



## Steps to RECONNECT with HER

### 1) Find HER

Life layers get between you and HER. When you find there's more questions than answers, it's time to Find HER again. Are you ready to take the first step?

### 3) Hear HER

The messages and signals have never stopped coming to you. Now it's time to find your point of stillness and Hear HER messages. How can you find your stillness?

### 5) Honor HER

To honor is to show great respect. Respecting HER is respecting yourself. When you and HER communicate, how can you honor what is coming to you?

### 7) Follow HER

Cultivating the ability to surrender, release control and follow HER will take you on an intuitive journey. Teach yourself to follow HER. How can you do that?

### 9) Love HER

Your HERwithin is your soul, YOU. When you Love HER, you love yourself. Can you move into a state of love for yourself?

### 2) Embrace HER

When you find an old friend, you embrace them. When you embrace HER, you're also embracing your-SELF. What SELF fulfillment ways will help you reconnect with HER?

### 4) Feel HER

She can open your heart, energize your body and fuel your passion when HER sensations are free to flow through you. Where do you Feel HER communicating with you?

### 6) Trust HER

When an idea comes to you effortlessly, it was meant for you and it came through HER. Trust it! How can you trust the messages you're receiving?

### 8) Free HER

Dreaming is free and it's HER play time. It activates your creativity within and allows HER to connect with you in other ways. What dreams are bubbling up from within you?

### 10) Be HER

Take these steps, weave them together and you can embody HER again. Embrace YOU, Honor YOU, Trust YOU... YOU are HER.

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