



WOMAN WISE

Our bodies already know what is needed to heal. We have just forgotten. Take time to sit with yourself and ask what's needed. The first response that comes up is often the best. Sit quietly for a few moments, observing your breath and start to feel areas of tension, freedom, ease and tightness. When you feel relaxed ask yourself...



What's the best way I know how to.....nourish myself with food?



What's the best way I know how to.....move with pleasure and freedom?



What's the best way I know how to.....relax fully?



What's the best way I know how to.....connect with myself and others?



What's the best way I know how to.....work, fulfilling my purpose, creating a living?



What's the best way I know how to....nourish myself spiritually?



What life and health enhancing rituals can I honour daily, weekly, monthly?



Who are the people that can support me?



Who are the people I still need to get on board?



What environment needs to be created at home and at work that will be most supportive?



What resources do I need internally or externally to make this transition possible?

