amplifies your inner voice of knowing. Brings your awareness in to the now moment. When in the now moment you are in joy and peace. Present. The words are feeding your subconscious.

POWER QUESTIONS.

A power question invokes an insight or answer.

Where do I feel stuck?

How would I feel if I wasn't afraid?

What would I do if I wasn't afraid?

How have I been letting myself down?

What is 'really' holding me back?

What is it I have been 'pretending' not to know?

How is that working out for me so far?

What do I need to learn?

What is my why and what?

What actions do I need to take?

What am I willing to commit to?

My word is my bond!