

REFLECTIONS

Series 11, Archetypes Are Everywhere

Class Four: Archetypes and Your Health

Listening to Your Intuition

Your intuition guides your health. When you ask yourself a question, your whole body will answer (even telling you what you should and should not eat). Get the details. It might even be a visceral—YES or NO—response. It will be clear. You will FEEL what you should and should not do.

Before you consider this week's assignment, set your intention and sit in solitude. With each item in the numbered list, ask yourself the following questions--and note the immediate response:

- How and what am I feeling?
- What do I know I should do?
- What am I sabotaging?
- What are my cravings? Is this craving causing me to betray myself or anyone else, to abandon my integrity? If yes, that's a sign of addiction.

What is your intuition telling you to do (and avoid) in the following areas of your life?

1. Exercise
2. Diet
3. Sleep habits
4. Stress habits
5. Relationship issues
6. Attitudes
7. Choices that need to be made.

We all have things in our lives we could do better. It's the small things that matter big time:

- Clean your environment – no one heals in a messy house
- Vitamins etc. Learn what your body needs.
- Stick to your health routine.
- Prioritize. Nobody can do it all.
- Know your own needs – but really “needs versus your wants”.
- Take time to let your body rest and refuel.