

WEEK ONE
AWAKENED

Intuition



Intuitive Types

The Universe and your soul is guiding you into the fullest expression of who you are – the life you're meant for. It conveys the message and passes on the message through intuition. It doesn't feel the same to all of us and in fact, there are 5 main intuitive types.

I want you to know right now that even some of the most skilled psychics or intuitives only have 1 or 2 types. This means that intuition is totally unique to each of us and you don't need to be able to see spirits or hear voices to be intuitive.

Each type is capable of the same miracles, accuracy and guidance.

Once you get a good idea of your dominant type and, if applicable sub-dominant type(s) – you will start to be able to notice and pin point when you are receiving guidance more than before. Start to watch during your day for the nudges to come through, now that you know what to look for.

Intuitive Types

Intuition is always guiding you with a never ending supply of wisdom. Our job is to learn how to hear it's guidance.

CLAIRCOGNIZANCE – INTUITIVE KNOWING

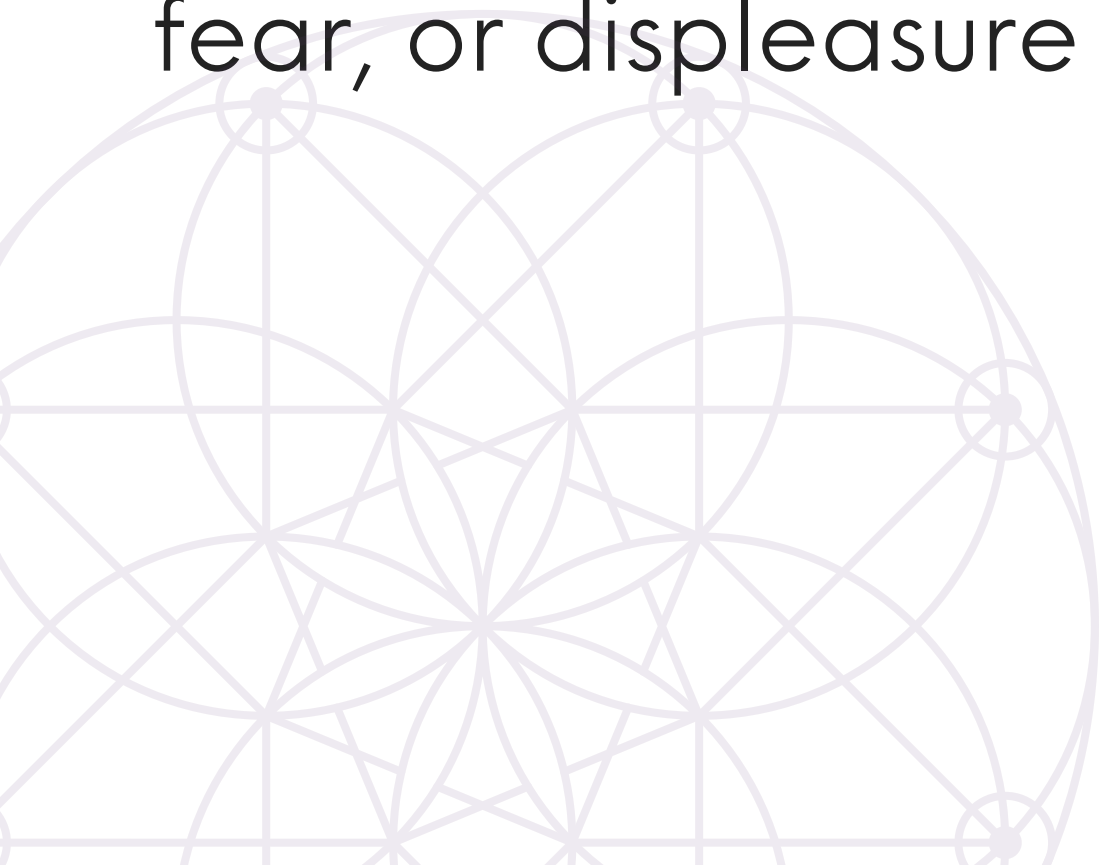
Clear knowledge is when you have a "knowing" without any physical explanation or reason.

Claircognizance includes precognition and retro cognition – knowledge of the future and knowledge of the past. If you can easily just **know** if someone is trustworthy or not, if an event will pan out or a person will be late – this is clear knowing.

CLAIRSENTIENCE – INTUITIVE FEELING

This refers to your ability to acquire knowledge by feeling. "gut feeling" or feeling strongly if something is good or bad. Empaths are often clairsentient as their dominant or subdominant type. This ability differs from claircognizance because the knowledge comes only from a **feeling** rather than a knowing.

Clairsentient seekers are often more sensitive to feeling the physical and emotional pain of a place where atrocities have happened; jealousy, insecurity, fear, or displeasure in others; or others' physical pain.





CLAIRVOYANCE – INTUITIVE SEEING

When you are able to see objects, actions, or events in your "mind's eye". Images, people, Spirit guides, words or other information comes to your mind and you see an image. This is often referred to as "inner vision". You may be good at visualizing (good and bad things!).

CLAIRAUDIENCE - INTUITIVE HEARING

Clairaudience is a an ability to receive intuitive information from the Universe, your Higher Self, those in heaven, and members of your spiritual "team" via hearing.

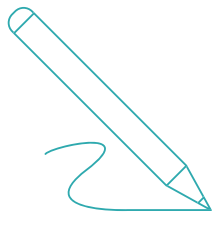
You may hear words or sounds that pass on a message or give you guidance. This can be your own voice or a different voice - either way the message through what I like to call your "minds ear"



CLAIRSALIENCE - INTUITIVE SMELLING

Clairsalience involves smelling a fragrance or odour of a substance, person, place, or animal not in one's surroundings. This type is primarily used by mediums when they are picking up on Spirits. These odours are perceived without the use of the physical nose and beyond the limitations of ordinary time and space. You may even "smell" a loved one or a smell that reminds you of something or someone.

Intuitive Type Journaling



Journal through the following questions

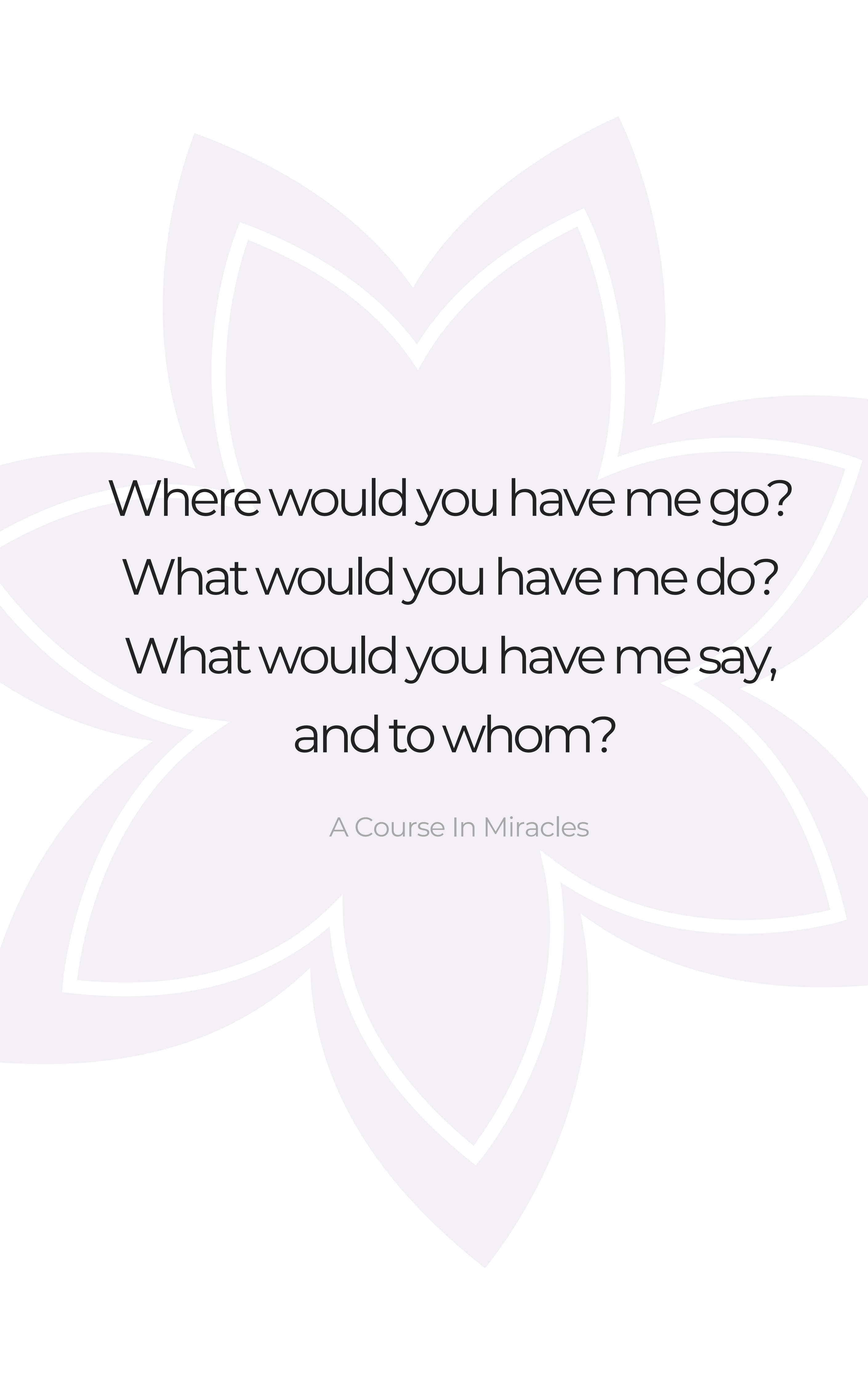
I would say that my dominant intuitive type is....

The other types that resonate with me are....

When intuition hits me, it feels/sounds/occurs like (be as descriptive as possible)....

The version of myself who listens to my intuition and walks hand-in-hand with it is different than me now in these ways...

I will start noticing my intuition even more by...



Where would you have me go?
What would you have me do?
What would you have me say,
and to whom?

A Course In Miracles

Being Led By The Universal Stream

Spirit is always guiding us - in big moments, small moments and seemingly unimportant moments.

There is an ever-flowing stream of insight, energy and guidance always available to you. This Universal stream is moving through all of us as intuition and instinct.

In life we often get into situations where life feels hard, things go wrong and we are generally trying to push and strive our way through life. We end up getting very tired, burned out and always feel like "nothing is working". This is when we need to be signalled to LIFT up the oars and allow our boat to reposition and start floating down the stream.

Instead of thinking of intuition as something you find, think of it as something that is always there and can be easily tapped into when we focus upon it.

This week our primary focus is on being led - tapping into the flow, asking your soul what it needs and practicing the energy of being led down the Universal stream.

Signs & Synchronicities

If you love to receive signs from the universe such as butterflies, pennies, heart-shaped rocks, dragonflies, 11:11 or anything else - great, it is a powerful way to receive guidance and see that you are supported.

Through signs and synchronicities, we can be led by our Spirit team, using intuition and signs to guide us step by step.

I suggest you pick a sign that you want to see - don't overthink it just pick something that comes to mind. An owl, an orange t-shirt, a pink car, mermaids - whatever.

Then ask to see it (you can use the script below if you'd like).

SPIRIT GUIDE EXERCISE

Pick a sign that comes to mind for your Spirit guide(s).

Ask out loud or in writing to see the sign so that you can know that your Spirit team is close.

When you see it - tune into your intuitive type and what knowings, feelings or messages are coming through.

"Spirit team, thank you for showing me that you are there by showing me a _____. Thank you, I am excited to connect."



Tuning In Daily

This is a simple method I use to tap into my intuition daily and explore what it feels like to receive answers.

SIMPLE TUNING IN EXERCISE

- 1) Ask for what you need
- 2) Find stillness
- 3) Stay optimistic
- 4) Receive and write it down

ASK FOR WHAT YOU NEED

I like to first start in a quiet moment by saying "Universe, help me to hear my voice of inner wisdom. I am ready and waiting for it's guidance today. Please help me to receive it clearly"

You can do this every day as a general intention between you and the universe to steadily bring you intuitive guidance throughout your days.

Then follow it up with your question or desire.

FIND STILLNESS

Even if it's only 2 minutes - after asking your question, sit in stillness and watch for for inner guidance.

Remembering your intuitive type, watch for body sensations, feelings, mental images, words, knowings or nudges coming through. Keep a journal close here.

Create intentional moments of stillness during you day, tuning into your body, your mind, taking a breath, connecting to Source. Becoming more able to hear and sense the inner voice.

STAY OPTIMISTIC

Intuitive guidance doesn't always come instantly. In fact in the beginning it usually hits you out of no where.

It will come in perfect timing and the more you practice, the sooner it comes.

When we get discouraged or frustrated, we block our intuition. We move into the space of "its not working" or "I'm unsupported, the Universe isn't helping me". This will create more of those feelings so stay optimistic know that you are learning a new skill.

Be patient. No matter how new or advanced you are - as you crack into new levels of intuitive and psychic abilities, there is always a learning curve.

WRITE IT DOWN

A powerful option is to write your questions and nudges down. Notice how you feel after listening to the guidance you feel/hear/receive.

When you write down the questions and answers received, it allows you to reflect on all of the times you allowed guidance through and how supported you truly are.

I suggest writing down the following in a journal:

- Questions asked
- Guidance received
- How it felt, what it sounded like, what you saw etc



Everyday Questions

Feel free to practice this week with simple questions to evoke guidance and direction.

I encourage you to practice being guided in your daily life with start with simple, fun questions. This makes it easier to gain a reliable, trusting relationship with your intuition and makes you more easily able to ask biggest questions when need be.

Which way am I to drive home today?

What is the next book that I need to read?

What restaurant should I go to?

Which type of tea should I drink tonight?

What should I do with my evening?

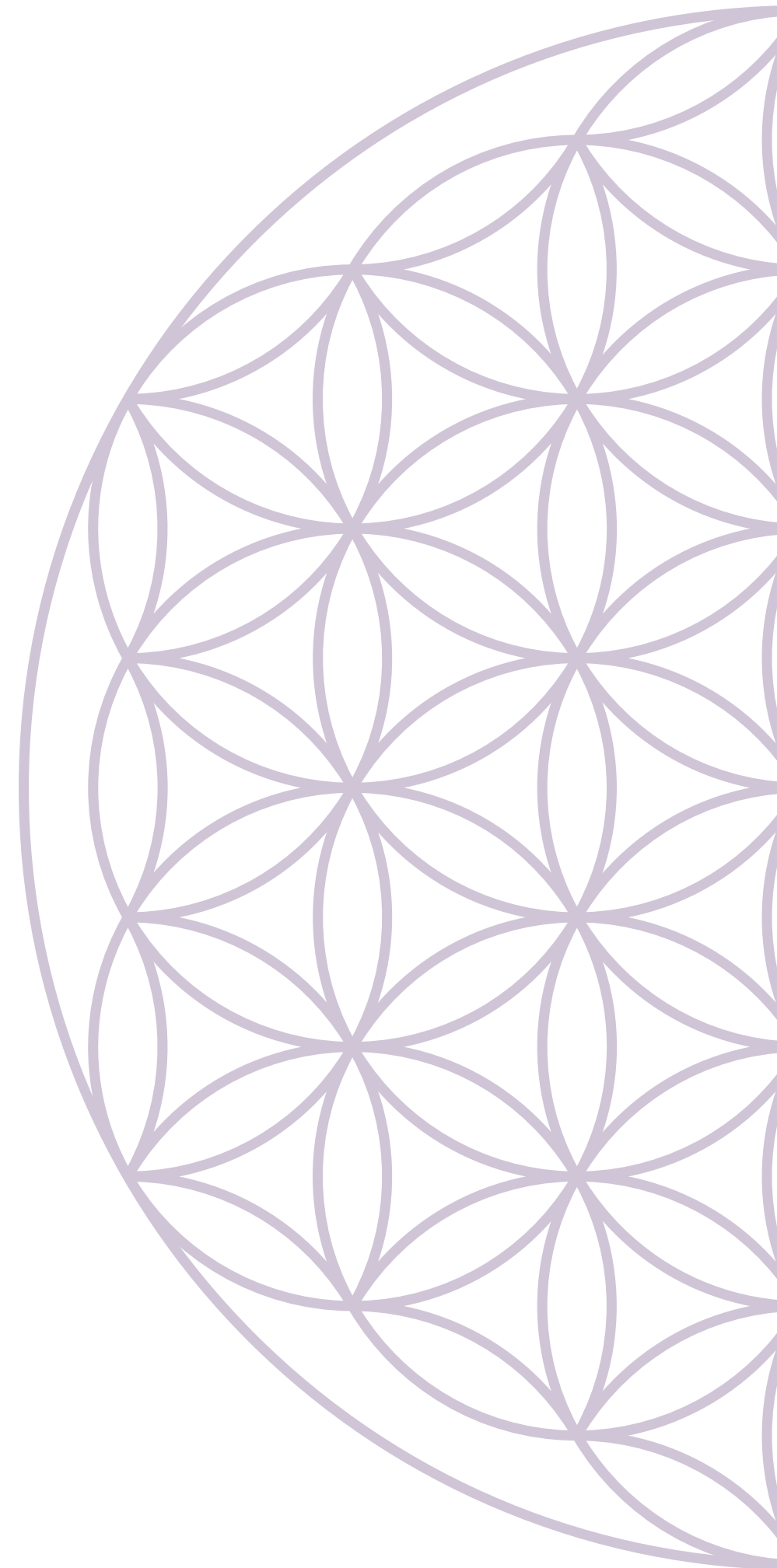
What should I wear today?

What movie or show would be the best to watch?

How am I to handle this situation with this client/boss/coworker/friend/family member?

What is the best thing to do with my weekend?

How can I show myself self love today?



This Week

This week is about focusing on your intuition, how it feels and knowing it is there and allowing yourself to **be led**. It is very useful to allow yourself to be guided in your every day life.

It is necessary to lean on your intuition not only crisis, but in the every day navigation. Learning how to hear and trust in that voice is essential to your intuitive development.

Allow yourself to be gently guided "down the stream".

ASSIGNMENTS TO PLAY WITH (IF YOU WISH)

- ♥ INTUITIVE TYPE JOURNAL QUESTIONS
- ♥ WITNESSING YOUR TYPE - WHAT IT FEELS LIKE, WHEN IT HAPPENS ETC
- ♥ SIGNS FROM SPIRIT GUIDE EXERCISE
- ♥ SIMPLE TUNING IN EXERCISE - ASKING EVERYDAY QUESTIONS
- ♥ ASK YOURSELF "What is my soul calling me to do today?" and "What is life calling me to do right now?"