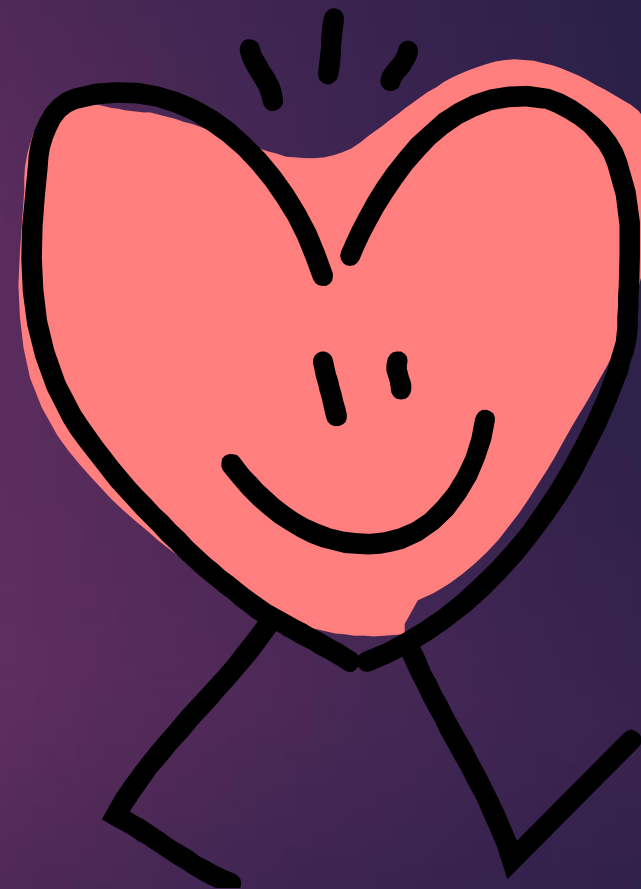


# Your Psychic Heart

HOW TO LISTEN TO IT, HONOR IT, AND FOLLOW IT



# Welcome!

## Here's what you're gonna learn

- ▶ Why we're all psychic
- ▶ Why connecting with your heart is nearly infallible
- ▶ How to ask great questions
- ▶ How to connect with your heart
- ▶ What YOUR yeses and nos look like (not everyone is the same)
- ▶ What to do when you get "nothing"
- ▶ How to tap into your inner power and confidence in just a few minutes
- ▶ How to let go of the resistance when you encounter it

But first! Let's ground and center



# Why we're all psychic

- ▶ We are non-physical beings having a physical experience
- ▶ Our physical bodies are antennae that pick up signals
- ▶ Conscious mind picks up 35-60 bits of information per second
- ▶ Subconscious mind picks up about 10,000 bits of information per second
- ▶ Entire body-mind system picks up upwards of 1 million bits of information per second
- ▶ School & traditional education only teaches how to use the conscious mind (and sometimes not that well.)

# Why connecting to your heart is (nearly) infallible

- ▶ The heart is the seat of the soul and connected to the heart chakra
- ▶ The heart chakra is the “bridge” chakra that connects your soul’s purpose and spiritual nature with the physical you that walks, eats, and enjoys delicious coffee
- ▶ Your physical heart is pretty bad ass, too
- ▶ It has 40k brain cells (called neurites)
- ▶ There are 10,000 pathways to the brain from the heart for every 1 pathway from the brain to the heart
- ▶ This means your heart is 10,000 stronger than your head

# How to craft great questions

- ▶ The heart thrives on yes/no questions
  - ▶ FEEL out what you most want
  - ▶ Get specific, if you can, but...
  - ▶ Energy trumps specificity
  - ▶ State it in yes/no
- 
- ▶ LIVE HOMEWORK! Craft 2 – 3 questions right now to ask your heart

# How to connect with your heart

- ▶ Relax
- ▶ Make sure you're in an open stance
  - ▶ Nothing constricting your stomach
  - ▶ Head held high
  - ▶ Shoulders relaxed, back and down
  - ▶ Feet on the floor
- ▶ Focus on your breath for a minute
- ▶ Place your hands on your heart
- ▶ FEEL the energy of your heart

# What YOUR yeses and nos look like (not everyone is the same)

- ▶ Typical YESes look like...
  - ▶ Warmth
  - ▶ Expansion
  - ▶ Blood flow
  - ▶ Excitement
  - ▶ Electricity



# What YOUR yeses and nos look like (not everyone is the same)

- ▶ Typical Nos look like...
  - ▶ Coolness
  - ▶ Contraction
  - ▶ Lack of blood flow
  - ▶ Fear
  - ▶ Decrease in energy

What YOUR yeses and nos look like  
(not everyone is the same)

**PRACTICE**

**Bust out those questions!**

# What to do when you get “nothing”

- ▶ Don't panic!
- ▶ Nothing almost always means “it doesn't matter” or “no”

# How to tap into your inner power

- ▶ The 5 Power Poses
- ▶ Super Woman/ Super man
- ▶ Victorious
- ▶ Executive
- ▶ Relaxed Executive
- ▶ Negotiator

# How to tap into your inner power

- ▶ Why the poses work...

# RESISTANCE

- ▶ Welcome it
- ▶ Strike a pose
- ▶ Engage a dialogue from a place of power
- ▶ Use your heart



LIVE Q&A



# Thank you!

PDFs will be ready later today. Look for an email!