



Module 11

SELF MASTERY

Recognize. Develop. Hone.

Master Your Intuition

YESSSS... I hear, see, sense and feel it. You are approaching life from an higher, more conscious perspective. You're no longer 'reacting' to everything; rather, you're approaching life responding from awareness, wisdom and *insight*.



Our Next Step Together...

What a fabulous journey we've been on together! We've explored Self Knowing, Self Awareness and Self Mastery. Now, let's bring all of the pieces together to create a clear platform to Master your Intuition.

- ✓ In module 11, you'll learn about intuition, acknowledge how it shows up for YOU and begin implementing techniques & tools to embrace and incorporate intuition as a daily skillset for navigating life and relationships with confidence & ease.

Recommended Resources:

- 'White Hot Truth' by Danielle LaPorte

Learning: INTUITION

Intuition is made up of layers and layers of knowing and awareness – with a little spiritual insight mixed in! When we live in a space of being in-tune with and honoring our own truth (vs others/society), we effortlessly pick up on the subtle signs, signals and sensations of our intuition.

It's in this space of 'listening' that we feel guided, supported and nurtured by the Universe in our life. We move into the flow of life – navigating it, our relationships and our path with clarity.

Intuition is, in essence, our natural way of Being. We ARE meant to know & Be our own truth and to navigate life with ease (& thrive!).

So, if we are born with intuition, how do we lose this ability?

It's not that we 'lose' the ability; it's just that we forget how to recognize it! Over time, as we seek to fit in, find approval & align with society's standards, the subtleness of our intuition simply becomes clouded over by expectations, fears & insecurities. It's like we begin seeing the world around us through various filters – which distort or hide our intuition and our perception of reality.

The good news is that our sense of intuition CAN be restored – the clutter, filth and confusion cleared away. When we do the work of clearing away the filters of our insecurity, fears and limiting beliefs, we find a depth of understanding of who we are at our core. As our core knowing of us strengthens, our sense of intuition is naturally revealed and strengthens.

*Intuition is the ability to see,
know, hear, sense and feel TRUTH.*

The 'Must Haves' for Intuition

The process of clearing away the dust & clutter to uncover our sense of intuition involves 3 phases – the exact phases of growth that we've explored together over the past 6 months!

These 3 phases cultivate the 'must-haves' for your intuition to surface:

3 Must Haves for Intuition:

- 1) Self Knowing
- 2) Self Awareness
- 3) Self Mastery

SELF KNOWING

Self Knowing is all about *letting go* of the untruths, masks and personas that we've built or used to 'fit in', be accepted and align with society. It's in the midst of getting to know the truth of Who We Are that we let go of our unrealistic expectations that we 'should' be someone else. And, in letting go of these fears, insecurities and beliefs, we begin to see, appreciate and allow other people for the truth of who *they* are.

Self Knowing is directly tied to unveiling and revealing our sense of intuition because if we don't love & value our Self (& our own truth), we can't love & value our own intuition.

- When we don't love & value our Self, we wind up over-valuing the insight & advice of others and find our self wrapped up in self doubt, anxiety and fear (unable to identify & trust our intuition).
- When we find our self NEEDING the opinions of others around us to feel good or to make a decision, we lose control and mastery over our own life & our sense of intuition. (Essentially, we hand over our personal power to others.)
- Self Knowing is *essential* for cultivating, knowing and strengthening our intuition.

We can't expect to
value & trust our intuition
if we're second guessing
our own value & worth

SELF AWARENESS

After we've moved into a space of self knowing & self value, our awareness of Self is able to open up and flourish. It's in this second phase that we create the space and opportunities to begin 'recognizing' our truth.

When we 'get' that our worth is inherent within us (not something we have to 'earn'), we allow ourselves to become aware of 'how' we've been trying to fit in, align with or seek happiness through the world around us.

Living in a state of awareness allows us to let go of the numbing, denying and avoiding of our truths and to begin living and experiencing life from a state of presence, calm and surrender. Self awareness eliminates the internal 'noise' of self doubt, worry and confusion, creating a calm internal mindset from which to recognize & receive the subtle signs, signals and sensations of our intuition.

- When we're clear on our values and boundaries, it becomes clearer what feelings, thoughts and sensations are 'ours' versus 'others'. We let go of the worries, anxieties and fears related to trying to Be 'others' and learn to just Be 'us'.
- When we develop the ability to recognize what is not ours – we develop the ability to more clearly interpret the energy that surrounds us about everything & everyone else.
- It's from a clear mind that we sense our own knowing, make adjustments and shift back into a space of clarity & ease. When our mind is full of thoughts & chatter, we struggle to find our knowing and end up fighting against life & missing the subtle hints of our own intuition.

The clearer our mind,
the clearer our intuition.

SELF MASTERY

As we awaken our knowing of Self and become aware of how we interact with the world around us, we set ourselves up to become the Master of our own life.

It's from this clear space of Self Knowing and Self Awareness that we choose to adjust and master our beliefs, support systems, mindset and intuition and to truly shift into flowing *with* wherever life leads us – trusting that the Divine holds a far greater perspective and the perfect solutions and steps for us according to our soul journey.

Self Mastery is
faith, trust & surrender...

Living in a state of mastery we surrender to all of life's challenges – trusting that there's a blessing hidden within – trusting that we are supported & guided in the perfect moments and in the perfect way. It's within mastery that we find ourselves accepting & allowing others for wherever they're at and however they wish to proceed, letting go of any need to control and seeking to learn from each moment and interaction. It's from a space of mastery that we find an effortless flow, eternal peace and ever-present happiness in life.

- When we take responsibility for all aspects of our beliefs, support, mindsets & intuition we take responsibility for our success in life. Success in life is ultimately living from a place of surrender, peace of mind and contentment.
- When we shift from reacting to *responding* to life, we see no need to rush or overreact...we simply take the time to process and respond from a place of love & gratitude. It's within this 'space' that our intuition arrives – as intuition is often hidden by our quick reactions & hasty conclusions.

Self mastery is the
bringing together and manifestation
of our own intuition.

Tool #1:

ACKNOWLEDGE GROWTH

Let's take a moment to reflect on where you were, how you've grown and where you are. It's from this space of TRUTH that we discover the clarity required to master your intuition.

****Circle all of the answers that describe how you were before our work together then complete the follow up statement below.**

I was:

Worried/anxious

Endlessly thinking

Uncertain

Procrastinating

Saying 'yes' when I meant 'no'

Pleasing others

Insecure

Feeling lost/stuck

Un-focused

Needing approval

Stuck in guilt or fear

Overwhelmed

What are you realizing about why you struggled to recognize, sense or tap you're your intuition?

How have you grown and changed in a way that supports you to now recognize your intuition?

Learning:

INTUITIVE INSIGHTS

So, we've come almost full circle in developing your intuition; we've acknowledged and let go of the layers of insecurities, self doubt and limiting beliefs to reveal your sense of intuition. Now, it's time to add the final touch!

The final piece – the cherry on top – is what will bring your intuition to a whole new level of understanding and clarity. It's recognition and development of your intuitive senses.

What are Intuitive Senses?

We all have the innate ability to intuitively sense the spiritual or energetic world around us (in addition to the physical world). Our intuitive senses heighten our intuition by presenting us with an even clearer sense of the truth and guidance that is readily available to us.

- Just like intuition, intuitive insights are not limited to a gifted few people (i.e. born with it or not), but rather, are a natural ability/awareness that all people have access to.

Intuitive insights have been an ever-present part of your life since you were born...you've just gotten so used to its presence that you may now struggle to *distinguish* it. We interpret *physical* experiences through our 5 physical senses: sight, sound, touch, taste & smell; we interpret *spiritual* experiences through our energetic senses.

Our energetic senses have been known by many names over the centuries including 6th sense, intuitive abilities and the clair's (among others). What's important here isn't so much the official 'name' but rather our understanding of how they show up and learning to recognize them.

The energetic senses come from the French word 'Clair', which translated means 'clear'. There are 7 energetic, spiritual, psychic or intuitive senses:

1. Intuitive Sight (Clairvoyance)
2. Intuitive Hearing (Clairaudience)
3. Intuitive Taste (Clairgustance)
4. Intuitive Touch (Clairtangement)
5. Intuitive Smell (Clairalience)
6. Intuitive Sensing/Feeling (Clairsentience)
7. Intuitive Knowing (Claircognizance)

Each intuitive sense is simply a heightened sensing of the same sense in the physical world (Ex. Physical sight – clairvoyance). What does this mean exactly? In addition to 'seeing' a person physically in front of us (in the physical world) we may also 'see' a person spiritually in our minds eye or spiritually in front of us (in the spiritual world).

How does this work? At the physical location of each of our senses (eyes, nose, mouth, ears, etc) is a cluster of nerve endings. It's through these nerve endings that we pick up on, receive and interpret the energy of the spiritual world around us.

*There is a spiritual world all around us
(we just tend to go through life ignoring it)*

You may or may not realize that you already use these senses. We all have one primary intuitive sense that we naturally gravitate towards (for me: clairsentience). Although, we may not have 'intentionally' developed this spiritual sense, our experiences and circumstances in life cultivated or created the perfect circumstances for its development.

- ✓ For instance, if we were brought up in an emotionally turbulent home, it would be only natural that we become ultra 'sensitive' to when emotions begin to rise, how best to avoid, navigate or dissolve a potential situation, etc. After spending years in this environment, we would develop a highly tuned sense of feeling & knowing others emotions.

Curious?! I bet you are. In our next tool, we'll explore how you experience intuitive insights and get clear on which ones you have developed in your life!

Tool #2:

CLARIFY YOUR INSIGHT

Instructions: Each of the senses have been organized with some common signs or ways that they show up. For each intuitive sense, place a check beside any of the answers that you have experienced or that apply to you. (Kick your ego to the backseat! Go with the first answer – yes/no – that comes to mind!)

1. Intuitive Sight (Clairvoyance)

- You tend to pay attention to how things look
- You enjoy arranging furniture, décor or spaces
- You tend to think in images or metaphors
- You often notice flashes of light out of the corner of your eye
- You have seen a spirit at some point in your life or see auras around people
- You experience vivid dreams or vivid mental images or mini-movies

2. Intuitive Hearing (Clairaudience)

- You tend to pay attention to what you hear: sounds, tones, rhythm & music
- You find yourself saying “I hear...what you’re saying” during conversations
- You hear voices or conversations as you’re falling asleep
- You pick up on the thoughts of others around you (telepathy)
- You the perfect message relating to your situation in the midst of a song playing
- You love to create ambience using the perfect music or sounds
- You readily notice others ‘tone’ during conversations & discussions

3. Intuitive Taste (Clairgustance)

- You tend to be sensitive to tastes
- You find yourself saying things like “Well, that left a bitter taste” during conversations
- You suddenly have a specific taste in your mouth (cigarette/coffee/etc) even though you haven’t put anything in your mouth
- You sometimes have a bitter taste in your mouth right before a particularly negative experience

4. Intuitive Touch (Clairtangement)

- You tend to be sensitive to touch, texture, etc (others touching you; wearing a certain type of sweater; etc)
- You’re drawn to touch something before you’re willing to purchase it
- You’ve received a sudden insight, knowing or emotion as a result of having touched a piece of jewelry, a picture or an article of someone else’s

5. Intuitive Smell (Clairalience)

- You tend to be sensitive to smells: perfumes, cleaners, lotions, etc
- You've experienced the overwhelming scent of a loved one when thinking of them
- You've experienced the random scent of coffee, smoke, etc (even though you're nowhere near something that would smell like that)

6. Intuitive Sensing/Feeling (Clairsentience or Empath)

- You tend to pay attention to how people and situations *feel* (sense of the room, emotions)
- You tend to find yourself frequently saying "I feel..." during conversations
- You find yourself overwhelmed or wiped out after being around a lot of people or busyness
- Upon entering a room, you just know what kind of a mood the group is in
- You've experienced positive or negative physical 'symptoms' right before a positive or negative event or situation (diarrhea/headache; excited butterflies)

7. Intuitive Knowing (Claircognizance)

- You tend to know things about people before you've been told
- You wake up right before the alarm goes off (pick up the phone as someone is calling, etc)
- You're suddenly struck with ideas, inspiration or knowing while driving, showering, exercising, etc
- You often know how to fix or do something without ever having learned about it or done it before
- You often find yourself struck with clarity, inspiration or self knowing around a topic while writing or journaling

Intuition and the presence of your guides & angels shows up in a variety of ways too – it's them trying to get your attention and to make their presence known.

- Buzzing or tickling sensation on your body (hand, foot, leg, cheek, scalp, etc)
- Overwhelming sense of someone or something being near you
- Sudden shivers or chills through your body in the midst of conversations or realizations
- Finding exactly what you were looking for moments after intending to find it

Review Questions

What are you realizing about your intuitive senses/abilities?

What 'clairs' did you place the most check marks under (list your top 3)?

What surprises you about these?

What doesn't surprise you about these?

HOW TO DEVELOP YOUR INTUITIVE SENSES

There really isn't a one size fits all approach for developing your intuitive senses, however, there are some really simple tools & techniques that you can begin using today. Developing your intuitive insights and senses is really all about consistency, learning and practicing.

Before we begin practicing, however, we need to understand how spiritual messages come through so we are clear about *what* we're looking/sensing for.

How messages come through

When we *receive* spiritual or energetic 'messages', we take energy into our body and 'translate' it into a physical knowing, awareness or understanding. Spiritual messages (most often) do NOT sound like another person/Being; instead, they sound like our own internal voice (because it has been translated). So, let go of expectations of hearing someone else's voice and allow yourself to begin exploring the different nuances or variations in your own internal voice.

#trust

Some of the common ways spiritual messages show up:

- ✓ Tingling, burning or tickling sensations on the skin or scalp (presence of a guide or Angel)
- ✓ Pressure in the chest, a headache, sharp pain in a specific location, etc (you picking up on someone else's or a Spirit's energy, pain or 'truth')
- ✓ Gut pains, diarrhea or flatulence (often associated with sensing of another's emotional anxiety over an upcoming situation, circumstance or decision)
- ✓ Vivid dreams (signaling change in your life and supporting you to recognize this on a conscious level or providing insight into a coming event)
- ✓ An instant knowing or sudden revelation about something you have no prior knowledge of (your Higher Self, Angels, Guides or Light Beings speaking through you)
- ✓ Visualizing a symbol, metaphor or scene in your mind as someone is talking to you or as you're explaining a concept (not that you have intentionally created but that just appears in your mind)
- ✓ Physically hearing a cat hissing/motor running/coffee perking/etc even though no one is around or there is nothing to logically make the sound
- ✓ Smelling the overwhelming scent of a perfume, cigarette smoke, exhaust, etc even though there is no one or anything around that could logically create that smell

The ways in which our Higher Self, Angels, Guides, Spirits and Light Beings communicate with and support us are endless. The point here is to move into a space of non-judgement and allowance of how your intuitive insights come through for YOU.

Trust your intuition!

Tool #3:

PRACTICE YOUR INSIGHTS

Instructions: Over the coming week, practice the 3 step process outlined below and set aside 5 minutes each day to record any and all insights that came through for you.

My 3 Step Process

1. Track/record your daily insights (keep an intuition journal)

Write down sensations, visuals, dreams, insights. Make note of the general time it happened. How you felt. Keeping track of how your insights come through will reveal patterns over time. It's kind-of like building or creating your own language – you'll get to know and understand what sensations mean what, when insights come through most easily for you, etc. There's no need to complicate things – keep it point form and simple!

2. Spend time in meditation

We 'notice' intuitive hits and insights much easier when our mind is quiet. Develop a daily practice of sitting in silence and meditation (even if it's only 2 min!) to cultivate a quiet mind and to get in touch with your Self.

3. Embrace a student mentality

We learn best when we're *willing* to learn. Let go of thinking and expecting yourself to 'know it all' and move into a willingness to fail, explore and learn. It's okay if you're 'not sure' – just accept it and write it down. It's okay if you're confused or frustrated – send me a text and ask! If you're uncertain, ask your Guides and Angels for what you need. It's from a space of willingness that you may discover things about how your intuitive insights that might otherwise be missed. Enjoy!!

****At the end of the week, record a summary of your insights below.**

Tool #4:

Where Are You At?

After learning about Intuition & Intuitive Insights, I'm feeling:

*****Circle all of the words that apply to you***

Relieved	Excited	Surprised
Motivated	Overwhelmed	Intrigued
Clear	Determined	Grateful
Empowered	Inspired	Focused
Other: _____		

As a result of becoming more aware of what intuition is, how it shows up & what's required, I am ready & willing to:

*****Circle all of the words that apply to you***

Embrace My Life Fully	Hone My Intuition Daily	Build More Self Awareness
Practice Daily Self Care	Commit to Journaling	Create the Life of My Dreams
Ask for Support	Step into My Own Life Story	Honor & Value Who I Am
Other: _____		

This Week's Daily Affirmation:

I am learning to _____ and let go of _____

so that I experience increasing _____ in my life, relationships & activities.