



Meet Your Spirit Guide(s)

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What is intuition?

- **Your inner voice**
- **Your animal instinct, an urge to move a particular way**
- **God's voice speaking directly to you**
- **An impulse**
- **A flash of insight that comes from nowhere**
- **The answer to your prayers**
- **Voice of your Spirit Team guiding you**
- **A hunch, a sense of the way something should go**
- **A gut feeling. It happens without effort.**
- **Knowing something clearly, without knowing how you know.**

**How do we intuit information a.k.a.
pick up on subtle energy cues?**

The clairs

Clairvoyance - visual/seeing

- **Do you vividly dream? See symbols, colors, textures, or imagery in your mind's eye?**
- **Do you notice symbols in your environment, like a meaningful object, picture, sentence, sign, or significant visual change in your space that happens after you've posed a question?**
- **You may see light, patterns, and images while in meditation or focusing on your inner world.**

Clairaudience - hearing

- **Do you understand the world through sound?**
- **Do you hear words, sentences, or vibrations containing guidance and information?**
- **Do lyrics pop into your head or play when you think about a question that needs answering?**
- **Do your ears ring?**

Clairsentience - feeling

- **Is physical activity your thing? Do you feel it in your gut? Do you experience a knowing feeling in your tummy, with shivers, or goosebumps? Maybe a tightening of the chest?**
- **Can you sense energy through your hands?**
- **Do you "feel" the energy of others?**

Claircognizance - knowing

- **Do you just know things without knowing how you know?**
- **Do you get flooded with ideas?**
- **Do you check in with someone and they say they were just thinking about you?**
- **Do you tell people what they need to hear at the exact moment they need to hear it?**
- **Can you answer questions by clearing your mind and then auto writing?**

Clairgustance - tasting
Clairsalience - smelling
Clair empathy - feeling

**Often we intuit using a combination of all of
these.**

Connecting with your Spirit Guide(s)

Meditation

Gratitude

Spending time in nature

**Honoring yourself & your connection to
your soul**

Kindness & service to others

Some common signs from your Spirit Team

Feathers

Coins

Angel (repeating) numbers

Ringling in ear or ears

Animals

**Things that are important & significant to
you**



My story

Let's meet our Guide(s)

Resources

Trust your magical self: how to be super psychic, extra intuitive, and love your sensitive soul by Courtney Alex Aldor

The Power of Intuition: Trust Your Inner Wisdom by Angela Martin

My Spirit Guides