

5 Skills to Let Your Inner Power Have Your Back!

1. Intention to move out of defense and into your bigger self (Core Being).
 - discover your dysregulation habituated patterns
 - discover your bigger self (Core Being)
 - understand your brain reactivity triggers (fight, flight, flee)
 - work toward secure attachment and understand your attachment triggers
2. Claim the power of the feminine and masculine within you. Discover how to shift Pain to Power.
3. Don't take it personal – self identify as Core Being, sending love and kindness to your human
4. Own what is yours not more. This is when you are in secure attachment. Be willing to feel whole, even when abandoned, mistreated, or projected upon. You can't control others – yet you can control how you let other's treat you...and how you react to them!
5. Use conflict to create closeness. Yet, be willing to let go of toxic relationships.

Come March 9 and 10 and join our weekend in-person training. Only \$97 if you register before February 20!

Information and registration at this Link:

<https://mindenergybody.org/work-with-carolyn/boulder/>