



# INTUITION

## *uncovered*

DAY 2  
WORKBOOK



# INTUITION *Uncovered*

## HOW TO USE IT IN DAILY LIFE

Intuition is always there with you, a frequency that you can tune into at any moment. When we want to learn to use it all day, everyday we need to do only one thing - practice it.

I know - simple right?

When I was starting to use my intuition all day (and not just in times of crisis) - I would start my day saying "Guides and angels - help me today to be led today by intuition. I will tune in and try to sense your guidance. Thank you"

Then, as you go about your day - monitor your emotions!

Your emotions are the indicator of what's going on and if you're in alignment or not. If something feels good, it means intuitively you can know that it is good for you." If you are feeling stressed, overwhelmed or anxious - use that as the nudge that your thoughts are not aligned with Source.

Start to tune in and BE LED in your day. When you notice that you've forgotten - just come back and try again.

I also suggest connecting with Source daily to create an anchor. Once you get more familiar with "the feeling" - you'll start to notice that you always have a flow and current of intuition running through you. An all powerful knowing that is calm and serene

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## INTUITIVE SUPERFLOW

Intuitive superflow is when you are in familiar, constant contact with Source. When we are connecting often and focusing on being aligned with "Her".

When you are in superflow - you start to feel better, more stable, more joyful. You also start to notice life feels easier - opportunities pop up, helpful people come into your life, manifestation starts to occur.



This happens when we go ALL IN.

This happens when we commit to the light.

Commit to uncovering your intuition.

Commit to trying, commit to getting back up.

Commit to hearing the nudge, even when things are crazy.

Your intuition is leading you to the light with ideas, yearnings, notions, thoughts, excitement, dreams and visions.

When you hear the nudges of your soul speaking through your intuition, trust it, act on it and see what happens.

When you choose to finally believe that you are enough and that you are a magical creator - you will start to experience intuitive superflow.

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## DAY 2 - DO THE WORK

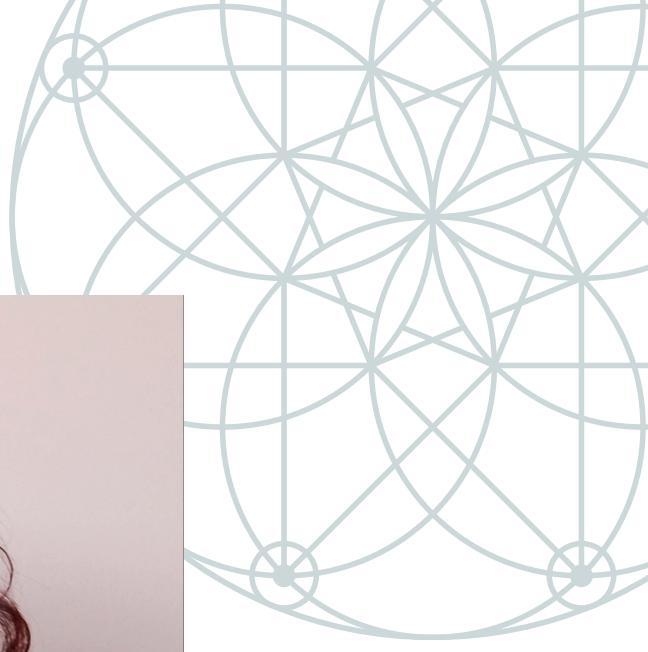
What is life leading me toward? Where am I being pulled to right now?

I know that if I took time to get still more often, I would feel so...

How does "she" use intuition in her daily life?  
What is HER relationship to intuition?

When have you been in Superflow? Is there anything you do that puts you into superflow? What does it feel like?

I am going to focus on developing and trusting my intuition because.....



It's been an honour hanging out, I hope these 2 days were helpful!

I cannot wait to connect with you in the future and support you on your journey of healing, up levelling and stepping into the life you're meant for.

Thank you for being the type of seeker who is stepping into their power and helping the collective to step into the light.

in love and light,  
Talia

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A PROGRAM FOR INTUITIVE DEVELOPMENT

# Awakened

4 WEEKS TO  
WAKE UP

*Intuition*

THIS IS AN *experience*  
THAT YOU WON'T FORGET

YES, I WANT TO  
AWAKEN MY INTUITION!

