

Welcome to this

High Intuitive Workshop

With Peggy Sue Skipper and Helen Racz

November 25, 2023

Today we will dive in for an overview of what a High Intuitive is and how it makes our Life Experience different.

We will enjoy tapping (EFT) for energetic shifts to empower our sense of self as high intuitives.

We will participate in paving a more comfortable way forward in our relationship with self and others.

Here is the checklist that brings us together to explore the amazing GIFT of intuition with all of its PURPOSE and CHALLENGES:

- You have always felt different.
- You have been called “too sensitive”
- Complete strangers will pour out their stories to you
- You have felt driven to break a negative cycle from your childhood
- You have self medicated
- People sometimes seem to fear you
- You sometimes have information that you logically should not have
- You have been a Pleaser/Peacemaker for much of your life.

1. We will begin with each of us sharing why we are here today.

Zoom participants please use the chat to share.

2. What a High Intuitive means in the context of this workshop

3. Background on Peggy Sue and Helen

4. Exercise: Individual WWHH explained and time to write:

What do I want to get out of today's workshop?

Why I want that: (note this is a place to use emotional reasons)

How do I partner with everyone here to get what I want today? (these are tangible, measurable, realistic actions to align to receiving what you want today)

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How will I know I am successful: (we will check at end of workshop to be sure you hit your target)

5. Covering the checklist:

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You have been a Pleaser/Peacemaker for much of your life.

6. Lunch and sharing experiences as high intuitives.

7. . Life Experience and Relationships

WHY the checklist above shows up in our lives and how we can better navigate our Life Experience and Relationships

1. Different operating system

2. Psychic School

3. Ethics and Responsibility of the Gift

4. Bridging the Gap for better relationships *Then tap for each one of the checklist topics.*

8. WWHH worksheet writing and Q&A time for/about moving forward with family, friends, and co-workers on next pages in this handout, notes here:

9. Closing- check original WWHH for workshop and share our biggest take aways. Zoom please use chat to share also.

Question #1: The What?

Know your target, your goal, your (only what you can do, say or feel, it's not necessary for anyone else to do anything differently) end in mind. Write it concisely and clearly.

Question #2: The Why? Without some thought and clarity on your 'Why', you simply won't follow through. Dig deep and get to your unique authentic 'Why'. This is about **emotional** connection to your desire.

Question #3 The How? The how is about getting your thoughts, emotions and energy engaged with what you want by strategizing the action steps involved. This is about **Bulleated Smart Goals:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Question #4: How will you know you're successful? This step is often overlooked. Take the time to engage through imagination and intention. Sometimes this question will have you revisit your first Question.

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Who's Business?

Byron Katie says it most succinctly; "There are only 3 businesses, yours, Gods, and other people's. You only suffer when you are not in yours."

God's business is illness, accidents, weather, and all big disasters.

Other people's business is what others think, feel and do.

Your business is only what you can personally control.

Are you **in your business** in each area, check them off as you review your writing:

What Why How How you know you are successful

Have you utilized the

Rules of Engagement:

1. Seek New Information-
2. Gain Clarity-
3. Stay in Your Own Business-
4. TAKE ACTION
5. Expect Chaos before new order.

Note: Bulleted Smart Goals

S—Specific, strategic, self-reliable, sincere, simple, straight-forward.

M—Measurable, motivating, manageable, mapped to the result.

A—Achievable, agreed, adaptable, ambitious, accountable, attainable.

R—Realistic, reliable, result-oriented, recordable.

T—Time bounded, time relatable, trackable, tangible, team building.

Question #1: The What?

Know your target, your goal, your end in mind. Be able to state (write) it concisely and clearly. The trickiest part I witness here is that it's necessary to understand your '**What**' requires staying in **your business**.

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From our Heart's Desire, we co-create and sustain Our World on a foundation of Love with Grace, Gratitude, Wisdom, and Service.

We sustain a harmonious and nurturing relationship with the planet, ourselves, humankind, and all that is, because we know everything is connected.

We experience integrity-based individual and collective leadership that works interdependently to manage our resources responsibly, equitably, and wisely.

In Our World, we nurture all children, honor our elders, and respect each other to sustain an environment where we all may become the brightest versions of ourselves.

Our collective Conscious Curiosity explores best practices to sustain healthy physical, emotional, mental, and energetic systems creating all-body wellness.

We embrace an environment where free speech, dialogue, and civil discourse strengthen the whole.

We sustain an enlightened human civilization, inclusive of diverse ethnicities, cultures, religions, and lifestyles.

Welcome to our world where we experience what Love and Kindness can do.