

CLEAR DIRECTION

It is very difficult to create positive change, easy growth and clear direction if we are

- struggling to have an open dialogue with ourselves and to check in to see where we are at on all levels
- struggling to be the 'observer' and see things from an outside (outside of ourselves) perspective – in particular to 'fear' related thoughts and patterns of behaviour which hold us back and keep us 'safe'
- not clear on what we actually want (and don't want !)
- not making the space for inviting it into our lives

NOTE:

- Notice if lack of MONEY or TIME (or your thoughts of lack) are preventing you from starting or reaching a goal! If you really want something and you are doing what you can to move in the direction of achieving it, you WILL be supported by the universe – it is the law of attraction. Whatever we focus our attention on we will naturally be drawn to and vice versa. In Chinese they say 'Qi follows Yi' = 'Energy follows Thought'
- If you remove / are considering removing self care spendings because you are trying to save money, first ask yourself how important they are to your overall health and supporting you to actually achieve your goal. Often selfcare / exercise gets dropped the first. Instead, check in what café / nights out / clothes shopping / subscription spending levels are at, or can you make other spending choices = buy more bulk food etc.

We may receive different answers when we 'feel' into what we want or need rather than 'think' about what we want or need. There are 3 zones and all are important in their own way and all 3 need to work with one another = this creates balance. There may be some fear in these 3 zones too, if so, with time, kindness and acceptance, recognise when the 'feeling' is coming from the negative feeling (fear) or from the positive 'feeling' of that area : head, heart or hips. NB. Medications and contraceptive hormone producing or interfering devices or pills can disrupt parts of our messaging system. Please don't worry if this is relevant to you, I'm just noting it to observe when tuning into your intuition especially womb space.

3 ZONES OF FEELING

There are 2 ways we can feel into something using our 3 zones :

The POSITIVE feelings within the 3 zones:

- **head** = with our mind, our brain, our thoughts
= here make logical and analytical decisions
- **heart** = with our heart, soul, heart space
= here we make decisions more from love and pure joy
- **hips** = our womb space
= this is also the gut instinct for women
= here we make decisions from intuition, a deeper knowing and understanding

The NEGATIVE feelings within the 3 zones:

- **head** = overthinking, analysing, distracting, thinking things are unrealistic, comparing, preventing action due to previous experiences (thinking it will be the same again)
- **heart** = protecting ourselves from hurt and being vulnerable, anxiety, feeling pressured
= closing down and moving inward
- **hips** = protection from feeling exposed and seen, instability
= lack of grounded-ness (this area is our foundation - our rooting to the earth)
= feelings of being unsafe, lack of security if we move out of our comfort zone
= self sabotage from feeling pleasure in life, rigidity towards flow and flexibility

INSTINCT = our gut / womb = is always right - don't question or doubt it. By listening to our instinct it strengthens, and continues to strengthen, the communication with self. This ensures we don't doubt our instinct, and instead respect it and turn to it for true guidance. Our head likes to pussy foot around and make us think something that is good for us that our instinct knows isn't ! Hence the repetitive patterns or going in circles. Mind explosion !

Example and suggestive Self In-quiry questions using the 3 Zones of Feeling :

- What does it feel like to ?
 - have a happy healthy relationship ?
 - be living comfortably and feeling financially comfortable ?
 - make time for me and the things I enjoy ?
 - have a supportive network of people around me ?
 - have a supportive job / enjoy my work / have a successful business ?
 - learn new things / do that hobby that I love ?
 - my own business / that promotion / new position / a healthy work environment ?
 - feel good within my body ?(strong, healthy, pain free, beautiful)
= these are all your interpretations of what feeling good means to You
- Would that be something I would really like or really enjoy or really want ?
- Is that something I am willing to work on or for to receive ?

MODULE 7 RECAP

Clear direction is needed for positive change and easy growth.

There are 3 zones of feeling into something with possible positive or negative qualities.

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Thinking back to **Changing Your dialogue** and the **Affirmation** you created, **tune into** what you are actually wanting and needing – try 'feeling into it' rather than 'thinking into it'.

Ask Yourself, then **in your journal, answer any relevant questions** in your life right now AND in your dream life, 'feeling' from each of the 3 zones while using the POSITIVE feelings as mentioned on the last page. Utilise the 'Example Questions' if you feel stuck.