

The background of the image consists of a close-up of water ripples, creating a complex, organic pattern of concentric circles and swirling lines. The color palette is dominated by soft pinks, blush, and muted purples, with some darker, almost black, shadows within the ripples, giving it a dreamy and ethereal feel.

# Intuition:

On learning to  
tune in, and trust  
yourself.



*What is your intuition:*

The inner voice that lets you know when something feels right, or feels off.

Telling you to walk the other way, to go on the date, to take a break, to book the ticket, to abandon your mission, to start again.

It's the feeling inside your body that, once you feel it, you just can't ignore.



But it's not always right  
there, waiting to tell you  
what it thinks.

Often, the noise of the  
world clouds our intuition,  
our inner knowing.

So here are some ways to  
tap back into it.

To learn how to trust  
yourself.



## Get Quiet

We live in the busy, chaotic world, and often it is hard to find space to turn inwards and listen to your own thoughts, and feel your own feels.

Right now, as the world is staying home, it might be easier to carve out that space.

Choose a time of day where giving yourself some time feels possible. That might be right when you wake up, or before you go to bed. It might be in the middle of the afternoon when the sun is highest in the sky. Whenever it is, make sure it feels good and spacious.

And just sit, listen, no need to meditate, or do anything. Just let the silence embrace you. Let the space you've created fill you up.

You can sit, lay, stand, and just be here for a minute, or 10, or an hour.

However long feels good.

Get used to the silence. Luxuriate in it.

This silence will tell you secrets.



## Question and Journal

In the quiet space that you created, ask yourself, ask your intuition, a question.

And then journal your thoughts and feelings and ideas. Write down whatever comes up. See if the answer presents itself in your writing.

Don't rush the process: don't try to run towards the answer.

You can use cards - oracle, tarot, etc - as tools in this process, or you can simply sit quietly.

As you exist quietly, your brain and body will remember that they are one. They will work together to answer your question.

Ask anything. Start small. See what happens.



# Listen To Your Body

There is scientific research that shows that emotion and intuition live in your gut. There's network of neurons there, deeming it the “second brain”. When we say "gut feeling", it refers to this place filled with messages, secrets, and awareness that do not even exist in our brains!

So let's begin by listening to the body, paying attention to the sensations in it.

"Once you start approaching your body with curiosity rather than with fear, everything shifts." - Bessel Van der Kolk

What makes your body feel good?

What makes it feel strong?

What makes it feel settled?

Begin to notice what emotions feel like in your body. You may ask yourself the following questions:



What does anxiety feel like? Where does it show up first?

What does joy feel like?

What about sadness, fear, anger?

Where in your body indicates to you when something isn't right?

What happens when you try to silence the sensations in your body?

Do you trust these sensation?

Do you listen to them?

The more you get to know what the sensations in your body mean, the more you will grow to trust them.

And then you brain and body will work together. They will trust one another to deliver the necessary information, and work together as a whole.



# **Move.**

**Bodies are made to move. They move every single day. Big movements, micro-movements, conscious movements, unconscious movements. They grow, change, heal, and shift.**

**They intuitively know what to do – when to breathe, when to duck if something is flying at them, when to eat, when to excrete whatever they ate. They know how to keep us safe, how to keep us alive.**

**But we silence them. We let emotions take over. We let ego take over. We let the busyness of life take over. We start listening to the world, and stop listening to our own body.**



**So let your body move. The way it wants to move.**

**Start by following your breath:  
where does it want to go?**

**What movement feels supportive?**

**What movement feels soft, and gentle?**

**What movement feels powerful?**

**What movement feels important, right now?**

**Do you want to walk, or run?**

**Sit or stand?**

**Stretch? Lift things?**

**Do you want to DANCE?**

**What would change -  
could change - if you  
moved how you wanted to  
move, instead of how  
others want you to move?**



# Pay Attention To When Your Instincts Are Right

Michaela Boehm talks about training your intuition in her book "The Wild Woman's Way".

She writes: "Much of intuition is not magic but a matter of making distinctions. You can learn to distinguish different signs and signals. For instance, if you want to train yourself to be able to tell when someone is lying, the first thing to do is find a situation in which someone has lied to you. Remember how you felt while it happened. Mostly people will say in hindsight "I knew something was wrong!"."

Start to find those moments of sensing that something was "wrong".

What does that feel like?

Where do you sense it?

When you look back and know that you were right – remember that feeling. That sensation. Remember how it showed up.



Different people, different bodies, will receive messages in different ways.

Maybe you sense something in your gut.

Maybe you see something.

Maybe you hear a voice.

Simply pay attention to how you receive the messages, and when those messages prove to be right.

This will reinforce your ability to trust yourself.

And it will become easier with time.

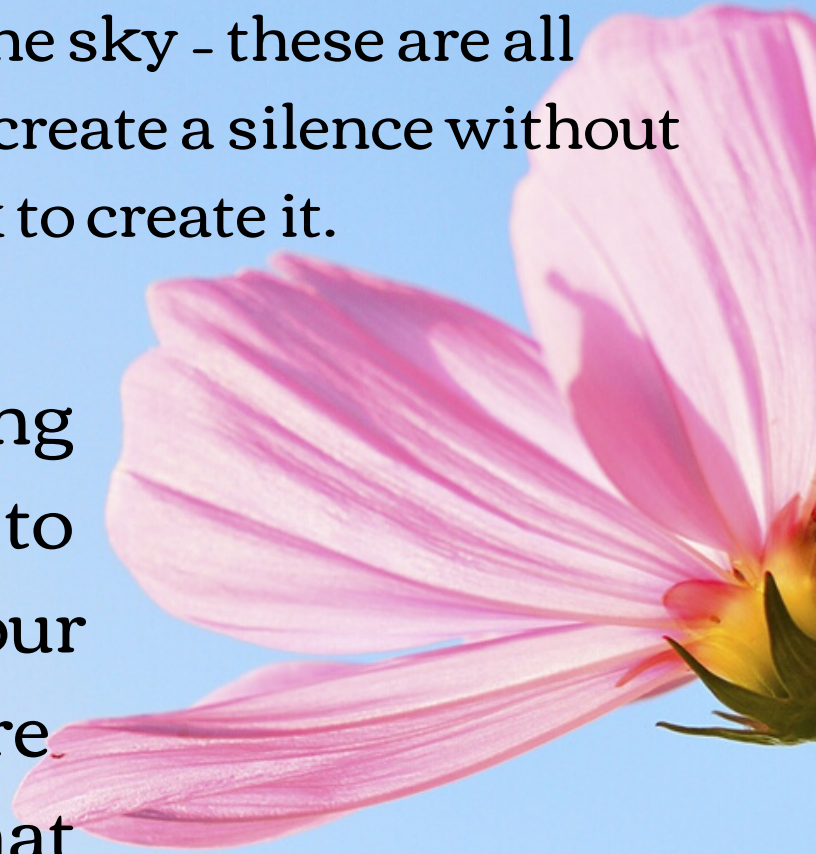


# Go Outside

Observing nature is an immersive experience. Feeling the sun on your face, watching the sparkles dance across the water, listening to the birds, gazing upon the stars in the sky - these are all sensory experiences that create a silence without you having to do the work to create it.

Going outside, existing in nature, allows you to feel a oneness with your environment. You are not separate from what you are observing - you are a part of it.

And as nature is intuitive,  
so are you.





When you sit and listen, you may experience a sensing. You might feel the wind shift, hear small animals approaching, sense the clouds returning with rain even before it starts. You become aware of things that haven't presented themselves yet.

This is the inner knowing. This is the 6th sense, the gut feeling, the intuition that quietly guides you to a place of feeling good, powerful, and authentic.

Go strengthen this skill by being outside of yourself, by being one with something bigger than you, and also a part of you.

**Go outside and play!**





Your intuition does not speak  
loudly.

Most likely, you will not wake up  
one day and think: “yes! I’ve got  
it! I can always follow my path  
now because I’ve tapped into my  
intuition! Thank goddess!”.

It is more of a gentle exhale,  
a calm reminder, a quiet voice.

It's a skill that needs tending to.



But, if you practice, it will help you  
every day:

- To learn to trust your body to tell you when to eat, and what you are hungry for.
- To know when to move, and how movement can support you today.
- To trust when to open your heart, and when to set a boundary.
- To know when to reach out to someone, and when that person in your life has overstayed their welcome.
- To feel when you need to play, or work, and when you need to rest.



This isn't  
a prescriptive formula. Take  
what works, and leave the  
rest.

If you need me - if you have  
questions, or concerns, or  
celebrations - I am here for  
it all. Come find me.

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All my  
love,



xa - Celeste