

CHECKLIST:

HOW TO KNOW WHEN YOU ARE
OUT OF TOUCH

WITH YOUR *Feminine nature* ?

I don't like checklists.

They always feel like a reduction and oversimplifying of the truth.

But since I've been getting the question – again and again – here's a list you will find helpful.

(You don't have to tell me your answers – but please check for YOURSELF)



LIVING CLOSE TO NATURE

by *Sille*

Provocatrice d'Esprit Féminin

- ☐ Doubting your instincts - when “the expert” – doctor, teacher, business coach - is telling you something and you feel “nope” but you second guess what you KNOW to be true.
- ☐ You have difficulties looking at yourself in the mirror (at your body and / or into your eyes) - and be honest to yourself while still seeing the beautiful person you are.
- ☐ Your body is giving you signs but you see them as “ok, it is part of a woman’s cycle”.

- ☐ You are trying to PROVE who you are (intelligent, sexy, succesful) when MEN are around, instead of feeling confident in showing yourself as you are and “let your energy do the talking”.
- ☐ Blaming your (grand)mother for not understanding you and for what she is not supporting (yet) in your life.
- ☐ Still hearing yourself SAYING YES to a lot of things your energy is not available for or you are not responsible for, but you simply can do them quicker than the other person.

- ☐ Focusing on controlling and organising - over receiving and being, before taking actions.
- ☐ SEARCHING for signs (Astrology, double numbers, synchronicities) to guide you all the time and act on them, instead of seeing them as a CONFIRMATION when they appear while walking your path in the direction you feel yourself.
- ☐ Not being able to EXPRESS what you feel (emotions, sensations) – without expecting someone to FIX it or without your head interfering and rationalising.

- ☐ Not having the feeling of satisfaction / fulfilment / success, or what other 'orgasmic' feeling you love to have after creating your desires.
- ☐ You don't feel supported by the people around you - and even feel disconnected from yourself, from people, from the world.
- ☐ You keep judging other people, - instead of being inspired by the emotions you feel when someone triggers you and create, change or chose differently for yourself.

- ☐ You are always busy either with solving trauma or setting boundaries to become the best version of yourself instead of living, finding joy and only face your shadows when they appear on that path.
- ☐ You're looking for something OUTSIDE yourself (a partner, inner peace, happiness, success) to bring you what you want.

Spoiler alert: you can be searching and hunting your whole life, but you're never gonna find it there...

This list is ENDLESS - and I can go on like this for a while ...



Dear Lady, THIS IS NOT
HOW IT'S SUPPOSED TO FEEL.

I know this because these are not just “things I help my clients with”. I have experienced them too – ALL of them.

And all of them – again: ALL of them – changed when I started reconnecting with my *feminine nature*.

Contact me if you'd like some advice on how to put that into practice - Whenever you're ready.

With Love,



Silke Brouwer

Provocatrice d'Esprit Féminin