

YOUR NEWSLETTER

MINDFULNESS2BE

LISTEN 2 YOUR INNER WISDOM



1 | 2025
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MESSAGE FROM RG



Happy New Year, and welcome to the very first edition of Mindfulness2Be for 2025!

As we step into this new chapter, it's the perfect moment to pause and listen to the quiet voice within—the steady compass of inner wisdom that guides us through life's complexities. While the world buzzes with resolutions and lofty goals, this year, we invite you to focus on reconnecting with the deeper truths that reside within you.

Inner wisdom is not something we need to seek externally; it is already present, waiting patiently beneath the surface. Through mindfulness and intentional reflection, we can tap into this wellspring of clarity, compassion, and purpose. By aligning our actions with our values and listening attentively to the whispers of intuition, we create space for a life filled with balance and fulfillment.

In this edition, you'll explore the connection between intuition and inner wisdom, discover a practical way to nurture this connection, and find inspiration in poetry. Together, let's honour the beauty of beginnings and uncover the transformative power of living in alignment with our true selves.

Here's to a year of mindful presence and inner clarity. May 2025 be your most insightful year yet.

In Kindness with care and presence.

Regina

1 JANUARY | 2025
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In the Light of New Beginnings

In the whisper of the morning, where the light begins to play, there's a story being written, in the hues of break of day. Each ray that dances gently, on the leaves and on the dew, speaks of quiet transformations, old things becoming new.

In the subtle stir of breezes, in the bird's first cheerful song, lies a melody of hopefulness, that I've craved for oh so long. It tells of strength found in softness, in the quiet, in the calm, in the beauty of a morning, in its soothing, healing balm.

As the world awakens slowly, shedding night's introspective shroud, there's a promise in the sunrise, not spoken, yet avowed. That every dawn brings a newness, a chance to start afresh, to paint our lives with boldness, in the canvas of today's sketch.

Beneath the vastness of the sky, in its ever-changing hue. I find a mirror of my journey, in shades of pink and blue. Reminding me that change is constant, as constant as the dawn, that every ending paves a pathway, for new dreams to be drawn.

In the simplicity of morning, in the quiet, in the light, there's a profoundness often missed, in the haste of day and night. But if we pause to listen, to the whispers of the day, we find in them a wisdom, guiding us along our way.

I embrace the morning, with its subtle, tender call, to find joy in simple moments, to stand resilient and tall. To see in each day's beginning, a gift of time untold, a story waiting to be written, a new chapter to unfold.

Here's to the beauty of beginnings, to the hope each morning brings, to the songs of the earth waking, to the peace the quiet sings. May we find in each new sunrise, a reason to stand tall, to face the day with courage, in the grandness of it all.

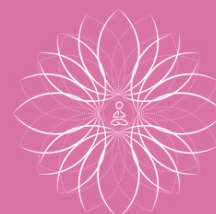
~ Julia Delaney

INNER WISDOM & YOUR GUT FEELING

The connection between inner wisdom and the gut feeling is deeply rooted in both psychological and meditative understandings of human experience.

From a psychological standpoint, the "gut feeling" is often associated with intuition, which is the brain's ability to process vast amounts of information quickly and subconsciously. It is informed by past experiences, emotional learning, and even physiological responses. The enteric nervous system (often called the "second brain") in the gut contains millions of neurons that communicate directly with the brain via the vagus nerve. This bidirectional relationship means that the "gut feeling" can often act as an early warning system or an emotional signal of something important.

Inner wisdom builds on this by integrating gut feelings into a broader framework of self-awareness and reflective functioning. While a gut feeling might provide an immediate sense of "yes" or "no," inner wisdom evaluates this feeling within the context of one's values, goals, and lived experiences. It's the ability to balance the fast, instinctive nature of gut feelings with thoughtful reflection and emotional regulation.



INNER WISDOM & GUT FEELING, *cont.*

The link between inner wisdom and gut feelings has been examined through a range of scientific studies and literature, revealing both their similarities and differences. To find out more, check out below content:

Gut-Brain Axis: The gut-brain axis serves as a communication network that connects the gastrointestinal tract to the brain. Research suggests that this link significantly influences our intuitive responses, commonly known as "gut feelings." Neurotransmitters like serotonin, which are produced in the gut, affect our mood and decision-making processes.

Refer to: **'The Roots of Intuition and Emotional Intelligence**

Decoding the neuroscience of gut feelings and sudden insights.'

Justin James Kennedy, Ph.D., D.Prof. [Psychology Today, Posted May 28, 2024]

Neural Basis of Intuition: Studies have identified specific brain regions, such as the amygdala, that are active during intuitive decision-making. The amygdala processes emotional responses rapidly, contributing to the sensation of a gut feeling. Refer to: **'Brain Regions Controlling**

Intuition: Unraveling the Neural Basis of Gut Feelings.'

[NeuroLaunch, Posted September 30, 2024]

Emerging research highlights the positive emotional effects of making intuitive choices, although certain situations may necessitate a more analytical approach. Refer to: **'Going with your gut feels good, but it's not always wise.'** Prof Carina Remmers. [PSYCHE, 23 September 2024]

'Intuition: When is it right to trust your gut instincts?' Read up online: David Robson 4 April 2022



INNER WISDOM & GUT FEELING, *cont.*

In meditation, individuals cultivate inner wisdom through mindfulness, which enables them to connect with their sensations, thoughts, and emotions without judgment. This practice promotes awareness of gut feelings as a vital part of the body's communication system, allowing meditators to examine these feelings with curiosity rather than reactivity.

Meditation reveals that gut feelings represent just one element of awareness, often linked to the body's immediate reactions to external stimuli or internal emotions. In contrast, inner wisdom emerges when individuals attentively listen to these signals, integrate them with a broader perspective, and identify what resonates with their deeper truths and intentions.

Invitation - Listen to your inner guidance

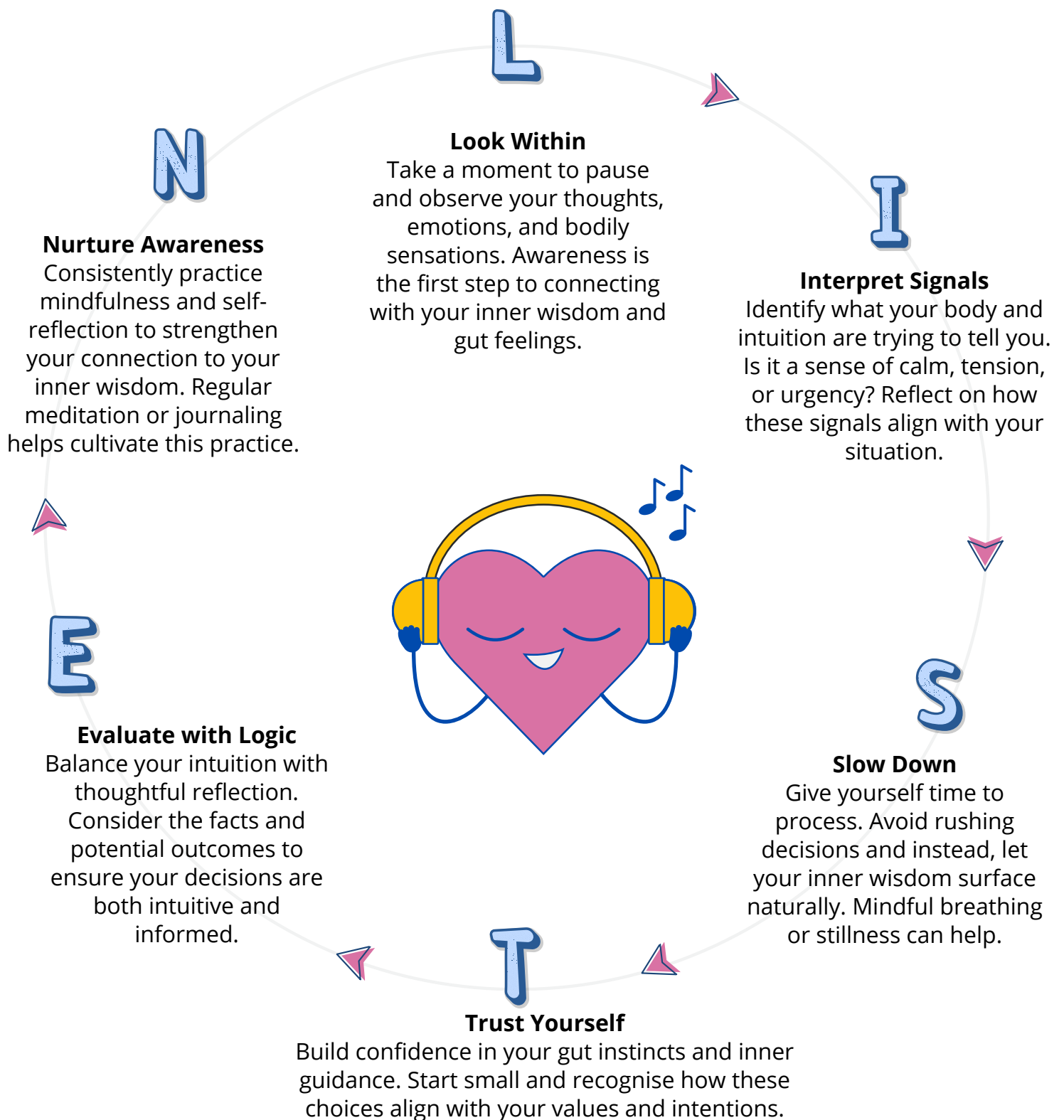
Consistently practice mindfulness and self-reflection to strengthen your connection with your inner wisdom. Regular meditation or journaling can support this endeavour. Explore how the acronym LISTEN can be applied to this method.



L.I.S.T.E.N.

Inner Guidance





BOOK TIPS

"Second Sight"

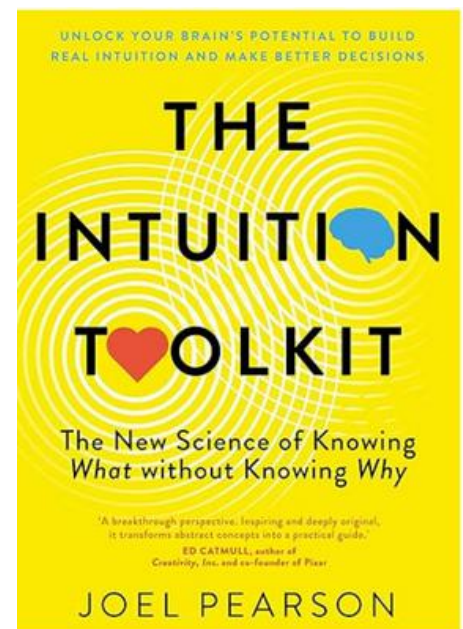
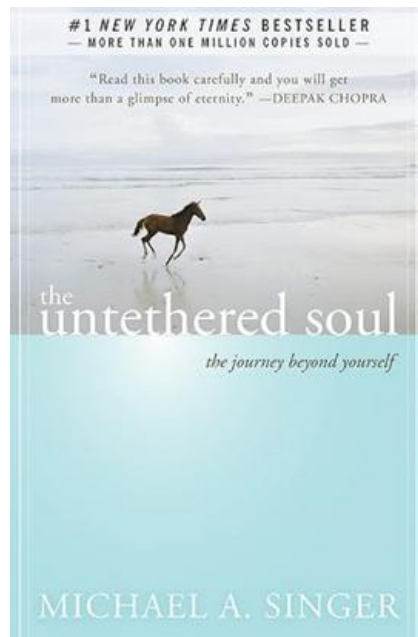
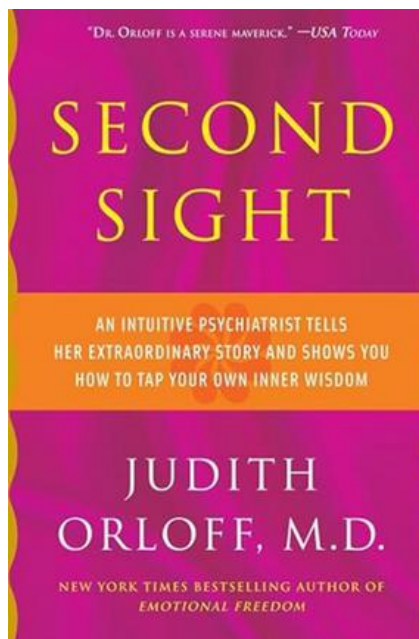
Dr. Orloff, a psychiatrist and intuitive, blends scientific knowledge with personal experience, sharing her journey to inspire readers to embrace their own intuition.

"The Untethered Soul" by Michael A. Singer

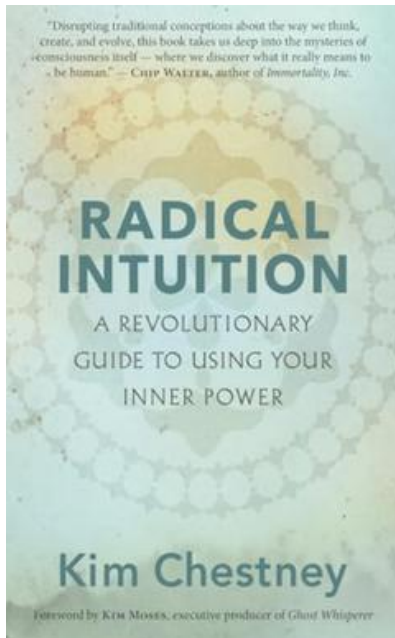
In this book, Singer attends to the essence of consciousness and offers valuable perspectives on how to tap into inner wisdom that transcends instinctual emotions.

According to Joel Pearson, intuition comprises three essential elements:

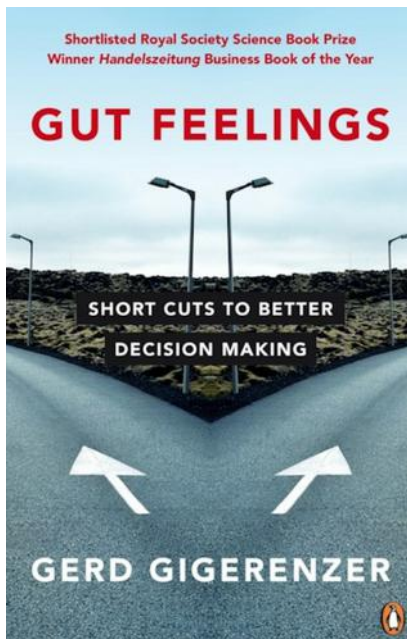
- it is learned,
- it is productive, and
- it relies on unconscious information.



BOOK TIPS



Radical Intuition provides a new perspective on intuition's role in achieving an extraordinary life. Kim Chestney shares clear advice on accessing your insights, backed by perspectives from successful leaders who view intuition as key to genius.



In "Gut Feelings," psychologist Gerd Gigerenzer reveals how quick, effective decision-making relies on filtering excess information and trusting our brain's shortcuts, or heuristics. By exploring intuition and decision-making methods in various contexts, he shows how gut feelings can change your perspective.





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