

**Month 6, Week #4**

**Intuition + coincidences**

**Whoa! Welcome to Month 6 of our Gutsy Goddess Society training program.** I'm beyond thrilled to introduce you to my fave chakra of them all: the 5th chakra, the expression level of your happiness, which is located at your throat. When you're balanced here, others rely on you to speak your truth, and you do. You have put together your own unique worldview, and act on it without needing to prove yourself to others. You have learned how to quiet your thinking mind so that you may listen to the subtle, yet powerful guidance of your wise intuition.  Think: Truth. Originality. Innovation. Creative expression.

You know you're imbalanced here if you show inappropriate expression of self - either too little or not enough ... disruptive tendencies ... anxiety.

If you missed our amazing training call, you can download it here: <http://jennyfenig.audioacrobat.com/download/GGS_Module_6.mp3>

Okay, onto the weekly assignment ...

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INSPIRATION IN ACTION ASSIGNMENT

When you are in the heightened energy of the 5th chakra, you are especially open to your intuition - those flashes of insight that seemingly come from nowhere. To develop your intuition, follow the subtle promptings your spontaneously receive. Learning to listen to the subtle guidance of intuition and coincidences is key.

For example, if a friend mentions a book to you today, and tomorrow another pal mentions the exact same book ... do yourself a favor and get the book. There's something there to explore. As you learn to pay attention to this voice, you gain confidence in knowing when this is one of those magical moments when guidance coems from information beyond the rational ... it's coming from the divine.

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**ACTION STEPS:**

1. Learn to listen to these nudges of consciousness that come uninvited. They come on their own, and are not simply thought up.

2. You have access to an intuitive connection to a larger intelligence, one that can bring you information that you didn't even know was available. Expect it and make room for it in you mind and your life.

3. Listen and share your insights with others through speech, art, dance, architecture, cooking, music, whatever. When you do, you'll access more than 85 percent of your intelligence that otherwise lies dormant. Cool, right?!

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Sustaining a balanced 5th chakra gives you a sweet amount of freedom in life, %$firstname$%. Enjoy it. You deserve it.