



Trusting Your Instinct

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What is it?

Some people find it really difficult to trust their instincts. We reach out for help, second opinions and advice from friends, tarot cards, counsellors or mystics.

Those things are very cool and I do those things myself.

But I also use my own body.

Your Body As A Guide

You have to kind of train yourself to trust yourself! But you can start today and it is completely free.

Think back to a time when you had a hunch or gut instinct about something and that something turned out to be real and it actually happened.

Try and remember where you felt it in your body. As you recall the experience, where are you feeling it in your body now?

Fuzzy Feelings

Lots of my clients experience a "fuzzy feeling" when they are communicating with their body; they can feel things in their stomach, their chest or their forehead. You might feel them in other places. Don't be alarmed by this cool communication system your body has set up for you!

Get to know these feelings a little better and build trust with yourself and your body.



Exercise

Listening to our bodies (and it's the same when we listen to our soul/self) is like learning another language. It's not direct and clear, you have to learn the language!

Let's do an exercise; pick something where you have to make a decision. Make it an unemotional, boring thing. Close your eyes and imagine two white gates in front of you. There is a different decision behind each gate. In your imagination, walk through each gate, separately, and notice how you FEEL in your body in each scenario. You might have felt light and bright going through one gate and dark and stormy going through another. There are loads of examples like this where you can tune into yourself, literally in the moment. I even do this in shops if I need to make a decision! I am not suggesting that you make life changing decisions this way, but test it out with the little things.

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