

Uncovering The Guide Inside

How to trust your intuition and
tune into your inner knowing

What Is Intuition?

Intuition is your inner guide, inner knowing and the way that the universe speaks to us.

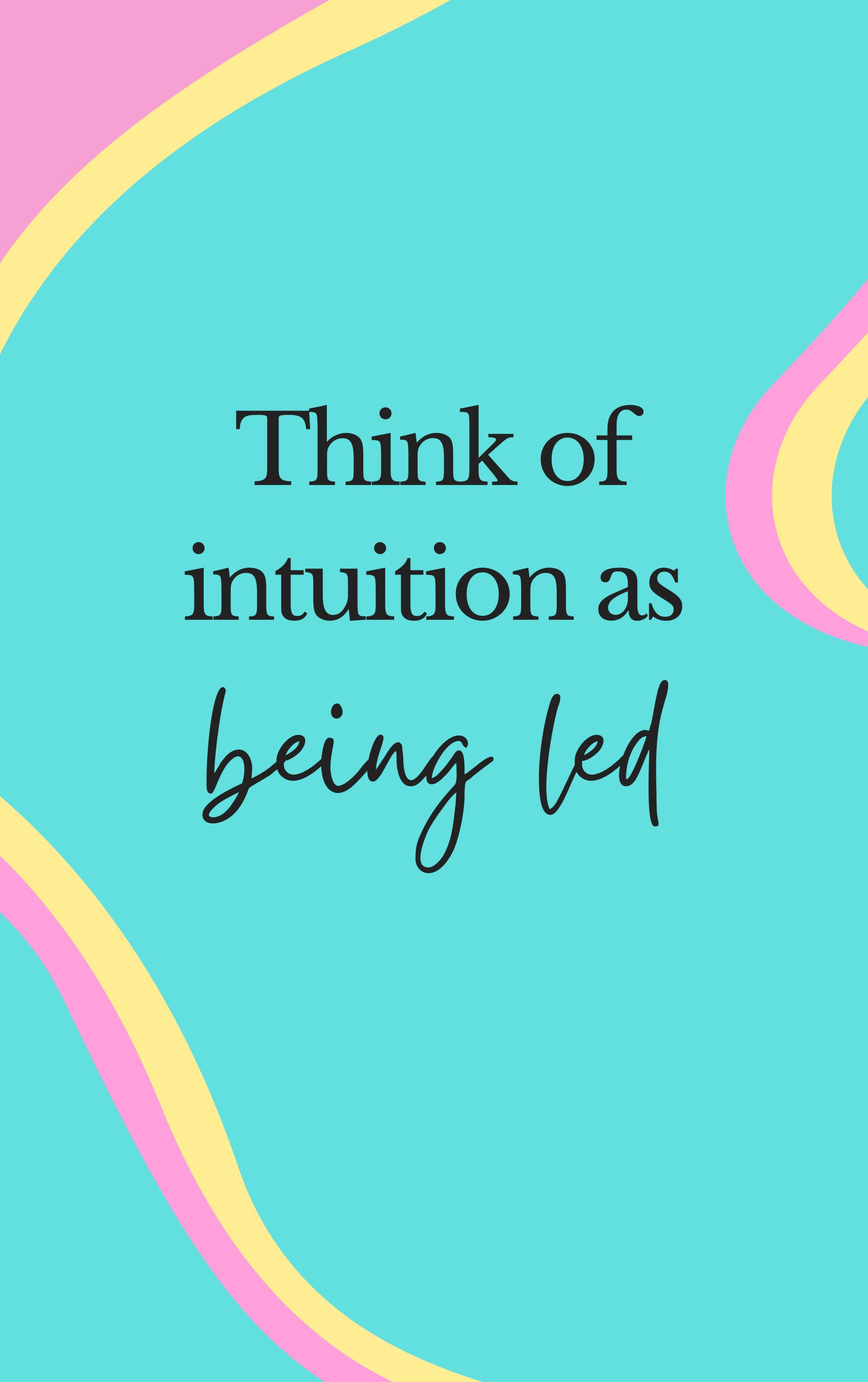
I see it as the language used between Source/Universe/Nature/God/Creator and us (human). It's a knowing, a feeling, a gut feeling, a desire that pulls us along in life.

We often don't know why we are drawn to something or repelled by someone, but we are - that's intuition.

Your intuition guides you to your highest outcome. It's the wise inner sage that knows the answer, leaving breadcrumbs, hoping you'll follow down the path to ultimate happiness and joy.

The Universe wants you to show up confident, sharing your gifts, fully supported and loved. By following intuition you are being *led* in that direction.

This guidance is always for your highest good and the highest good of everything as a whole. When listened to, it will guide you to the best possible outcome in this lifetime.



Think of
intuition as
being led

Using your intuition enables you to have Source in your back pocket. You have a connection within you to all of the peace, healing, abundance, happiness and success you could ever dream of.

This guidance is always based in love and holds no resentment if you don't listen to it. If you ever have a "pull" to do something that is based in fear, anger, resentment, force or to hurt someone else - it is not your intuition.

Identifying Intuition

To recognize true inner guidance look for three qualities: **calmness**, **clarity**, and **joy**. Intuition is always based in a deep sense of calmness.

It is not frantic, in panic or scared. It's guidance, direction and inspiration from a calm, certain place.

It often feels solid, wise and helpful. Intuition is a whisper that runs through you - it's not a loud screaming voice or impulse, it's a gentle nudge.

As you get to know the feel of your intuition, it will become easier to identify and receive.

Overall, intuition is the deep knowing that isn't swayed by all of the facts, circumstances & details.

Intuitive Types

CLAIRCOGNIZANCE – CLEAR 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.

This is where you just know something without actually knowing it. You have a knowing deep down about events, choices, places and people.

CLAIRVOYANCE – CLEAR SEEING

When you are able to see objects, actions, or events in your "mind's eye".

Images, people, words or other information comes to your mind and you see an image.

You could see images that mean "yes" or "no" such as a stop sign, a bright light, a hand up or anything else that portrays a message. This is where you may have visualizations pop into your mind about people, places or things you need to know.

Intuitive Types

CLAIRSENTIENCE – CLEAR FEELING

This refers to your ability to acquire knowledge by feeling. A person who feels the vibration of other people, animals, and places is clairsentient. There are many degrees of clairsentience, ranging from feeling thoughts and emotions in others to even their illnesses and injuries. Knowledge comes only from a feeling in your body.

Clairsentience includes when you feel the physical and emotional pain of a place where atrocities have happened; jealousy, insecurity, fear, or displeasure in others; or others' physical pain.

CLAIRAUDIENCE - CLEAR HEARING

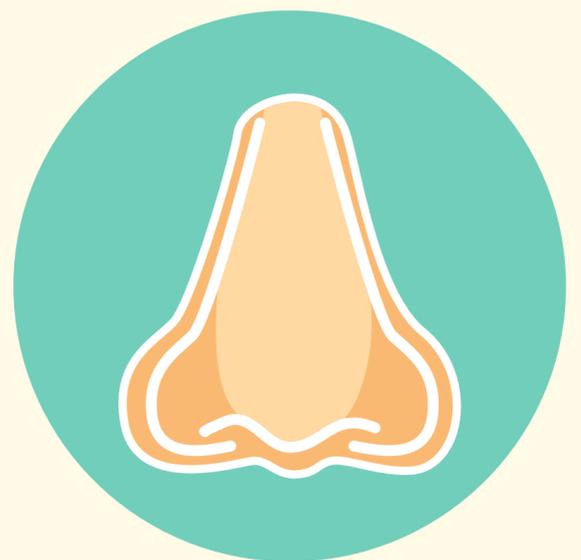
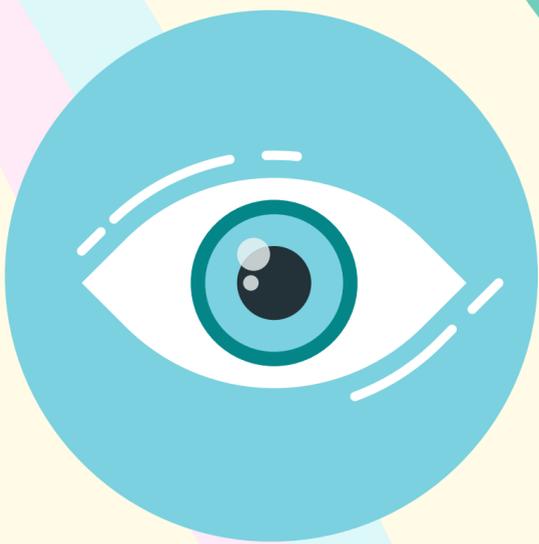
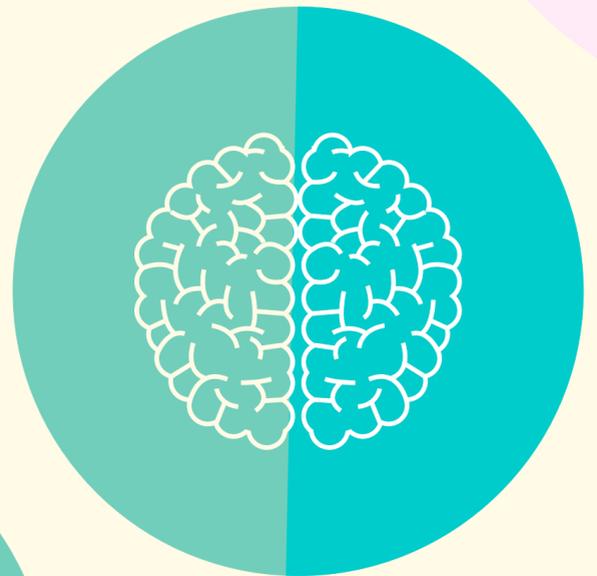
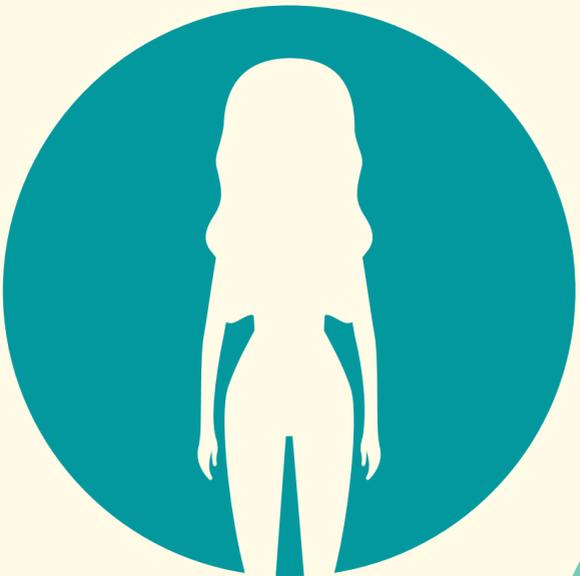
Clairaudience is a an ability to receive intuitive information from the Universe, your Higher Self, those in heaven, and members of your spiritual “team” via hearing.

You may hear words or sounds that pass on a message or give you guidance. You may hear words such as stop, yes, no or direct guidance such as "call Jessica", "go to Spain" or "You are doing a good job"

Intuitive Types

CLAIRSALIENCE - CLEAR SMELLING

Clairsalience involves smelling a fragrance or odour of a substance, person, place, or animal not in one's surroundings. 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.



Digging In



Getting To Know Your Intuition

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

Intuition feels to me like....

A time when intuitive guidance clearly came to me was...

When I listen to my intuition.....

When I don't listen to my intuition....

Right now my intuition is telling me that...



I am open to
receiving all that is
here to be received
for me.

Calling On Guidance

To get yourself into the space to ask + receive guidance fluidly you need to do the following:

- 1) Ask
- 2) Find quiet + calm
- 3) Stay In Faith (don't get discouraged)
- 4) Receive and write it down

ASK FOR WHAT YOU NEED

A lot of people forget to ask for what they would like guidance on.

Asking activates your intuition immediately.

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 have me hear it clearly"*

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

Then, follow it up with your question.

"Is the right house for us to buy?"

"What do I need to do in [situation xyz]?"

"What do I need to release to move into my next level of abundance?"

"What do I need to do to heal my body?"

"Should I visit with my friend tomorrow even though she stresses me out?"

Calling On Guidance

FIND QUIET + CALM

Even if you only take 2 minutes - after asking your question, sit in stillness and listen for inner guidance. Remembering your intuitive type, watch for body sensations, mental images, words, feelings or nudges coming through.

WRITE IT DOWN

Any nudges or insights you get need to be written down because we all know how it goes when we think *"I'll remember that for later"...*

It's also very powerful to write down the questions you asked and the guidance received - it allows you to reflect on all of the times you allowed guidance to come through.

You will see very fast how supported you are!

I suggest writing down the following in a journal:

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

Calling On Guidance

STAY IN FAITH (TRY NOT TO GET DISCOURAGED)

Intuitive guidance doesn't always come instantly. In fact in the beginning it usually hits you out of nowhere.

It will come in it's perfect timing and often the more you practice the sooner it comes. When we get discouraged we block our intuition and cannot hear it. Then we move into the space of "*its not working*" or "*the universe isn't helping me*" and this is false and blocks us in hearing out intuition.

From time to time you may feel discouraged and often that is an indication of falling out of your intuition routine. So as soon as you realize it, take a breath, check in on the story of the source within you and get back on track.



Practice

- Tune into the sensation of intuition. Notice when it happens and lean into what it feels like.
- Tune into simple sensations of Yes and No. Observe and journal about it.
- Pay attention even more to your "gut feelings" or what your "heart is telling you"

About Me



Hey, I'm Talia! I'm an intuitive development + manifestation mentor. **My purpose is to help seekers to create a life of love, joy and freedom.** Through my podcast, membership community and workshops I help you to develop your intuition, master the law of attraction and live your soul's purpose.

I am a wifey to my soul mate and a mom of 3! I live on an island off the west coast of Canada. Some random things I love are my clients, coffee, nature in all forms, yoga, funny movies, reading, pondering the universe and recording my podcast episodes.

I can't wait to connect and great job!



I invite you to...

The Awakening

Space
VIP

membership community

Yes, I'm a seeker awakening



it's only up
from here!

