



Session will be
starting at 12 noon

Listen To Your Gut, Hone Your Intuition



Hello and Welcome!

I am Norma Powers,
owner of Mind, Body, Vitality, LLC
I am passionate about health, wellness and empowering
people to make sustainable lifestyle changes.

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Disclaimer

- ✓ I am a health coach and I'm here to guide you in a holistic approach to nourish your mind, body and spirit for overall vitality.
- ✓ I am here to help you reach any health goals and to empower you to implement positive, sustainable lifestyle changes.
- ✓ I am not a doctor, counselor, nutritionist or dietitian.
- ✓ My role is not to prescribe, diagnose, cure any diseases.
- ✓ Any recommendations are not meant to take place of any professional advice.
- ✓ Do not discontinue or make any changes in anything which has been directed by a medical professional without first consulting with them.



August Topic:



+ *Listen To Your Gut:
Hone Your Intuition*



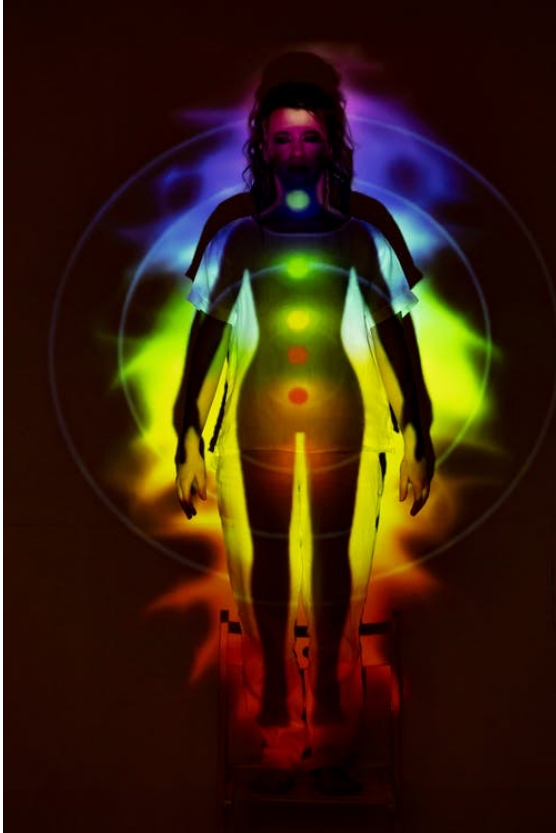
Circle of Life:

+ *Relationship*





Grounding Meditation



+ *6th Chakra
Meditation*

.





6th Chakra Meditation

[6th Chakra Meditation](#) (*our third eye chakra*)

- × **Ajna chakra:** responsible for our deep inner knowing
- × **Color:** Indigo blue
- × **Located:** center of the forehead, level of eyebrows
- × **Balanced:** you are adept at listening to your inner voice
- × **Unbalanced:**
 - × **Physical:** headaches, sinus problems, mental exhaustion or confusion
 - × **Emotional:** feel lost, close minded, insensitive





Topic of the Month

*Listen To Your Gut -
Hone Your Intuition*



Instinct vs. Reason

Instinct

*Natural/
inherent
impulse*

Reason

*Process of
reaching a
conclusion*

*Necessary
for decision
making*





Your Inner Animal

- × Instinct is our inner guidance tool
- × Humans vs Animal Instinct
 - × Humans have intuition and can reason
 - × Animals only have intuition
- × Reason and logic informs our intuition





Re-integrate Intuition

- × We've ignored our intuition

Conscious Mind

*Uses and
relies on logic*

Unconscious Mind

*Taps into the
past, present
and future*



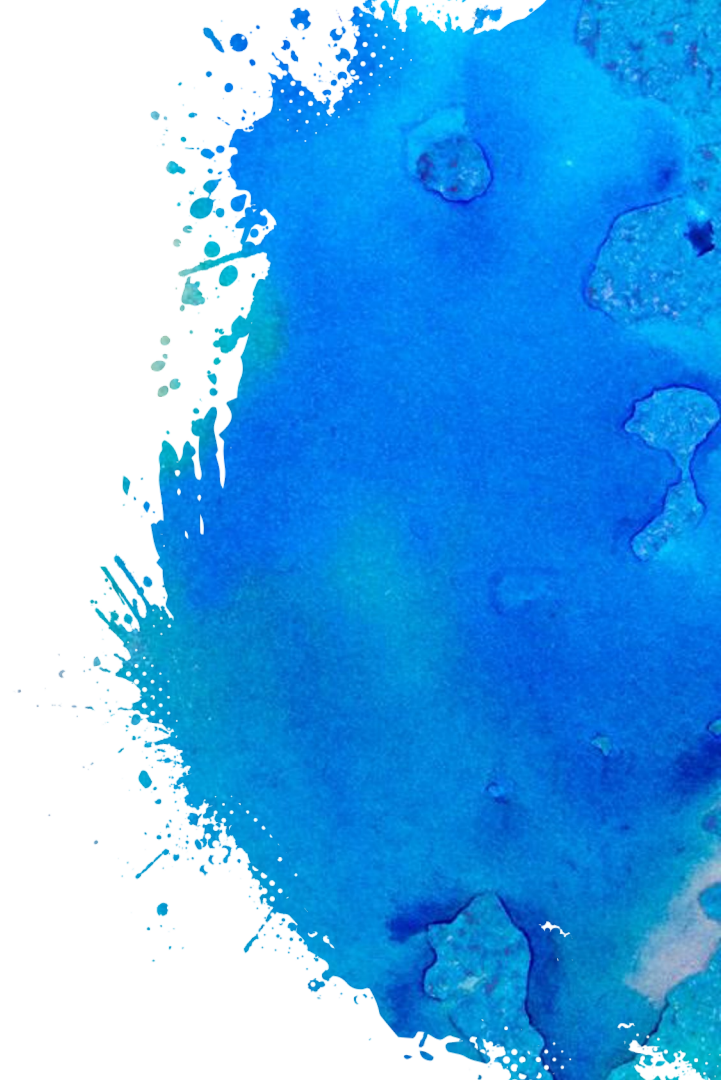


Intuition vs Scared Ego

- × Intuition requires loving and trusting yourself
- × Scared Ego:
 - × Appears when we're about to do something new
 - × Allows us to stay within our comfort zone
 - × Acts to protect us
- × Ask yourself:
 - × *What do you have to gain from the change? Will you benefit from expanding your comfort zone?*



Flexing Your Intuitive Muscle





Expansive or Contractive

Expansive Feelings

- × Light
- × Powerful
- × Exciting

Contractive Feelings

- × Heavy
- × Tight
- × Dread / Secrecy

Physically

- Clenched jaw
- Hunched over



Body Scanning

- × Your body – most valuable intuitive tool
- × Feel into any emotions, physical sensations
- × Relax and ask yourself questions
- × AM/PM body scans





Write It Down

- × Journal your emotions and body reactions
 - × Tasks
 - × Interactions
 - × People you encounter





× *Let your body guide your decisions*

× *Focus on your body's sensations*



Daydream

- × Daydream about your life and career
- × Don't censor
- × Allow your body to steer you





Beware

- × Be mindful of negative thoughts, this is your brain's control
- × Allow your body to guide your decisions





*Go Outside Your
Comfort Zone*



Practice

- × Pause and reflect throughout the day
- × Consider what sensations are telling you





Notice Patterns in Your Life



Take A Break

- × Allow your mind to rest
- × Find stillness and create space with meditation
- × Notice where thoughts are taking you





The Bottom Line

- × Practice and patience
- × Scared ego vs gut instinct
- × Listen to your body





*Follow your instincts.
That's where true
wisdom manifests itself."*

Oprah Winfrey



QUESTIONS??



Resources

- × <https://mariashriver.com/using-our-intuition-for-better-health/>
- × <https://www.bustle.com/p/11-ways-to-know-if-your-intuition-is-trying-to-tell-you-something-how-to-listen-38787>
- × <https://www.forbes.com/sites/lizryan/2017/02/25/how-to-trust-your-intuition-and-listen-to-your-gut/?sh=29c30ac45918>
- × <https://www.inc.com/jessica-stillman/how-to-listen-to-your-gut.html>
- × <https://www.psychologytoday.com/us/blog/wander-woman/201703/should-you-trust-your-gut>
- × <https://danachildsintuitive.com/your-body-is-your-intuitive-tool/>
- × <https://www.verywellmind.com/what-is-the-conscious-mind-2794984>



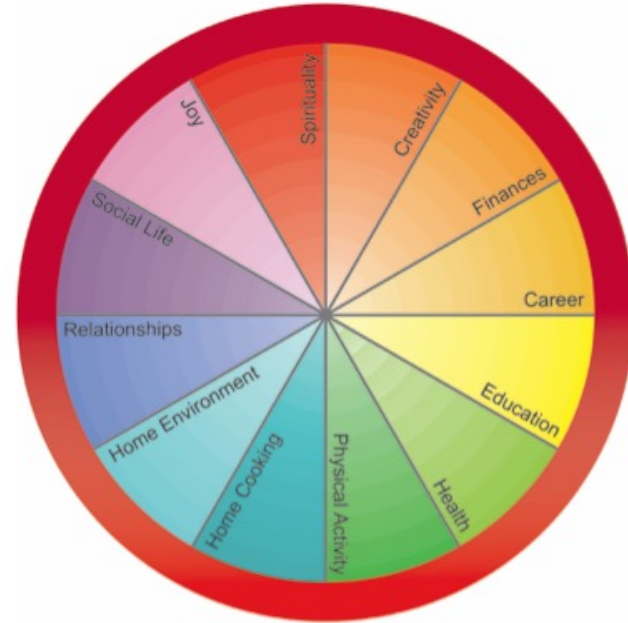
Circle of Life:

- *2nd Review & Assessment*
- *Relationships*



Circle Of Life Review

- × Represents the 12 areas which we call our “Primary Foods” – these are the areas that nourish us off the plate.
- × When your primary food is balanced and satisfying, your life feeds you, making what you eat secondary.
- × Each month we’ve been addressing specific area and have gone into more depth on creating balance within that area.

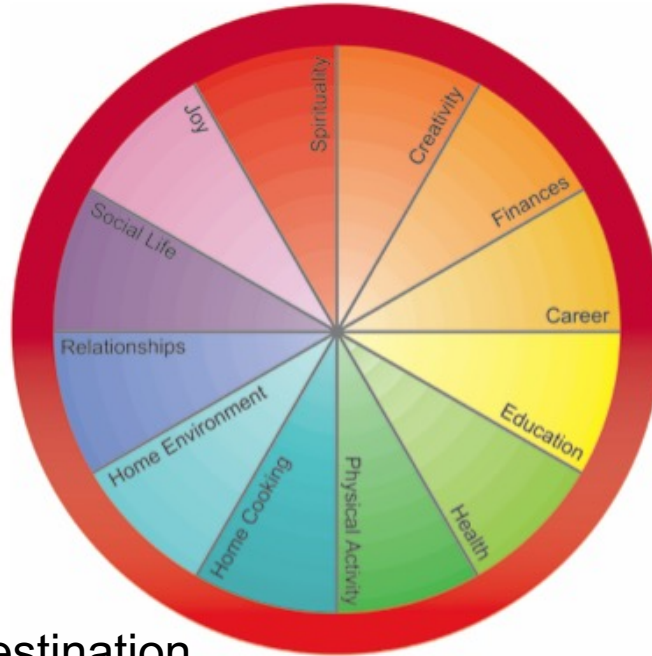




Circle Of Life Assessment

2nd (not quarterly)
review and assessment

- Are the same areas coming up
- Have some areas changed.



Remember:

Health is a journey and not a destination



Relationships

- × *Relationships are the cornerstone of live. It's food for the soul and nourishes the body, mind and spirit*
- × *Has a massive impact on our quality of life and health*
- × *Our needs fluctuate depending on what's happening*
- × *You are in complete control of your relationships, and you don't have to depend on someone else to do things to feel good.*

By bringing loving and focus to enhancing the relationships in your life, you'll impact your life and happiness in a huge way, as well as inspire your loved ones to do the same.



*Last Month
Recap...*

*The Case Against
Sugar*



Let's Recap our July Session "The Case Against Sugar"

Sugar

- × Composed of 2 simple sugars: Glucose and Fructose
- × Turns into glycogen

Sugar is Hidden in Everyday Food

- × Know your sugar ingredients
- × Added sugars

Insulin Resistance

- × Made by the pancreas
- × Regulates glucose

Take Action

- × Fruits / Vegetables
- × Healthy fats / seeds and nuts
- × Limit processed foods
- × Keep a food journal

Consequence

- × Obesity
- × Type 2 diabetes

Hacks

- × Reduce caffeine
- × Drink water
- × Get physical
- × Sleep and relax





*An
empowered
life starts
with you.*



Thank You
Any questions?

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