

A collection of angel cards, a notebook, a pen, and decorative items like roses and jewelry. The cards feature various angel figures and intricate designs. One card shows a woman in a long dress, another shows a large floral mandala, and a central notebook cover features a large angel with wings. A hand with a ring is visible near the notebook. The background is filled with soft, ethereal light and decorative elements like pink roses and a feathered pen.

*Angel Card Reading &
Intuition Development*

DIGITAL ONLINE COURSE

Module 2

Intuition Development

HAPPY IN THE MOMENT

Having completed the meditation, you will now understand how to access your heart and inner knowing at any time. Whenever you need to, you are able to step through that violet door into the heart meadow and listen to your intuition.

That was just one way of accessing your intuition. Here are other ways to develop your intuition:

Developing and Trusting your Intuition

Intuition exercises will help you to strengthen and trust in your intuition. Try the following exercises:

1. Intuitive Card Reading:

- Choose a deck of cards (not necessarily angel cards) and draw a single card each day.
- Before referring to the card's meaning, take a moment to tune into your intuition and note any impressions, feelings, or insights you receive.
- Compare your intuitive insights with the card's actual meaning. Over time, you'll notice your accuracy improving.

2. Object Reading:

- Select an everyday object such as a piece of jewellery, a book, or a household item.
- Hold the object in your hands and close your eyes. Allow yourself to sense any impressions or feelings associated with the object.
- Write down any thoughts or insights that come to you. Reflect on their accuracy later.

3. Intuitive Journaling:

- Set aside time each day to journal about your thoughts, feelings, and experiences.
- After recording your daily events, jot down any intuitive hits you received throughout the day. This could include sudden thoughts, hunches, or gut feelings.

4. Imaginative Storytelling:

- Pick an image or photo and allow your imagination to create a story around it.
- Let the story unfold intuitively, paying attention to the characters, setting, and emotions that arise.
- Reflect on the story's themes and messages afterward.

5. Sensory Awareness Exercise:

- Close your eyes and focus on one of your senses, such as hearing or touch.
- Allow yourself to become fully present with that sense. Notice any sounds, textures, or sensations you're experiencing.
- Tune into any intuitive insights that may arise related to what you're sensing.

6. Intuitive Guessing:

- When receiving a phone call or text message, try to intuitively guess who it is before checking.
- Pay attention to any feelings or impressions that come up before you confirm the caller's

identity.

7. Symbolic Interpretation:

- Choose an everyday item, like a cloud, a bird, or a flower.
- Reflect on what this item might symbolize or represent in your current life circumstances. Consider the qualities or messages associated with it.

8. Dream Interpretation:

- Keep a dream journal by your bedside. Write down your dreams immediately upon waking.
- Reflect on the symbolism, feelings, and messages within your dreams. Over time, patterns and insights may emerge.

9. Intuitive Word Association:

- Choose a random word or phrase and say it out loud.
- Allow your mind to flow freely and jot down any words that come to mind. These associations could hold intuitive insights.

Approach these exercises with an open and non-judgmental mindset. Intuitive development is a gradual process, and your insights may come in different forms. As you practice regularly, you'll notice your intuitive abilities becoming more finely tuned and reliable. Let's practice a couple of these now...



Select an everyday object such as a piece of jewellery, a book, or a household item. Hold the object in your hands and close your eyes. Allow yourself to sense any impressions or feelings associated with the object. Write down any thoughts or insights that come to you. Reflect on their accuracy later.

Heart Mapping

Rather than *brainstorming* and *mind-mapping*, try *heart-mapping* instead. Heart Mapping is a practice of deep self-discovery, an inner pilgrimage to the depths of your soul. It's a journey of trust and intuition, where your heart becomes the compass and your soul, the guiding light. This powerful tool is your compass to the inner landscapes of your heart and soul, helping you uncover the wisdom and guidance that resides within you. Your heart always knows what to do. Head to your altar or sacred space and practice heart mapping.

1.The Heart Connection: Heart Mapping begins with a simple yet profound practice: finding stillness and quietness within yourself. Find a serene space where you won't be disturbed, take a pen and paper, and take a moment to connect with your heart. Gently place your hand over your heart centre, and the other hand over your solar plexus, those sacred spaces where your soul's whispers are heard most clearly. This physical connection creates a pathway to your heart's and will's wisdom.

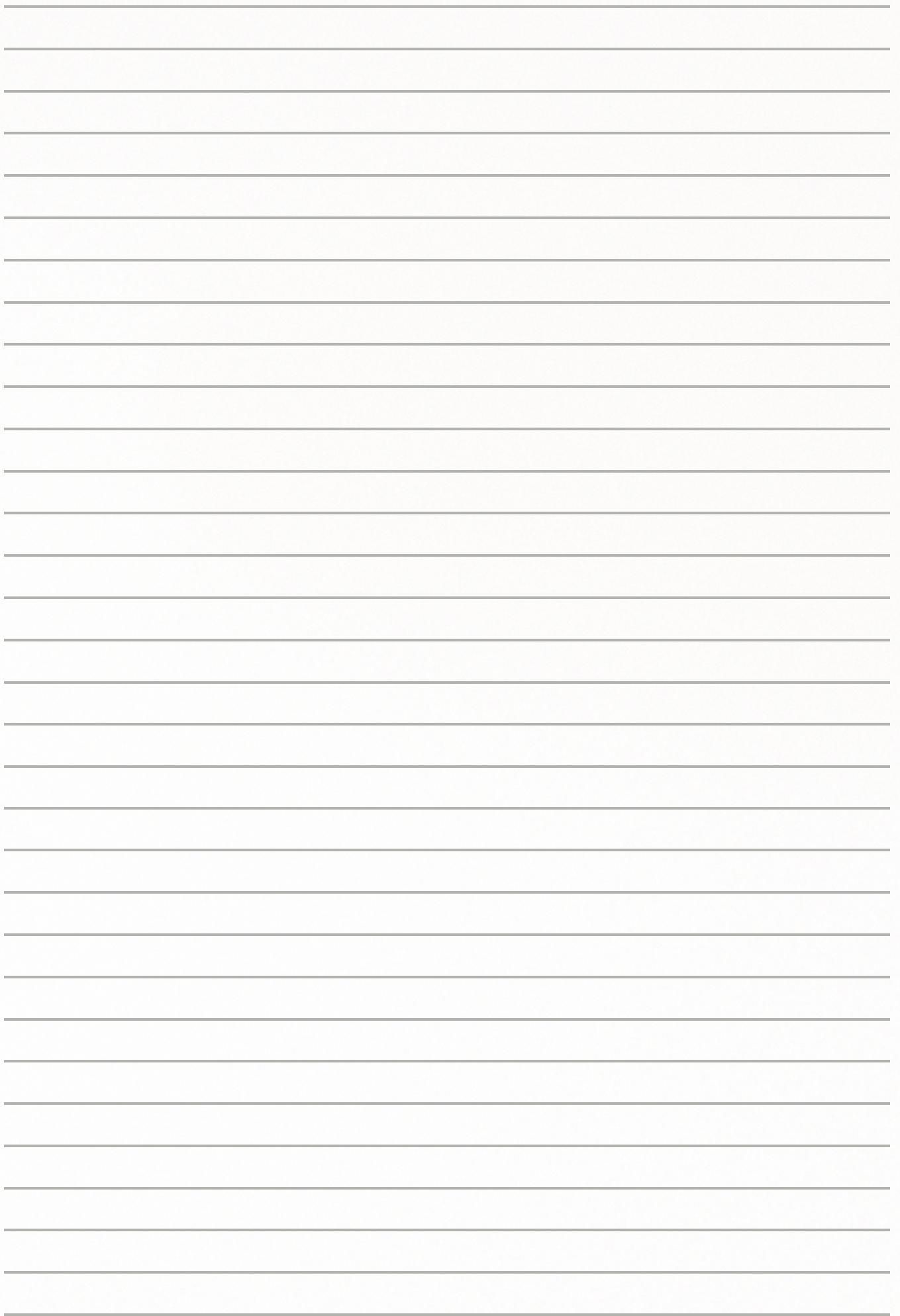
2.Silencing the Mind: As you rest your hand on your heart and solar plexus, shift your focus inward. Let go of the busy chatter of the mind, allowing your thoughts to settle. In this sacred stillness, we create space for our soul to speak. It is in this hushed tranquility that the heart's messages can emerge.

3.Setting an Intention: Now, take a deep breath and set a one or two-word intention, a guiding star for your Heart Mapping journey. This word represents the area of inquiry that your soul seeks to express through your heart. It might be a word like 'direction,' 'work,' 'husband,' or 'the issue'- any aspect of your life that you wish to explore more deeply. Write it in the middle of the paper.

4.Listening to the Heart: With your intention set, head into your heart (you might like to visualise yourself heading through that violet flame door again as you did in the meditation) and listen with an open heart and a receptive spirit. Your heart may respond with visions, feelings, or a deep inner knowingness. Allow these insights to flow without judgment or expectation onto the paper.



Now its your turn...take a pen and paper to your serene place with the intention of getting clarity on something in your life that has been troubling you or that you need a decision on. Narrow the challenge or decision down to one word, like 'direction', 'relationship', 'career', and write this word on the piece of paper. Now follow the steps above and see what your heart shows you. Use the page following to write down anything your heart gives you.



Enhancing personal and professional practice with Intuition

Enhancing personal and professional practices with intuition can lead to more insightful and aligned outcomes. Here's how you can integrate intuition into your daily lives and work to enhance your practice:

1. **Self-Reflection:** Regularly reflect on your goals, values, and aspirations. Intuition flourishes when aligned with one's authentic self.
2. **Decision-Making:** Use intuitive insights alongside rational analysis when making decisions. Combining both approaches creates a well-rounded perspective.
3. **Creative Expression:** Use intuition to inspire artistic and creative projects. Letting intuition guide the creative process can lead to unique and meaningful outcomes.
4. **Problem Solving:** Approach challenges by tuning into your intuition. Sometimes, intuitive insights provide unexpected solutions.
5. **Healing and Wellness:** Listen to your body's intuitive signals for health and wellness. Intuition can guide you toward self-care practices that best suit your needs.
6. **Relationship Dynamics:** Use intuition to better understand and connect with others. Intuitive insights can offer insights into underlying emotions and needs.
7. **Teaching and Coaching:** For educators and coaches, use intuition to tailor lessons or sessions to individuals' needs. Intuitive insights can help create a more personalized and impactful experience.
8. **Problem Solving:** When faced with challenges, seek intuitive guidance to explore different angles and potential solutions.
9. **Networking and Communication:** Use intuition to read energy and dynamics in social and professional interactions. This can lead to better communication and deeper connections.
10. **Trusting Business Decisions:** For entrepreneurs, use intuition when assessing business opportunities or partnerships. Intuition can reveal if a decision is aligned with your vision and values.
11. **Trusting Therapeutic Instincts:** For therapists and healers, trust your intuitive sense of how to best support your clients. Intuitive insights can guide therapeutic interventions.
12. **Personal Growth and Development:** Use intuition to explore your personal growth journey.
 - Intuitive insights can highlight areas for growth and guide your path.

13. Energy and Healing Work: For practitioners of energy healing, use intuition to sense energy imbalances and areas of focus during sessions.

By embracing intuition in various aspects of life and work, you can tap into a wellspring of wisdom and guidance. Intuition is a powerful tool that, when honed and trusted, can bring a deeper sense of alignment, purpose, and fulfillment to your personal and professional practices.

Intuition & Imagination

Intuition and imagination are distinct aspects of our cognitive and perceptual processes, each serving unique roles in our mental landscape. Understanding the differences between them is crucial for navigating the realms of creativity, decision-making, and self-awareness.

Intuition:

- **Originates from a Deeper Knowing:** Intuition is often described as a gut feeling or inner knowing that arises without conscious reasoning. It comes from a place beyond the immediate grasp of the conscious mind, drawing on accumulated knowledge, experiences, and subtle cues.
- **Linked to Subconscious Processing:** Intuition taps into the vast realm of the subconscious, where our mind processes information beneath the surface of awareness. It's the result of the brain synthesizing data and presenting it as a feeling or insight.
- **Practical and Immediate:** Intuition is practical and immediate, offering swift insights that guide decision-making. It's a valuable tool for quick assessments and responses, especially in situations where conscious analysis may be impractical.
- **Often Felt in the Body:** Intuitive insights are frequently accompanied by physical sensations, such as a feeling in the stomach or a tingling sensation. This embodiment adds a layer of confirmation to the intuitive message.

Imagination:

- **Creative Mental Construct:** Imagination involves the creation of mental images, ideas, or scenarios that are not necessarily grounded in immediate reality. It is a conscious and deliberate act of forming mental constructs.
- **Unleashes Creativity:** Imagination is a powerful force for creativity and innovation. It allows us to envision possibilities, explore hypothetical scenarios, and conceive ideas that go beyond our current experiences.
- **Conscious and Voluntary:** Unlike intuition, which often emerges spontaneously, imagination is a conscious and voluntary process. We can intentionally engage our imagination to explore, invent, and problem-solve.
- **Potential for Fantasy:** Imagination has the potential to delve into fantastical realms and scenarios, unconstrained by the limitations of reality. It is a playground for creativity and a source of inspiration.

Key Distinctions:

- Source of Information: Intuition draws from internalized knowledge and subtle cues, while imagination originates from the conscious mind's creative capacity.
- Timing: Intuition is often spontaneous and immediate, providing quick insights. Imagination is a deliberate, conscious act that can be employed at will.
- Purpose: Intuition aids in decision-making and navigating real-world situations. Imagination fuels creativity, innovation, and the generation of new ideas.
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In essence, while both intuition and imagination play vital roles in our cognitive toolkit, intuition guides us through the practicalities of life, and imagination propels us into the boundless realms of creativity and possibility. Recognizing and balancing these facets enhances our capacity for holistic thinking and understanding.

When you're imagining something, the imagination is exerting itself actively. Whereas intuition is what you get when you clear the mind, through meditation, and you make yourself a conduit. You become passive. So if you're afraid that your imagination is feeding your input when you want your intuition to have more of a say, work on getting your mind under control.

When you get a flash of something – and you're not sure whether it's your intuition or your mind being overly active, just stop and quieten your mind. You can do this by focusing on your breath for a minute or two and by just not paying any attention to the thoughts which arise – focus on your breath above all. This really helps to put your mind out of action for a minute while you hear what your intuition has to say about it. Intuition arises in the gaps between your conscious thoughts – so you need to create more gaps in order to hear your true intuitive voice.

Spirit and Angels communicate with us through both our imagination and intuition by tapping into the subtle, intuitive realms of our consciousness. They use the canvas of our imagination to paint symbolic images and scenes. These symbols carry profound meanings and messages that may not be easily conveyed through conventional language. Intuition is a form of inner knowing or immediate understanding without the need for conscious reasoning. Spirit and Angels communicate by impressing intuitive insights into our awareness. When you have a strong gut feeling, a sudden realization, or an instinctual understanding about a situation, it could be a direct communication from spirit and angels through your intuition.

When it's definitely not your intuition:

- The voice that's talking to you makes you feel bad, discouraging or belittling you.
- When the voice tells you something that sounds vague or confusing. Intuitive information should be concise and clear and should slot nicely into your mental frame of reference. If it asks you to have faith in its accuracy, but makes no sense at all to you, then it's probably best to discard it.
- When the voice tells you to obey it. Intuition is usually without an agenda. Your Higher self and Guides will offer their perspective but you're not required to live

your life by that perspective or take into account the input, as you have free will.

If in doubt, don't worry – a true and relevant intuitive message will usually repeat itself if you don't get it the first time.