

## #1 — Where's My Frequency?

Purpose: To identify your current vibrational state and emotional tone.

Before any intuitive or psychic work, intention is everything. The purity of your intention determines the clarity of your channel. When your motives align with love, service, and the greater good, you magnetize higher frequencies of guidance. Take a deep breath and set your intention now — one that serves not just you, but the highest good of all.

Intention:

My intention for tuning in today is to

Instructions:

Once your intention feels clear, close your eyes, breathe deeply, and scan your emotional landscape. Without judgment, write where you are currently vibrating most often.

What emotion or 'station' do you feel tuned to today?

When I feel most open and intuitive: \_\_\_\_\_

When I feel blocked or heavy: \_\_\_\_\_

“My vibration is my invitation — and my intention is my compass.”

## #2 — Clearing the Channel

Purpose: To identify and clear mental, emotional, and physical noise that interferes with intuitive clarity.

Intuitive clarity depends on how clean and quiet your inner 'reception' is. Before higher guidance can flow freely, the channel—your mind, body, and emotions—must be tuned and cleared. This worksheet helps you locate energetic clutter and reset your vibration to openness and neutrality.

1. What thoughts have been the loudest in my mind lately? How do they make me feel?

2. What emotions seem to dominate my energy right now?

3. What habits, foods, or substances might be dulling my intuition?

4. What in my environment feels heavy, draining, or distracting?

5. What could I let go of today to create more inner space?

“As I clear the noise, my soul’s voice becomes unmistakably clear.”

### #3 — Taming the Mind: Turning Down the Volume of Doubt

Purpose: To quiet the analytical mind, reduce overthinking, and allow intuitive messages to flow freely.

#### 1. Quick Grounding Practice: “Drop from Head to Heart”

Use this anytime your thoughts get loud:

- Inhale deeply through the nose (4 counts).
- Exhale through the mouth (6 counts), releasing tension.
- Place your hand on your heart and silently say:  
“I am safe to receive without analyzing.”

Repeat 3–5 times.

#### 2. Reflection Prompts

- What thoughts tend to replay in your mind and make you doubt your intuition?
- When do you notice your inner critic the most?
- What proof does your logical mind always demand before trusting your intuition?
- How can you remind yourself that intuition and logic can coexist harmoniously?

#### 3. Dialogue Exercise: “A Conversation Between My Logical Mind and My Intuitive Self”

Write as if your two inner voices are talking to each other.

Let the Logical Mind express its fears or skepticism first.

Then let your Intuitive Self reply calmly and compassionately.

End the dialogue when both sides feel heard.

#### 4. Integration Affirmation

*“My mind is a beautiful servant but not my master.  
When I quiet my thoughts, my soul speaks clearly.”*

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## #4 — Unlimited Beliefs: Rewiring the Subconscious Story

Purpose: To identify and transform confining beliefs that limit intuitive connection and life flow.

### 1. Understanding Beliefs

“You can never be more than you believe yourself to be.” — Happy Ali, The Intuition Bible

Our beliefs act as invisible filters for what we perceive and receive. They can either open or block intuitive flow.

Which belief about yourself or your intuition do you suspect might be holding you back?

### 2. Identify a Confining Belief

Ask yourself:

- What is a belief I’ve carried since childhood or early adulthood that feels small or restrictive?
- Where might it have come from? (Parent, culture, teacher, religion, past experience?)

### 3. Challenge the Belief

Use these questions to crack its foundation:

- Is this belief absolutely true?
- Who would I be without this belief?
- What real-life evidence challenges it?

### 4. Create a New Empowering Belief

Reframe the old belief into one that expands possibility.

Example:

Old belief: “I’m not intuitive enough.”

New belief: “My intuition strengthens every time I listen.”

Prompt:

- Rewrite your new belief in the space below.
- Repeat it 3 times aloud to anchor it.

### 5. Integration Affirmation

***“My beliefs are living energy. I choose only those that expand my light.”***

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## #7 — Trusting the Messages: From Reception to Action

Purpose: To help you build confidence in recognizing, interpreting, and acting on intuitive messages with clarity and discernment.

*"The Spirit of truth is within you—if you seek it, it will answer." — Edgar Cayce Reading 262-83*

### 1. Receiving vs. Trusting

*"Intuition always speaks — but trust determines how well you listen." — Happy Ali*

Everyone receives intuitive input. The difference between those who thrive from it and those who doubt it lies in trust.

Reflect:

- What does intuition feel like in your body when it's true?
- What does fear or doubt feel like instead?

### 2. Three Types of Messages

1. Body-Based — gut feelings, chills, tingles, or pressure.
2. Mind-Based — clear knowing, inner voice, symbolic thoughts.
3. Energy-Based — synchronicities, dreams, repeating signs, emotional resonance.

- Which of these channels feels most natural for you?
- Which one do you ignore or second-guess the most?

### 3. Practice: The YES / NO Calibration

1. Take three deep breaths and center yourself.
2. Ask your body silently: "Show me a YES."
  - Note the sensation that follows (warmth, opening, ease).
3. Ask: "Show me a NO."
  - Notice the contrast (tightness, heaviness, withdrawal).
4. Record your cues below for future reference.

### 4. Strengthening Trust

To deepen intuitive trust:

- Keep a validation journal for intuitive hits and confirmations.
  - Act on low-risk intuitive nudges daily.
  - Speak intuitive guidance out loud or share it with a trusted friend.
  - Celebrate your accuracy instead of demanding proof.
- What one small action can I take today to honor my intuition?

### 5. Integration Affirmation

*"I trust what I receive because it comes from my higher knowing. I am safe to act on divine guidance."*