
Intuition 101: Tapping into your Soul Fire

Intuition Workbook



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Thank you!

Thank you so much for taking the Intuition 101 workshop! I really enjoyed connecting with you, and I hope you found it to be helpful, and inspiring.

Strengthening your intuitive skills really can help to make incredible improvements to your every day experiences.

I hope this workbook can be a helpful tool as you begin to level up your spiritual skills!

XX

Krystie Ann

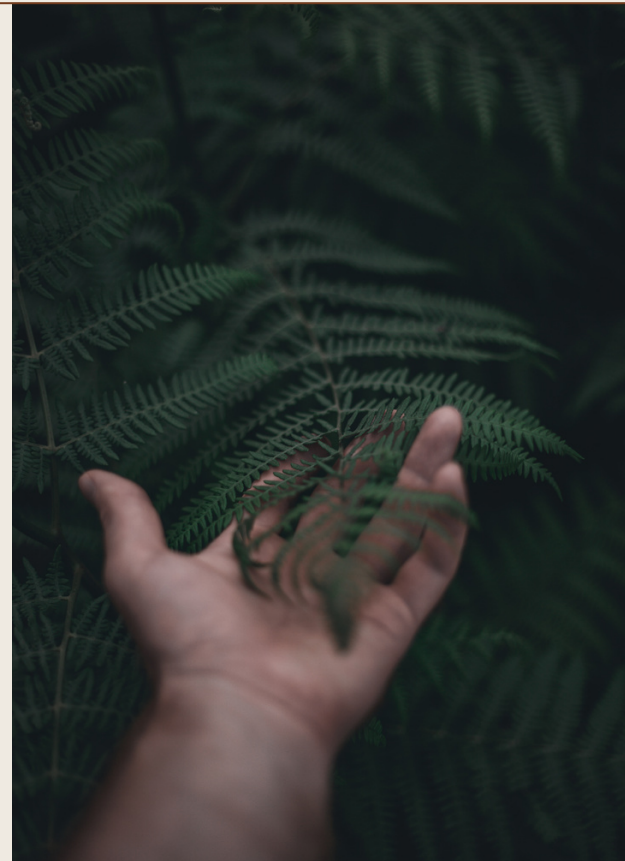


RECAP - WHAT IS INTUITION?

Intuition from the latin word: intueri, means "to look with in" or "to contemplate"

We are born to be intuitive. It is not a new thing to learn, but a gift to uncover and enhance.

Intuition is a language, unique to each person. It is the language of your heart, your soul. It is your soul fire. It is an inner knowing that goes beyond conscious reasoning - beyond logic. It is our ability to know something instinctively without having to rationalize it on an intellectual level. A deep sense of knowing with zero analytical process.



LIVING AN INTUITIVE LIFE WILL:

- Help you to be more present
 - Help ease stress + anxiety
- Help to set + hold boundaries
- Help develop more confidence
 - Enhance creative abilities
 - Build stronger relationships
- Help develop a more positive attitude

LETTER OF INTENTION:

I, _____ intend
to trust, and bring my awareness to subtle
feelings, insights, guidance + hunches that I
have for the next few months, and beyond.

I agree to participate to my fullest in the
process of with gentle curiosity, uncovering
the deeper meaning in everything I notice
and try to connect to my inner wisdom in my
own life process.

Date: _____

Signed: _____

Tips for morning rituals

My mornings are sacred. I don't always have the blessing of experiencing a slow and sacred morning. Sometimes my work does add some hurdles + doesn't allow the space for my regular spiritual practice, but for the most part, I try to allow space for slow flowing mornings.

Mornings are the time of day I tend to get the most insights + spirit downloads. It is when my soul feels most at peace to allow time to journal and reflect. Ways I allow that energy to flow is:

- **Not rushing out of bed.** We are able to tap into messages + insights brought forth in our dreams. I allow the energy of the dream world to marinate through my physical being, + this earthly experience.

- **Keeping off my socials first thing in the day.** not being influenced by external energy as I start my day + create the vibe for me day is essential.



“My future starts when I wake up every morning. Every day I find something creative to do with my life.”
Miles Davis



- **Embodiment practice.** Whether I dance, stretch, walk, swim... connecting with my body early in my day helps align my frequency. It also feels great to release any energy that may be stuck in my body. Embodiment practice helps to clear your vessel, so you are an open channel to receive.

- **Setting my intentions for the day** with my morning tea or coffee. I like to make a ritual even out of making my morning brew. As I stir my drink, or as I slowly sip + savor, I whisper intentions to myself to confirm my energy. Intentions + affirmations that keep me in a peaceful, warm space. Confident, excited, + open for the flow of my day.

- **Journaling.** My mind feels super clear, + fluid when I first wake up. Often I will have reflections on what messages my intuition presents me, so I like to take time to jot those feelings, thoughts out. This can also help me shake any negative feelings I may have, if I had a restless sleep or heavy dreams.

- **Listen to feel good music.** Music is a BIG tool for me tapping into intuitive and psychic information. Hearing my favorite songs are always a great mood booster, helps me with my embodiment practice, and keeps my nerves calm.



INTUITION SELF- LOVE CHECK - IN'S

Take time to incorporate one or more of these check in activities at least once a day. Not only will they help boost your mood, they also allow moments for the intuitive guidance to freely flow in!

<p>DIGITAL DETOX Take a tech free day, or week! Turn off notifications, and stay off social media apps.</p>	<p>ADVENTURE Say yes to something outside of your comfort zone. Take a day trip somewhere, or try a different route home.</p>	<p>EMBODIMENT PRACTICE Connect with your body. Stretch, dance, walk, run. Be intentional of your vessel.</p>
<p>SPEND TIME IN SILENCE Find a moment of stillness. No distractions.</p>	<p>DECLUTTER Clear your space. Workplace, bedroom, living space. Organize your spaces.</p>	<p>HIGH VIBING MEAL Eat a healthy meal - a protein packed salad, some fresh fruit, or a yummy smoothie. Fuel your vessel with love.</p>
<p>CONNECT WITH YOUR BREATH Allow ten minutes to just breathe. Start with three deep cleansing breaths, then simply follow the flow of your natural breathing.</p>	<p>EMBRACE EMOTIONS Check in with yourself at least 3x a day. How do you feel. Identify your emotion, feel it, + release it.</p>	<p>SOUND CHECK Listen to your favorite songs. If you like, pair this with embodiment practice!</p>

JOURNAL PROMPTS

These prompts help activate intuitive insights. Find some time to work through these prompts at your own pace. Let the questions act as a magnet, pulling the magic in. Then flow with the initial thoughts and ideas that pop into your mind. Don't stop + read back over what is written until you have fully finished with your journaling.

- If I could have clarity and answers to ten questions, what would they be?
- What ideas do I need to let go of to be more intuitive? How do these ideas interfere with my intuition?
- What situations create stress for you? Where in your body do you feel the stress? What does it feel like? How do you release that stress? Is it in healthy ways? If not, what habits can you implement to release stress in a healthy way?



- If I had all the time in the world, with no deadlines or responsibilities, what would I do first? How would I feel doing that thing? How would that thing change my present state of mind? What would I learn from that activity?

- Are you having trouble starting a new project? What is the project? Why do you think you are having a hard time starting?

- Write about an experience that was initially serious or troublesome that turned funny or amusing. What did that experience teach you?

-If you are currently facing any challenges, how can you face them with gratitude + humor?

- If I were an: (animal, sound, flower, food, color, shape, flavor...) what would I be?



NEED MORE INSIGHT & SUPPORT?

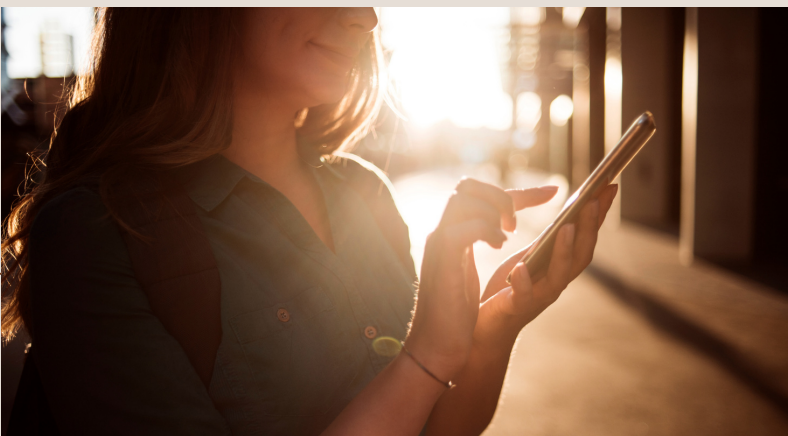
1:1 MENTORSHIP PROGRAM

Oftentimes there is misunderstanding, sometimes confusion around our gifts, the things that happen to us, or what to do with how we unfold. Having one-on-one support can help with accountability, guidance, advice + more.

We're not meant to walk the path alone.

If you're interested in beginning a Spiritual Development Mentorship please connect with me for more information.

[LEARN MORE ABOUT MENTORSHIP](#)



Let's stay connected!



Thank you

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