

# FEEL TO KNOW

## Learnings

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- Feelings are information
  - They are not obstacles
- Emotions are feeling + thought
  - Feelings point to needs
  - Needs are not weakness
  - Desire carries direction
- Suppressed desire creates tension
  - Intuition lives in the body
  - Listening calms the system
- Alignment comes from within



**EMPOWERED FREEDOM**

*by Saskia Pehlemann*