



MODULE THREE

Be Guided

Class Two: Becoming Intuitive & Receiving Guidance



“THERE IS AN INTELLIGENT LIFE
FORCE THAT EXISTS WITHIN
EVERYONE AND EVERYTHING.
IT IS DEEP WISDOM - AN INNER
KNOWING. WE ACCESS THIS
WISDOM THROUGH OUR
INTUITION. IT IS OUR INNER
SENSE THAT TELLS US WHAT IS
RIGHT AND TRUE FOR US IN ANY
MOMENT.”

Shakti Gawain





WELCOME TO MODULE THREE, CLASS TWO.

Becoming Intuitive & Receiving Guidance.

In this class we will cover:

- + Why everyone is intuitive and has the ability to access inner guidance.
- + The characteristics of intuition and what it looks like to live intuitively.
- + 10 ways to build and strengthen a connection to your intuition.
- + The importance of making space and shifting into receiving mode so you can hear your guidance.
- + How to make intuitively-guided decisions.
- + How to tell the difference between your ego and your intuition.

HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. The workbooks will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





TUNE IN



What does intuition mean to you? How would you describe what it is?

What is your relationship like with your intuition? Do you trust your inner guidance and knowing?



TUNE IN



Think about a past experience where you felt intuitively guided and where you were able to trust and follow your intuition. Describe this experience.

How did your intuition communicate to you in this situation? Did you feel certain sensations in your body? Did you have an inner knowing? Did you hear words or see images in your mind?



TUNE IN



What helped you overcome any fear or doubt you had around trusting or following your intuition in this situation?

Where in your life at the moment are you feeling an intuitive pull or receiving inner guidance around a situation, that you are hesitating to act on because you are afraid?



TUNE IN

What is your intuition telling you about this current situation? The voice of your intuition will feel loving and encouraging. It will help you feel supported and guided. It will encourage you to find trust within and take brave steps forward.

What is your ego (or your mind) telling you about this current situation? The voice of your ego/mind will be driven by fear and doubt. It will want you to stay safe in your comfort zone. It will fill your mind with worries and worst-case scenario thinking.



TUNE IN

Choose which voice you want to listen to. Your intuition or your ego?

If you chose to listen to your intuition, answer the following questions:

Firstly, close your eyes, take some deep breaths and set the intention to connect with your intuition. Slow down your breathing and draw your attention inwards. See if you can feel for the answers to these questions, rather than answering from your mind.

Dear Intuition, what do I need to know? What guidance do you have for me?

Dear Intuition, what are some steps for me to take?



TUNE IN



Listen to the 10 tips for strengthening your relationship with your intuition in the video class. Which of these would you like to practise?

What impact would it have on you and your life if you felt deeply connected to your intuition? How would it feel to know you were always guided and supported and you could tune in for the answers or clarity you needed?

PRACTICES TO WORK WITH THIS WEEK:

- + **Believe in your intuition:** The more that you believe that you are intuitive and the more the you believe that you are always being guided, the clearer your intuition will become. When you validate its existence, you hear it much more clearly. Choose to believe that you are being guided and celebrate and acknowledge any sign, symbol or experience which is evidence of your intuition at play.
- + **Tune in:** Create a practise out of tuning into your intuition when you need to make a decision or when you are wanting to find clarity or answers. Begin to notice the difference between your mind/ego and your intuition, and practise consciously connecting with your deeper wisdom and allowing that to guide you.
- + **Create space and receive:** It is difficult to connect with your intuition when your mind is full of thoughts and you feel rushed and busy. If you are ever wanting to access your inner guidance, be sure to first create some space for yourself to slow down, calm your mind and soothe your nervous system. Practise shifting your body and energy into receiving mode so you can hear the whisper of your intuition.
- + **Practise Q & A journaling:** If you are wanting to receive intuitive guidance, you can ask questions to your intuition and allow the answers to flow out onto the page. You can write to your intuition, by starting your entries with 'Dear Intuition...' and then you can ask a range of open ended questions about what you are wanting clarity, advice or support on. Try not to over think your answers or determine if it is actually your intuition speaking. Simply trust what flows out and let your hand move freely as you write whatever comes to mind in response to your question.
- + **Practise living intuitively:** Think about what it would look and feel like to be living intuitively and to allow your intuition to guide your life. What would you be doing? What actions would you be taking? What choices would you be making? How would you feel?



TUNE IN



Which practices from today's class would you like to integrate or focus on this week?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE THREE - CLASS TWO.**

SHARE YOUR EXPERIENCES:

Come on over to our
[Facebook community](#) and
share about your insights,
realisations, learning or
practices from this week.



