

**INTENTIONALLY INTUITIVE:
A GUIDEBOOK FOR
INTUITIVE LIVING**

A practical guide for remembering how to listen to, trust and use your intuition intentionally for your most empowered life!

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1. Intuition: The Genius of the Soul



Before we get started, it is important to remember that the entire essence of intuitive living is to remember that what you feel, intuitively, is going to be unique to you. Throughout the years, as we have moved further and further away from living intuitively, we began to lose more and more of our own uniqueness as we shaped ourselves more towards others expectations and ideals of who we should be and what we should want.

Over many thousands of years, we moved from the internal knowing (Soul) to the external world to guide us. As you move through this guidebook please remember that there are no rules to tell you what to do. This is not meant to be prescriptive in any way, but rather, a resource as you rediscover your own inner knowing. You are being asked to be open to the information and take the time to dive deeper within Self to determine what you feel. It is important to begin working towards trusting your own soul's genius and uniqueness no matter how far outside of the norm it might take you. The essence of who you are desires to be expressed and heard.

The information I will be providing is meant to be a guide, not a step-by-step instructional manual. The entire purpose is to help shift you away from allowing others to tell

you what is right for you, but rather to begin trusting your own innate guidance to decipher precisely what works best for you. I hope that these tools will assist you in that process. Take what resonates for you and leave the rest. The beauty of intuition is that it allows you to decide what is best for you, according to how you feel. There is a lot of freedom in that! Freedom that, collectively, we haven't experienced in a very long time.

You are probably very well aware of the patriarchy, and the prevalent masculine energy within that patriarchy, that governs the world. The majority of our lives are action oriented (masculine) and the idea of being still and taking the time to go within and explore how we feel about something is often suppressed and regarded as weak, ineffective, non-productive, and irrelevant. Throughout the years there has become an imbalance where the masculine energy of action has become the extreme and the feminine energy of stillness has become muted.

We can see the prominent extreme in masculine energy at play through the level of control we strive to have over ourselves and others. Everything has shifted to the external. We look to others to tell us who to be, what to think, what we should look like, how we should fit in, what it means to be successful, how we should feel, and what we should do. While we are looking to others, others are looking to us. So, rather than acknowledging that what we feel might actually be right for us, we immediately project that knowing onto others and expect that guidance to fit for them and then we follow the projection of others in order to make decisions for our own experiences. It becomes a cycle of everyone looking externally from themselves for the answers and then becoming increasingly frustrated when their life feels unfulfilled or lacking purpose. The patriarchy as a whole often look for ways in order to control the population and the thinking of the population. This becomes incredibly easy to do when we are looking to someone external from us to tell us what is right for us. When we begin to trust and believe our own

internal guidance when it comes to what is right for us, then it becomes increasingly more difficult for others to manipulate or control us. We reclaim our own power.

The patriarchy is a perfect example of an extreme in energies. There is nothing wrong with masculine energy; on the contrary it is crucial and very important. However, it is only when we have an extreme of this energy that it begins to become detrimental. When the masculine and feminine energies are balanced, then harmony can exist. When there is a dominant energy in either direction then we fall out of alignment and some form of oppression takes place. Not only do the masculine and feminine energies exist within the overall energy of the collective, they also exist within each of us individually regardless of gender. When we are out of balance with our own internal feminine and masculine energies then we begin to see that imbalance within the external world.

At the moment, we clearly have an extreme of masculine energy dominance in the world which is the number one indicator that many of us individually are currently more dominant in our own masculine energies. The only way to balance this energy and come back into alignment, individually and as a whole, is for each individual to balance the feminine energies with the masculine energies within themselves. In order to do that, we must begin to come back to ourselves and the feminine within each of us. When we nurture the feminine energies within ourselves and give her a voice then we can begin to see a significant change collectively. This is a perfect example of when we heal ourselves, we in turn help to heal each other.

For thousands of years the feminine energy has been suppressed. We can see this energetically and physically. Not only have women (gender) been suppressed in many ways, but also the feminine energy within the majority of humans has also been suppressed. Feelings have

been translated as weakness. Receiving has been shamed. Compassion is seen as reserved for only those with a “bleeding heart”. Love is crippled by expectations and conditions. Action is praised while stillness is seen as laziness. Acceptance is seen as losing or giving up. Creativity is seen as a hobby to not be taken seriously, and intuitiveness is seen as illogical and not to be trusted. From the moment we are born we are conditioned to believe that the feminine within us is somehow weak and not to be trusted. Rather, when her voice tries to be heard she is met with shame and ridicule and further silenced. It is no wonder why so many of us hear her voice and feel her presence yet have reservations about trusting her. The voice of your feminine within IS your intuition, which is something we all have. You can choose to allow her to be heard by beginning the journey of learning to listen to and trust her voice.

EXERCISE:

This exercise can be done as a journal entry or you can simply sit in contemplation over each question. I generally would advise to write each question and your corresponding answer down because there is something powerful in the action of writing when it is coupled with the stillness of contemplation. However, do what feels most comfortable for you in this moment. You can always come back to this exercise to further explore if you choose to.

Masculine Energy traits:

- Action-oriented
- Assertiveness
- Logical
- Power
- Analytical

- Giving
- External/Outward
- Confidence
- Persistence
- Discipline
- Protection
- Boundaries
- Focus
- Determination

Feminine Energy traits:

- Intuitive
- Inward
- Creative
- Feelings/Emotions
- Inner Strength
- Stillness
- Unconditional Love
- Acceptance
- Allowing (Going with the flow of things)
- Compassion
- Kindness
- Receptive

- Understanding

- 1.) Take a few moments to go through each of the masculine and feminine traits listed above. Which of the masculine traits do you feel are most dominant within your life? Which masculine traits do you feel are most suppressed within your life? How about with the feminine? Which traits do you tend to suppress and which are more dominant for you? If you don't know, then it is OK to guess!
- 2.) In what ways can you commit to begin to give those energies that you have suppressed, a voice? How can you begin, even if you simply begin with small steps, to better express those energies? Start with what makes you feel comfortable. In time you will build confidence and feel more empowered to express them fully. As you begin to express those energies that have been suppressed, you will begin to see those dominant energies soften. This is the beginning of the balancing of the two. Again, be patient because this can take time. It all begins with YOU making the effort and showing up.

As you begin to acknowledge and explore those energies that you may have been suppressing for years, please understand that it is very possible for past hurts, traumas, and feelings to surface. This is OK and it is part of the “clearing of the clutter” that has kept these energies suppressed for so long. This can feel a little challenging as you face whatever surfaces for you. Be kind and gentle with yourself as you work through these emotions. You may feel tempted to suppress them once again, but remember what your goal is. To work through the clutter that is keeping you out of balance. You may feel called at this time to work with a

therapist or counselor to help you to effectively work through whatever may surface for you. It may feel challenging while you are moving through it, but where this work is leading you will make it all worthwhile!

2. What is Intuition



Our intuition is the genius of our soul. It is our deepest inner knowing of not only what is right for us but what our purpose is. We are meant to show up to our purpose every single day, yet, when we are not tuned into our internal guidance system then it becomes increasingly difficult to know what we are meant to be showing up for. We are constantly seeking our purpose as if it is meant to be something external to us. Something that someone will tell us what it is so that we can take action and “get to work” on it right away!

This is why for so much of our lives it is dictated to us what success is and how to attain it. That attainment usually involves learning new things and then taking that learned knowledge out into the world and getting a job that will hopefully lead to a good income and all of the material goods we could ever imagine. The problem with this is that so many of us feel a sense of unfulfillment in this role. Often, we bypass our own inner knowing of what we actually want and substitute that wisdom with the expectations of the outside world.

Intuition is our compass. Our Soul knows exactly what direction we are meant to move towards and it is through intuition that direction is communicated. When we are able to tune into

our inner voice and trust its guidance, then we are automatically given insight into what our purpose is and what we are being asked to show up to each day. Often times, this guidance will look very different from what we are being told externally. It will often involve some level of creativity, creative self-expression, and stillness. We are not meant to be in constant action mode.

It is nearly impossible for us to recognize what our purpose is when we are not listening to or trusting our intuition. Our soul is the only one who knows what is best for us and what will make us feel most alive and full of passion! Again, if we are too entrenched in listening to and trusting what others tell us we “should” be doing rather than doing what feels good to us and brings us the most harmony from within, then we cannot be fully showing up in purpose. This can lead to frustration, burn-out, overwhelm, depression, anger, and feeling lost in life. It is only through reconnecting with our Divine inner knowing (intuition) that we can begin to show up authentically as ourselves.

If intuition is our compass then Ego/mind becomes the logistics. When we can balance our Ego with our Soul and allow those energies to work together, then the soul gives the inspiration and the ego takes the action to bring those inspirations to life. We begin to incorporate the knowledge with the wisdom and together they lead us towards achieving our goals, in purpose. For so long we have been ego dominant (masculine) and it has been all about action from the space of the mind. The piece we have been missing is to allow for the soul (feminine) to be the compass and to give us the direction. We have been taking directionless action for so long that when those inner feelings try to be heard, we resist and continue to follow the rules as we know them based off from what we understand to be true rather than what we feel to be true. By allowing the intuition to be the compass, we redirect the energy of the ego and

those energies begin to work in tandem as the ego begins to take the action, only after the direction has been decided upon by the intuition.

Conversely, if we were strictly soul (feminine) dominant, then we would have all of these incredible inspirations and they would simply sit dormant. There would not be any outward action to help disperse them and bring them into the physical. Think of it this way, the feminine energy is that of creation, but it cannot create without the energy of the masculine. That creative energy does not flow without the action of the ego/mind and physical body in which we incarnated into (masculine energy). This is why either extreme is not sustainable, but rather why balance of the two leads to the most comprehensive, beneficial expression of Self. When the majority of humans are functioning in this way then this becomes the energy we begin to see collectively. Do you see why your actions and the work you do for yourself absolutely does have an effect on others? When the energy of the majority of humans are out of balance then this is the energy that drives the collective. We are starting to see the Universe step in now to begin to help the energy of the feminine rise. However, it also takes the effort of each individual to begin to embrace those energies and truly begin to work with them and trust them. Which ultimately means, beginning to trust your Self.

3. How to Recognize Intuition



Intuition is often referred to as a “gut” feeling, a hunch, or an inner knowing that is hard to put into words. When instinct or our intuition are speaking to us, we will often feel a sensation, or cue, around the area of our Solar Plexus – stomach area above the lower belly.

With instinct, it is usually very immediate and intense. It is designed to get our attention quickly as our instinct is meant to keep us alive and safe. With intuition, it can be intense but it is often times subtle and if we are too much in action, we can miss those subtle cues. This is why we are often guided to find the stillness or to quiet the mind and sink into how we feel when we are trying to connect with our intuition. This is so that we can acknowledge this inner knowing that is communicating to us through sensations within our body. Many times, you can feel this inner knowing through your entire Being. These sensations are often hard to ignore, however, the pressures from the external world can be so great that we may still quiet the inner knowing and choose a direction dictated by something external to ourselves, even when our own inner knowing is so strong.

You may be asking; how will I know the sensation when it comes up for me? The answer is, pay attention. When it is time for a decision or you have to make some kind of a choice, stop.

Find the stillness (come back to the present) and try to notice what your body is attempting to tell you. The easiest way for our soul to communicate to us is through our physical body. More than likely, you have felt the sensations of your intuition many times within your life. It is that familiar drop in your stomach sensation when something doesn't feel right; or it is that feeling of excitement within when something feels very right! Often times it won't always be quite that extreme, but if you pause and come back to the present and truly take the time to feel into what you are actually feeling, you will have a sense for what your soul is trying to communicate to you.

Instinct often works to keep us safe and alive. Intuition is often more about guiding us to show up in purpose each day and to tap into our own innate wisdom. We often tend to pay more attention to instinct because that will often kick in when we are facing something more immediate. We will often dismiss intuition because we have been so conditioned to not trust ourselves, but rather to seek guidance and answers from the external world and other people.

Think of a time when someone told you to do something that just didn't feel right to you from within but you followed their advice or instructions anyway. Do you remember how that felt to go against what you felt to be right for you? Often times when we go against our own inner knowing, things tend to not always go in our favor. Think of a time when you followed your own inner knowing over the advice of another, because you knew deep within how you felt and you honored that knowing. It might have caused a rift with that person who was trying to advise you, but ultimately you honored your own authenticity and were able to move forward while staying true to yourself. Both may have had similar outcomes, but the feeling within would have been very different.

When we go against our own inner knowing then the soul will start throwing up red flags asking for a redirect. Those redirects can take some time, but the feeling that you are not on the best path for you will continue to surface. This can also be said for those times when we feel we are on the right path even when the external circumstances indicate otherwise. These are often our faith tests to check in with ourselves and to make sure that the direction we are moving in is still the direction that feels most aligned. It is important to remember that what is happening in the external is not always accurate in showing us which direction we should be moving in. Your soul is always going to be your greatest compass when it comes to your purpose and what is best for you.

It is important to mention that the ego/mind can be a trickster and can easily deceive the body into believing that the sensations being felt are the intuition, when in fact they are feelings being driven by the mind. The mind can often create feelings of fear, self-doubt, or motivation based on conditioning or desires that have more to do with the external world than with actual intuition. That may sound intimidating at first, or at the very least very confusing, but don't worry! Your soul is very patient and will keep trying to communicate with you until you finally pick up on the true message.

Often, the very first, initial feeling you feel when something comes up is your intuition. The intuition is an energy much faster than the energy of the ego/mind. The mind is often right behind the intuition, but if you are present and aware then you will feel the hit of the intuition before the mind intervenes. Try to notice and stay focused on the very first impulse you get. What did it feel like? Where did you feel it? If you start to make lists or overanalyze, then you know that the mind has joined the party. This is why it is so important to be present and pay attention to that very first feeling you receive. Again, if you miss it, don't worry, it will keep

coming back to you. It just has a harder time getting through when the mind begins to convolute things.

Individuals who are very intuitive and tuned into their bodies will often feel “goosebumps” or the shivers go through their body when something resonates with them strongly. I often call these the truth wave because it is a wave of knowing that tingles through the entire body. When this happens for me, I instantly know that the message is in truth or for my highest good, or the highest good of my client. I think it is important to mention that when you get that initial “knowing” feeling, it might immediately be followed by fear or sadness. Understand that something can be right for us and also invoke feelings of loss or grief for what we are being asked to release or move away from in order to bring in a new experience. Or, you could feel fear around doing something new that you have never done before and that can be scary. Try to always come back to what you initially felt when the idea or decision came in for you. That very first spark is the guidance and is true for the next steps on your journey and can be trusted.

It is important to note, you can often manage or change the feelings associated with the mind through changing your mindset or thoughts. What you cannot change are the feelings associated with your intuition. This is really crucial to understand, so read that again. Your soul always knows your truth and therefore there is no debating or changing it. Your individual unique truth will always be innate for you. Your soul always knows the direction it wants to move towards and no amount of negotiating will change that. This is why the soul is so patient. We know we have free will to take as many detours as we choose, but the soul will keep coming back trying to get our attention to guide us with our intuition. The soul is our compass, and the

intuition is the genius of the soul. It will never lead us astray but it is up to us to pay attention to it, listen to it, and to trust it.

EXERCISE:

Be as present as possible for this practice. If you find your mind begin to wander, bring it back to the present moment and feel into your body before continuing. You will need index cards or handmade flash cards for this exercise and a journal.

1. You can use as many cards as you would like, but I would say to start with at least 20. On one side of each card you are going to write down a person, place, or thing. For instance: bear, Hawaii, vacation, work, play, spider, death, snow, sunshine, flowers, Aunt Sally, and so on. Try to include things you absolutely love and that make you incredibly happy as well as things that you are afraid of or bring you sadness to think about. This is important, so make sure you have a good mixture of emotions represented throughout the cards. Write one (1) item per index card, leaving one side of each card blank.
2. Once you have your cards written out, face the cards so that you can't see what is written on them and shuffle them really well.
3. Come back to the present and feel into your body. Can you feel your hands? Can you feel your feet? Notice your breath. Ok, now that you are present and your cards are shuffled, pick a random card and then look at what is written on the card.
4. What is your very first feeling that you notice when you read what is on the card? Write down that initial feeling. Was it joy, love, anger, frustration, pain, doom, fear, excitement, longing, or something else?

5. Now, take a moment to write in your journal why you might have felt that way about what was written on the card. Do you feel fear because of possible conditioning or might you be feeling fear because this is something that is not good for you and your experience?
6. Repeat the above steps for as many times as possible, each time pulling a new card.
7. In the future, when choices present themselves to you, you can do this same exercise to help you become more aware of how you feel about each choice. In turn, helping you to make a decision driven by your compass rather than the external or your ego.

This exercise is wonderful to help us become more aware of our feelings and how to recognize that initial feeling that comes to us before the mind intervenes. The more we can tap into the initial feeling, the more we will begin working with the intuition and be able to follow its guidance. For some things, you may find that your feelings change when your perspective changes. This is a good indicator that those feelings were being driven by conditioning and the mind. Not to say there is anything wrong with them, but the soul is going to guide you from the space of your Divine wisdom, not your 3D, egoic belief systems. This is why what we want and feel pulled towards can often be much different from what we believe to be true about ourselves and the world.

4. The Soul is the Compass. The Ego is the Logistics (Action).



When the feminine and masculine energies within are balanced, you will find that they work together in harmony. The feminine side of ourselves offers the insight and the guidance through the stillness of being present. The feminine energy becomes the compass, indicating which direction best serves us based on our own unique destiny and purpose. Once that direction is known and communicated through our intuition, then it is time for the masculine energy to come in and use that compass and guidance as a road map for which action to take to carry us to our destination. Throughout the journey, the masculine and feminine energies should be in constant communication (balance) so that the journey flows.

Think of a time that you may have gone hiking or on a backcountry camping trip. Chances are you had some kind of trail map that you were referring to for guidance. If not an actual map, perhaps you were using some other form of guidance system to get you to the location you were destined for. More than likely, you didn't just drive to some random location, get out and immediately start walking in whatever direction looked best. Some of you may have chosen this route, but if you had a distinct destination in mind, chances are you would have chosen to use some kind of guidance to get you there. If at times you thought you had lost your way, you could refer back to the guidance system for clarification. This is very similar to the

energy of the masculine and feminine when they are in balance. They support one another and work in tandem to move through the journey in harmony, working as a team.

Think of the intuition as the compass that is trying to communicate to us constantly what decisions to make and what paths to take. Again, the intuition is the genius of the soul. The soul always knows the direction it wants to move in and the experiences it has chosen to have in this lifetime. The intuition is really the voice of our higher consciousness. The ego, which we chose to incorporate into our Being while we are in physical form, is the tool that helps us to take physical action while we are on this 3D physical plane.

The ego encompasses the mighty mind. The mind, the knowledge, the learned information, and the external resources; all of these things help the ego side of ourselves and our physical Being take action and move forward towards the destination and goals put forth by the soul (intuition). These two sides of ourselves are meant to move in tandem, to work together to unlock the wisdom and to have the experiences we chose to have in this lifetime. The only one who knows the exact purpose and destination of your life, is YOU. Your soul. It is by listening to that inner voice, your intuition, that you will receive the most accurate guidance for your multiple trips around the sun in this lifetime. It is through the ego, the resources and intellect, that you will take the appropriate action to get you there.

So, why do we so often feel lost or misguided? Why do we find ourselves pursuing goals that just don't fulfill us or that keep us confined? It is because for so many of us humans, before we awaken to our own power and Divinity, we are groomed from birth to believe that everything must come from the external. We are shaped to believe that we must be in constant action in order to be productive and successful. That action includes looking to and going to the external

for our own guidance. Others telling us what we “should” do, what we should look like, who we should love, how we should behave, what career we should have, what is good, what is bad, who we should be friends with and who we shouldn’t, the list goes on and on and on. We are taught to suppress our feelings and our intuition is a feeling. That is exactly how it communicates is through sensation and feeling. When we suppress the feminine within ourselves, we in turn suppress our most accurate guidance system. This suppression and failing to follow the guidance of our soul can lead to depression, feelings of displacement, anger, frustration, anxiety, and much more. This is our souls attempt to get our attention in order to make a change.

When we are constantly in action mode and looking to the external for what to do and how to do it, we can burn out. We can feel as though our life has little purpose because the purpose that we are following belongs to someone else, not us. When these energies are out of balance, as they have been for so long collectively, we feel the effects of that extreme. The best way to begin to balance these energies is to remember what your intuition sounds like and FEELS like, for you. To begin to work with it and eventually begin to trust it again. Allow it to work in partnership with the masculine energies of action to create that much needed balance from within. When we can do this individually, we begin to see it occur collectively. But it always starts with us, individually.

When we can remember how to read our internal compass through the unique cues it sends us then we gain a deeper understanding of our own unique purpose, rather than allowing someone or something from the external to tell us what that purpose is and what it should look like. Once we know what we want to be showing up for each day and how we want to show up, then we can allow the mind, the resources, the logic, and the people to help us to move in the direction that feels most aligned for us.

EXERCISE:

I recommend completing this exercise as a journal activity, but you can also set aside time and complete it in contemplation. I often suggest journaling because it allows you to move the energy within you through your words and also, you are able to come back and revisit the wisdom that is revealed to you through your writing.

1. Set aside at least 30 minutes to complete this exercise. Also, give yourself permission to spend longer on this and also, to come back as often as needed to check your progress or add to your list.
2. Start by making two columns in your journal. The first titled “Mine” and the second column titled “Not Mine”.
3. Take some time to think about your current life: your job, where you live, your friends, your hobbies, who you love, who you are married to or dating (your partner), your pets, how you dress, how you speak, what you eat, when you eat, how you wear your hair, how you express yourself, where you go to college (if you go to college), What you are majoring in (college), whether you play sports, whether you go to the gym and workout or don't, how you treat people, what causes you believe in and show up for, how much alone time you have, what time of day you start work, how much self-care you do, how much time you make for yourself, whether you have children or not, and the list goes on. This is an opportunity for you to take a closer look at where you are at within your life currently and decipher between whether it was your intuition (innate desires, gifts, compass) that brought you here or, whether it was somebody else's expectations (including society) that brought you here.

4. For each item that you think of, write it in the column that most supports where it stemmed from. Did it stem from you and your own guidance system, or from somebody else's? If it stemmed from your compass then list it under "Mine". If it stemmed from someone or something external to you, then list it under "Not Mine". For instance, your career. Are you a Lawyer because your parents or society groomed you to become a lawyer or are you a lawyer because deep within you have always felt aligned with becoming one? There is no right or wrong answer. This is to simply help you gain clarity as to where the direction of your life has stemmed from. Was it from you or someone/something external to you?
5. When you have a good list going, take some time to pause and revisit those items that you feel stemmed from someone else's expectation for you such as job, partner, living situation, outward appearance, or whatever you felt made the list.
6. For those items in the "Not Mine" column, next to it in the "Mine" column write down what your choice would be based on your own inner knowing and desires. So, maybe being a Lawyer was "Not Mine" and being a flute player is "Mine". With this exercise you will begin to see where you gave up your own power of choice to honor the expectations of others. This is not a judgment, there is no shame here. This is simply an opportunity to recognize what stemmed from your inner knowing and what stemmed from something external to you. What you choose to do with this information is up to you.
7. This is an area where you may see some upheaval as you begin to work with your intuition more and more. Those people, places, things that you classified as "Not Mine" could very well begin to fall away as you begin to step into your own

authenticity more and more. This can be challenging, however, the more in tune we become with our own inner guidance, the more those circumstances that were forced onto us through somebody else's expectations will begin to feel more and more out of alignment. You may find that you eventually leave your job and create the job that makes your spirit sing. You may choose to leave a relationship that was built upon another's expectations rather than on your own inner knowing for the connections that best serve you. As you begin this work, it is not uncommon to see the things that were never yours to begin with, start to fall away. In this falling away you are granted the opportunity to fill that space with something that feels much more in line with your soul and purpose. Ultimately, that is a truly powerful and beautiful thing.

5. The Importance of Being Present



There are various beliefs around how time works within the metaphysical. There is the idea that time is fluid and not linear and that it moves in a spiral. Other beliefs explain time much more like a pinwheel where you can step in and out of past lives, into present and future lives easily. Some believe that we are actually experiencing the past, present, and future all at once and that is why our minds tend to wander in and out so much. What most of these beliefs about time have in common is that life, in the physical, can only be experienced within the present moment. Therefore, the present is where your intuition will find you. If your mind is convoluted with thoughts about the future or reliving experiences from the past, then you are not present to receive the guidance from your compass. The quickest and easiest way to tune into your intuition is to come back to the present.

Once you receive the guidance from the present, then of course you can pull your wisdom from your past experiences and create your visions for the future. You can think about this in the way that you have to be present and fully “in” your body to actually feel the cues that your intuition is sending. Remember, some of these cues can be very subtle and can be easily missed if we aren’t paying attention.

It is so easy for the mind/ego to take over and then our minds are off running. If our minds are elsewhere, then it is incredibly easy to miss the cues from our intuition. Sometimes we have to make a dedicated effort to meet in the middle. When you start working towards being present it may feel challenging at times. Again, this is where life is actually happening and sometimes what is actually happening within our lives can be incredibly challenging, so of course the desire to escape might arise. Be gentle with yourself as you begin this practice of being present because it may bring up feelings for you that you were hoping to avoid. Understand that in order to dig out and find the intuition, sometimes we have to work through the shadows that have been covering up our compass for so many years. Don't give up though, this work is incredibly important! Once you work through those shadows, you will allow the light in and you will have the power to choose what you hold in that space ongoing.

Coming back to the present moment is a practice and it can take time to familiarize yourself with how it actually feels to live in the moment. To actually feel your body and the energy flowing through it. You may find that at first you only spend a few brief seconds here and then you are off again. With continued effort and dedication, eventually, being present will become second nature for you and you will merge so deeply with your intuition and its cues that everything will seem to flow like an unobstructed river! Have patience and understand what you are working towards. Presence and intuition go hand in hand. You can't have one without the other.

Following are some techniques you might find helpful in bringing you back into your body and becoming present in the moment. If none of these seem to work for you after you try them out for a bit, then please do your own research and exploration into ways that might resonate with you more deeply. Everyone is unique in what works for them, so don't be

discouraged if none of these do the trick. It might take more than a few tries to decide, but ultimately, if you need more options don't hesitate to find them! The right technique is out there for you and once you find it and become familiar with it, you will be well on your way to recognizing and tapping into your intuition quickly and effectively!

EXERCISE:

Here are a few techniques to try in order to bring yourself back to the present moment. Experiment and explore each of these to see what works for you! If none of these seem to call to you, simply explore other resources and find something that feels good for you and something you can commit to.

- 1.) Be aware of your breath. Pause and notice the feeling of your breath moving through your nose and into your lungs, and then out of your lungs through your mouth. You can breathe normally for this exercise or you can take deep breaths in and out if that helps to focus your attention. Becoming aware of your breath immediately brings you back to the present.
- 2.) Look at your hands or feet or legs and notice the sensation of how they feel. Not by physically touching them, but rather by feeling the energy moving through them. Can you feel the tingle of the energy? Can you feel the life force within your body? Focusing on this energy brings you back to the present. This is a great exercise for really FEELING your body and the energy within it!
- 3.) Movement. Exercise may sound contradictory, but physical exertion actually helps to calm the mind and bring you back into your body. Running, walking, lifting weights, dancing, and so on can quiet the mind and bring you back to the present. When it

comes to using your intuition, it is recommended to do this alone and not with someone else who might take your attention and become a distraction. For the purpose of becoming present to tap into your intuition, it is best to exercise (safely) alone.

- 4.) Stretching or Yoga. This is also in line with movement, but at a presumably slower pace than the above. Again, for the purpose of becoming present in order to tap into your intuition, it is best to do this exercise alone. Once you are present and fully within your body, you are much more likely to tap into your inner knowing when there are no external distractions. Calming music, however, is fine.
- 5.) Sit within nature. If you live in the city and do not have access to a park or nature (forest, trees, water, wilderness) then perhaps buying a house tree or plant would help. Nature is very calming (under most circumstances!) and being in nature alone while truly noticing what is around you will bring you back to the present and back to your body. Notice the leaves on the trees, the warm breeze, the babbling brook, the singing birds, perhaps a deer or a squirrel. When you allow yourself to become aware of the details of the forest or nature, you become present. If you have a house tree or plant, simply sit with the foliage and notice the details of it. Notice the veins within the leaves, the soil, the bark on the trunk or the stem. Notice the aroma and notice the sound (silence).
- 6.) Drumming, singing bowls, or tuning forks and sound therapy. If you have a musical instrument that you can play that is soothing, this can also bring you back to the present. I will often use a drum or singing bowl when I am channeling messages from Spirit. This is actually when I notice the most visions come in through my third eye.

The frequency and vibration of some music can bring you back into your body and connect you directly to your intuition.

- 7.) Meditation. Though meditation doesn't always appeal to everyone, it is one of the most popular methods for quieting the mind and becoming present. Meditation is a practice though, so patience and dedication are key.

6. The Comfort Zone



You will often hear me say that the ego tries to keep us safe and the soul is constantly looking for ways in which to expand and grow. This translates into stepping outside of, and growing, our comfort zone on a continuous basis. The ultimate goal is to find a way for our ego and our soul to work together, in tandem, rather than in competition.

It is not the job of the ego to keep us safe; we have instinct for that. The ego is responsible for the logistics of our journey, such as finding the resources and knowledge to fill in the gaps of what we need in order to move forward within this physical realm. Because so many of us are conditioned to suppress the soul and allow the ego to be dominant, we often find ourselves taking direction from a part of ourselves that never should have had that level of power to begin with and we often find ourselves looking to the external for guidance. In doing so, we may find ourselves confined and with a false sense of security as we sit within our comfort bubble and wonder why we feel no real purpose in life. We wonder why we feel stagnant and frustrated within life as we peer out the windows of our self-made cell, which our own ego helped us build.

We continue down this path until the suffering gets too great and we begin searching for a new way. What we then discover is that the new way often lies beyond the walls of the zone we created. As we begin to venture out into this new world, we begin to feel the excitement and passion that comes with that exploration. We begin to feel our soul sing as it reawakens and drives us forward. Even though the ego may protest, once we have a taste of that aliveness it is difficult to keep it contained! What I have found is that everything my soul came here for lies well beyond the confines of my comfort zone. Even when it is scary or intimidating, we always have the choice whether we choose to stay the same and confined, or whether we choose to grow and spread our wings and soar.

So, if the soul is always pushing us towards growth and to expand our playing field does that mean that everything outside of our comfort zone is what is best for us? Not necessarily. This is where it can get a little tricky, sorry to say. Enter intuition and the importance of this sacred guidance system! Before we become aware of our intuition and how to use it for our guidance, when we do step outside of our comfort zone it is often because of obligation or pressure from others. Where our own ego tries to keep us safe and small, the egos of others are often looking for ways for us to serve them or to create some level of control over the situation. So, we may find ourselves saying yes to something that might not feel that great or that feels out of alignment. We often say yes out of a sense of obligation.

Yes, there is a difference between stepping outside of your comfort zone because you are being forced out (obligation, control by another, pressure by another including society), and stepping out because it feels right. With intuition there is often some level of excitement, passion, or intrigue involved, even if there is also some fear. Take a moment to think about how you feel when you are being pressured or when you feel obligated to do something that doesn't

resonate for you. It simply doesn't feel good. It feels forced and out of balance. Like a ripple or a massive wave within your inner calm. That ripple or wave feels more like a storm than excitement. If what you are feeling simply feels off and you have to convince yourself that you are "doing the right thing" or that you owe somebody something so you "have to do this", then chances are this is the ego of others at play and you are choosing to participate.

Conversely, if you take a moment to think about how it has felt when an opportunity has come up to step outside of your zone that excites you or makes you curious about this new path, even if there is fear or sadness associated with this change (leaving friends/family, moving somewhere new, starting a new job, leaving an old job, starting your own business, leaving a relationship, starting a new relationship, and so on), the overall feeling is much different. There may be complete peace or there may be a ripple or waves, but they often include waves of excitement and inspiration. It is as if you can feel the pull of your soul beckoning you in this new direction. Again, there may be fear or sadness that comes up, this is normal when we make changes within our lives. However, the difference is that you can often envision or sense the potential of what is waiting for you and why your soul is so keen to take you there.

Often, people will feel this call but the fear or sadness that may come up alongside of this new idea or inspiration causes them to second guess or doubt whether it is right for them. It is important to remember that our soul will always push us in the direction that holds the most growth and expansion. So, of course there will be challenges and hurdles to overcome! Stepping outside of your comfort zone and taking the path guided by your soul does not always mean it is the easiest path. We often think that if it is "right" for us, it must be easy. That isn't always the case. Easy rarely equates to growth and expansion. However, growth and expansion always lead to some level of happiness and fulfillment. We can have easy with the ego and stay hidden and

confined but that does not always equate to happiness and fulfillment. Eventually, we need to decide what we want. The more we choose to follow the guidance of our soul, even when it isn't easy, the more happiness and fulfillment we will find.

What is most important is to recognize that you always have a choice. You have a choice whether or not you will listen to your soul and trust the Universe and your own higher consciousness when it comes to pursuing what feels good and in line with your own truth. You have a choice whether or not you will listen to your ego and stay where you think is safe, even if you feel unfulfilled or unhappy. You have a choice whether or not you will allow another to pressure you to step outside of your comfort zone, but in a direction that serves them and is to your own detriment.

The key is to be able to recognize which is which so that you can make a decision based on your own inner truth and guidance as opposed to your ego (staying "safe" or small) or the ego of others, obligation or control. Please understand that there is nothing wrong with following your ego or the ego of others. There is no shame in either. It all comes down to what you desire. Following your soul and your own inner guidance may lead you to the most challenges and growth, but also to the most joy and happiness. Following the guidance of your ego or obligation will often leave you feeling unfulfilled, stagnant, and confined which can also lead to depression and feelings of defeat. Don't worry, your soul is incredibly patient. We have free will and our soul will respect that. When we choose Divine will over free will then our soul will gladly take the reins and take us to new heights.

Stepping outside of our comfort zone reminds me of The Fool card in traditional Tarot. The individual is standing on a cliff with nothing but a small bag as luggage (light and easy to

carry – no resentments or obligations, just adventure and excitement and passion) and he is holding a flower. The sun is shining brightly in the background illuminating the way and he has his loyal companion with him; his dog. The energy of this card is so light and cheerful, yet powerful. You get the sense that though he is taking a leap of faith he is not worried about what lies ahead. He trusts the Universe to support him and his higher consciousness to lead him in the right direction. He has chosen to go with the flow on this new path rather than try to control every aspect of the journey and rather than allowing his own fears to keep him from embarking in the first place. This is the energy we often feel when our soul is guiding us. Here is a simple breakdown of possibilities to help you when these opportunities arise:

Leaving our comfort zone when driven by our intuition:

- Exciting and maybe a little (or a lot!) scary
- It resonates in some way deep within. You feel drawn to whatever it is for some reason
- Curiosity, inspiration
- You feel suddenly motivated in a way you haven't felt before or in awhile
- There is a spark within and you feel ignited in a way that you can't quench without exploring further
- Whatever this is keeps coming up for you, relentlessly, even for years. You can't stop thinking about it no matter how hard you try
- There is a feeling of inner power associated with this, even when there are other emotions you might feel around the change
- You may not know why, but whatever this is feels "right"

Leaving our comfort zone out of obligation or pressure from the external:

- Feels difficult or foreboding with no spark, enthusiasm, or excitement
- You find yourself searching for ways to get “out of it”
- Excuses may come flooding in that you can offer to feel less obligated
- You feel a sense of obligation or have to convince yourself why doing whatever this is, is the “right thing to do”
- The action brings harm to Self or others (your soul would never ask this of you. Never)
- You have a sense of giving your power away
- You KNOW that you do not want to do this but you feel pressured
- You feel uncomfortable doing this and there is no internal feeling that resonates with whatever this is. In other words, you do not feel any connection to this act and you also feel extremely uncomfortable doing it
- The guidance is entirely coming from someone or something external to you and you feel no connection to it whatsoever

EXERCISE:

This often works best as a journal exercise, but if contemplation/meditation works better for you then of course follow that guidance.

1. Become present
2. Make 2 columns within your journal, one titled “My Soul” and the other titled “Obligation/Pressure”

3. When an opportunity comes up for you to step outside of your own comfort zone and you are trying to decide what to do, if possible, take some time to journal before deciding.
4. For each choice or opportunity that comes up for you, feel into how the choice makes you feel from within:
 - a. Is there any level of excitement, even if there is another more negative feeling associated with it? Write down the positive emotions you are feeling. Take some time to really explore these! Curiosity, excitement, passion, joy, happiness, love, and so on. *(If there are no positive feelings associated with this choice but you still feel a deep knowing that it is right for you that is OK. However, if there are no positive feelings and you do not have a deeper sense that this is right for you, then skip to category B, below).* Take the time to explore the negative emotions associated with it as well. Fear, sadness, grief, anxiety, loss of control, and so on. If there are negative emotions associated with it, then take some time to explore WHY. If it has to do with feelings around change, then understand that those feelings are normal and should not hold you back from living your highest expression. The more you explore these feelings the more clearly you will see that, though they are very much valid, they are not a reason to continue to say no where your soul wants to say YES! This choice would most likely fall under the “My Soul” category and it is most likely aligned with your highest good.
 - b. Do you feel only a sense of dread around this choice or do you find yourself having to convince yourself why it is the best choice and why you should do

it? Has all of the direction come from someone externally from you telling you that this is something you “should” do? When you feel into this does it feel like a storm brewing or is there any level of calm? Do you only feel fear around this choice or does it feel off or out of balance from within? If, when you feel into this choice, there is no level of calm or clarity or excitement and passion that comes up for you, then this is more than likely coming from obligation or pressure. Direction or guidance externally to you that just doesn’t jive with your own inner truth and knowing. Leaving your comfort zone for this kind of energy is most likely not leading you towards your highest good. You can put this choice under “Obligation”.

5. Exploring each choice as it arises for you that is asking you to step outside of your comfort zone allows you to gain clarity and see what your soul is asking you to do as opposed to what you may be choosing to do out of obligation/pressure from others external to you. This will allow you to choose how you will participate.

7. Tests and Challenges



As previously mentioned, our soul is always looking to experience as much as possible and to grow and expand often. Rarely does that mean that the path your soul wants to take you on will be “easy”. It will often be riddled with challenges, hurdles, and redirections. Some of the most challenging paths you will take are the ones your soul is encouraging you to take. That doesn’t mean that it will be all difficult or all challenging. It is up to us to find the joy along the way and to connect to our own inner child in order to do that. Ultimately, the challenges and growth are moving us more and more into alignment and within that alignment is the calm, the peace, the happiness and joy. As we know, it is through the challenges and the triumphs that we unlock the most wisdom and the most joy. When you say yes to the calling of your soul then the forward movement often becomes accelerated!

There are times when we may see challenges as indicators that we are on the “wrong” path and need to take a detour. This is when it is really important to pay attention to what your intuition is trying to tell you. Yes, it might be very possible that a challenge has arrived to indicate that a detour is needed, even after you have invested much time into your current

direction. However, it is also possible that the challenge is more of a test to ask if this is what you still want. Does this path, this goal, this vision still resonate for you? Are you still on the path of your soul or at some point did you veer off and incorporate other obligations into your journey that are hindering you more than helping you?

When the challenges become so frequent and the tests too difficult that you choose to give up, then that can be an indicator that you needed a redirection. However, if the path you are on still calls to you and resonates with you in some way (is there still a spark?) then you will always find a way to overcome any challenge you are faced with. It is in overcoming that challenge that you unlock the wisdom.

Understand, there is also wisdom to be gained from knowing when to give up and when to keep going. Your intuition will guide you here. If you are going after something that holds no spark for you and only obligation, you will burn out and the challenges will become too great and too often to overcome. This is the Universe guiding you in a different direction and more towards alignment. This is a time to ask yourself if what you are fighting for is actually what you want. How does it feel? It is important to stop and check in with yourself often on your journey. Often times we forget to do this, so the Universe will give us tests or challenges every now and then to continue to help us grow, to offer us additional wisdom, and to have us revisit the direction we are moving in.

You will find, when you become accustomed to using your intuition to guide you, you will use it like you use the gauges on your car. You will constantly check in with it to make sure that where you are investing your energy and your time are what feels right for you. You will become one with your intuition and it will become increasingly difficult to say no to it and yes to

anything else. The Universe will throw you curve balls, for instance, you may struggle to find work for a long period of time and be guided to open your own business. Then after you have had a taste of what ignites your soul, you may get the job offer of your dreams. Now you must decide between this new venture of being an entrepreneur doing something that makes your soul sing, or giving that up for something seemingly safer and more “stable”. When you are in tune with your intuition, the decision becomes much easier. You shift from survival mode to actual living mode. You do what feels best, not what you feel obligated to do. Remember, our souls know our greatest, infinite potential. The ego only believes what it can see within the physical which can often be very limited.

I hope that the following exercises will help you when you face tests or challenges on your journey to help you decipher what the challenge is trying to show you and the wisdom that can be gained from the experience. Intuition plays a huge role in this. As a matter of fact, it has the starring role. The following practices can make sure your intuition has center stage to best guide you forward through the hurdles as they arise.

EXERCISE:

This is best done as a journaling exercise. When a challenge or test comes up for you on your journey take the time to ask yourself the following. *Allow yourself to write without putting much “thought” into what you are writing and then when finished, or at a later time, come back to the entry and review what you wrote. Many times, there are golden nuggets of wisdom in the messages that we write to ourselves when we are not thinking about what we are actually writing. This is also a way to allow your inner voice to come through.*

Become fully present and then proceed:

1. What is the specific challenge that you are facing? Be as specific as possible here. If you aren't sure exactly what the challenge is, then guess. Are you having difficulty finding work? Is it a toxic relationship with Self or another? Do you feel "stuck"? Do you feel like you are constantly hitting a brick wall and not getting any forward movement? Are you facing loss of some kind? Are you being faced with making difficult decisions? Are you feeling not seen or not heard? Do you feel powerless? Take some time to really dive into what the actual challenge or test is. Put a name to it. Acknowledge it.
2. Has this challenge come up for you before? If so, how often has it come up and what did it look like before? How did you handle it when it came up previously? If relevant, what, if anything, did you learn when this challenge came up for you before?
3. What do you feel that this challenge is trying to highlight for you? What change are you being asked to make or what wisdom can you pull from this challenge? For instance, are you being asked to stand within your power and use your voice? Are you being asked to leave or examine a toxic relationship? Do you have addictions or self-defeating thought processes that need to be addressed? Are you in a job that brings you no satisfaction or fulfillment and perhaps you are being asked to align more with your souls' purpose? Are you being asked to release some level of control and trust the Universe, yourself, or others more? Are you being asked to SLOW DOWN and make more time for actual self-care? Are you being asked to take a leap of faith and do something outside of your comfort zone? Are you being asked to explore your path and make sure that where you are headed is where you want to go? The list is

endless. Only you know what this particular challenge is highlighting for you.

Sometimes, we won't know until after the fact, but our intuition will always guide us in the appropriate direction. Pay attention to what comes in for you.

4. When we know what the challenge is and what it is trying to highlight for us, then we can move forward to overcome the challenge and extract the wisdom from it. First, we must ask ourselves, "Before I proceed with overcoming this challenge...":
 - a) Is what is on the other side of this hurdle what I actually still want? Try not to think about this one, but rather feel into it. Is there still curiosity, a spark, excitement, even if there is also fear or you feel weary? If there is even a whisper of a YES, then keep going. You will pass this test eventually and you will overcome this hurdle, just as you have always done in the past and the reward will be worth it! If the answer is NO, then perhaps a redirect is needed and it is OK to change directions regardless of how much energy, time, and resources you have expended on whatever this is. This includes relationships.
 - b) Am I moving forward with this because it resonates with ME and my inner truth, or am I trying to move forward with something that others have pressured me into out of real or perceived obligation? If it is soul driven, then again, you will find a way to overcome the obstacles and you will actually want to. If you are moving forward because of any other reason, then it is up to you whether you keep going. Understand that at some point you may lose steam and be forced to redirect. At this moment, you actually get to choose.

8. Decisiveness (Internal) Vs Indecisiveness (External)



You know that awful feeling you get when you have a decision to make and you don't want to make the "wrong" decision so you begin to clam up, have anxiety, your stress rises, and no matter how many pro and con lists you make, you still feel stuck? This is usually when we will ask a family member, a friend, a coach, a colleague, anyone, to tell us what to do. At this point we have thrown up our hands and bought into the belief that we cannot possibly know what is best for us. The pressure around making a decision has become too great and we don't want to "mess it up", so we look to the external to guide us. This is indecisiveness. When we do not trust ourselves enough to make a decision based on how we feel and we allow another to hold that power. When this happens, we are much too into our heads and not enough into our hearts.

First rule of thumb, unless there is immediate danger or it is life and death, then there is no wrong decision. Every decision you make invites in a new experience for you to move through. Yes, that experience may not feel great or might not fully resonate with you, but that doesn't mean that it is wrong. There is always something to be learned and some form of wisdom to be extracted. Also, there are no actual Universal law that states you can't change direction.

There may be consequences of that decision that must be dealt with first, but at some point, you can change direction. Whatever we choose, in the moment, is the right choice for us in that moment. The difference is, when we follow our own intuition as opposed to having someone from the external tell us what we should do, we are then making a decision that is most aligned with our purpose and mission on this planet. There is much more power in this.

Other people are simply resources and can only ever offer us another perspective. They are on their own journey experiencing their own adventures. When they offer us advice on our journey then it is painted with what they came here to experience. The information is coming through their own filter based on their own experiences. Perhaps our soul did not choose to experience the same thing they did. When we can learn to listen to and trust our own intuition, then we begin to move down the paths that hold the experiences that we chose to have before coming here for our own personal soul growth and expansion. When we can use our inner guidance system, the intuition, we become much more decisive because we can feel what resonates and what doesn't. We don't have to wait for someone to tell us. Remember, other people's advice on what you should do will be tainted with their own perspectives and experiences, which may or may not resonate for you.

Either way, there is nothing wrong with either. The difference lies in using your own power to make decisions based off of what feels right for you versus giving your power away and allowing someone or something on the external to make that decision for you. Which feels better?

Please do not misunderstand, there is nothing wrong with using the resources offered by the external. That is what they are there for! Absolutely, incorporate as much as you can that feels good. There are little golden nuggets to be harnessed everywhere! The key is, when it

comes down to actually making the final decision, are you making it based off from how you feel or how someone is telling you that you should feel?

You will find that the more you work with and begin to trust your own intuition, the quicker you will be able to make decisions and the less you will need to ask another what they think might be best for you. It removes the indecisiveness and you begin to function from the space of knowing your own truth and what your soul desires in this lifetime. Your decisions are no longer convoluted with someone else's desires. You start to live more authentically and in turn, you reclaim your power.

Decisiveness is all about looking within for the answers. It is 100 percent driven by your inner knowing and inner guidance system. When you trust your intuition, you are trusting yourself. You trust that your soul knows what you want and what you do not want, as well as what is best for you in the moment. There is no longer a need for someone to tell you what you should do when you trust your Self. Often, when you get to this stage, it immediately feels out of alignment when someone tries to tell you what you should do. Not to say you can't pull from their advice and incorporate their information in a way that feels good to you, but the final decision is being made from the space of your own inner knowing.

Conversely, indecisiveness means that we do not trust ourselves enough to know what is best for us. We are then forced to the external for someone or something to guide us. This often leads to feeling unfulfilled or like something is missing. Sometimes the advice is spot on and it feels good. Other perspectives can be wonderful IF they resonate for us and if our final decision is stemming from within. However, if we are making our decisions strictly off from an others advice, then we are essentially giving our power away. Until we can learn to trust ourselves and our own inner knowing, somebody else will always have some level of power over us. What is

ironic is that it is much more likely in this scenario that the choice we make, though it won't be wrong, may be out of alignment with what we actually want if we fail to go within for the final say. So, that which we were so anxious about messing up, we have given to someone else and trust them to get it right.

EXERCISE:

Remember that these exercises are here to help you begin to work with your intuition and learn to trust it. Eventually, using your intuition as your compass will come second nature and these tools will no longer be necessary. The time you invest up front will be worth it in the end result. This exercise is intended as a journal practice; however, extended contemplation is a suitable substitute if necessary. When feeling indecisive, before seeking guidance from outside of yourself:

1. Become present
2. Ask yourself the question, "What do I want?" Sometimes this can be a difficult question to answer, especially if we are indecisive. So, really sit with and journal on this question for as long as possible. If you immediately know from within, then there is no need to spend too much time in contemplation on this. You don't need to overthink this! In fact, try not to do much thinking at all with this practice. Instead, go with your first feeling that resonates. This is about feeling into what you want. When we involve the mind, we can often include conditioning from what we have been told we want, which is different from our Divine knowing from within.
3. Once you have figured out what it is that you want, now look at the choices before you and decide which choice/path feels most in line with what you want based on the information and wisdom that you have access to within this moment. You may not

have the whole story and that is OK. You aren't always meant to. You are meant to be present and make your decision based off from how you feel in this moment. Not how you might feel in the future. The future is an energy and is always changing. The present is as real as it gets.

4. Take a leap of faith and go with the choice that feels most in line with what you want and what you believe to be the path that best aligns with that desire/knowing. By doing this, even if you have to change direction later, you are learning to trust your own inner knowing and intuition. The only way to fully understand that you actually do know what is best for you and your journey, is to step outside of the known into the unknown through the guidance of your compass. The experience of doing this will show you that you know (wisdom) more than you think you do!

As a separate exercise, this is a great time to pull out those flash cards from earlier! Write down each choice and see how you feel when a decision comes up for you through the cards. Do you feel excited? Bummed? Your initial response (feeling) may indicate how you truly feel about the choices before you. This is a good indicator as to which is most aligned for you in this moment.

9. Intuition and the Perspectives of Others



When I speak of intuition you will often hear me talk about the importance of following your own inner guidance system and making sure the final decision is coming from within. This can create the misconception that there is little value in the perspectives or advice of others. This can lead to believing that you are meant to do this journey on your own and that the wisdom that others have to offer and share are in no way relevant for you.

Remember when we spoke at the beginning about the importance of balance? This is an example where if we were to seclude ourselves in a way where we only focused on our own beliefs, perspectives, and ideas to lead us forward then we would be in the extreme of the feminine energy. Any extreme becomes harmful in some way over time and is not sustainable. This is why it is just as important, when finding balance, to be open to what the external has to offer while remembering that you always get the final say when it comes to the decision you will make. This final decision is ultimately led by the intuition/ soul, but when we block the plentiful resources that the external has to offer, we miss out on an abundance of opportunities and wisdom.

The easiest way to think of this is to picture the external as an unlimited resource pool. The perspectives, advice, wisdom, experiences, and so on of others gives us access to new ideas and hidden paths that we might not had found on our own. The external can give us the keys to unlock new ideas and insight from within that if we were stuck in tunnel vision, we would possibly overlook or miss. As humans, we cannot possibly experience every experience there is to be had on this planet. We aren't meant to. Therefore, we are limited in a way because we can't possibly know everything there is to know about this expansive classroom. When we can be open to the stories, experiences, perspectives of others, especially when they look different from our own, then we open ourselves up to the opportunity to pull valuable wisdom from their experiences to enhance our own journey.

There is an arrogance in believing that we know everything there is to know about our journey and that it is impossible for another to contribute in any way. When we can begin to see others ideas and perspectives as valuable, then we can begin to pull the wisdom from those experiences that resonate for us and that make sense for our own journey. So, you see, we use the external resources in tandem with our own intuition (feeling into what resonates and what doesn't) and then so many new opportunities present themselves to us. Your soul absolutely knows the direction that it wishes to move into, but it is through others perspectives that we often are able to open the mind to be able to "see" a new way of getting there. Then, we allow our intuition to lead us there in the way that is best for us.

We can think of others perspectives and ideas as additional options and valuable resources for our journey. Where we have gotten stuck in the past is in taking the advice of others and trying to incorporate every piece of that advice to dictate how we should move forward. This is an extreme of masculine energy. When we can find the balance, we begin to see

the advice of others as additional guidebooks for our journey where we get to decide what and how much we will pull from that guidebook to use for our own journey. The other person no longer dictates to us what we should do, but rather offers us additional resources for our trek. We get the final say in what we will choose to use and what we will choose not to, based on what actually resonates within. In the past where we might have taken the advice and seen it as the rule, we can now view it as a resource. Do you feel the shift of energy in that?

So again, if we close ourselves off completely and begin to believe that our way is the only way and we will do this on our own, we are actually making the journey that much more difficult for ourselves. We have then moved into the extreme of the feminine energy and we will eventually begin to feel isolated, conflicted and frustrated. If we fall too far into the masculine energy where we take the advice of others and allow it to dictate to us what we should do with complete disregard for our own inner knowing, then again, this leads to another level of toxicity.

The key is to find a balance where we are allowing our own intuition to lead us, but we are also utilizing the abundance of resources from the external for insight into the many options available. When we find balance, we find value in others and their experiences and wisdom. When we all begin to do this then we truly begin to see the interconnectedness between us all and how we each, in some way, help the other to move forward without dictating to them what that should look like for them. We simply share our wisdom and our experiences and allow them to decide what works for them and what doesn't. This way, we each stand in our own power while sharing valuable infinite wisdom!

So, the next time someone shares with you their perspective, some advice, or their experience, it is OK to listen with an open mind and to extract from that perspective what

resonates for you and what opens your own mind and heart to new ideas and experiences. They are simply offering you additional options. It is up to YOU what you CHOOSE to do with them.

10. Intuition and the Importance of Self-Care



Each Chakra represents a Divine expression of our Self. When one or more of our chakras are blocked, this can lead to illness, depression, frustration, stagnation, anger, disease, lack of creativity, and so on. In order for the creative energy to move through us we must ensure that each chakra is healthy and open. This is often a lifelong practice of tending to and nurturing each chakra to make certain that we are in energetic alignment and the energies of the Universe, can flow freely through us as we create what we wish to see within the physical. As you can imagine, a blockage results in a barrier to that flow and stifles our creative life force.

Caring for Self is a very nurturing, loving thing to do and it carries with it the energies of the feminine. When humanity chose to suppress the feminine energies, this resulted in acts of self-care being seen as a waste of precious time and as selfish. So, we continued to move away from it in order to create more space for constant action (masculine). An important way to understand which chakra(s) might have blockages is to feel into your experiences and the cues

your body is giving you. Again, this is a feminine practice (not gender specific, remember we are talking about energies here), and therefore it is something we are rarely encouraged to do.

In order to be able to use your intuition to its fullest and to allow your creative energies to flow within at the greatest capacity, there must be an open channel for the messages to come to the surface to meet you. When your intuition speaks to you it will most often be giving you cues in the general areas of one or more of your chakras. Most often, the sensations associated with the intuition rise from the Solar Plexus area. However, it is absolutely possible for the intuition to try to reach you through one of the others. If they are blocked, then this makes this communication much more difficult. Self-care is about setting healthy boundaries, speaking your truth, removing shame around your body, removing skepticism around your connection to Source and your own Divine abilities. Self-care is about taking time to sit in the stillness with Self and to feel into what your body is trying to show you. To take the time to nurture Self and pamper the inner-child within you. To find that healthy balance between action and stillness. To give yourself permission to stop and just BE.

When you hear yourself saying, “I don’t have time to stop” ask yourself who determines that. If your answer is anyone other than you, then you are giving that other person permission to disrupt your internal balance. Others will typically only adhere to the boundaries we set if we ourselves are following them as well. When you decide that your inner peace, harmony, and alignment are worthy of your time then you will choose to make the time. Even if it is only a few moments at a time at first. The more you invest in you, the greater the return. When you choose to love yourself enough to heal and balance your own energies then your external world begins to mimic that balance. If you are waiting for the external to make the first move, you will be waiting in vain.

Self-care is very individually based. This will take some effort and experimentation on your part to play around with different ideas and activities and see what feels good to you. Those activities that resonate are the ones that you should continue to practice with and evolve! The goal is to balance the action (masculine) with the stillness (feminine) so that the energies can work in tandem to create the life you wish to experience. Take this time that you are granting yourself, to play. To find your joy. To find your voice and to explore the inner depths of yourself in a way where you truly do become your own best friend.

Below, I will list the chakras for you, but I highly recommend doing additional research into how to heal them and work with them more extensively. There are many great resources out there, find ones that resonate with you and that feel good when you practice them. There is no set way. It is entirely up to you and what works for you. I will also list some ideas for overall self-care for you to explore. Again, try them and see what calls to you. If none of them resonate, then please explore further on your own and find the ones that do work for you. Only you will know. The only rule is that you first have to choose to say yes to yourself and create the time to do so.

The Chakras (note, there are many more Chakras than these, however these are the ones that we often work with the most that are located within, or close to, the physical body):

- The Root Chakra: (RED) is the first chakra located at the base of the spine. Survival, security, grounding, physicality and aspect of Self
- The Sacral Chakra: (ORANGE) is the second chakra located just below the navel. Emotional center, sensuality, creativity, expressions of sexuality and sensual pleasure
- The Solar Plexus Chakra: (YELLOW) is the third chakra located near the diaphragm. Standing in your own Divine power, following your souls calling, taking

responsibility for your life, personal identity, confidence, higher level of wisdom
(intuition)

- The Heart Chakra: (**GREEN**) is the fourth chakra and is located near the center of the chest. Compassion, love, peace, acceptance, beauty, love for Self and others, transformation/change, forgiveness, connection to ALL
- The Throat Chakra: (**BLUE**) is the fifth chakra and is located in the throat area. Personal expression and communication, speaking your truth, honesty, self-esteem, taking action
- The Third Eye Chakra: (**INDIGO**) is the sixth chakra and is located in the forehead between the eyebrows. Foresight, openness, imagination, mystical states of consciousness, psychic abilities, wisdom/insight, creativity, clarity for the greater picture beyond the illusions of the physical reality
- The Crown Chakra: (**PURPLE**) is the seventh chakra and is located on the top of the head like a crown. Access to higher states of consciousness and Universal bliss
- The Soul Star Chakra: (**WHITE**) is the eighth chakra and sits just above the Crown Chakra. Selflessness, compassion, spiritual contentedness, alignment
- The Stellar Gateway Chakra: (**GOLD**) is the ninth chakra and sits above the Soul Star Chakra. There is nothing you need to do to balance this chakra other than to work towards balancing the other eight. This Chakra holds our innate, Divine gifts and each gift will be unlocked and brought into consciousness in Divine timing

Following are some general ideas for where to start when it comes to self-care. Explore, experiment and incorporate as you see fit.

- Chakra balancing. Each chakra has different recommended activities for opening, healing, and balancing them. Please do your own extended research here to find what works best for you. Working with and having an aligned, healthy chakra system is part of Self-care.
- Alone time. Even if you are sitting in silence with others, you are still picking up their energy. Try to find some time where you can be in a space alone. What you choose to “do” with this alone time is up to you.
- Spend time in Nature. Feel your skin upon the Earth or in water. Sit next to a tree or take in the beauty of the flora and fauna around you. Allow yourself the time to reconnect to the planet and all of her beauty and healing energies. You will find great wisdom within nature. The more time you can spend with her, the more connected to her you will become.
- Exercise. When we move our body in some way, we actually quiet the mind and we get the energy flowing from within. Great inspiration and insight can come when we are moving our body in a way that feels good. It is important to recognize that if you are exercising out of perceived obligation, then you may find yourself more in your head than in your body. When it comes to self-care, try to do things that make you happy and bring you joy! Perhaps, dancing or riding your bike, going for a walk, bouncing on a trampoline, hopping on a pogo stick! The options are endless and the more joy you can find within the movement, the more beneficial it will be for your body, mind and spirit.
- Investment in Self. Give yourself permission to use the energy of money and time to invest in yourself. If there is a class that you would like to take or a show that

you would like to see, or even an outfit that you have had your eye on for a while then allow yourself the opportunity to invest in your happiness in this way. We often put off doing these things for ourselves because of shame or feeling selfish. What is important to remember is that it is all about balance. Depriving yourself is an extreme just as over-indulgence is. Both will have some kind of repercussion that follows to move you back into balance. Finding balance means that you can recognize when something is calling to you and might bring you some level of joy and you are able to allow yourself that gift, rather than depriving yourself for whatever reason you have been told you must deprive yourself. When we are able to use our own discernment to decide when to invest in ourselves and when to hold off, then we find a healthy balance that complements our journey rather than tries to control it.

- Set healthy boundaries. Making time for yourself means that you are going to have to start saying no to others when it comes to how you spend your time and energy. This can be challenging at first, especially when it is with people we care about. The more time you are able to take for yourself, the more you will begin to see that many of the burdens you carry aren't your burdens at all. They are burdens that have been handed to you to deal with because the person who gave them to you doesn't want to deal with them. It is OK to give them back to the person they belong to. You have enough on your own plate to work with. We each have our own work to do. The greatest gift you can give to someone is to set your own boundaries around what you will accept and what you will return to sender. This can be done in love and in high frequency. There is nothing wrong

with refusing to take on somebody else's drama or lessons because they aren't yours to work through.

- Sound Therapy. Find an instrument that calls to you and start to play! No need for professional lessons and there is no need for rules here. Nothing says that you can't teach yourself to play in a way that soothes your own soul. Sound Bowls, Thumb Drums, Hand Held Drums, or other 'easy to pick up and play' instruments are very powerful and also very healing. If you feel called to seek professional instruction to learn to play, then absolutely, GO FOR IT! It is never too late. If you feel called to receive professional sound healing from a Sound Healer, then follow that guidance and explore.
- Journaling. Use journal prompts or simply just start writing. Often with journaling we will start to write with intent and it will lead to channeling our higher consciousness. We can often unlock profound messages through writing.
- Meditation. Guided meditations are wonderful as are meditations in stillness. Begin by trying different methods for a short period of time and then allow your practice to organically evolve over time.
- Rest and Relaxation. Simply "do" nothing.

11. Eating Intuitively



If you have ever tried to feed an infant when they were not hungry, you probably ended up with most of the food all over yourself. When an infant is hungry, they will find a way to let you know, usually by crying. When we are babies, we are incredibly tuned into the cues of our own body to let us know what we need to survive. We receive some sensation from within to let us know. As we grow and can communicate and understand language, then this begins to shift. We slowly begin to transition from following the cues of our body for hunger and satiation, and we look to the outside for someone else to tell us when to eat, what to eat, and how much to eat. Suddenly something that had no rules has more rules than we know what to do with.

We still understand those cues of our body when we are famished or very hungry, but we have been conditioned to discard the cues of our inner knowing when it comes to eating to follow a schedule that does not take into account our own inner compass, but rather it is an over-generalization for the masses. When we deviate from this “schedule” and what we are eating, when we are eating, or how much we are eating looks different than what has been prescribed; then the advice, critiques, and judgements of others are often soon to follow. It is hard for us to comprehend how an individual could possibly know what is best for them when it looks so

different than what we have been told it should look like. Many in the fitness and beauty industries count on this, which is why those industries are currently multibillion-dollar industries.

The idea that someone could know when they are hungry, what feels good to them to have in their body (types of food), and how much is sufficient for them to feel satisfied seems foreign and strange. We have begun to believe that health is easily defined by what you look like and what schedule/routine you follow. The individuality, uniqueness, and intuition become completely lost in translation.

How many times have you been told that breakfast is in the morning, lunch is in the afternoon, and dinner is early evening? How many times have you been told as a child to clean your plate even when you were full or satisfied? How many times were you “allowed” to skip a meal without being shamed or judged? How often do others give you advice on what you should eat (carbs, no carbs, meat, no meat, dairy, no dairy, fats, no fats, sweets, no sweets and so on and so on)? How often are you judged for eating what makes you feel good and that works with your unique body rather than against it? How often are you shamed for eating what you choose to eat simply because that is what you want to eat? Just because something works for someone (or a lot of people) to make them feel good does not mean that those same foods or plans are going to have the same effect for you. Quite literally, the only one who knows what feels good, and what doesn't, when it comes to YOUR body is you.

If eating breakfast doesn't feel good for you, then you can choose not to eat it. If you are not hungry at dinner time and do not want a full meal, then you can choose to eat what does feel good. If you feel hungry at 2:00 pm but already ate your “calorie quota” if you are on a restricted diet, then pay attention to your body rather than the “rules” that someone else created for you.

Give your body the sustenance it is asking for. If you find that you are full halfway through your meal, then acknowledge the cues of your own body and do not force yourself to continue eating. Eating simply for the sake of eating does not save starving children and does nothing for your health. In most cases, your body will always tell you when you are hungry and when you are satisfied/full. You get to choose what you do with that information. There are no rules and there is no right or wrong. Often times, those cues will come outside of the “normal” schedule prescribed by society.

Which of these makes more sense to follow: your own cues and wisdom, or those cues given to you by someone external to you? You will find that certain foods give your body more energy and make you feel better than others. What if you begin to honor those feelings and incorporate more of those foods into your diet rather than looking to what is recommended for the masses. Do you see how this all ties in? Once again, the external tries to control the internal. Yet, there is no way for the external to fully know what is best for each individual. Only the internal knows that; the soul. I choose to trust my own inner guidance system when it comes to what I put into my body and when.

When we eat intuitively, we are trusting the cues of our own body (feeling) to let us know when we are hungry and when we have had enough to eat. As mentioned, it is very possible that these cues will come at different times throughout the day than what we have been taught to believe is the “right” time to eat. When we can trust our own cues when it comes to our own bodies, then we are doing what is best for us and what will lead us to the most optimal health for our own bodies.

Of course, there are times when we need to seek medical guidance or help from a doctor or coach. Let me be very clear, I am not a Doctor. I am not advising you to go against the recommendations of a medical professional that you are working with specifically for your health. There are times when we do need certain rules to help us and if they are tailored specifically for us and our needs, that is wonderful. What I am saying is that the advice of our parents, society, friends, colleagues, partners, government, social media influencers, and so on can be very over-generalized and not specific to our own unique, individual health. We can either choose to follow that guidance or instead, choose to follow the cues and wisdom of our own body. When you begin to do this, you may be surprised at just how much your soul truly knows you and what is best for you!

There are plenty of effective Intuitive Eating Coaches and Nutritionists that focus on helping you to transition into a lifestyle that trusts and follows the cues of your body when it comes to eating. This is not a process that happens overnight; it will take time. I highly suggest working with a Registered Dietician Nutritionist that specializes in Intuitive Eating (yes, they exist!). Do your own research and find one that resonates with your beliefs and personality because you may be working with them for a while. There are definitely things to overcome with this transition and one is understanding that your body may fluctuate as you move through this transition, and that is OK. This can be overwhelming for some people, so this is why I recommend working with a registered dietician that specializes in intuitive eating to help coach you through the process and the highs and lows. This is a healing practice. You are healing your body and getting reacquainted with your own internal cues and learning to trust them again. This will take time and practice. Be gentle with yourself.

The following are ways in which you can practice eating intuitively. Again, there are no rules here. This isn't a diet and it isn't about losing or gaining weight. The only "rule" is that you eat according to the cues your body gives you. If you break this soft rule, no biggie, pick back up where you left off and try again without the added pressure of gauging for success or failure. We are so used to following so many rules that transitioning towards living a life that is geared more towards how we feel over what we are told to do, can take patience and practice. Again, be gentle with yourself.

EXERCISE:

Eating intuitively is a practice and it will take time and effort to move into this new lifestyle. Patience is key! Remember what you are working towards which is to build a stronger relationship with your own body and to stop fighting against what it needs to feel good.

1. **WHEN TO EAT:** This sounds much simpler than it is to actually do (remember the word patience? Use that here.) **Simply eat when you are hungry and choose not to eat when you are not hungry.** When we are in need of sustenance and fuel, our body will give us very specific cues to let us know it is time to stop the engine and give ourselves more energy. You may feel a rumbling in your stomach or if you are very hungry, you may feel lightheaded or start to get a headache. Think of a car, when the gas light comes on that is the first indication that you need to stop as soon as you have a chance to fill up. If you choose to ignore this signal, then the car will run out of gas and lead to more problems than you would have faced had you simply chose not to deprive it of the fuel it needed to run. This goes for our bodies as well. Deprivation does not serve you or your machine. These cues can signal the need for hydration or

food, experiment with different things to see what the cues feel like for you and what tends to satisfy them. If you drink something and the cues keep coming, then chances are your body is asking for nutrients. Keep in mind that each of our bodies are different. Contrary to what we have been taught, those cues won't come based on the schedule we create. You may find you are hungry at odd times, that is OK. Try to honor those cues the best you can as you begin to get reacquainted with your body.

2. **WHAT TO EAT:** Absolutely whatever you are craving (unless otherwise instructed by a medical professional, of course!) We often think, oh boy, if I don't restrict myself then I will eat everything! Chances are, that isn't the case. You may go a little overboard at first and eat all of the sweets or savory goodies until you get a bellyache and then you might not crave them again anytime soon. The good news is, the chances of that becoming your lifestyle are slim if you are actually listening to the cues of your body. Yes, sweets and savory processed foods can be a real craving. If those come up for you then honor that craving. It is through restriction that we tend to crave that item even more. If we just allow our body to have what it wants, when it wants it, then cravings based out of restriction and forbidden desires tend to cease. Often what you will find, the more you listen to your body and pay attention to how you actually feel after eating the foods you are craving, or that you are feeling called to eat, the more you will find that you are drawn to putting in fuel that works for your body rather than against it. When we remove the stigma and the shame around certain foods and begin to see all food as some form of energy, we understand that there is no shame in feeding our body what it is asking for or what we are craving. Maybe eating sugar makes you feel yuck. Well, then if you are paying attention to how your body

feels, which is a cue, then you can make adjustments accordingly. If your body feels really good after eating something, then perhaps you can do more of that. Not all foods are created equally, of course. But ultimately, all foods are fuel. When we get to choose what fuel feels good to us and what fuel we like, then we begin working in partnership with our body, rather than fighting against it. When eating intuitively, there are no restrictions except the ones you choose to have simply because of how the food makes you feel. Your body will always tell you what is good for it and what isn't. You get to decide whether or not you will listen.

3. **WHEN TO STOP EATING:** Just like our bodies will tell us when they need fuel, they will also tell us when the tank is full and we can stop eating. Sometimes, when we can't feel the cue, we can overeat and feel stuffed and quite miserable. The key is to recognize the cue and to stop when you feel satisfied. This just means that you have given your body enough fuel to where you no longer feel those hunger pangs, but you still feel light and mobile. Often when we over eat, we can feel lethargic or uncomfortable. When listening to our bodies, we will often find that smaller portion sizes are sufficient and will help us to feel satisfied without feeling full. You may feel hungry again later and that is OK. You can repeat this process as often as your body tells you that you need to. It will be different for everyone, so again, the only one that can really tell you when you have had enough is you. No judgment. No shame.
4. **EMOTIONAL EATING/CRAVINGS:** We are so accustomed to eating when we are told to eat, even if we are not hungry and we have created a social "experience" around food, so it is not surprising that we find ourselves eating to fill an emotional gap within our lives. This is very different from intuitive eating because when we are

eating to fill an emotional void, there are no internal cues coming from your body to tell you that fuel is needed. We, ourselves, have associated food with comfort and healing and so we may attribute more to it than sustenance. There is no shame in this, however if you are looking to curb this behavior (it is a behavior), then you will need to work towards alleviating the triggers that are creating the addiction. You will need to look more closely at why you are turning to food (fuel) to offer you more than it is capable of offering you. Often this behavior can stem from past traumas or hurts that still need to be healed. This may be a time where you might benefit from seeking professional therapy to help you get to the root of the issue so that you can break any chains you may have that keep you in these patterns.

5. Questions to ask yourself during this practice:

- Do I feel hungry? If yes, then you can ask yourself what are you feeling within that is indicating it is time for fuel? Once you become aware of the feeling you can more easily recognize it ongoing.
- What am I in the “mood” to eat? Honor the cravings that are coming up for you. You can always explore in more depth why you feel as though those particular foods are desired, but ultimately, you are working towards recognizing what YOU like and what makes YOU feel good (or bad) rather than relying on the external to tell you. Labeling any food as good or bad is creating a feeling around that food that doesn’t exist. Food is not an emotion.
- While you are eating, you can pause throughout your meal and ask yourself, “Do I still feel hungry?” If yes, keep eating. If no, then you are probably satisfied and you can stop eating at this time (if you choose to). Your body has

had enough to where it no longer feels the need to send you signals to keep eating. Remember, you can always go back for more later if you choose to! There are no rules, only the guidance of your own body telling you what it needs to feel good and happy.

6. Understand that you may find that when you begin eating intuitively you might be surprised to see that you aren't hungry as often as you have been eating in the past or you may find that you are hungrier. Understand that there will be fluctuations and new things discovered. You are not alone in this though! You have your body to guide you all along the way towards embracing this new lifestyle.

12. Dreams and Intuition



Our souls are always trying to reach us through our intuition; however, this can prove difficult through the noise of the Ego. Often during waking hours, we can be much too caught up within our mind to recognize the cues of our intuition and the voice of our compass goes unheard. This is why, so often, our guides and our higher consciousness will use any opportunity they can to connect with us. This connection can most easily be made when we are still. Therefore, dreams often become the communication tool of choice for the spiritual realm, including our soul, to get through to us. If you are remembering your dreams, or pieces of them, there is a reason. Pay attention!

There is of course the potential for messages to get lost in translation when it comes to dreams because, though some dreams can be quite literal, most times our soul and guides will speak to us in symbols or metaphorically. We are then left to feel into and decipher the messages and go with what feels most aligned for us. Not to worry though, if we miss the message, they will keep trying to get through. Our soul and our guides are very patient but also persistent.

You may be wondering how intuition ties into our dreams. It is quite simple really. When we pay attention to our dreams and make an effort to decipher the meaning or message that is trying to come through, it is really important that we follow our intuition (feeling) in deciding what message feels right to us. We can always look to the external for guidance, but again, that guidance is going to be interlaced with what that dream would mean to someone else. No one else on Earth can fully decipher the meaning of a dream that came in for you. It is entirely up to you and your intuition how the message resonates for you which will then allow you to tap into this line of communication and break the code.

External resources can absolutely assist you in offering different perspectives and then you can follow your intuition to see what pieces of those perspectives resonate for you, and go from there. However, when we allow another to tell us what our dreams mean for us, then we are following the guidance of their interpretation over the direct message from our guides and/or higher self that was meant for us. No matter what tools you use to gain insight into your dreams, the most important key element is that when it comes down to retrieving the message, it is a message that feels aligned with you, not what feels aligned for somebody else. It is ultimately your intuition that will give you the cues to say, YES! This feels right! Or, no, something feels off with this. You can always keep exploring. It is often much easier to simply take another's interpretation and try to make it work. However, it is much more valid to go with your own intuition when it comes to interpretation. Remember, the message came in specifically for you. It is very special and unique in that way.

Aside from how dreaming correlates to intuition, there is so much more to explore when it comes to dreams. I highly suggest that if you are someone who has vivid dreams or dreams that you often remember, take some time to explore some of the resources available to dive into

your dreamtime. Our bodies use sleep for regeneration, but our souls use this time for exploration and communication. There is an entirely new world, many worlds and realms, to explore while we sleep. I highly recommend investigating books and resources that go into much more detail when it comes to dreams and interpreting them. Working with a Shaman or healer who specializes in dreams is also a great idea. They can give you additional tools to help walk you through the symbols within your dreams while you take the lead in deciphering the message. There is an entirely other side to our experience while we are here on Earth just waiting to be explored that we are, quite literally, sleeping through! Not all dreams carry messages. However, if we remember them upon waking and they feel significant or they continue to come in, then that is often a sign that a message is ready and waiting for us!

Some of the messages that can come through dreams, especially if we are someone who during waking hours is too in our mind or in constant action, can be quite profound. Dreamtime messages can clue us into ailments that the conscious mind (or body) hasn't alerted us to yet. Dreams can carry missing puzzle pieces or clarity around something we have been struggling with. They can highlight a truth we have been trying to ignore, or even bring something up from the subconscious that needs healing from our past. Many times, dreams will give us the answer for a decision we are trying to make that is most aligned with our Being. Some people will even have prophetic dreams where they are able to see events that will take place in the future. As mentioned previously, our soul can often use dreamtime to explore and commune with other realms or visit other lifetimes (time works differently in the ether!) Through dreams we get to experience what our soul experiences when it is not weighed down with matter. Often times, our dreams are like our very own science fiction novel or movie and we are the star of the story!

Following are some ways in which you can begin to explore your dreams in the waking hours and to use your intuition to begin to uncover the messages your higher self and your spirit guides are trying to give you. Practice with these tools and see what works for you. If you find that these do not work for you, then take some time to explore further and find the tools that feel good for you and that help you to gain the most insight. Remember, this isn't about perfection, it is about exploration! Stay open to what you will discover and you won't limit the possibilities. There is no one other than your own intuition to confirm whether the message you are pulling from the dream is the "accurate" one. The question is, does it feel accurate for you? If so, then that is the message in this moment. If not, then keep exploring. Try to have FUN with this as much as possible. If you have nightmares, those can be challenging to sit with, however there are also messages there for you as well. Your guides and your higher self, will use whatever imagery and symbols necessary to get through to you. Please also note that working with your dreams is a practice. Once you begin this practice you may find that you start receiving even more messages this way, or at the very least you become much more aware of them and are able to remember them more often.

EXERCISE:

1. Invest within yourself and buy a Dream Journal. This is simply a blank journal that you like the way that it looks, so you will enjoy using it. Allow this journal to be dedicated to exploring your dreams. Any journal will do as long as you find it pleasing to look at and will actually use it! When you pick it up to use it, you know that this is your dedicated time to explore your dreamworld. If you prefer a dream journal with actual prompts, those are available as well. Choose what feels good for you.

2. Before going to sleep:

- Ask your guides or higher consciousness to send you a message or guidance.

If you have a specific question, you can ask it now and set the intention that you will receive an answer. Don't be surprised if the answer comes in at 3 AM and wakes you from a sound slumber! This is why it is important to keep a pen and your dream journal right by your bed.

- Set the intention that you WILL remember the dream(s) with messages for you when you wake. This will help program your conscious mind to retain the important imagery and symbols for you to explore further.

3. Immediately upon waking (yes, you may need to set your alarm a little earlier so that you can give yourself time for this practice):

- Bring yourself back into the present moment so that you can feel the cues of your intuition.
- Open your dream journal, date the page so that you can track how often this theme comes up for you, and write down every image or symbol that you remember from your dream. You don't have to focus so much on the actual story as much as the symbols. Often times the story can be fragmented but the symbols are easy to recall and you can write them down quickly. You can fill in the context if you feel better doing so, but the symbols and imagery are really the most important pieces to write down. Try to include as many who, what, where that you can recall. So, for instance if you remember a house, a child, a dragon, an owl, a tree, a storm, hail, a rainbow, a square, a triangle, falling, running, a desert, flying, and so on, then try to capture as much

imagery and symbols as you can. Whatever stands out to you the most and pops into your vision, write it down.

- If this is all you have time for at this point, it is OK to set down your journal and come back to it when you have more time to explore. You have captured the imagery which can be easy to forget if not immediately captured.
- If you have the time to spend exploring further, then for each symbol or image that stood out for you that you wrote down, write down how the image makes you feel. Does this image hold any specific significance for you in your waking life? If so, what? If there is no significance, then simply write down how each image makes you feel: good, bad, neutral. Does the image conjure up feelings of nostalgia for you? What do you feel the image or symbol may represent? Explore as much as you can around the imagery and symbols you wrote down.
- Next, go back to each symbol and imagine what the image or symbol might be trying to say to you. For instance, if you wrote down house, what does a house typically do? It provides shelter, security, warmth, family, confinement, hidden things, it can be a shield, enclosure, and so on. Do this for each symbol/image and see if anything starts to stand out for you as you do this for each item you wrote down.
- Once you have explored on your own, if you still feel like something is missing from the message or story, then do a quick online search for the spiritual meaning or significance each image or symbol represents. So, for instance if you wrote down Deer, then you could look up the spiritual meaning

behind the Deer Totem or Spirit Animal and see if anything stands out for you or creates a charge from within when you see it. Remember, these are someone else's interpretations of that symbol, so it is important to only take what resonates for you to piece into your story, and leave what does not resonate. You could also join an online Dream Interpretation group, or perhaps even create your own! I highly recommend doing the work on your own first, but often we can pull wisdom from others perspectives that we hadn't thought of before. Again, working with a Shaman or healer to dive in more deeply to your dreams is also an option. When it comes to dreams and intuition though, I strongly recommend starting with Self and working outwards from there.

- Always keep in mind that no one, other than you and the messenger actually know what the message is. Everything else is a guess and a perspective of possibilities. When it comes to the final interpretation, it always comes back to what it means to you and your intuition.

13. Intuition and A Deepening of the Senses



When we begin to work with and deeply trust our intuition, we often find that we begin to deepen our other senses and the psychic abilities associated with those senses. It is not uncommon for someone who is very intuitive to also be experiencing and tapping into their innate psychic gifts. We are all psychic in some way. We all have the connection to Source and to our guides that allow us to see, feel, hear and know the wisdom of the Universe. The reason why some of us are more tuned into those gifts is because we have opened the channel that exists within us all, through our intuition.

This deepening of the senses or psychic ability, may not present in a way where you can see or feel the experiences of others. However, you will be able to experience those gifts for your own journey as you continue to move more deeply into your intuition and trust the feelings and sensations that come up for you. As you move more and more into the inner depths of Self, you begin to uncover the more spiritual side of yourself that is, and always has been, connected to Source and the infinite wisdom and abundance of the Universe. These gifts are not reserved for

only the chosen few. We all have access. The portal in which we find the access is through our intuition.

For me, personally, I have always been very intuitive but where I had difficulty was in trusting my own inner knowing. Once I was able to begin to truly come back to myself and TRUST myself, over my experiences and my conditioning, that is when I began to experience Clairvoyance (seeing/visions), Clairaudience (hearing messages), Clairsentience (feeling the messages through sensations), Claircognizance (a deep inner knowing/premonitions of things to come). I have only once ever experienced Clairaliense (smelling a scent that has no physical reason for being present) when I could smell my Great Grandmothers perfume very strongly while I was in a room by myself and she had been deceased for many years at that time. I have always been very energetically connected with her though, so I wasn't surprised. I can't recall a time that I have experienced Clairgustance (tasting something that is not physically present), though that may be coming! I believe I was meant to be quite tuned into most, if not all, of the Clairs simply because so much of my purpose is designed around intuition, which is what so much of this stems from.

Most people will find that they tap into a Clair that is most dominant for them. So, though you might experience several of them, you may find that the one that shows up the most for you is the one that you are most tuned into and meant to work with. Not everyone who is tapped into this side of themselves will use these gifts professionally, though some of you absolutely will. Ultimately, it is more about exploring this uncharted side of yourself that is just waiting to be explored and utilized.

Not only is the intuition so crucial for our journey in purpose, but it is the key that unlocks the door to so many more gifts that can help us along our path. As you move more deeply into this side of yourself and you nurture these newly discovered gifts, you will begin to see your entire world open up, in the most magnificent way. You begin to trust yourself to the point where you are no longer controlled by external circumstances or by your emotions. You reclaim the power within your own life because you begin to trust yourself and the Universe (Source) completely. Fear and worry dissipate or at the very least, are able to be overcome quickly and you find that you are able to move through even the greatest of challenges much more comfortably. When we are able to unleash our own Divine wisdom into the world, we rightly claim our space within the world and we begin to use our voice. We become seen energetically and our vibration escalates to the point where what we choose to engage in and what we choose to show up for, changes. We shift from not only respecting others, but respecting ourselves and our needs and desires. When more and more humans begin to show up in this way, the dynamic shifts and the focus becomes more about what is best for the collective in a way where all voices are heard. We stop assuming that someone else knows more about our purpose on this planet than we do.

If you are interested in tapping into one, or all, of your psychic senses then the key is to start with the intuition. Begin by recognizing, embracing, nurturing, and trusting the genius of your soul. Once you begin to do this, you will begin to see the gifts associated with this connection open up and grow. As with most things for humans who have been conditioned to trust their ego over their Being, learning to trust these new gifts may take time. Especially because there often is not anything in the physical to be able to back up what we are experiencing with these gifts and we have to have faith that the messages we are receiving can be

trusted. Sometimes that means taking a leap of faith based on that guidance and giving up any need for control of the circumstances and/or outcome. There is a lot of faith involved when it comes to working with our higher consciousness. However, when we begin to understand that our soul always knows where it is going and what will grant us the most growth and expansion, we can lean into that trust a bit more and soon it becomes second nature.

What you will find once you start unlocking your psychic senses is that your guides, and sometimes the guides of others, will begin using these new channels to reach you and share messages for you and for others. Where in the past, they may have had to resort strictly to dreamtime to reach you, they now have more options and they will use them! Pay attention to all of the messages that come in for you through these new outlets. Even if a message doesn't make sense in the moment, trust that there is something you need to be aware of. Sometimes, it is simply a passed loved one or a guide sending you love and light, or a hello to let you know that you aren't alone and that you are supported. You will typically have a sense as far as what message they are trying to convey.

Opening up to and unlocking these gifts is such an incredibly enriching experience! Especially when we can remain open to the messages and the guidance trying to come through. When we limit ourselves to only the physical and what we can see, touch, smell, hear, know, within the 3D physical plane, we are truly limited in scope. Once we begin to use and embrace our intuition and in turn, our psychic senses, we tap into the Universe and many other levels of consciousness. Our entire world expands and we begin to see our own magnificence and potential as well as the magnificence and potential of others. We begin to see the interconnectedness of ALL and that we are only limited by ourselves. This is how powerful the

intuition is! Our world expands in so many directions because of our intuition. It all starts from within.

EXERCISE:

For this exercise, I would simply like to introduce you to the psychic senses so that you are aware of them. This is important so that when you begin to unlock one, or many of them, you will recognize what is happening and you will be able to go with the flow of incorporating this new gift, or gifts, into your life. If you haven't noticed that you have unlocked any of your Clairs, don't worry! Keep working with and learning to trust your intuition. It all starts there and the rest will follow when you are ready. How will you know when you are ready? You don't even have to worry about that. Your soul will know and take care of the rest for you. Your work lies in strengthening your intuition first and being open to the gifts as they arrive.

1. **Clairvoyance:** Clear seeing. Not with your physical eyes, but with your third eye, near the Third Eye Chakra. This will often come in the form of visions. For me, my visions can show up as a scene playing out, or the picture of a symbol. The very first vision I saw within my third eye was the vision of an Eagle flying which was very significant at the time. These visions can be subtle or prominent and they will often make you pause to take notice. Once you are used to communicating to your guides and your higher self in this way, you can ask them to send you a message or clarity and they will oblige. They are always looking for ways to reach you, so when we give them a clear channel, they will not refuse!
2. **Clairaudience:** Clear hearing. These messages will come through similar to that little voice in your head, but you just seem to know that it isn't actually your voice. Often

it is a word or a sentence that seems to come from nowhere and may not even be relevant to what you are doing within the moment. I will often receive these messages when I am channeling for a reading, but honestly, once this channel was opened, I found that my guides like to chat quite a bit and can be quite humorous. They will just pop in at all hours with a message or to say hi or to lift my spirits. It is quite beautiful really. As with all of the clairs, this one is difficult to trust at first because it can easily be mistaken for the voice within your own head, so you can question whether it is truly a message or whether it is something your own mind created. The best thing to do is to just start exploring the messages as they come in. Whether they are self-created or from Spirit, they came in for a reason. It doesn't hurt to explore either way. Eventually, you will get to a place where you just know and you can tell the difference.

3. **Clairsentience**: Clear feeling. Often you will feel the emotions or the physical pain of another or of Spirit. If someone who has passed is trying to communicate with you about how they passed, they may show you through “feeling” within your own body. Or, if Spirit is trying to cue you into something going on within your own body that you might not be conscious of, they may direct you by sending certain sensations to that area that just don't make logical sense for you to be feeling. This can also be feeling the emotions of others. When you walk into a room and can strongly sense what others are feeling, or if you can easily read someone without them saying anything. You are “feeling” the energy and reading that energy through your senses. When we talk about reading the energy, this is often what we are talking about. Feeling the shifts in energy or the positive or negative vibrations associated with that

energy frequency. When we are clairsentient, we will often be a beacon for picking up these energies through feeling. If you are clairsentient, you can often pick up on the energy of someone whether they are in the same room with you or on a different continent, planet, or realm. Remember, psychic senses reach well beyond the physical reality. This is one reason why it is so easy for empaths to pick up the energy of the collective and why it is so important for us to be able to discern between what is actually ours and what doesn't even belong to us. Otherwise that energy can begin to affect our own vibration.

4. **Claircognizance**: Clear knowing. This is the undeniable knowing deep within that something is going to happen or that something happened that you did not witness but know to be true. This will come in the form of a premonition and it can surface as a strong feeling that you just can't explain. Out of the blue you have the feeling deep within that you left the oven on. You try to ignore it, but you keep feeling that pit in your stomach, so you go to investigate and sure enough, you did leave the oven on and caught it just in time to avoid a fire. Or, perhaps you have a feeling that you are going to win the lottery and so you follow that feeling and sure enough, you win the exact amount you felt you would. Some people will receive a premonition about someone else and that premonition will often come true. It may look a little differently than anticipated, but the premonition stems from a deep knowing within. You know whatever this is to be true or that it will happen, even when the external physical reality appears to indicate the opposite to be true. Claircognizance is basically intuition on steroids. Even when there is no physical explanation, you have

such a strong inner knowing of something that will happen, and it often does. It is being able to “see” truth through feeling.

5. **Clairience**: Clear smelling. In my experience, this has occurred when a loved one who passed was trying to make contact simply to let me know I am not alone and to feel the connection. It came in as being able to smell my Great Grandmother’s perfume very strongly even though I was in a room alone and she had passed several years prior. If Spirit is trying to show you something or remind you of something, they may create an odor or manipulate scent in a way that grabs your attention. This will often happen when there is little to no explanation for why you would be smelling that particular scent and in doing so creates a link to the message they are trying to send you. This is a gift many Mediums have that help to connect clients to loved ones on the other side through certain memories associated with scent.
6. **Clairgustance**: Clear taste. I can’t say that I have personally ever experienced this one, or at least not that I can recall. However, I would imagine this would be used most by spirit to align a familiar taste to an experience and therefore a message they are trying to get through. So, for instance, you may all of a sudden out of nowhere get the distinct taste of apple pie, even though you aren’t eating anything and there isn’t apple pie anywhere to be found. The taste simply appeared and instantly reminded you of your mother’s home-made apple pie. This may be a message to call your mom! If she is no longer on this 3D plane, then it could be her simply reaching out to let you know she is there with you in spirit. Again, this is also a great tool for Mediums to be able to connect loved ones.

14. Intuition and the role of Numerology and Astrology



Our souls came to this great classroom we call Earth for growth, expansion, and to experience ourselves and the Universe in form. I believe that before we embarked on this great journey, along with packing our compass (intuition), we drew ourselves a roadmap (or several roadmaps) to help us to find our way as we maneuver through the experiences we chose to have in this lifetime. Of course, we have free will and we are given plenty of choices each moment in order to express that free will. However, I believe we also have Divine will. That which we chose before coming here: the lessons, challenges, experiences, and growth we would like to have during our time in form on Earth. Numerology and Astrology are incredible tools for being able to see in the physical exactly what we hoped to accomplish while we are here in this lifetime.

Numerology and astrology really complement each other; however, each offer their own unique vantage points when it comes to being able to connect with why your soul may have chosen the specific journey that it did. When we receive a numerology report or an astrology chart, as we begin to move through the information, we often feel a deep inner knowing or a

remembering that this is who we chose to be in this lifetime. Both numerology and astrology will highlight the lessons we came here to overcome as well as what will allow us to feel best as we move towards our highest expression of Self.

The number one response I have heard from my clients when they receive their Numerology Report is that it gave them much needed clarity and confirmation. Numerology and astrology offer a remembering for the “why” for which we came here. They will not show the “how”, as in, they won’t predict exactly what experiences you will have, however they will help you to remember the overall outline. This is so helpful because when the challenges in life surface, or the deep inner feelings of knowing that something is right for you, you immediately understand the connection. This can be very powerful because it is confirmation of that inner, non-tangible, gut feeling that you simply know you are on the right or wrong path, but you aren’t sure why you know. Numerology and astrology help to give you the blueprint. You get to choose how you will experience life, through free will, but these tools show you the blueprint for why you will experience it. Each go in to depth to help us remember that there is a method to the seemingly madness around us. It is all connected and it all serves a greater purpose in our own unique journey.

Where this all ties in with the intuition is that both numerology and astrology give us the confirmation that we desire to give us permission to go after the things we feel deep within that we are meant to go after. Or, if challenges surface, we gain a better understanding of the work that we need to do within, so that we can overcome those challenges. With both the numerology report and the astrology chart, these are maps that you can reference, quite literally, your entire life. When you feel indecisive, you can look back to the report or chart, and understand why your intuition might be telling you one thing when the external world is telling you something else.

Again, it is that deep, internal confirmation knowing that you wrote your journey in the stars and in the numbers, sort of as breadcrumbs, to keep you moving in purpose. Sometimes this is all we need to find the confidence to follow our own unique dreams even when the world can't see our vision. When we know that this is what our soul came here for, we are able to give ourselves permission to move forward. That within itself is so incredibly powerful and empowering! This is why I am such an advocate for having an astrology reading as well as having your numerology report completed. Both are so useful in trusting your intuition moving forward. When you fully understand how incredibly uplifting that is, you understand why it is worth the investment and truly priceless.

Following, I would like to give you a general idea of what an astrology reading and a numerology report will often cover for you, should you be thinking of obtaining either, or both! I highly recommend both simply because you gain so much more of the full picture and they are both useful for your entire lifetime. Of course, follow your own intuition when it comes to deciding what is best for you.

Astrology:

- Sun sign – soul essence
- Moon sign - your emotions
- Rising sign - your calling/how you present yourself to the world
- The planets and how they affect your path: communication, vision, challenges, motivation, transformation, values, growth, career, relationships, wounds to heal, and any strong aspects that show up within your chart that are relevant for your journey

- Your South Node and North Node – what you are meant to transition into within this lifetime. This helps to explain some of the major challenges you will face and work to overcome
- Some Astrologers will look more in depth at your past life and what you are meant to heal in this lifetime or transition into
- There are even Astrologers that will look at the astrological chart for your business if you are an entrepreneur to help you understand the path your business is meant to take within this lifetime
- Astrologers will also look at the current transits and how they could be affecting you personally which can be incredibly helpful when making decisions based off of your intuition and how you feel. Again, permission to have confidence in the inner knowing

Numerology: *(The following is what I currently offer my clients within their personalized report.)*

- Life Path number – the energy that is your essence, at your core and stays with you from birth through death
- Destiny number – how you were meant to share your gifts with the world. Often associated with career and how to best show up in purpose that is most aligned with your Soul
- Soul number – what your Soul needs to feel happy and fulfilled
- Personality number – how others see you, even when you are out of alignment energetically. We often say that others can see our potential and magnificence

more clearly than we can at times. This is often the energy they see even when we are trying to show up as someone different

- Maturity number – this is the energy that you move into mid-life, between ages 35-50. This energy does not replace your Life Path energy, but rather compliments it as you step into this energy that you will work with for the remainder of your lifetime
- Birthday number – this is the energy that you will use to show up each day in purpose when aligned. When out of alignment, you may face challenges associated with this number/energy to help move you back into balance with this energy. This energy works in tandem with your Life Path number energy
- Current Name number (if relevant) – When we change our name through marriage, adoption, or simple choice, that new name carries with it a new energy that you incorporate into your path. You take on the karma and the challenges and triumphs of this energy as well. We take a closer look at these energies and what you can expect
- Karmic Lessons – These are specific lessons that our Soul chose to learn in this lifetime that perhaps we did not learn or master in previous lifetimes, before our time was up
- Karmic Debt – These are debts that we owe to other Souls in order to right past wrongs from previous lifetimes
- Major Life Lessons – There are very specific life lessons and soul growth that our souls wish to accomplish in this lifetime. Here we explore the lessons that we may face throughout our lifetime

- Three Major Life Cycles – We each go through three major life cycles within our lifetime. Here we explore those cycles and what to expect. These cycles are personalized towards your numbers and energies
- Personal Year – Each year holds a Universal energy, that the collective will experience in some way and also a personal energy. Here we explore your personal year energy and what you might expect to see surface related to those energies
- The 4 Pinnacles and Challenges – Throughout the span of our lifetime, we experience pinnacles and challenges that help us to learn, grow, and evolve. These experiences are very specific to our individual Soul
- House/Apartment number energy – Truly, anything with a number holds an energy, including where we live. The number of our living space can indicate what challenges and positives might surface from that space
- The Tarot card and subsequent energy associated with your Life Path number
- The Chakra, color, and crystal associated with your Life Path number

15. Divination Tools: Tarot, Oracle, and The Pendulum



When used correctly, Tarot, Oracle cards, and the Pendulum can offer great insight into what your soul desires and these tools can aid in deciphering the subtle messages our intuition sends us. When I say used “correctly” what I mean by that is simply that we are using them and the information received to go within in order to make the final decision or to uncover the wisdom that they are trying to show us. If you have a reading from someone and they use them to tell you what to do based on their own interpretation then the tools are not being used “correctly”. The final decision is always yours. Divination tools are guides leading us back to ourselves. To go within and to use our own discernment when it comes to our own path and the decisions we make.

I do recommend having a reader complete a reading for you when you feel stuck or the messages feel convoluted. Sometimes it helps tremendously to receive another perspective when it comes to the energies when we are too within our heads or feel like we are missing the message completely. There is no shame in this! I myself conduct professional readings for people as well as myself and I still have a trusted reader that I go to when I just can’t seem to

understand the message. However, any information given should be left up to your own interpretation and the final say should always come from you as far as what you do, or don't do. Be wary of any reader who tries to tell you what to do based on their own interpretation of the energy. Ultimately you always know what is best for you. I always find that when I go to a reader what I receive is confirmation for what I was already feeling from within. As I always say to my clients, take what resonates and leave the rest when it is a reading someone else is doing for you. Perhaps the information doesn't resonate for you now, and maybe it will in the future, but in this moment, use what does resonate.

I love Tarot, Oracle cards, and the Pendulum for really working with and learning to trust my intuition. They were really what propelled me forward in an exponential way to lead an intentionally intuitive life. I don't use them as regularly now for myself only because I have become so intuitive when it comes to my own life and following that guidance. However, when I feel stuck or unsure, I will always use a tool to help me find clarity! What I love about each of these tools is that they each are meant to guide you back inwards and to use your own wisdom rather than searching externally for what you already know deep within.

Here I am going to share with you what worked best for me when working with each of these tools. As always, take what resonates and leave the rest. Feel free to do additional research and exploration to see how others have used these tools and what worked for them, or simply pick them up, play, and see what works for you!

ORACLE CARDS:

Where a Tarot deck is traditionally defined and more specific in its makeup (78 cards, 4 suits, major and minor arcana to depict a life story), Oracle cards are much more diverse. There

are no “rules” per say when it comes to Oracle cards. Everything is left up to the creativity of the creator of the deck. Most Oracle decks typically have a theme with images for each card, a word or phrase on the card, and an accompanying book that includes the authors interpretation for the meaning of the card’s depiction. Often when reading the interpretation, you will receive some sort of resonance that correlates with the clarity you are seeking. Many readers will bypass the authors interpretation and use their own imagination and guidance to uncover what the image means for them. This is a wonderful practice because when the message is coming from within, it is coming from our own subconscious or intuition. We then shift from someone else’s interpretation towards our own.

Oracle cards are a wonderful way to start working with your intuition. You can find an Oracle deck to help with just about anything you can think of. When picking out your deck, as always, go with what first draws you in or catches your attention and one that speaks to you. It will hold the most guidance for you. Perhaps you are drawn to the artwork or the messages, or both!

I would suggest starting out with Oracle cards first before you move onto Tarot. For me, I found that by doing this, I was able to strengthen my intuition enough that when I transitioned into the Tarot, I was reading the cards pretty much intuitively once I had a basic understanding of Tarot. With the Oracle, when you read through the book and see what it feels like to resonate with the messages, you begin to understand the feelings associated with that connection. You begin to see how to decipher between what resonates for you and what does not so that you can use your own discernment when it comes to deciding what action to take. That action will be stemming from the guidance of your inner compass, through the aid of the cards. You will also begin to notice the synchronicities of the Universe. How seemingly coincidently, the card and

message you picked seems to be so aligned with what you needed to hear or the confirmation or clarity you were seeking in that moment. It becomes a profound reminder that our Soul is always in the driver's seat and will always find a way to get us the message we need to hear.

Keep in mind, if you purchase an Oracle deck and once you start using it you find it just doesn't speak to you or you simply don't feel a connection with it, that is OK, Feel free to gift it to someone or to stop using it and find another. It may sound silly, but you have to trust and feel drawn to the cards as much as you are meant to trust your own inner guidance. If you don't feel a connection in some way to the cards then you won't feel excited to use them or want to use them. Which sort of defeats the entire purpose. You should never use the cards out of obligation because you are never obligated to use them. It is a choice and so choose to do something that you enjoy and that brings you joy. In other words, find a deck that you enjoy using and that you enjoy the overall messages they offer.

EXERCISE:

1. Purchase an Oracle deck that speaks to you. Grab your deck, come back to the present moment and begin!
2. Set your intention. Do you have a question you need clarity on? Perhaps you need to make a decision and can't decide what to do. Is there something that is troubling you and you need guidance on? Maybe you just want some guidance for the day with no specific question in mind. Whatever the case may be, simply set your intention or ask your question while you shuffle the deck.
3. When you feel ready to pull a card, pick whatever card feels right for you. Sometimes the card will simply fall out of the deck for you. Some people like to shuffle until a

card comes out on its own, and that is fine too! Whatever feels best for you! If more than one or two cards fall out, you may want to try again so the message doesn't become too convoluted, but there is no right or wrong way to do it.

4. Take some time to look at the picture and the wording on the card. What does the picture bring up for you? How does it make you feel? What image, connection, or feeling does the wording bring up for you? Take note of your initial thoughts or feelings upon first viewing the card and its message. These thoughts and feelings are indicators to the message the card holds for you!
5. Once you have explored your initial reaction to the card, read the channeled message from the book that came with the deck. Take some time to sit with the message. What from the message creates an emotional response within you, either positive or negative? Does it feel like the message resonates for you and the intention you set before you started? Is there anything you can pull from the message to use moving forward? Was there anything that just didn't sit well or didn't spark anything, good or bad?
6. Remember that YOU have the final choice to what you will take with you from the message and what you will leave behind. If there was anything that felt really neutral or that felt like it did not feel in alignment for you, then it is OK to disregard that part of the message. Leave it. We are looking for those pieces that create a spark, positive or uncomfortable, but that resonate. Where we can feel deep within how the message could play into our story and aid us in making our decision. Your soul will cue you in through the feeling, so that is what you want to pay attention to. If absolutely nothing

resonates for you from the card, guess what? You have permission to start over and pick again!

7. Typically, each Oracle deck will have instructions included within, including ideas for card pulls. What I am offering here is simply a general guideline to help you to understand the connection between the Oracle cards and your own intuition.

Absolutely explore more on your own!

THE PENDULUM:

The beautiful thing about the Pendulum is that when you receive an answer, that answer is coming straight from your subconscious. You are tapping into the information that your soul already knows but that is buried too deeply for your conscious mind to have immediate access to. This tool is a direct channel between your lower 3D self and your Higher Self.

The pendulum is a great tool for those times where you are feeling indecisive and need a clear yes or no answer for what you should do based on your own guidance. It can also be used for predicting future outcomes; however, we must remember that it will never give us the full story in those cases. It is very important to keep an open mind. You may ask, “Will I buy a house.” The answer may be yes, however there may be many steps and many choices between now and then that could determine the exact details. There is caution to be had as to not try and control the final outcome when we ask these types of questions. The more open we can remain the more we allow opportunities for things well beyond our imagination to present themselves. Things often have a way of looking much differently than how we anticipate they will. In my opinion, the Tarot gives a much better overall prediction when it comes to future events. In my experience, the pendulum has worked best when using it to tap more deeply into what it is that I

truly want (or what is best for me) in this moment, when it seems unclear in the physical or my intuition has become clouded and convoluted by the mind. The pendulum is able to cut through that cloudiness and show me clearly what my soul wants. I then know the answers to be true, for me, because I FEEL it within. Think of the pendulum as a sort of “telephone” you can use to speak directly to your soul and that allows you to cut through the gunk of the mind.

Understand that there are many uses for the pendulum and they are all “right”. If this tool speaks to you, I highly encourage you to do some further research to uncover all of its uses. You may find that it works best for you in another way than I am describing here. That is great! Exploration and an open mind are highly recommended!



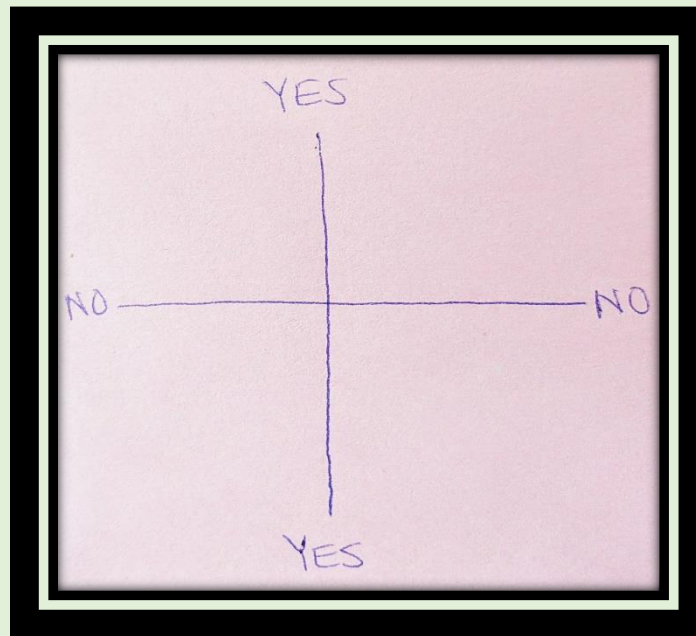
Typically, the pendulum will have a pointed end and a crystal suspended by a string or chain of some sort (see the picture above). When it comes to choosing your pendulum, choose one that calls to you. If there is a particular crystal that you feel drawn to, go with that one. It will often become an extension of you, so you want it to feel good using it.

Once you have your pendulum, you may want to sleep with it under your pillow for a few nights or carry it with you for a few days before you begin using it. This is entirely up to you;

however, this can help to build an energetic “relationship” to it. This, of course, is not necessary for accuracy, but definitely worth mentioning for those of you it resonates with.

I will be offering guidance on asking yes/no questions that have to do with Self. Again, for more information or extended ideas on how to use this tool, please research further on your own.

To get started, on a piece of paper make the following grid:



Once you have your answer grid completed, lay it flat on a table. Pick up your pendulum and before you begin, sit quietly for a moment to come back to the present moment and set your intention for what you hope to receive guidance on. Once you know what you would like guidance on, continue with the following steps:

1. Place your elbow firmly on the table (if you don't have access to a table, find a level, sturdy object to work with). It is important to secure your arm so that involuntary movement/ shaking does not influence the guidance. However, try not to tense up

your arm too much as you do need to allow for the guidance to come through movement (remember, your subconscious is telling your hand how to move the pendulum, so in essence, yes you are moving it!) Simply placing your elbow on the table with your forearm elevated is sufficient.

2. Lay the chain, or string, of the pendulum over your index finger while securing it gently with your thumb. The pendulum should be hanging down to the answer grid with the point resting in the center of the grid like so:



3. Lift the Pendulum slightly and once it stops moving, start off by asking two questions that you know the answers to; one yes and one no. So, for example, I would ask, "Is my name Kim." This is a yes, so the pendulum should move up and down to indicate yes. Next, I might ask, "Do I currently live in Alaska." This is a no, and so the pendulum should move side to side to indicate no. This exercise is to allow you to see how the pendulum moves and to tune in.

4. Once you have asked your preliminary questions and received accurate answers, you can now ask whatever yes/no questions that come up for you that you are in need of guidance on. Remember, this is guidance from your higher self to your lower self. If you are asking questions about someone else, you may not have access to their higher self to receive appropriate guidance unless this person has a soul contract with you and they have given permission for you to have access. I mention this so that again, you maintain an open mind when exploring.
5. If you ask a question and you feel very strongly within the opposite to be true to what the pendulum has showed you, I say to always go with how you FEEL. Remember that the pendulum is a tool whereas your intuition is the genius of your soul! When in doubt, go within and listen to your own inner genius! Our intuition trumps all else.
6. When asking a question, if the pendulum seems to move very specifically in a circle, you can rephrase the question or you can take that circle to mean the answer is “maybe” and more information is to come that you don’t have access to (or, aren’t meant to have access to) just yet.
7. If you ask a question and the pendulum starts to softly move and you wish to have a clearer, more prominent answer, simply ask the pendulum to show you more clearly whether the answer is yes or no.
8. You may have the sensation that you are moving the pendulum. That is OK. Ultimately YOU ARE! Well, your subconscious is. You are basically partnering with yourself to find the answers you are looking for, which is quite beautiful! This is why it is important to not be too tense, but to also have stability.

9. Most importantly, have FUN with this. This is an opportunity to spend some time with yourself in a truly unique way!

TAROT



As previously mentioned, Tarot is traditionally defined and more specific in its makeup with 78 cards, 4 suits, major and minor arcana to depict a life story. Traditional Tarot decks have the following four suits: Wands, Swords, Pentacles, and Cups/Chalices. Throughout the ages artists and mystics have gotten creative with the decks and played with the suits, though typically, even if they deviate from tradition, the overall themes are similar in some way.

When you are starting out with tarot, I would recommend starting with a more traditional deck with more traditional artwork until you start to really get a feel for the cards and the story line they create for you. As always, follow your own inner guidance and what you feel most

drawn to! I simply found it easier to start with the traditional deck and then branch out from there once I had my foundation set. Ultimately, it is all about the symbolism and the story the cards create for you and those you are reading for, so again, go with what speaks to you. Remember, you can always start with a deck and if you find that it isn't resonating with you as much as you had hoped, you can always explore with other decks. I have one deck that I like the artwork, the texture of the cards, and the energy. I rarely deviate from that deck though I do have other tarot decks to choose from. There are no rules! Once you start trying to follow rules you lose the imagination and the freedom to explore that is at the heart of tarot. Always, always, always go with what calls to you first and foremost.

For me, I found that starting with oracle cards created a nice foundation into working with tarot. The oracles allowed me to explore deeply what it felt like when an image or symbol created an emotional response or feeling towards the energy. This was incredibly helpful when I felt ready to incorporate tarot. Where most oracle cards come with a robust channeled guidebook to offer guidance on the meaning of the cards, you will quickly notice that the book that comes with a traditional tarot deck leaves much to the imagination! This is not by accident. You are absolutely meant to see where the cards (story) takes you and what it brings up for you.

Often times channeled messages that are not specific to your energy will have aspects that resonate and offer new perspectives, but they are not your stories entirely. When you are able to create the story from your own internal guidance you quickly begin to see the messages associated with that story. Our guides speak to us easily through symbols. Once we begin to see how each card/symbol makes us feel and what it brings up for us, even though this can vary with each message, we begin to learn the language of our guides and they begin to see what we respond to and how. Eventually you end up creating a channel for your guides to speak to you in

a way that you can quickly grasp and understand. This comes in handy when you are seeking guidance on something and can't seem to understand what your guides are trying to show you. As always, there are no right or wrong answers. This is a great thing, but can also feel very ambiguous and cryptic at times. This is why it becomes so important to learn to trust what you are feeling. When we can do this, it makes it much easier to trust that which we can't fully see but can feel very strongly. Which, ultimately, is our own truth coming directly from Source and our own soul.

It is important to have patience as you begin to use tarot. It may take a bit of time to get to where you feel comfortable reading the cards in a way where it becomes second nature for you. Don't force it, just keep practicing. One day, out of nowhere, you will begin to channel the messages so quickly that you won't have time to overthink it! When I was first starting out what worked best for me was to try to "read" the message myself without any "help". Then when I completed the reading, I would do an online search for the card/suit, that I wasn't fully sure about the message. Reading another's interpretation allowed for a different perspective and more times than not there were always little golden nuggets of wisdom to choose from that resonated for me. Those nuggets helped me to piece together the story of my spread. There is nothing wrong with this and I highly recommend doing this until you feel comfortable doing it all on your own.

After a while, you won't feel the need to double check your work against someone else's messages. Until you feel that comfort level, absolutely continue to incorporate the wisdom and resources out there to help you to create your story. There is nothing wrong with another person's perspective when it resonates with us and opens our mind for expansion in some way. When it comes to reading tarot, the only true rule is that you must do what feels right for you.

Otherwise, it just won't fully resonate. Exploration will give you the most insight into what works best for you and what doesn't.

EXERCISE:

Following are the steps that worked for me when I was beginning to explore the world of tarot. Take what resonates for you, and leave the rest. I would also recommend watching tutorials and reading other guides for learning to read tarot because again, the only right way to do it is what works for you. Have a read of these steps and see if they help you to get started:

1. Find a traditional Tarot deck that speaks to you. I recommend starting with a deck that follows the artwork and the suits of the traditional Tarot rather than starting with a more artistic deck that has suits other than the Wands, Swords, Pentacles, and Cups/Chalices. I would also say to go with a deck whose artwork is one that includes plenty of the traditional symbols and scenery. This will help as you move through the following steps.
2. Get yourself a Tarot Journal. This is simply a blank journal that you can dedicate to your Tarot practice. You won't need to use this forever but in the next few steps you will see why this journal is so important as you are starting your journey with Tarot.
3. Get your cards, your journal, and unpack your patience! The next few steps will take time but the time you invest will be well worth it! For each card, one by one, do the following exercises:
 - At first glance of each card, make a note of how that card makes you feel. What do you think is the overall energy? Does it feel heavy, angry,

oppressive, happy, nostalgic, fun, exciting, fearful, chaotic, peaceful, and so on. Whatever initial feeling(s) the card brings up for you, write it down.

- Look at the “big picture” of the card. What “story” immediately comes to mind? If more than one story comes to mind, that is OK! Write them all down. It is OK to have multiple stories come in for the same card. This is normal and will happen more and more as you begin to tune into the energies of your clients (or friends and family!) as well as your own energies. When you look at the entire picture, what message do you feel it is trying to tell you? Don’t inhibit yourself here, if it comes in for you then write it down.
- Sit with the card and look closely at each individual picture on the card. For each symbol within the picture, write down how it makes you feel as well as the story it might be trying to tell. For instance, if a little snail shows up in one of the corners of a picture, perhaps this brings up the idea of slow and steady or silence. Or, if there are trees or a forest present perhaps you get the feeling of being one with nature or spending more time in nature. If the card shows people fighting perhaps you notice that the sky looks stormy as opposed to soft and cheerful. What colors are present and how do they make you feel? By doing this for the card as a whole as well as each individual symbol/picture on the card, you are essentially creating your very own guide book to your Tarot deck.
- Once you have completed the above for each of the 78 cards, ask your question or set your intention for what you would like the guides to show you or answer for you. If you don’t have a question you can simply say, “Please

show me in truth and clarity what I need to know at this time” and your guides will gladly send you a message that you need to be aware of. I have yet to find a time when they are at a loss for words!

- Next, shuffle the cards and you can do your first spread! As for what kind of spread to do, that I leave entirely up to you. Myself, I do not follow any rules when it comes to how I shuffle, how I draw, and how many cards I pull nor what way I lay them out. This is one area for sure where you will find what works for you. I would suggest exploring to find the various spreads that people use and see if any speak to you. I bet eventually you will begin to create your own way of doing things once you start communicating with your guides regularly. You will simply follow your intuition and do what feels best for you.
- Understand that our guides absolutely have a sense of humor! They can also be somewhat blunt in their messages. Be prepared to hear what you may not want to hear, but what is best for you at this time. With Tarot, it goes back to not asking if you don't want to know. I find with Tarot that when I ask a question, I will get the answer. Good, bad, and ugly! I also understand that it is all for my highest good, of course.
- Once you pick the card(s), see what you immediately feel or what comes up for you. This is often the answer. Once you feel into this, check your journal to see what you had written previously about this card and see what resonates from that entry. If you are still unclear, pull a clarifying card and repeat the above steps. Remember, you can also do a quick search on the internet to see

what others have written as interpretations for the card(s) to see what resonates for you. Incorporate those nuggets of wisdom into your story to come up with your own message. You can pull as many cards and clarifying cards as you want. If it starts to feel too congested, you can stop and work with what you have. OR, if you feel like you have completely lost the message, simply grab the cards back up, shuffle, restate your question/intention, and start again. Yes, that is OK!

- Continue to do the above steps for your readings until you begin to notice that you are needing to check your references less and less. Eventually, needing to stop and check will just slow you down and you will be a Tarot reading Pro! You will begin to find that the messages flow quickly and smoothly and you can easily decipher them as they come in. Again, there is no set time frame for this and no matter how long it takes you to get to this point (if ever), it is OK. Continue to do what feels comfortable for you and what gives you the most satisfying experience. Communicating with your guides in this way should be pleasurable, not overwhelming or frustrating.
- When you feel ready, try giving your friends and family free readings! Nothing boosts your confidence more than hearing someone say, “Wow, that is spot on!” Have fun with this and give yourself the freedom to play.
- Try to remove your Ego when reading the cards. In other words, try not to over think the message. If you are reading for yourself or someone else, if it comes up then share it. It might not make sense to you or the person in the

moment, but it might make sense down the road. There is usually a reason why it has come up so try not to avoid it.

- Something that is very important to remember is that your guides will never tell you what to do. The cards are simply showing you the energy of the situation so that you can make your own decision(s) based off from that energy and the information provided. You always have the final choice and those choices will influence the timing and the final result of the energy. The cards are just guideposts, showing you what you are working with. Again, you always have the final say. This goes for those you are reading for as well. The cards are not meant to tell the person what to do, they are simply highlighting the energy that is important for the person to be aware of.
- When reading for another person, I find that it is also important that they are able to see the cards as well. They may have additional messages or a different interpretation that comes in for them and ultimately, the message they receive for themselves is the most important one. We are simply offering our perspective on the energies as they come in for us.

Whether you decide to become a full-time reader or not, Tarot is an incredible tool for truly tapping into your intuition and giving it a voice that you can fully understand and easily interpret. Whether the message is coming from your guides or your intuition, that isn't as important to recognize as much as is receiving the message. You will know the message is for you if it rings true and it feels aligned. In other words, if it resonates. Sometimes the message might not make sense at first, but at some point, something might occur and you will be reminded of the message and suddenly, it all makes sense!

Ultimately, have FUN. Explore, explore, explore and try to stay as open to the messages as possible. Tarot gives us complete permission to use our own imagination and to gauge the “accuracy” of that imagination based on how we feel about the story as it unfolds through the cards. You are allowed to create your own rules as you go!

16. Closing – Intuition in a Nutshell.



A few of the most important things to take away from all of this is knowing what questions to ask yourself as you begin to work with your intuition and build a long-lasting relationship with it (i.e., with yourself). Asking the questions spark exploration and exploration leads to a broader perspective which leads to a grander experience. Ultimately, you are in control of what you choose to do with your life in this lifetime. To get the most out of these trips around the sun, it has to start from within you. Remember, your intuition is the genius of your soul. Everything else is simply endless resources to help you along your journey. The greatest jewel in this lifetime has been within you all along. Time to let it shine!

In closing, here are a few important questions you can continue to come back to as you find what works best for you to best tap into your own intuition. The key to these questions is that absolutely no one is going to know the answer other than you, so really spend some time exploring your inner depths to find the answer if you must. It will absolutely be worth it!

1. What do I really want?
2. How do I truly FEEL about this?

3. Does this resonate with me in any way? Does it resonate in a good or a bad way?
4. Am I doing this because it FEELS right for me, or am I doing this out of obligation?
 - If I realize I am doing this out of obligation, do I still want to do it? (This is important because we need to always remember we have a choice.)
5. Have I reminded myself today that building a relationship with my intuition, listening to it, and trusting it, takes time and practice? If I feel any guilt or shame around my choices, have I started to work through those emotions, understanding that my intuition lies beneath them? I can always choose to do something differently; something that resonates more deeply with me. I always have a choice.



ABOUT THE AUTHOR



Kimberly Beauchemin is an Author, Numerologist, and Energy Reader. Her passion for her work lies in helping others to reclaim their own inner power in order to take the lead within their own lives and to find harmony and balance from within. The foundation for Kimberly's work is centered around self-empowerment for all. Kimberly is also an avid Nature Photographer and invites you to reconnect with nature at a deeper level while celebrating the Earth through her images.

For personalized services, photography prints, and to purchase her book please visit KimberlyBeauchemin.com which is her official website.