

Self Trust first day continued. PART 2

Understanding is a disadvantage.

Feeling is an advantage.

Intuition is what happens when a sensory processor gets a higher level of priority. *(Remember the research on intuition I sent you saying it needs sensory input?)*

The more control, the less valuable the giving.

If you maintain your defenses it is evident to your system that they are needed.

It is always easier to feel where gravity line is **not** going through.
When we are present, we allow the earth to support us.
When we are not, we don't.

Wherever emotion is blocked out.

Wherever belief must be maintained.

This is why different parts of ourselves age at different rates.