

# VENUS CODES

# *Intuition*

Session 10:

Foundation Setting



# 4DC Method

There are 4 centers in your body and each has wisdom to share.

HEAD	HEART	GUT	SEX
logic	feeling	instinct	desire
It wants things to be congruent, in order	It wants connection and closeness	It wants to survive and be safe	It wants pleasure

Each of the centers has its own agenda and it can be selfish in pushing for what it wants (with disregard of other centers).

For example, sex center may push you to have sex with your best friend's partner.

Or your heart may push you into a relationship with a toxic person.

Your gut may keep you away from trying new thing, like running a marathon or giving a talk.

The head has the ability to put all voices together, as the voice of reason, however, it should be consulted last.

In many cases, some centers will be a YES while others a NO. That creates inertia and confusion. No matter what we decide to do, we won't feel in full alignment (there will be a part of us we are betraying). Ideally, we would only say YES when all 4 centers are a YES (and we would only say NO when all 4 centers are a NO). In any other case, we want to explore each center and see how we can find a consensus.



*Thank you*