

CLASS FOUR: SELF-TRUST & FEMININE  
INTUITION

*Divine Femme*

“The power of the feminine is to sit in the unknown and trust that place... surrendering into the mystery of the void, the wild terrain of the unknown, and move from that place within her life. Not learning or modelling herself on somebody else, instead opening her own channel to the void and pulling through her own unique essence.”

~ Juliet Allen



## WELCOME TO CLASS FIVE!

In today's class, we will be exploring self-trust and we will be diving deeper into learning how to trust your feelings, your body, yourself, your intuition and the Universe.

We are always being guided and supported, and we can always turn to ourselves for the answers and clarity we seek. When we trust in this knowing, and we believe that there is a wise part of us, always available to help us, we can relax into life and know that everything will always be ok.

Similarly, when we trust in ourselves, we believe in our ability to always take care of ourselves, meet our needs, ensure we are safe and protected, and show up for what we say is important to us.

Trust is the foundation of feeling safe and secure in our bodies, within ourselves and in our lives. We will always be surrounded by uncertainty, but an inner feeling of trust supports us to navigate the unknown with confidence.

There are many things that cause us to feel a lack of trust within ourselves and others. There are also a lot of things which cause us to become disconnected from our intuition and inner wisdom, and feel that we are alone and unsupported.

We will be exploring all of these in today's class so that you can return to feeling safe and secure within yourself.

With love,

Connie x



## IN THIS CLASS, WE WILL COVER:

- Awakening the presence of your feminine intuition.
- Accessing your higher guidance and spirit guides.
- Building trust in yourself and your inner guidance.
- No longer questioning yourself, your choices and your decisions.
- Why the level of trust you have within yourself, determines the trust you can experience in others.
- Distinguishing between your intuition and your mind/fear.
- Why your inner wisdom communicates through your body and feelings and how to hear and receive these messages.
- Rituals and practices to strengthen your intuition.
- The importance of not over-riding your inner 'red flags' or warning signs.
- Living in integrity with your inner truth and why this is the key to an empowered life.



*Divine Femme | Class Five*

IN WHAT WAY WOULD YOU LIKE TO BE ABLE TO TRUST YOUR BODY MORE?

IN WHAT WAY WOULD YOU LIKE TO BE ABLE TO TRUST YOUR FEELINGS MORE?

IN WHAT WAY WOULD YOU LIKE TO BE ABLE TO TRUST YOUR INTUITION MORE?





# *Divine Femme | Class Five*

WHAT GETS IN THE WAY OF YOU TRUSTING YOURSELF? WHAT FEARS, DOUBTS OR INNER STORIES ARISE AND STOP YOU FROM:

TRUSTING YOUR BODY:

TRUSTING YOUR FEELINGS:

TRUSTING YOUR INTUITION:





## *Divine Femme | Class Five*

THINK ABOUT THE CONCEPT OF TRUST. WHAT IS REQUIRED FOR YOU TO TRUST IN A PERSON OR TRUST IN SOMETHING? WHAT NEEDS TO HAPPEN OR WHAT DO YOU NEED TO SEE OR EXPERIENCE TO FEEL TRUST?

WHAT BREAKS YOUR TRUST? IN YOUR RELATIONSHIPS WITH OTHERS OR WITH THE UNIVERSE. WHAT CAUSES YOU TO LOSE TRUST OR FEEL MISTRUST?

WHAT DOES TRUSTING YOURSELF MEAN TO YOU?





## *Divine Femme | Class Five*

WHERE ARE SOME PLACES THAT YOU SOMETIMES FIND YOURSELF LIVING OUT OF INTEGRITY WITH YOUR INNER TRUTH AND WITH WHAT YOU VALUE OR DESIRE?

WHAT CHANGES WOULD YOU LIKE TO MAKE IN THESE AREAS?








## *Divine Femme | Class Five*

THINK ABOUT A TIME WHERE YOUR INTUITION SPOKE TO YOU AND YOU *DIDN'T* LISTEN. YOU *DIDN'T* TRUST ITS GUIDANCE. WHAT HAPPENED? AND WHAT DID YOU EXPERIENCE AS A RESULT?

THINK ABOUT A TIME WHERE YOUR INTUITION SPOKE TO YOU AND YOU *DID* LISTEN. YOU TRUSTED ITS GUIDANCE AND ACTED ON IT. WHAT HAPPENED? AND WHAT DID YOU EXPERIENCE AS A RESULT?






## *Divine Femme | Class Five*

HOW WOULD YOU DESCRIBE WHAT IT FEELS LIKE WHEN YOUR GUIDANCE IS COMING FROM YOUR MIND OR FROM FEAR?

HOW WOULD YOU DESCRIBE WHAT IT FEELS LIKE WHEN YOUR GUIDANCE IS COMING FROM YOUR HEART, INNER WISDOM OR YOUR HIGHER SELF?





## *Divine Femme | Class Five*

IDENTIFY ONE KEY PLACE WHERE YOU ARE CURRENTLY QUESTIONING OR DOUBTING YOURSELF. PERHAPS YOU ARE QUESTIONING A CHOICE, COURSE OF ACTION OR DECISION.

WRITE OUT THE TRAIN OF THINKING THAT IS GOING THROUGH YOUR MIND (E.G. THE QUESTIONING, WORRY, THE SELF-DOUBT, ETC.) WHAT IS YOUR MIND SAYING?





## *Divine Femme | Class Five*

TAKE A MOMENT TO BREATHE INTO YOUR BODY AND ASK YOURSELF HOW YOU FEEL ABOUT THIS SITUATION, CHOICE OR ACTION. WHAT IS YOUR TRUE DEEP FEELING?

IF YOU WERE FOLLOWING YOUR FEELING AND TRUSTING IN IT COMPLETELY, WHAT STEPS WOULD YOU BE TAKING?





## *Divine Femme | Class Five*

IMAGINE YOU CAN CONNECT WITH YOUR HIGHER SELF. THIS IS A PART OF YOU WHICH IS PURE LOVE AND LIGHT. IT IS A PART OF YOU THAT IS WISE, KIND, SUPPORTIVE AND ENCOURAGING. IT SPEAKS TO YOU THROUGH YOUR INTUITION AND DEEPER FEELINGS.

DESCRIBE WHAT YOU SEE OR NOTICE ABOUT THIS PART OF YOURSELF:

WHAT GUIDANCE DOES YOUR HIGHER SELF HAVE FOR YOU?





# *Divine Femme | Class Five*

## **CLASS FIVE REFLECTION**

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?



## WELL DONE!

Once again, some of the questions in this workbook may have challenged you or felt difficult to answer. They may have triggered you, stirred up emotion or created resistance.

Trust that whatever arose for you was perfect. Continue to bring a patient and loving approach to this coursework and your own process of working through it.

Refrain from placing expectations, pressure or judgment on yourself and remember that you are doing the best you can.

I know that at times this work can feel confronting and overwhelming, so just keep taking this journey step by step, and work through it at your own pace and in your own way.

There is no right or wrong way to complete this course; whatever unfolds for you is perfect.

Remember that you can come into our Facebook community at any time to share your experiences, receive support and ask questions. Both myself and your community of women are here for you the whole way.

With love,

Connie x



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