

**5 easy
steps to
develop
your
spiritual
intuition**

Ditch the doubt, trust your gut, and tap into the unseen!

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Helen is a highly intuitive certified Spiritual Life Coach. She is a certified medium, Akashic Records and Tarot card reader. Helen has been a Reiki Master and energy healer since 2000 and hosts Oklahoma's longest-running Reiki circle.

Helen offers a variety of classes, both online and in-person. She also offers 1:1 spiritual development, tailored to your needs.

Class topics include: mediumship, intuitive development, Sitting in the Power, chakras, criminal psychic investigation, Reiki, develop your Clair senses, and more!

You already have intuition. You've just been ignoring it, overthinking, and second-guessing yourself. Your gut instincts? They've been trying to get your attention - you just haven't been listening.

Why this matters: Your gut instincts aren't random - they're your built-in guide to making better decisions, faster. Every time you ignore them, you miss out on opportunities to tap into your true potential. Trusting yourself isn't just a nice idea, it's essential.

Are you tuning in or tuning out?

1. When was the last time you had a strong gut feeling and ignored it? What happened?
2. Do you often overanalyze decisions, even when something inside you is saying, "Just go for it"?
3. How many times have you regretted not listening to your intuition?
4. Do you feel more confident when you follow your gut, or when you second-guess it?
5. When was the last time you trusted your intuition and things went exactly as you hoped?

Your intuition has been there, waiting for you to stop tuning it out. Let's get you back on track!

Step 1: **Detox your energy. You can't hear intuition through static**

The problem: Your intuition is there, but it's being drowned out by mental clutter, stress, and everyone else's BS. All the noise - yours and others' - creates static, making it impossible to tune into that quiet inner voice.

Fast fix: Clear your energy. Smudging, breathwork, salt baths, grounding in nature - whatever works for you to get rid of the energetic junk. When your energy field is clear, your intuition has room to breathe and speak up.

1-Minute Reset Exercise:

1. Stand up and shake your body - literally shake it out.
2. Close your eyes and visualize all the mental noise, stress, and external influences shaking off you, like water off a shaking dog!
3. Let it drop to the ground, out of your system, and out of your space.
4. Now, take a deep breath, reset, and feel the calm.
5. Repeat as needed!

Now you're ready to hear what your intuition has been trying to tell you.

Step 2: Train your brain to shut up & listen

The problem: Your logical mind loves to run the show, even when it's wrong. It overthinks, analyzes, and tells you every reason not to trust your gut. But here's the deal: overthinking is a distraction, not a decision-making tool.

Fast fix: Learn to recognize the difference between fear-based overthinking (the mental noise) and true intuitive nudges (the calm, quiet wisdom that comes from deep inside). The key is getting out of your head and into your body.

1-Minute Reset Exercise:

The "Wow Yes / Yuck No" Test - practice feeling the physical difference between gut certainty versus doubt.

1. Sit quietly, take a deep breath, and think of something you feel uncertain about.
2. Ask yourself, "Is this the right choice for me?"
3. Notice how your body responds - do you feel light, energized, or excited? That's a Wow Yes.
4. Now, think of the same thing but in the opposite direction - does it feel heavy, tense, or draining? That's a Yuck No.
5. Practice this with small decisions throughout the day. Learn to feel the difference between certainty (Wow Yes) and doubt (Yuck No).

Once you know the difference, you'll be able to shut off the overthinking and start listening to your intuition.

Step 3:

Tap into your inner network. Your spirit guides are on standby

Who they are:

They're energy forces - your spirit guides* - standing by, ready to offer you wisdom, clarity, and support. They're not here to scare you; they're here to guide you. Doesn't matter if you can't see them, you can be receptive to the guidance.

How to connect: Set the intention. Tell your guides you're ready to receive their help and then - this is key - LISTEN. They're not going to force their presence on you. You've got to make the space to tune in.

Simple Spirit Guide exercise:

Ask for a sign. Pay attention to what shows up. Don't overthink it.

1. Close your eyes and ask for a sign. It can be anything - an animal, a number, a word, whatever feels right to you.
2. Then, move on with your day, but pay attention to what shows up. Your guides will communicate with you through the world around you.
3. When you get your sign, don't overthink it. Trust it.
4. If you miss it the first time, don't stress. Just ask again, and keep your eyes open for the signs.
5. Your guides are ready to communicate - they're just waiting for you to take the first step. Don't ignore the messages they're sending.

Step 4: **Act on intuition - because it's useless if you don't use it**

The truth: Your intuition only gets stronger if you actually follow it. That's right. Ignoring it is like letting your muscles atrophy. If you want to build trust with your intuition, you've got to take action on it.

The fix: Start small. Test your gut on tiny, everyday decisions. The more you act on it, the more confident you'll become, and the stronger your intuitive hits will get. It's like any skill - practice makes perfect.

Exercise: The 5-second decision drill

1. Pick a small decision you need to make - something like choosing between two options for dinner or deciding whether to take a walk or stay in.
2. Set a timer for 5 seconds. This is the catch: You have 5 seconds to decide.
3. Without overthinking, pay attention to the first instinctive feeling or thought that arises. Do you feel pulled towards one choice? Is there an immediate, gut reaction?
4. After the 5 seconds are up, make the choice based on that instinct.
5. Reflect afterward: How did it feel to go with your gut? What was the result? Did your intuition guide you right?

The idea here is to act quickly, without allowing your overthinking mind to jump in and disrupt the flow. The more you practice this, the easier it gets to recognize that initial intuitive nudge. Keep building trust with your gut - because the faster you act, the stronger your intuition gets.

Step 5: Make it a habit. Flex your intuitive muscle daily

How to stay sharp: Just like any muscle, your intuition gets stronger the more you use it. Build it into your daily routine - make it as automatic as brushing your teeth. The more you practice, the more it becomes second nature.

3 daily practices that work:

1. Ask a question before bed: Each night, ask yourself a simple, open-ended question (e.g., "What do I need to know tomorrow?"). Pay attention to any insights or gut feelings you have in the morning. Let your subconscious work through it while you sleep.
2. Randomly predict small things: Test your intuition by predicting something small and specific: Who's calling next? What song will play next? This trains you to tune in and trust your gut.
3. Follow weird nudges – When you feel that random pull to do something unusual - take a different route home, call an old friend, go somewhere new - follow it. Don't overthink it. See what unfolds.

The more you make intuition part of your routine, the easier it will be to access it in the big moments when it really counts. Flex your intuitive muscle daily and watch how it strengthens over time.

Final thoughts & next steps: Trust yourself & go deeper

- Stop doubting. Start trusting. Your intuition is a powerful tool, and it's time to stop ignoring it. The answers you seek are already inside you - it's just about learning how to listen.
- **If you would like personalized help, I'm here for you!** Book a 1:1 intuitive session or join one of my transformative classes to deepen your connection with your intuition and take your next steps with confidence.
- **Ready to level up your intuition? Visit www.RipplesOfLightOK.com and let's work together!**

** Disclaimer: This practice is intended for personal growth and spiritual exploration. It is not a substitute for professional mental health support. If you are experiencing distressing thoughts, anxiety, or other mental health concerns, please seek guidance from a licensed professional. Always use discernment when interpreting intuitive messages.*