

Waking Up Your Heart Intuition

Written by Anasuya Devi Oyarzabal, L.M.T.

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Notice what happens when you tune out the external voices that tend to drown out the subtle message of your soul voice. Especially loud for parents is the chatter of well-meaning advice, which can pull us from what our hearts are saying. Rarely do we receive the gift of someone trusting us to listen to what we need from the depths of our being. To listen to our bodies, babies, and children from a place of inquiry and inner silence is a powerful act of autonomy that brings us into the present moment. There is so much doing as a parent, and not enough pure being.

To listen to your intuition, you must quiet down any self-doubt and worry, listening between the thoughts, in the pause. Through disciplining your mind and by tuning in to your body and your heart vibrations, you begin to tap into the great well of knowledge already inside you. Notice

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Believe that you have everything you need within you. You are whole and complete as you are. No matter what you have experienced or how buried you may feel, within you lay worlds upon worlds. You have the power to connect deeply with that which is your birthright. Your soul voice. Your intuition.

I am convinced that the work we do to connect with our intuition, k we woio and wthe eart

