

Channel 3

- ♥ *Lives in the moment*
- ♥ *Wants to heal*
- ♥ *Knows that mistakes are necessary*
- ♥ *Intuitive /feeling*
- ♥ *Cares about experiences*
- ♥ *Always keep us safe*
- ♥ *Fluid / Flowing*
- ♥ *Has no expectations*
- ♥ *Trust the process of life*
- ♥ *Does not care about control*
- ♥ *Deep, gut-breathing*
- ♥ *Unafraid to be authentic*

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Our minds are like radios, with different channels as options to tune into. We can tune in to channel 3 (above) or channel 5 (below). Channel 5 is what our outside world operates under primarily. The knowing, the definite, the thinking, the logical. And sometimes it can be helpful to use this channel. But for authentic healing to occur, we must be in channel 3. Practice being in channel 3 whenever you can. It's all about practice. :)

Channel 5

- * Worries about the future / past
- * Wants to be comfortable
- * Wants to "get it right"
- * Logical/~~thinking~~
- * Cares about words and explanations
- * Allows us to accidentally hurt ourselves
- * Static. Stuck to one idea
- * Has expectations
- * Wants to have control
- * Forgets to breath/shallow breathing
- * Wants to "behave"/"be polite"
- * Is attached to an outcome
- * Is attached to a narrative



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