



The Dream Creator Mastermind

MASTERCLASS #09: WORK INTUITIVELY
& BE GUIDED FROM WITHIN

“There is a Universal, intelligent life force that exists within everyone and everything. It resides within each one of us as a deep wisdom, and an inner knowing. We can access this wonderful source of knowledge and wisdom through our intuition - an inner sense that tells us what feels right and true for us at any moment.”

Shakti Gawain

WELCOME TO MASTERCLASS NINE!

This week's Masterclass is called *Work Intuitively & Be Guided From Within*.

Today's class is all about how to integrate the principles of intuitive living, trust and surrender into how you are doing your work.

While your mind can be a helpful tool for achieving your dreams, it is also important to be connecting with and following the guidance of your intuition.

Your intuition is the part of you that will guide you through the unknown and uncertainty as you follow your heart, and begin taking steps to set up your business or share your messages and creations.

Your mind may experience a lot of fear as you step into the unknown, as it does not believe something it cannot see. It will need proof or evidence in order to feel safe and at ease in the unknown.

However, your intuition does not need to see it to believe it. This part of you knows the higher plan and is always guiding you towards it.

This wise and loving part of you, communicates through a feeling of inner knowing, and it is in this feeling that you find safety, certainty and trust.

Your intuition is how your soul, and higher self guide and support you, and these deeper parts of you will always be leading you on whatever path will help you achieve your full potential.

FEEL GUIDED AND SUPPORTED FROM WITHIN.

When you are in tune with your intuition, you will always feel supported. You will have access to loving inner wisdom. You will be able to step into the unknown with courage, and with deep trust.

You will be given the ideas you need, and be lead to opportunities that are right for you. You will know when it is time to act and when it is time to wait.

Being guided by your intuition, may at times mean doing things that do not make sense, or that to others seem reckless or crazy. Your intuition may call you down an unconventional path, and ask you to do things you have never done before.

It is not always easy to fully trust in your intuition, but once you recognise that familiar feeling of your intuition, and you learn through experience that it always guides you to what is right for you, you will be able to fully surrender to it.

Intuitive living asks you to find your certainty from within. To find faith by trusting in what you feel and know within. To believe so deeply in what your inner guidance is telling you, that you don't need to see or know the whole plan or path ahead.

Your intuition will help you receive abundantly for the work you do. It will share guidance to help you move through periods of fear. It will bring you into contact with your dream customers and clients, and open doors that you never thought possible. Think of it as a loving inner guide, that wants to help you have everything you desire.

HOW TO WORK THROUGH THE CLASS & WORKBOOK.

The video Masterclass and this workbook are designed to compliment each other, yet they serve a different purpose.

The Masterclass will share a lot of information that is not covered in this book. The class where I will teach you all of the principles you need to know for this week's topic.

This workbook has questions that are linked and related to what is shared in the Masterclass. They will allow you to take what I shared in the video class, and then reflect on how it applies to your own personal situation. These questions are designed to take you deeper, into a space of reflection and new levels of awareness.

While watching the Masterclass, I definitely suggest taking notes. You can use a special notebook that is dedicated to this program, or there is a section at the end of this book for notes.

You can either listen to the whole Masterclass first, and then work through the workbook, or you can watch the Masterclass in sections, pausing at different points to come to the workbook and dig into the questions.

As I have suggested previously, read through all the questions first to avoid doubling up on your responses and feel free to leave any of the questions that are not relevant or helpful.

1. YOUR INTUITION

WHAT DOES YOUR INTUITION FEEL LIKE? DESCRIBE THE PHYSICAL SENSATIONS, THOUGHTS OR FEELINGS YOU RECEIVE.

THINK OF SOMETHING THAT YOUR INTUITION IS GUIDING YOU TO DO RIGHT NOW, THAT DOESN'T MAKE LOGICAL SENSE. WHY DO YOU FEEL, OR 'KNOW' YOU CAN TRUST YOUR INTUITION ON THIS?

2. BE GUIDED

WHERE IS YOUR INTUITION ASKING YOU TO PRACTISE TRUST RIGHT NOW?

HOW IS YOUR INTUITION ASKING YOU TO SURRENDER RIGHT NOW?

WHAT STEP IS YOUR INTUITION ASKING YOU TO TAKE RIGHT NOW?

2. BE GUIDED

IN WHAT WAYS IS YOUR INTUITION ASKING YOU TO STOP LOOKING FOR EXTERNAL GUIDANCE OR VALIDATION?

WHERE IS YOUR INTUITION ASKING YOU TO TUNE IN MORE DEEPLY TO YOUR INNER FEELINGS & KNOWING?

WHAT DOES YOUR INTUITION WANT YOU TO KNOW?

2. BE GUIDED

WHAT CREATION OR PROJECT IS YOUR INTUITION ASKING YOU TO WORK ON AT THE MOMENT?

WHAT MESSAGES IS YOUR INTUITION ASKING YOU TO SHARE AT THE MOMENT?

HOW IS YOUR INTUITION CALLING YOU TO BE MORE SEEN AND HEARD AT THE MOMENT?

3. SURRENDER & TRUST

DESCRIBE A TIME WHEN YOU WERE PREVIOUSLY FACED WITH A BIG PERIOD OF UNCERTAINTY OR UNKNOWN:

WHAT HELPED YOU MAKE IT THROUGH THIS PERIOD OF UNCERTAINTY? HOW DID YOU SUPPORT YOURSELF?

WHAT ADVICE WOULD YOU GIVE YOURSELF NOW, ABOUT HOW TO MOVE THROUGH YOUR CURRENT PERIOD OF UNCERTAINTY?

3. SURRENDER & TRUST

IS THERE ANYTHING THAT YOU ARE WORKING ON CREATING, WHICH IS NOT FLOWING, OR WHERE THINGS ARE NOT MANIFESTING?

ARE YOUR ENERGY AND THOUGHTS IN ALIGNMENT?

WHAT MIGHT YOUR INTUITION BE TRYING TO SHOW YOU OR TELL YOU THROUGH THIS LACK OF FLOW?

3. SURRENDER & TRUST

DESCRIBE A SIGNIFICANT 'FAILURE' YOU ONCE EXPERIENCED:

WHAT DID YOU LEARN, DISCOVER, REALISE OR UNCOVER THROUGH THIS EXPERIENCE?

HOW DID THIS EXPERIENCE HELP YOU GROW AND IMPROVE?

3. SURRENDER & TRUST

WHERE ARE YOU STRUGGLING WITH THE 'TIMING' OF THINGS AND THE PACE AT WHICH THEY ARE UNFOLDING?

WHY MIGHT YOUR HIGHER SELF BE SLOWING THINGS DOWN, OR KEEPING YOU WHERE YOU ARE RIGHT NOW?

ALTERNATIVELY, WHERE ARE YOU SLOWING THINGS DOWN BY NOT SHOWING UP FOR WHAT YOUR INTUITION IS ASKING OF YOU?

HOMework IDEAS

WRITE TO YOUR INTUITION

Any time you feel confused, unclear, or that fear has taken over your mind, I suggest doing some writing with your intuition. Imagine when you are journaling, you are writing to a loving, powerful and all-knowing energy that holds all of the answers you are seeking. Feel this energy as a presence that deeply cares about you, and is here to support you. Come to your journal with questions, concerns or worries. Start your entries with, "Dear Intuition" (or insert any other word that resonates with you such as, Soul, Higher Self, Spirit or God). Ask open ended questions to your intuition, and then allow whatever answer comes through to flow onto the page. Ask questions such as "What do I need to know?" or "What guidance can you share?" or "What step should I take?" or "What do I need to learn, see or experience here?" Trust whatever flows through without judgment.

LET YOUR INTUITION GUIDE YOU

As you are moving forward with choices, decisions, plans or action steps, bring awareness to which energy is guiding you. Start to notice the difference between what it feels like when your mind is guiding you, and what it feels like when your intuition is guiding you. When your mind takes over, practise pausing, slowing down, and taking a few deep breaths. Place your hand over your heart or belly, and choose to connect with the deeper energy of your intuition before you continue moving forward.

BALANCE ACTION & SURRENDER

When working with your intuition, you need to balance action and surrender. Spend some time reflecting in your journal, on where your intuition is asking you to show up and take action right now, and where it is asking you let go, trust and practise surrender.

YOUR 'ACTION STEP' LIST

THE STEPS I AM GOING TO TAKE FROM MASTERCLASS NINE ARE;

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NOTES:

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CONGRATULATIONS ON COMPLETING MASTERCLASS NINE!

I hope this class has supported you to come into a deeper connection with your intuition, and tune into your inner guidance for support, clarity and answers.

Your intuition will be one of your greatest assets as you move forward, and it will always show you the path ahead, step by step. It will reveal everything you need to know, in the exact moment you need to know it.

Please continue to trust deeply in what you feel and know within, even if there are times where you have no external proof or evidence to support this knowing.

Between now and our next class, focus on the homework and action steps that you have decided to commit to. Also come over to our community and share your experiences, thoughts & insights.

Our next Masterclass, is our final class in the Mastermind. In this class we will be exploring how to play bigger, expand your vision, and stay motivated as you work towards your dreams.

I am so proud of how far you have come in this journey so far, and this truly is just the beginning for you. There is so much magic in store!

I look forward to our final Masterclass together.

Connie x

