

Tuning Into Your Intuition

Course Outline

Module One: Demystifying Intuition

How it's not unique, not a "gift", but is instead a natural ability that can be uncovered, remembered and developed.

Module Two: Your Intuitive Superpowers

The extrasensory skills of clairaudience, clairsentience, clairvoyance, clairalience, claircognizance and clairgustance. What they are, how to use them in your daily life plus activities to practice and develop them.

Module Three: Psychic Protection and Grounding

The importance of grounding, protecting yourself and having good energetic and psychic practices when using your intuition.

Module Four: Achieving vs. Perceiving vs. Receiving

The subtle differences in each of these states of being and when/why each plays a role in tuning into your intuition.

Module Five: Frequency and Energy

How understanding your personal frequency and the energetic frequency of your home helps you more clearly receive intuitive guidance and trust what you receive.

Module Six: Brain Waves

The science behind "fight or flight" mode, how it impacts your ability to communicate and how to find the sweet spot in your brain wave patterns to make a stronger connection to intuition.



Module Seven: Brain and Heart Coherence

Why synchronizing these two powerful organs can help you in your development and practice of intuition

Module Eight: Time for PLAY!

Activities to help develop your intuition and why not taking it all too seriously is the best path toward success.

Module Nine: Relaxation and Meditation Techniques

How to set yourself up for success as a beginner by creating optimal conditions for yourself.

Module Ten: Working with Guides

How to connect to and interact with your Higher Self and Guides.

Module Eleven: Taking Your Intuition Out for a Spin

A Day in the Life challenge to practice tuning into your intuition throughout a regular day.

Module Twelve: Troubleshooting Possible Roadblocks to Success

What could potentially get in your way when you start to use your intuitive abilities.

