

THINK FOR YOURSELF *from the inside-out. Your body doesn't lie.*

“Be not conformed to this world: but be ye transformed by the renewing of your mind.”

Romans 12:2

Mass Mind How is that thinking?

Academic mind. How is that thinking?

Media Mind. What is that inciting?

Mythical Mind. What is the archetypal story?

Your Mind. What are your thoughts and beliefs about your truth in these times?

Your gut. LISTEN to your own body. Contracted or Expansive? Firm or wobbly?

Heavy or Light? ... when you focus on a particular thought.

Then I invite you to journal, draw and breathe with your Truth.

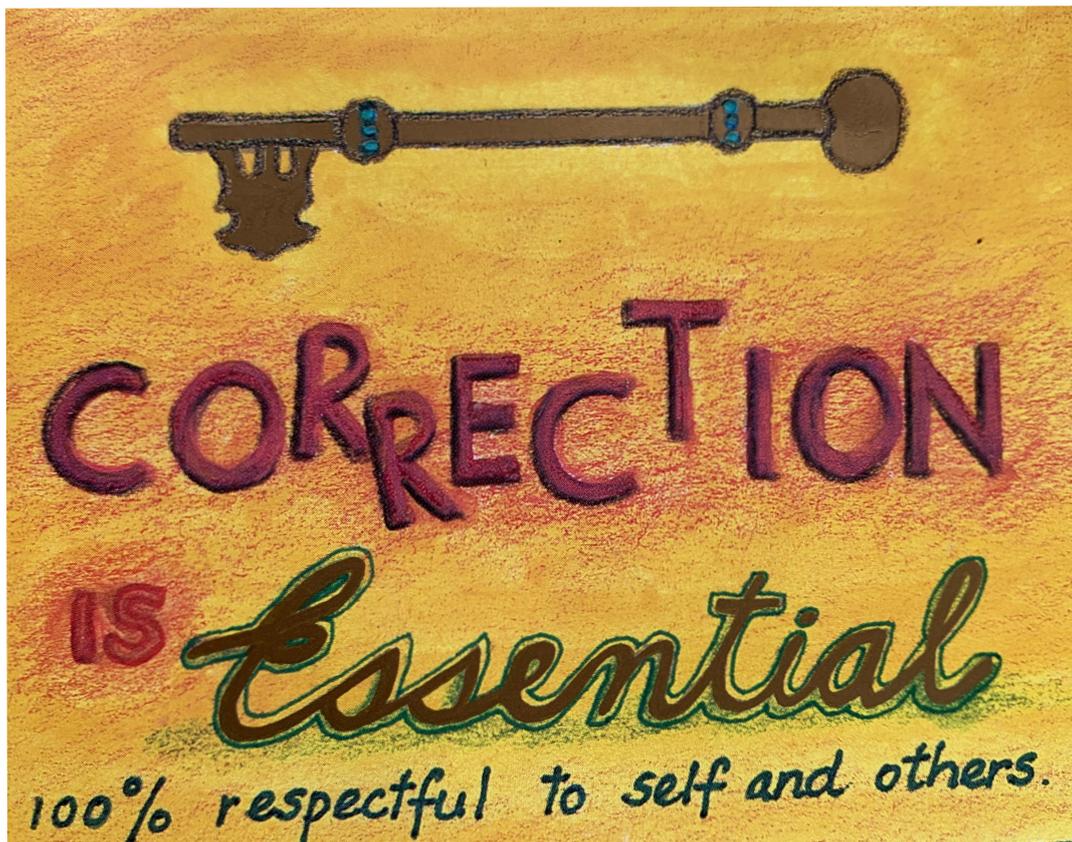
Notice your bodily response to people, places, daily doings and to your truth.

Bloom where you are planted as well as Notice and choose the ENVIRONMENT most supportive of your **whole** Being? You are your environment.

The Egyptian God Thoth had insight as to the downside of the invention of writing and reading. **“People will trust their own bodily experience less and less in favour of words.” THINK ABOUT THIS.** Many, or most, Doctors believe the words of drug companies even before properly collated bodily experience. Our society runs to a doctor to solve their problem. Can you imagine a habit of listening for the wisdom and inner guidance of your own body? Your gut has brain cells. **LISTEN TO YOUR BODY.**

I send BIG Aroha and best wishes . You can do it. I believe in you.

Skye



There are approximately 100 billion neurons in the human brain. Your gut contains **500 million neurons**, which are connected to your brain through nerves in your nervous system.

Signals generated in the gut can massively influence the brain. The gut brain can operate independently of the brain and spinal cord.

Intuition can be unpredictable and random or present and integrated. It's empowering to practice and develop your reliable inner guidance. Your True Self.

My blessings and aroha go with you as you unfold your True Self.

Skye

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