



The background of the image is a purple-toned geometric pattern composed of numerous small triangles, creating a tessellated effect. A central rectangular area is overlaid on this background, divided into two horizontal sections: a darker purple top section and a lighter purple bottom section. The text is contained within the top section.

Intuition 101: The Basics Of Awakening Your Intuition

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This eBook and checklist was designed to help you understand the basics of awakening your intuition. While it would be great if this process would happen overnight and on command, the reality is that it takes time and practice. Use this eBook and checklist to start learning the basics of how to awaken your intuition.

1. Intention

I know it's something that seems so small but in reality, it's everything. Your intention directs your energy and dictates your day. It's no different when it comes to opening up your third eye and accessing your intuition. In order for you to unlock your powerful intuitive gifts you **MUST** intend on it happening.

Get clear on your intention BEFORE moving onto the next steps. **Here are some things to consider:**

- *Do I want the process of opening my third eye to be slow, gentle, easy, graceful, loving, playful, comfortable etc?*
- *Do I intend on it beginning right now?*
- *Am I willing to embark on this adventure no matter what challenges I will be faced with? (Every time we grow we face new challenges)*

State your intention:

Example: My intention is to open my third eye as easily, gracefully, comfortably and joyfully as possible starting now.

2. Start Taking Notes

Opening your third eye can be an overwhelming and confusing process. Think about it, you are about to begin receiving information that is coming from an unseen Source about a variety of topics at ANY point during the day!

By taking notes in a journal about the experiences you will begin to have every day (the small experiences AND the big ones) you'll not only track your progress but you'll be able to better understand the signs that you're receiving. Write down recurring numbers, symbols, dreams, strange happenings and feelings that you get during this time.

Grab a fresh journal and dedicate it to your intuitive experiences.

Note any recurring numbers, symbols, dreams, feelings, strange happenings that occurred today.

3. Center yourself

Opening up your intuition means that you're opening yourself to ALL energies, not just your own. This means that you're going to need to learn to hone in only on the signals you WANT to be receiving. It's always best to tune in deeply to your Higher Self and Source itself.

How do you do that? Meditate!

Meditate every single day for a few moments to align your energy to your Higher Self and Source. During this process imagine yourself unplugging from all other distractions, signals, interfering energies and plugging into your Higher Self and Source. This way, you can be sure that you're tuning into a high frequency, your clearing away many distractions and the messages you're receiving are from a pure source.

This can take as few as 5-10 minutes of daily practice. Not a big commitment and WELL worth it.

Close your eyes and consciously connect to your Higher Self and Source.

4. Get Real

To think own self be true said Shakespeare. It is of utmost importance that you are 100% clear with yourself about any inhibitions that you have about this process.

- *What are your fears?*
- *Even the ridiculous ones?*
- *Did someone tell you a scary story about seeing ghosts?*
- *Did you see something in a movie?*
- *How do you think your life will change once your third eye is totally open?*

Whatever it is that you fear will block you in some way if it's not identified and conquered. So write down your fears and be open to working on them as they arise.

You don't need to know HOW to conquer them. You just need to be willing to do whatever it takes to conquer them and grow in new, positive directions.

What fear arose in me today?

*Can I promise myself that I will conquer it and not let it stop me from growing?
(Write your answers down)*

5. Open your mind

A common misconception is that opening your third eye only means being able to access the metaphysical. This is partly true. Yes, you'll be able to access the metaphysical but a more accurate way of putting it is opening your third eye will help you to see the unseen.

The difference is that you will not only notice signs from the angels and departed loved ones in your daily life but you will also notice things that you hadn't seen in your daily life.

You will see beauty and love where you previously hadn't seen it AND you will also see ugliness and pain where you hadn't previously seen it.

So this could mean seeing new, beautiful sides to people in your life that you had previously judged or written off. But it could also mean realizing that someone close to you doesn't have your best intentions in mind.

What did I notice today that I've never seen before? (Write your answers down)

6. Accept the challenges that arise

When you see things that make you feel uncomfortable, like a shady potential business partner, you are being presented with a challenge.

Because you recognize something you hadn't before, you have a new set of options in front of you.

- *Do you confront the person?*
- *Do you walk away from the business deal?*
- *What will you do now that you've seen the truth?*

What challenges arose for me today?

What new action am I going to take to overcome this challenge? (Write your answers down)

7. Let Go

A huge component of opening the third eye is about letting go of our "stuckness". This new journey you're embarking on will cause friction in the areas of your life where you're holding onto something. Sometimes we hold onto an idea, a relationship, an identity or an old habit.

Accessing your intuition will bring these areas to your attention so that you can let go and bring new energies into your life.

By following these steps you will not only open your third eye but you'll be much better equipped to work through the challenges that arise while understanding the new energies that begin to flow into your life.

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Use this checklist everyday to track your intuitive development.

My intention is to

Example: *My intention is to open my third eye as easily, gracefully, comfortably and joyfully as possible starting now.*

- Note any recurring numbers, symbols, dreams, feelings, strange happenings that occurred today in your journal
- Close your eyes and consciously connect to your Higher Self and Source through meditation for at least 5 minutes.
- What fear arose in me today? Can I promise myself that I will conquer it and not let it stop me from growing? (Write your answers down)
- What did I notice today that I've never seen before? (Write your answers down)
- What challenges arose for me today? What new action am I going to take to overcome this challenge? (Write your answers down)
- What was my biggest stressor today? What do I need to change to correct this? What might I be holding onto that's creating this problem? (Write your answers down)

Notes:

What's Next?

Ready to dive even deeper into opening and understanding your intuitive gifts?
Want to see if you're more psychic or mediumship attuned?

Please feel free to check out my 8 week deep dive course: Discover Your Intuition or choose to join my Inner Circle Membership where ALL of my courses (and so much more) is included!

Click [HERE](#) to check those out.

Have a wonderfully magickal rest of your day!

