



**Dianna Hanken: Learn How to Connect with Your Inherent Wisdom and Divine Feminine
Through a Process Called Listen.Trust.Act.**



Dianna is a TEDx speaker, author, and certified Feminine Power coach who developed the **Listen.Trust.Act** method. In this session, you are invited to discover how Dianna proposes we tap into our higher selves and live our higher purpose by trusting our intuition.

TOP EMBODIMENT TIP: Do what you love. Do what you love!

Intuition: Create a Better Life by Listening to Your Deeper Self

- Learn to connect with your inherent wisdom (*sacred feminine*) by using this method. This will allow you to act in a way that serves your higher purpose.
- The basic premise is to learn how to listen to our intuition, then trust what we're hearing and act in alignment with that. This is a practice, and we will find it becomes easier as we resort more to it.

Listen: Tune Down the Mind and Access What Comes from a Deeper Level

- Immersed in a predominantly masculine world, we are used to linear, logical thinking, and rarely access the sacred feminine, which can offer us a deeper and more creative way of thinking.
- Our energy is both masculine and feminine. Moving beyond the mind allows us to tap into energies that are bigger than ourselves.

Trust: The Bridge Between Listening and Acting

- What we hear may not always make logical sense to us. Trusting that the Spirit (*Universe, God or Goddess*) wants what is best for us is crucial. Then, following the answers we are given in deep listening would eventually guide us to our truth. From there, we can find the best course of action.

Act: As We Take Steps In Alignment with What We Hear, We Move Forward to Our Higher Purpose

- Action becomes easier when we are hearing ourselves deeply. We have to follow our intuition with trust and take steps that allow us to move closer to a higher purpose and a better life. Even the hard things that happen to us are calls to action. **When we don't hear deeply, the signals can get louder.**

Resources

- ❖ **Books:** [The Destiny Path](#)
- ❖ **Website:** diannahanken.com



Dianne Hanken





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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**