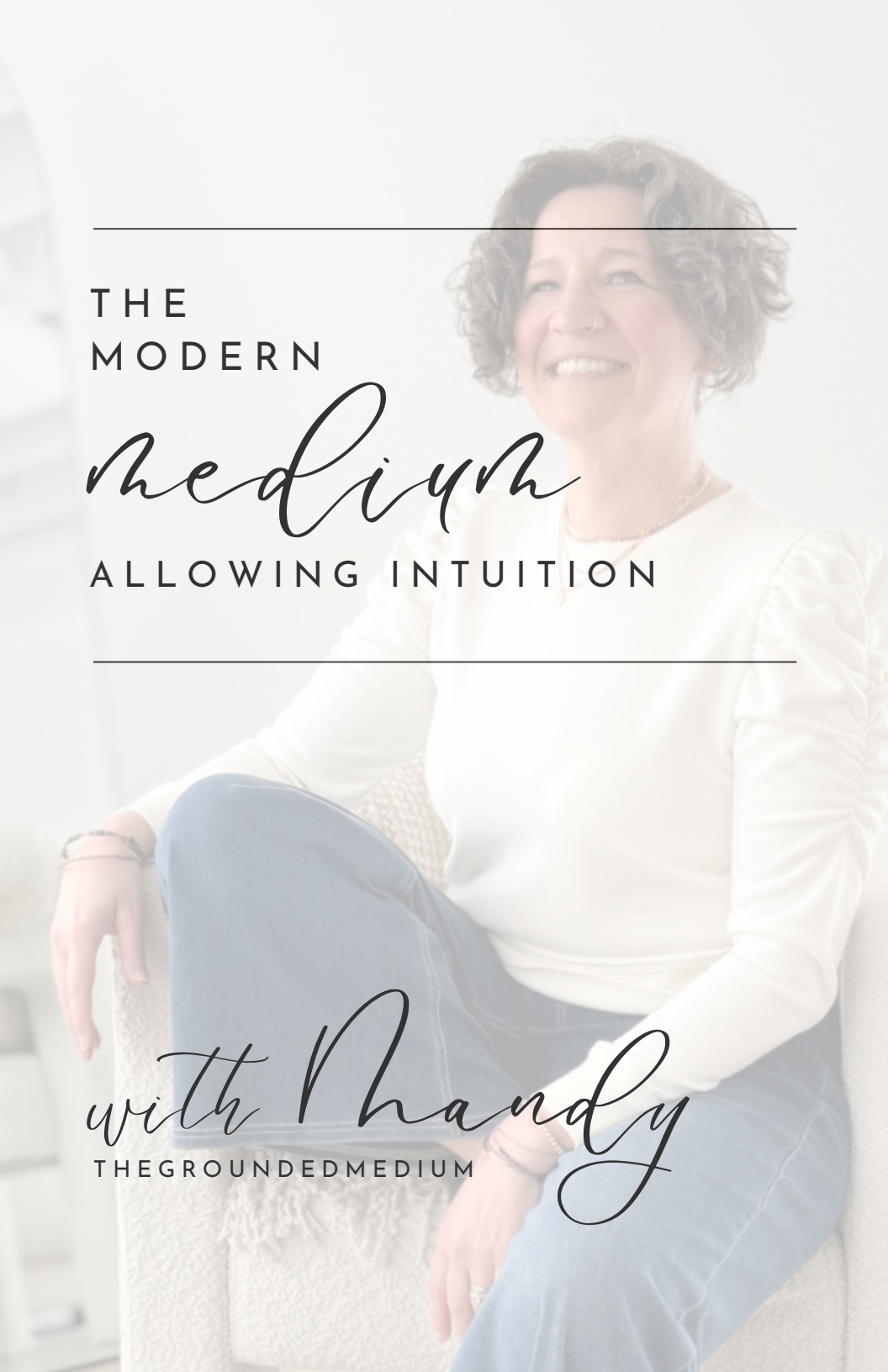




THE
MODERN

medium

ALLOWING INTUITION

with Phandy

THE GROUNDED MEDIUM

Allowing Intuition

information is constantly being broadcast
around us, and we have a built in antenna!

The challenge is the NOISE of the every day
world and our busy minds.

This is the art of listening with our intuition.

You Belong

If you're wondering if you are intuitive,
YES is the answer! Everyone has the gift of intuition,
and it can be honed and developed infinitely...
it's already innately part of you!

What is Intuition?

Intuition is simply another dimension of thought,
awareness, knowledge & ability.

It is a connection to a higher perception that exists
beyond the ego. It is the soul language, the one free
of bias, fear & judgement.

It is also a bridge to divine wisdom.

Expanding perception beyond the thinking mind,
allows an awareness shift into the subtlety of
energetic experience.

The logical mind can only use past experience
to try and understand or advise.

The intuitive mind works through
imagination and senses to perceive in a more
wholistic and experiential way.

Whether you refer to it as a gut reaction, a knowing
in your heart, or a feeling you get about a person,
place, thing or event, intuition is a different style of
receiving information. Willingness and desire to be
open to trust that information is how it is developed.

the benefits of developing intuition



Increases Discernment
Strengthens our inner voice &
knowing
Allows more compassion
Improves relationships
More presence in the moment
More confidence
Less reactivity
Lowers anxiety
More trust in your path
Spiritual gifts heightened



allow intention

What is your intention for developing
your intuition?

**Your intention and imagination are
more powerful than you know!**

allow stillness

No Consuming, Just Being

cultivate you personal connection

GETTING TO KNOW THE SOUND OF YOUR SOUL

Our intuition is constantly engaging with us.

It takes practice to hear it over
the NOISE of the every day world
and our busy minds.

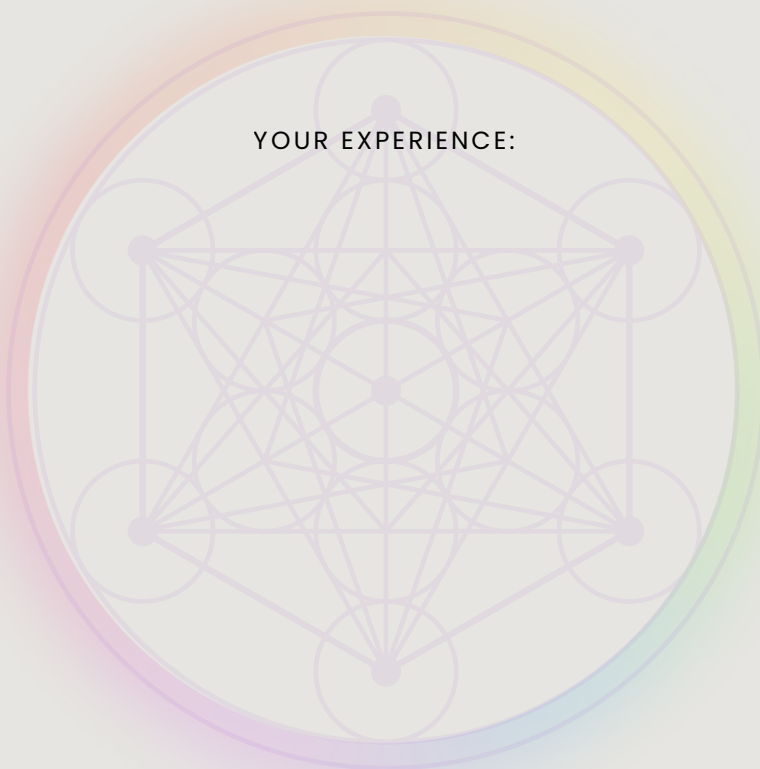
Oftentimes we just brush off intuitive hits as
coincidence, logic, or a fluke.

Stillness allows you to
NOTICE
PAUSE
&
ACKNOWLEDGE

The more you practice, the more your intuition rises.

Bubbling Meditation Journey

YOUR EXPERIENCE:



you are more than your body

allow curiosity

how does my intuition show up most often?

if there was no fear of being wrong, or
having to explain myself,
how would i feel about being intuitive?



allow play

Tuning in:

Centre yourself & relax.
Then have some fun!

Read a card for yourself.

What animal is on the card?

acknowledge intuition

- Hunches / instincts about something.
- Gut Feelings about people, places or things.
- Sudden realisations or aha moments.
- Dreams that 'come true' or give us a knowing about something.
- Knowing who is on the other line when the phone rings.
- Seeing or sensing something around you.
- Sudden emotions that come out of nowhere.
- Body shivers, goosebumps, chills for no reason.
- Being in the same situation again and again.
- Recurring dreams.

which have you experienced?

allow the unfolding

Reminders to take with you

THE MORE YOU PLAY, PRACTICE & NOTICE,
THE MORE YOU'LL TRUST

REPETITION CREATES BELIEF

YOUR INTUITION CAN BE INFINITELY DEVELOPED

IMPERFECTION IS JUST A TERM ADULTS MADE UP,
ALLOW THE CHILD IN YOU TO EXPLORE IN WONDER & JOY!

GROUND & BUBBLE DAILY - GET TO KNOW YOUR OWN VIBE

JOURNAL THE INTUITIVE HITS THAT HAPPENED IN YOUR DAY

PICK A PRACTICE YOU ENJOYED TONIGHT AND PLAY!

Thank you for attending
Mandy's Allowing Intuition Class!

mandy & amy THE MODERN MEDIUM

THE
MODERN

medium

ALLOWING INTUITION

with Phandy

THE GROUNDED MEDIUM