

**10
FREE
TIPS**

FOR

*Feminine
Healing*

YOU WILL LOVE

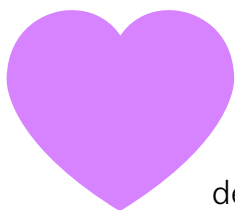
1. TRUST YOUR INTUITION.

Intuition is a still, small voice that tells you the truth. Women use it well. Intuition takes you into the realm of genius—where ideas, imagery and dreams come together to make healing an absolute reality—even when doctors deem it impossible. Listen to your body. Try these simple steps: find a quiet space, take a few cleansing breaths to relax, ask your questions, and listen to your body tell you the truth about your illness and how to heal.



2. LOVE ALL OF YOU.

Women are socialized to put the needs of others before their own. Now it's time to put YOU first. This means paying more attention to self-care. Through meditation, self-reflection or contemplation, and the experience of quiet at least a few minutes every day, you make contact with your inner healer. Love yourself unconditionally without regard to what others think—you deserve it. Be patient with yourself, be kind to yourself, forgiving to yourself. When you wake up each day look in the mirror and say, "I LOVE YOU!"



3. STAY POSITIVE.

Gratitude is a powerful force. It allows you to focus on the positive part of your life. Gratitude helps restore balance which promotes healing. Keep a gratitude journal—an inventory of all the positive things that occur each day, week and month. Keeping such a journal can set the stage for living a life more connected to your inner female.



4. LET IT GO.

Negative emotions like anger, guilt, anger, fear, frustration and resentment can attack the body and cause illness. Chronic negativity alters nervous-system functions and suppresses the immune system. Forgive yourself for any guilt you have been holding on to. To forgive yourself, you must be aware of what you need to forgive. Writing out a detailed step-by-step guide may help you focus on what is important and give you the structure for an apology to yourself.

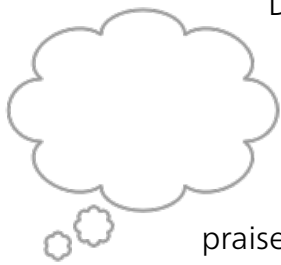


5. DO SOMETHING DIFFERENT.

If you want a different result, do something different. Simple right? Not so. Resistance and fear of the unknown keeps us from changing and moving forward into the realm of healing. Look at your attitudes, personality, our thoughts and things you've have done and avoided. Face the things that you have resisted to promote healing. If you want to heal, engage in behavior that heals.



6. MIND YOUR THOUGHTS.



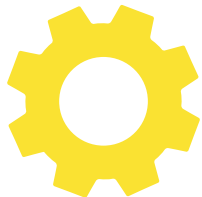
Did you know we have over 40,000 thoughts a day? Most of them are repeats and negative. Look at thoughts that don't promote healing and let them go. Whenever you catch yourself thinking a non-healing thought, stop and return to thoughts that promote health and healing. Think on what's honest and what's true about your life, what's virtuous, and praiseworthy when it comes to your healing.

7. RELAX YOUR STRESS.

How does stress affect your life? Stress is different for everyone. What is stressful for one person may be pleasurable to someone else. Good stress makes us feel motivated, it uplifts us, and inspires us. But, if you react negatively to stress can have negative effects on your health. When women feel overwhelmed they "tend and befriend." The next time you're feeling stressed, get together with a group of friends and engage in some "girl talk." You'll feel your stress level decrease.



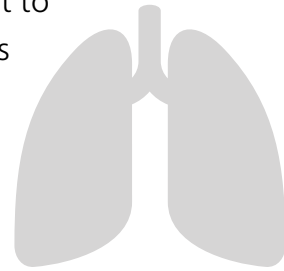
8. DO YOUR PART.



How committed are you to your healing? What would you give to be healed? Whether you realize it or not, you hold terms upon which you want to heal. What are you willing to do? Where are you willing to go? What are you willing to give up? Who are you willing to forgive? Sit with these questions. You will learn how much you are willing to do to help your body heal. And what mindset shift has to happen to make a commitment to your healing.

9. BREATHE.

Our minds are clogged with so many thoughts that it's difficult to connect to God. Your breath is your spiritual Drano®. It breaks up unproductive thoughts so the healing power can flow. Every inhale is God-given. Every exhale is God-received. It's your lifeline to your answered prayer for healing. Set aside some time daily to connect to your Source using these simple steps: 1) enter your secret closet, 2) sit comfortably, 3) close your eyes and 4) breathe in the healing energy of God. For best results, stay with your breath for 5-10 minutes.



10. LOOK FOR THE MESSAGE.



Disease and pain get your attention like nothing else. Think of your illness as helping you discover a higher level of consciousness. Consciousness is living with purpose and self-discovery. Be open to explore feelings that may come up for you. Your illness can help you become your best self. Treat it as you would a dear friend. Spend time with it. Open your heart to life-changing lessons to be learned, golden opportunities for growth and generous gifts you will receive to help you heal.

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