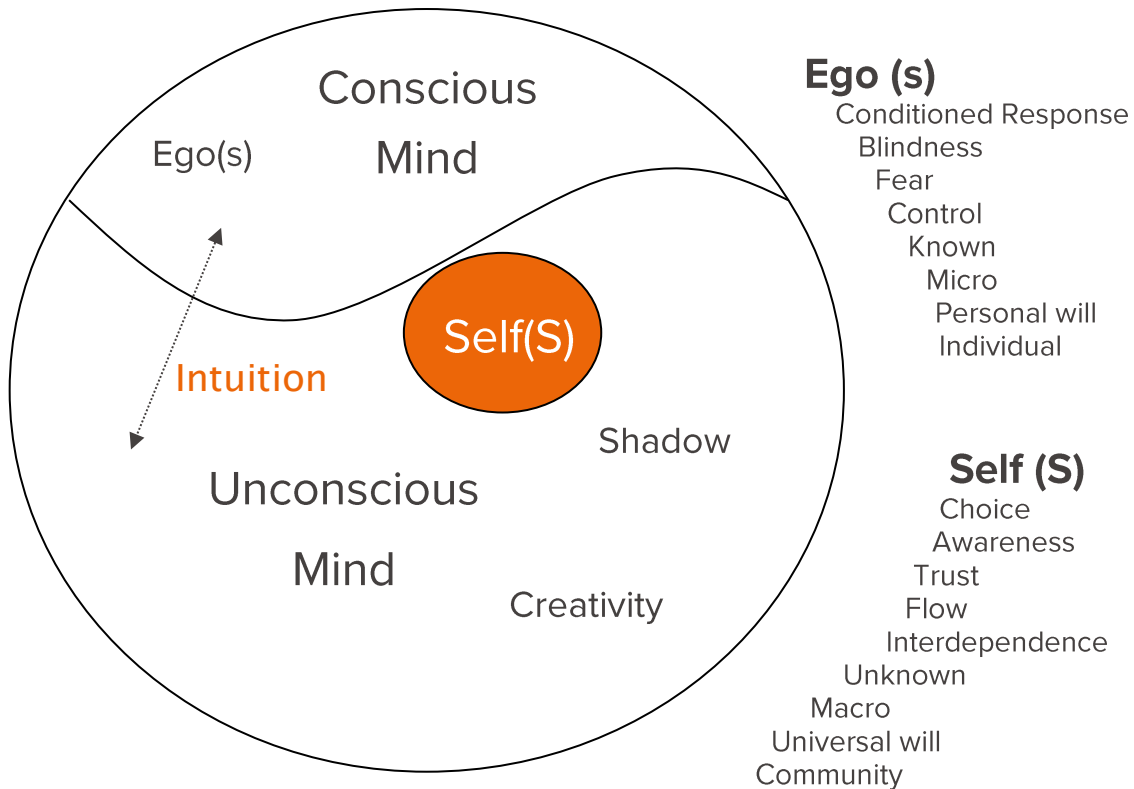


Juliette Lee

Coaching · Workshops & Retreats · Speaking

Psyche



- **Self (S)** - centre of unconscious and conscious mind, source of integration.
- **Ego(s)** - developed through influences from birth.
- **Shadow** - the part that is repressed through the desire to adapt.
- **Unconscious mind** - everything unknown, source of vitality and creative energy.
- **Conscious mind** - the rational self-aware aspect of the mind governed by the ego.
- **Intuition** – perception via the unconscious.

”

The intuitive mind is a sacred gift and the rational mind a faithful servant. We have created a society that honours the servant and has forgotten the gift.

Albert Einstein

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