



Dr. Evelyn's
STEPS TO
CONNECTING
Intuition

Gain confidence in what is going to be
best for you!

*This advice is intended to be used with the guidance of a healthcare professional. Confirm your ideas about diet and movement with this professional as you practice self-guiding your supportive care.

BY DR. EVELYN MOSELEY D.C.

Step #1: Body Work

The first step in getting in touch with your body's needs, is getting your body touched! All body work is going to help you bring awareness to your body, and mentally tune in to what it is trying to communicate. Chiropractic care especially, has the added benefit of creating clarity in your nervous system so that it can communicate effectively!

- All body work is going to help you **bring awareness** to your body, and mentally tune in to what it is trying to communicate.
- **Chiropractic care** especially, has the added benefit of **creating clarity** in your nervous system so that it can **communicate effectively**.
 - You will be able to receive signals from your environment and respond appropriately.
 - The physical connection between your mind and body will be clear! **No interference** that can lead to fuzzy messages and misunderstandings.
 - Chiropractic is a **necessary foundation** for all of your health endeavors. All of the other steps are going to be so much easier if you are able to start here!

Step #2: Listen to your Mind

Taking some quiet time to notice what you are thinking allows that intuitive voice to come through. Often, by the time we experience pain- our body has had to ramp up its signalling to a loud shout! If we take time to listen to the quiet voices, we can avoid our bodies temper tantrums!

***** Watch out for "SHOULD":** The language of our body doesn't speak to us this way.

Our bodies don't say "you should do this or that."

Our inner voice says:

- "It would feel so good to ____"
- "Yes, that's exciting!"
- "I would love it if ___."

It doesn't bargain with us. Our innate sends gentler signals. Notice this wording in your thoughts by practicing mindfulness and in your speech patterns by paying attention to how you talk about your health.

Step #3: Cultivate Love and Respect for your Body

Who do you trust in your life? I am willing to bet that you trust people who you respect and who you like. So if you are going to start trusting your body, you need to **apply this attitude to yourself!**

You need to set yourself up for caring what your body has to say!

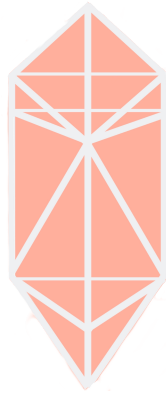
- **Gratitude Practice-** Find times to be grateful for all the things your body is doing right! Every day when you wake up you can say "Thank you body for breathing and circulating my blood while I slept." The more we do this, the more it works!
- **Don't take your Body for Granted-** Every time you lift your child, walk on the beach, smell something delicious, or dance to your favorite song, be mindful that your body is allowing you to do all of that! We get to experience our lives through our bodies!
- **Focus on the Positive-** For every complaint you have about your body, you can easily find 3 things that your body is doing right. If you are alive, this is a fact! So make yourself give 3 positives each time you complain!
- **Check in with your body-** Sit or lay still and bring breath and awareness to all of the parts of your body. You can do a BODY SCAN meditation and ask yourself "how does my body feel today?" There isn't good or bad- just notice and be curious about what your body is experiencing!

Step #4: Feeling "it" in your Body

How do you experience your intuition in your body? Many people actually feel a sensation in their gut hence the expression- a gut feeling. Sometimes you just start to **notice or get curious** about an activity or a food and that may be a sign that that behavior is something to pay attention to. Maybe it is the opposite, you dread and are **completely put off** by a certain activity- that's okay! We are allowed to have preferences, and our bodies truly know best!

• Practice Feeling "It"

- Start by telling yourself something true. Something that is meaningful and deeply rooted works best. Some examples are "I love my children" or "My name is ___". These will resonate with you deeply, physically and emotionally.
- See if you get a sensation anywhere in your body when you say this truth. Repeat it a few times to hone in and get specific on where this sensation is. Some examples of where it may be are:
 - In your gut
 - In your heart
 - Warmth in your cheeks
 - In the back of your throat
- Once you have established this "YES" baseline, try out something that is false. Say the opposite statement. To continue with the example above you would say "I hate my kids" or "My name is Barack Obama."
- Notice where this feels different in your body! Is it in the same location but a different sensation? Is it in a different place all together? Is there a different tone to it?
- After you get practice feeling this difference you can practice with simple Either/Or questions. Some examples are:
 - Do I need more protein or more fat?
 - Do I need a Nap or some Exercise?
 - Do I need alone time, or socialization?
- Once you get good at the Either/Or and Yes/No phrasing, you can ask more open ended questions. "Would joining this exercise class support my health goals in an honoring way?"



Chiropractic is a foundation for our wellness life.

The truth is, you can be doing ALL THE THINGS to try to support your body from the outside, but unless it is working right on the inside, you will not get the results you are hoping for.

The system that controls the way we receive and respond is our nervous system. This system has to be connected, open, and flexible in order to accurately receive and respond to stimuli.

How do we get a clear nervous system? You guessed it:
CHIROPRACTIC CARE

If you are interested in learning more about what to do specifically in your case, visit EudaimoniaChiropractic.com and set up an Online Initial Intake with me, Dr. Evelyn.

Join Our Newsletter to get updates about Upcoming Freebies, and webinars!

Here is to you and your flourishing!

*Love Always,
Dr. Evelyn*