

WHY YOU TRUST WHAT YOU FEEL

and how to reconnect to your inner knowing

Jeri Tourand
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You were taught to trust what you can see.

What can be explained.

What makes sense.

**But long before the mind decides,
your body already knows.**

**Trust does not begin with logic.
It begins with sensation.**

A subtle tightening.

A softening in the chest.

A sense of ease... or unease.

**Your nervous system is constantly asking quiet questions
beneath awareness:**

- Am I safe here?
- Am I being met or managed?
- Can I relax and be myself?

These answers arrive instantly, without words.

*This is why you can understand something intellectually
and still feel hesitant.*

*And why certain people feel trustworthy immediately,
even when you can't explain why.*

This isn't weakness.

It's intelligence.

**Your body learned how to protect your heart long before you had language for it.*

THE PART NO ONE TAUGHT YOU

If trusting feels difficult or inconsistent, it's not because something is wrong with you.

It's often because your system adapted wisely.

Many of us learned early that emotional safety was unpredictable.

That closeness required caution.

That being open sometimes came at a cost.

So your body learned to read *energy* instead of promises.

Tone instead of words.

Presence instead of performance.

This isn't something to fix.

It's something to honor.

Because the same system that learned to protect you is the one that will guide you back to trust.

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RECONNECTING TO INNER KNOWING

Trust as a Felt Experience

We often ask the wrong question.

*Instead of asking,
“Should I trust this?”*

*Try asking,
“What do I feel when I’m with this?”*

Notice what happens when you slow down enough to listen.

Trust doesn’t shout.
It whispers.

It shows up as:

- a gentle exhale
- a softening in the belly
- a sense of being more yourself, not less

**When trust is present, effort decreases.
You don’t have to convince yourself.*

A GENTLE RECONNECTION PRACTICE

Take one slow minute.

Let your shoulders soften.
Let your breath find its own rhythm.

Place a hand somewhere on your body that feels comforting.

Then quietly ask:

What does safety feel like in my body right now?

You’re not trying to change anything.
You’re not looking for the “right” answer.

You’re listening.

**Trust begins the moment you stop overriding your own signals.*

A SOUL-LEVEL REFRAME

You don't lose trust because you're broken.
You lose trust when you've learned to survive.

**And you reconnect to trust
not by pushing harder
but by creating enough safety to tell the truth.*

This is the work of coming home to yourself.

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A LOVE MENTOR REMEMBRANCE

Trust, Love, and Presence

You don't need to force yourself to trust.

**You need to feel met.*

****When the body feels safe,
the heart opens.***

****When the heart opens,
clarity follows.***

This is true in relationships.

In leadership.

In your connection with life itself.

Trust is not something you manufacture.

It's something you remember.

**And remembrance happens in moments of presence, not pressure.*

A FINAL INQUIRY

As you move through your day, gently notice:

- Where do I feel more like myself?
- Where do I feel guarded or contracted?
- What happens when I honor those signals?

Your body is not working against you.

It is guiding you back to love.

With warmth and trust,

Jeri

The Love Mentor,
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A GENTLE INVITATION

If this guide resonated, it's likely because something in you is already listening more deeply.

Many people find me when they're in a transition.

Not broken.

Not lost.

But ***no longer willing to override their inner truth.***

The foundation of my work is about restoring trust at the level it was lost. Through presence, emotional attunement, and deep compassion for every part of you.

I don't believe in forcing clarity.

I believe in creating the safety that allows it to emerge.

If you're curious about what it would be like to explore this together, I would love to offer you a free 30 minute 'Self-love and Alignment Clarity Call.'

This is not a sales pitch.

It's a conversation and gentle reconnection.

You'll know if and when it's right.

Book your call with me here:

[🌐 Love & Life Alignment Clarity Call - Jeri, Living from Heart Center](#)

In Service to Love,

Jeri



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