

TRUSTING YOUR
NUDGES: TUNING
INTO YOUR
INTUITION

RESTORING YOU



VIDEO 5

INTUITION

Ways that intuition shows up



In your body



Symbols



Synchronicities



Dreams



Angel numbers
ex: 11:11, 2:22, 4:44, etc



Prayer

Types of prayer

Prayers of _____

Prayers of _____

Prayers of _____

Prayers of _____

"I believe in intuitions & inspirations... I sometimes FEEL that I am right. I do not KNOW that I am."

- Albert Einstein

How does intuition show up in your life?

How could you lean more into your intuition and listening to the nudges? Is there any resistance? Explain.

LET'S TALK ABOUT GOD

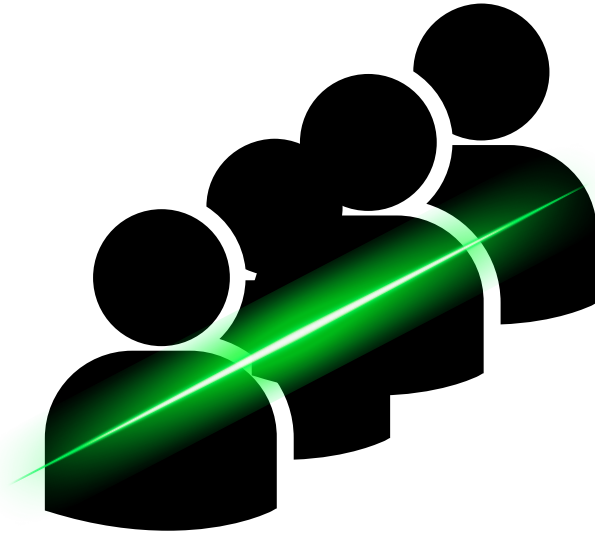
Remember

There is no "right answer" - Find what feels good to you and connects you the beauty of life

How do **you** understand life? What does Universe, God, Energy, Life-force, mean to you and look like in your life?

VISUALIZATIONS

Visualization 1: Green light through people's heart



What came up for you when you did this visualization? Was there any resistance? How did it feel to allow yourself to expand?
How does your body feel?

VISUALIZATIONS

Visualization 2: White Light Protection



What came up for you when you did this visualization? Who did you picture in your bubble and why? How did it feel to send out this loving protection? How do you feel?

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

- Albert Einstein

What would it look like to accept your intuition and knowing as a gift?

REFLECTIONS/NOTES