

# ***Expand Your Consciousness to Enhance Your Health and Enrich Your Life***

The ***PURPOSE of ILLNESS*** is to let us know our basic human needs are not being met:

1. To grow and express ourselves (needs of the soul)
2. To connect with other people and feel loved (needs of the body)
3. To feel secure and in control of our lives (needs of the mind)

## ***ILLNESS TELLS US:***

- Something in our life is out of balance
- Something in our thoughts, words, actions and lifestyle is compromising who we are
- Change is required

***PSYCHOLOGICAL CONTRIBUTORS*** behind illness are negative:

- Emotions
- Attitudes
- Beliefs
- Core themes

## ***WHAT IS YOUR INNER PHYSICIAN?***

Your INTUITION tunes into your body to help you understand why you are ill and what to do about it.

## ***ACCESS YOUR BODY'S WISDOM***

### **Intuitive Senses**

- Visual (see)
- Kinesthetic (feel)
- Auditory (hear)
- Know

### **5 Keys to Intuitive Clarity**

1. Attention (Being grounded)
2. Access (Intuitive senses)
3. Awareness (Area of the body)
4. Answers (Insights & needs)
5. Action (Affirmations)

## ACCESS AND AMPLIFICATION TOOLS

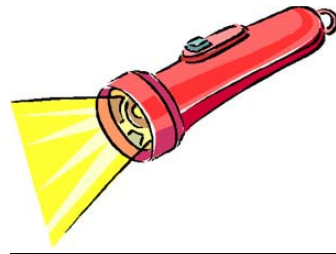
TUNE IN



INTUITION SCREEN



FLASHLIGHT



MICROPHONE



*"Be prepared to be surprised at every observation." Lori Wilson*

## ***YOUR INNER PHYSICIAN IN ACTION – NOTICE...***

**Location in the Body:**

**Color, temperature or other sensations:**

**Emotions:**

**Thoughts, attitudes or beliefs:**

**What is out of balance:**

**What change is required:**

**What else does it want to tell you:**

**What does it want / need to be healthy and balanced:**

**TAKE ACTION:**

Breathe healing energy into that area and visualize it radiantly healthy

Speak an affirmation to accelerate the healing

Send love and appreciation ~ Thank your body ~ Thank your Inner Physician

## **BEWARE OF EXPECTATIONS**

- Genetic
- What's 'going around'
- Ownership ("My \_\_\_\_")

**"YOU ARE THE MOST IMPORTANT MEMBER OF YOUR HEALTH TEAM."**

Susan Rueppel

## **FREE RESOURCES**

- Reading list of books on Medical Intuition
- Inner Physician Guided Exploration Meditation
  - And more!

**See [www.WINtuition.com/InnerPhysician](http://www.WINtuition.com/InnerPhysician)**

**IMAGINE the POSSIBILITIES...**



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