

TRUST YOUR VIBES



Live Intuitively. Live Authentically. Live Joyfully.

Action Guide



Getting Ready For The Adventure

Welcome to « Trust Your Vibes » This course is the gateway to awakening your most powerful and important natural sense: Your Intuition.

Our sixth sense is our natural inner guidance system. It protects you from danger, guides you toward positive opportunity, leads you to aligned others in the world, and reconnects you with your inner most authentic Self, your Divine Spirit. It is necessary to trust your vibes if you want to succeed at the highest level in all areas of your life.

We experience our sixth sense in very real, subtle energetic ways through vibration, which we pick up both through our other physical senses and in our heart. That is why I say Trust Your Vibes. Your intuition is conveyed through vibration, or vibes, all the time. Our assignment is to elevate our awareness so that we correctly perceive these vibration signals that guide us, allowing us to make the highest, most informed decisions in self-care and creativity possible.

When you notice,
and trust your vibes, everything in your life improves immediately!

Working through the course, step-by-step, one week at a time, will shift your life in the most extraordinary way! Life will shift from struggle to flow. You will suddenly find yourself in the right place, at the right time, meeting the right people and making the right connections to reach your highest, most joyful potential.

So, the question is: Are you ready to transform your life in a fabulous, fun and gorgeous way? Are you ready to reactivate your “mojo?” Are you ready to connect with life in an authentic confident way? If so, you are going to love this course, because it will help you do all that and more.

Using the Workbook with the course.

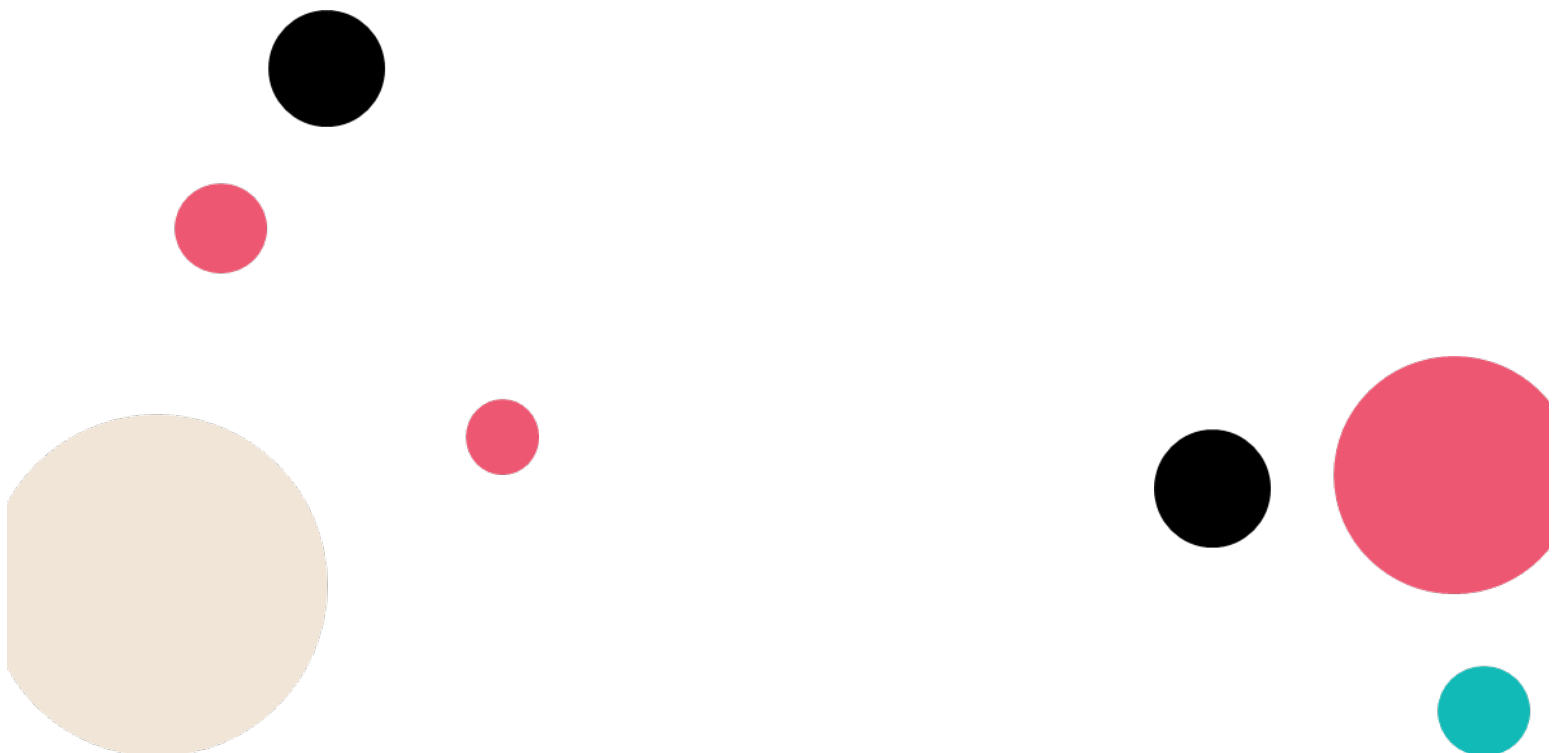
This workbook will allow you to record your experiences and progress as we work together through the course. Take your time as you fill out the questions and record your reflections. By actually writing down your answers, you are training your subconscious mind to place importance on your intuition and to turn up the volume on your perception, so that you do not miss your vibes.

Enjoy the course and get ready for the most wonderful, empowering, fun, life enhancing shifts of your life.

Let's get Ready by setting your intentions before we begin this course.

Think through the flowing question and write down your answers, either in this workbook or in a personal journal dedicated to this course. Take your time as you work through the course. Answer each question as often as new information and insight comes to mind.

Why do you want to be more intuitive? What are your motivations?



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What, if any, are your hesitations about developing your intuition and trusting your vibes?

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Week 1

Getting Ready !

It is important to prepare your physical body to become the best intuitive receiver it can be. Following are some basic tips for elevating your body's ability to accurately perceive intuitive vibrations.



1. Stay Hydrated

Water for your body is like gas for your car. Drinking tons of water raises your awareness and greatly increases your intuitive perception, whereas a dehydrated person's awareness is significantly lower.



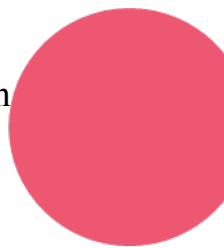
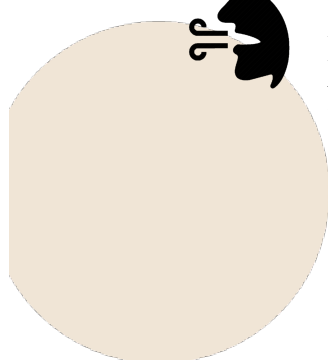
3. Less sugar and more protein

Your diet affects your awareness. The more sugar you eat, the less grounded and more reactive you tend to be, because sugar agitates the nervous system. Eat more fresh vegetables and protein instead of reaching for sugar when you need a boost.



5. Breathe

By breathing, you move your energy which helps you reconnect with your inner voice. Breathe in saying « I am.... » and breathe out saying « I am.... »



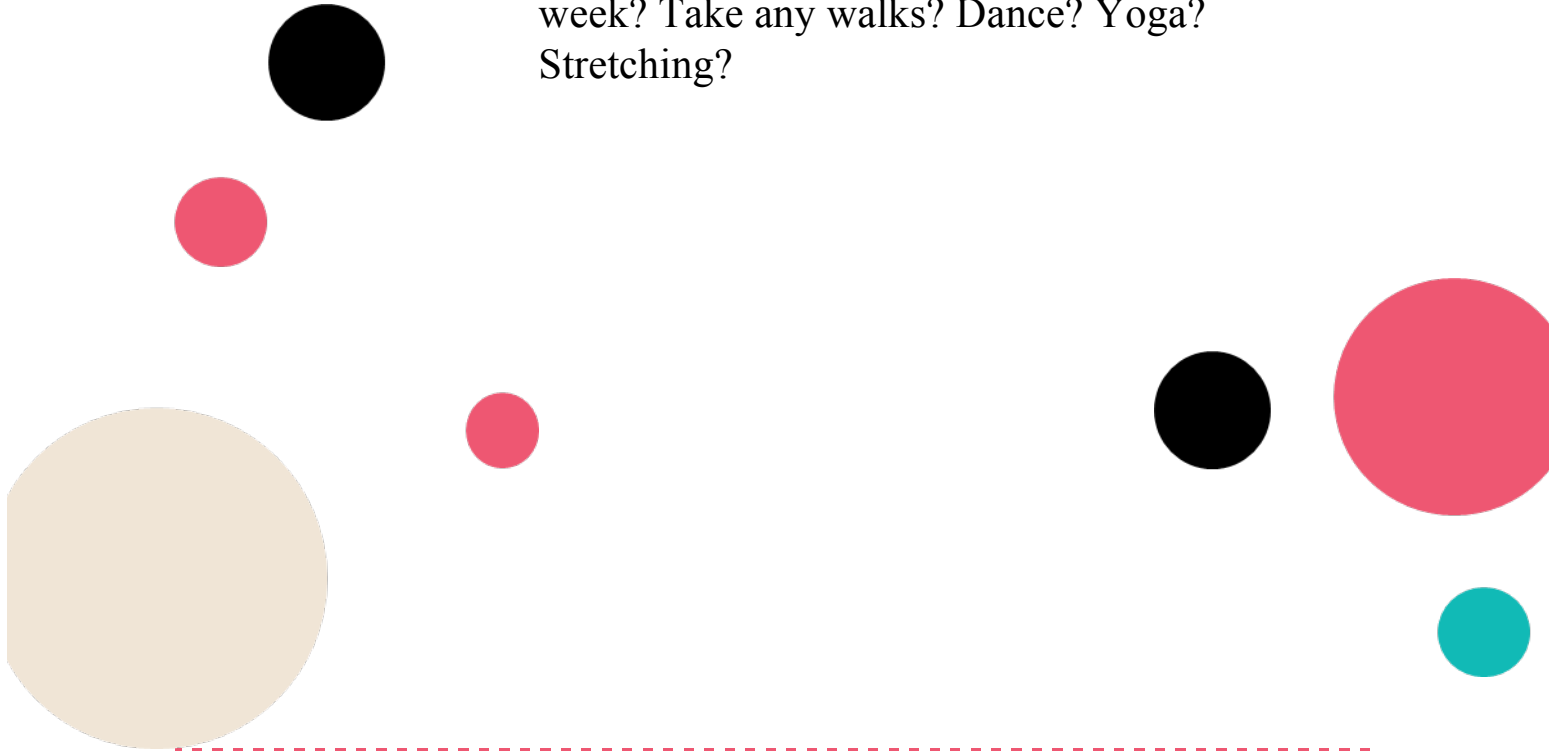
Your Turn

- Did you drink more water this week? How much? Did you notice any significant improvements in your awareness when drinking more water? Did you have more energy? Could you pay more attention to the world around you?

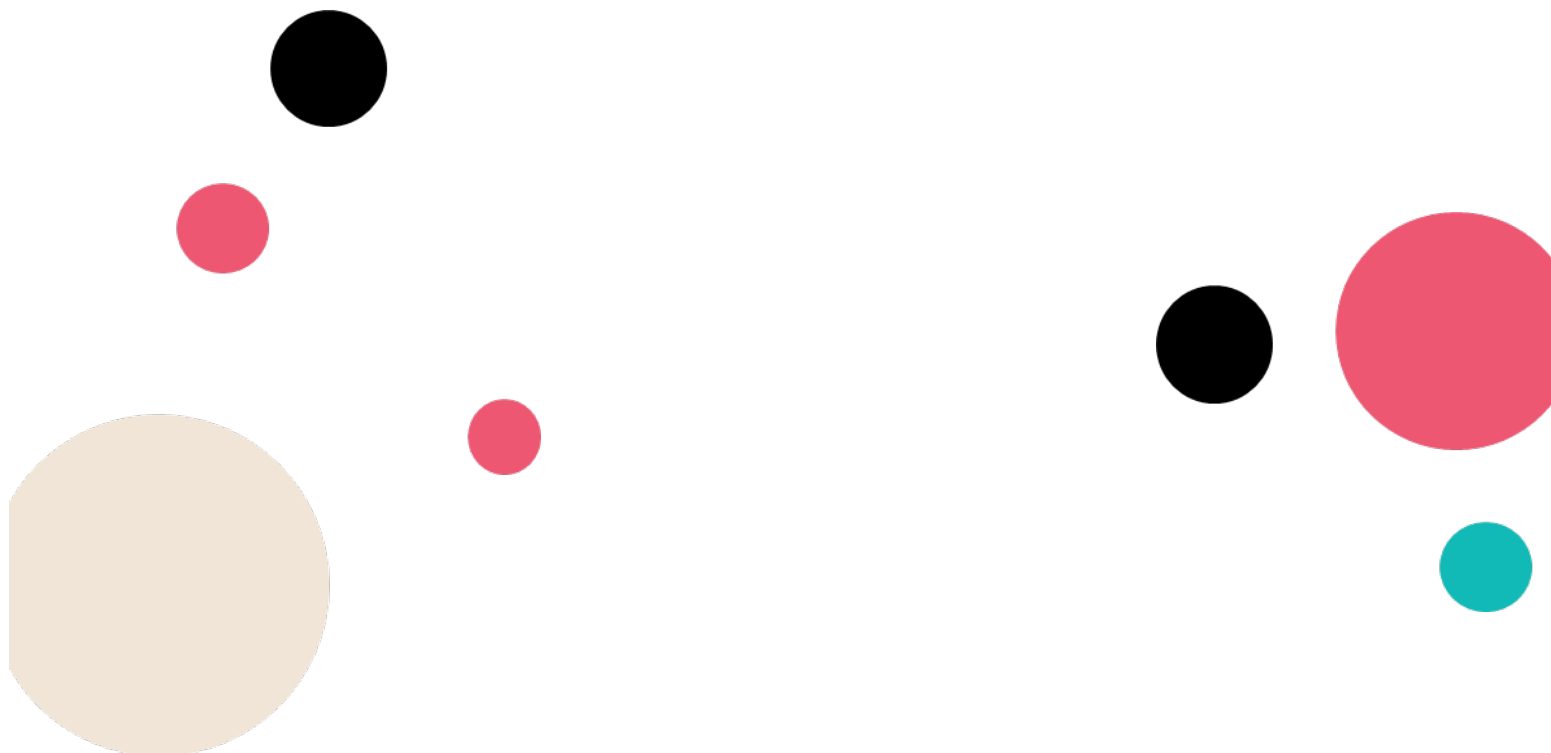
- Did you pay attention to what you were eating? What changes to your diet did you make? Are you inclined to reach for sugar when needing a boost? Did you switch to protein instead at any time? Did you notice any improvement in your ability to pay attention to the world around you with these changes?

- Did you get enough rest? Did you unplug from electronics before sleep? Was it difficult? Were you able to calm your brain before sleep?

- How much exercise and movement over just sitting did you do this week? Take any walks? Dance? Yoga? Stretching?



- How did you feel overall with these changes during the week?



Week 2

Listen To Your Body

Intuition comes to each person in different ways. Be curious and pay attention to how you personally receive your intuitive vibes.

Let's notice:

1

Recall any intuitive experiences you have had but might have chosen to ignore

For example: you talk to someone who leaves you feeling uncomfortable but you dismiss this, only

2

Notice, pay attention to all your intuitive hits, vibes, senses no matter how subtle. Where in your body do you feel your intuition?

Did you feel your intuitive hits in your heart, chest, belly? Does your hair on your arms stand up? Do you have a heavy feeling in the throat, chest heart? Do you

3

Talk with a receptive friend about your intuitive experiences

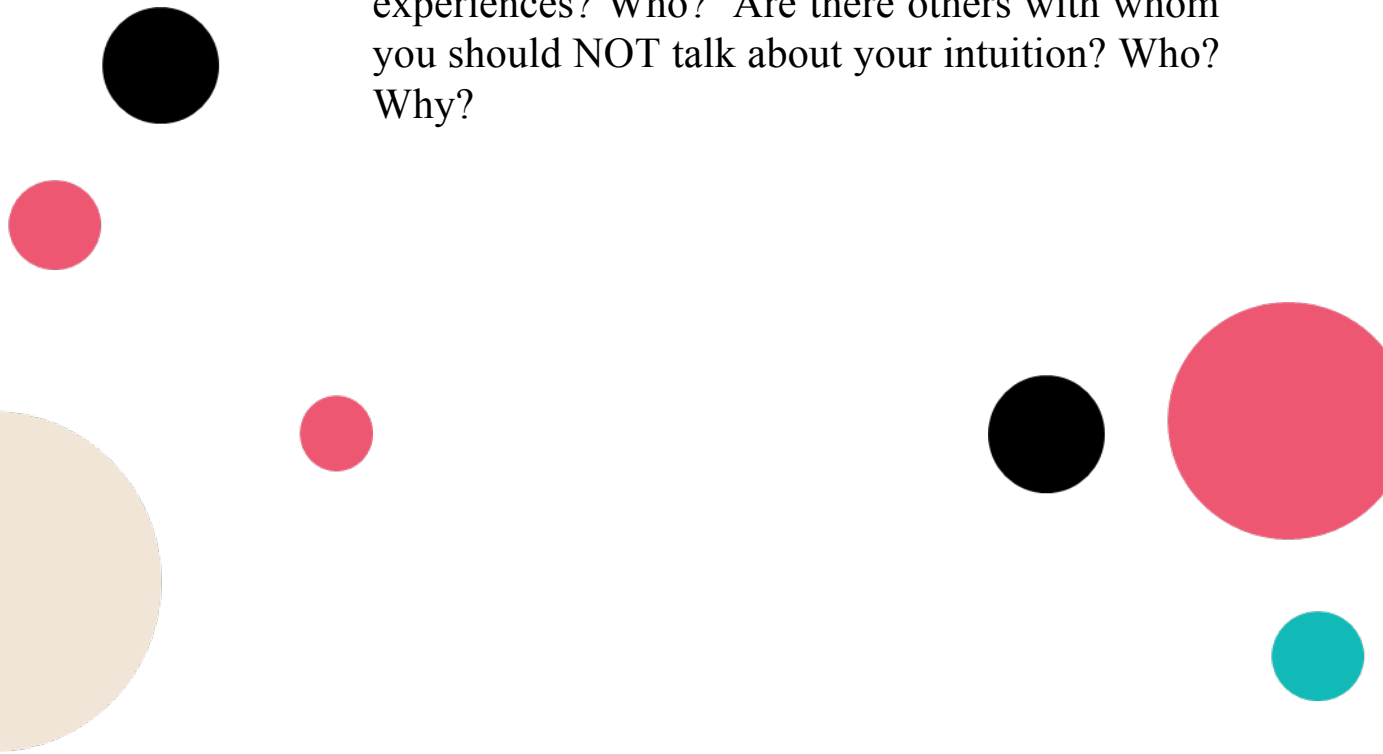
Ask the question: Have you ever have an intuitive feeling? And what way? What is

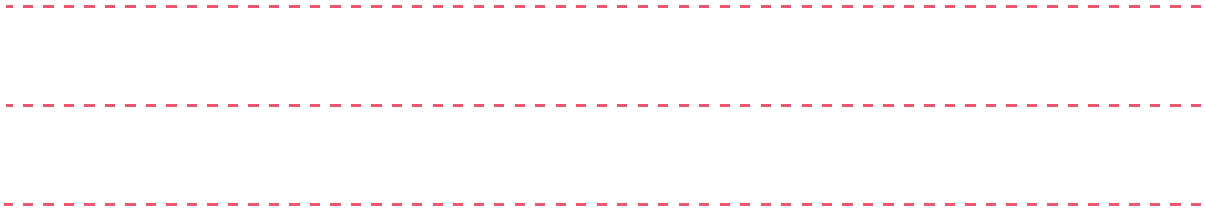
Your Turn

- What significant intuitive experiences have you had in the past?

- Which of your physical senses does your intuition use to get your attention?

- Did you have receptive others in which to talk about your intuitive experiences? Who? Are there others with whom you should NOT talk about your intuition? Who? Why?





Week 3

Intuition Is Your Personal Truth Serum

Diifferent types of intuitive sensations come through the gut versus the heart.

“Bad vibes,” or alerts that want to protect our safety are usually felt in the gut, or solar plexus, our belly area.

Those gut-based messages alert us to potential threats or danger. It is important not to consider these messages as negative. They are positive and protective vibes, keeping us safe.

Intuition tells the truth alerts us to the truth of a situation as opposed to telling us if something is “right” or “wrong.” Rather, intuition alerts you to what is true for your Spirit.... for now.

How to pay attention to your gut feelings:



Recognize gut feeling

Put you hand on your gut, breathe and say, out loud “my gut says...” then quickly fill in the blank.

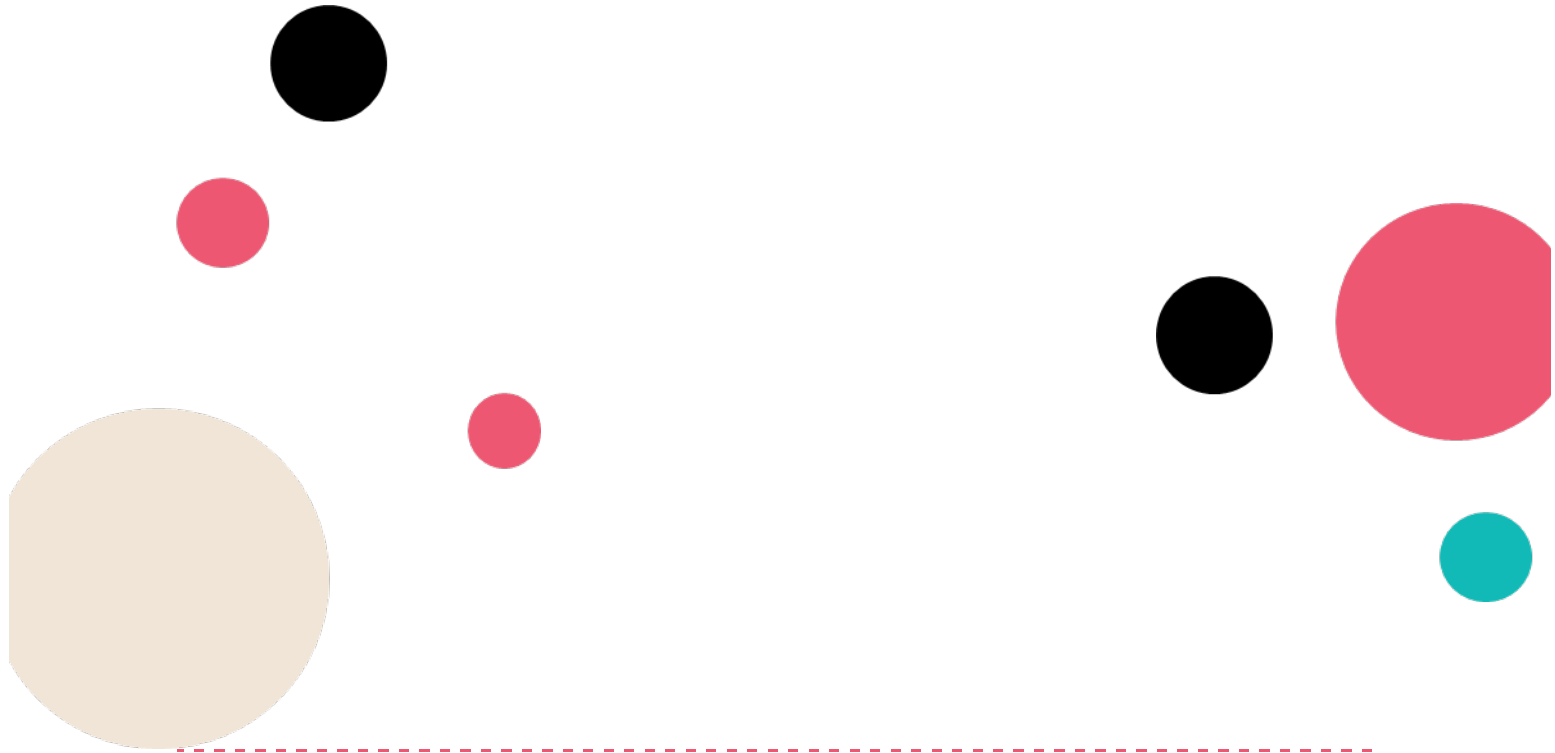
Have a dialog with your gut

Ask your gut a little more, ask the next step to your gut.

Your Turn

- Let's try that tool right now.
- Think of a question or concern in which you seek intuitive guidance. Now, quickly fill the blank: »My head says ... » and write down your answers.

- Next, think of the same question or concern. This time place your hand on your belly and say, out loud « My gut says ... » then fill in the blank. Write down your answers.



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Week 4

Room to Breathe

To protect yourself from bad vibes, you have to create a good vibes sphere which I like to call, “Your Room To Breathe.”

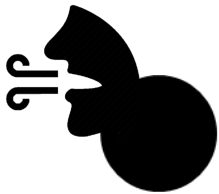
How to create a Room to Breathe? Simple, everyday:



Have a look on your environment and notice exactly where you are, physically. Notice details of things you see.



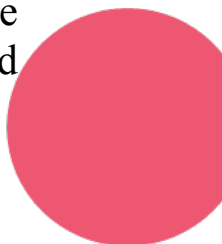
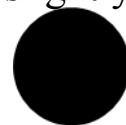
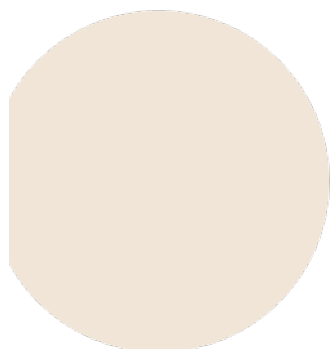
Name all the things that are in your environment.



Breathe in through your nose and exhale as though you are blowing out birthday candles on a cake, and with that release all you all holding on to in your body, mind, and emotions.



Observe not absorb
To close up the sponge that absorbs other's energy, close your arms to protect your gut, turn your body slightly and breathe.

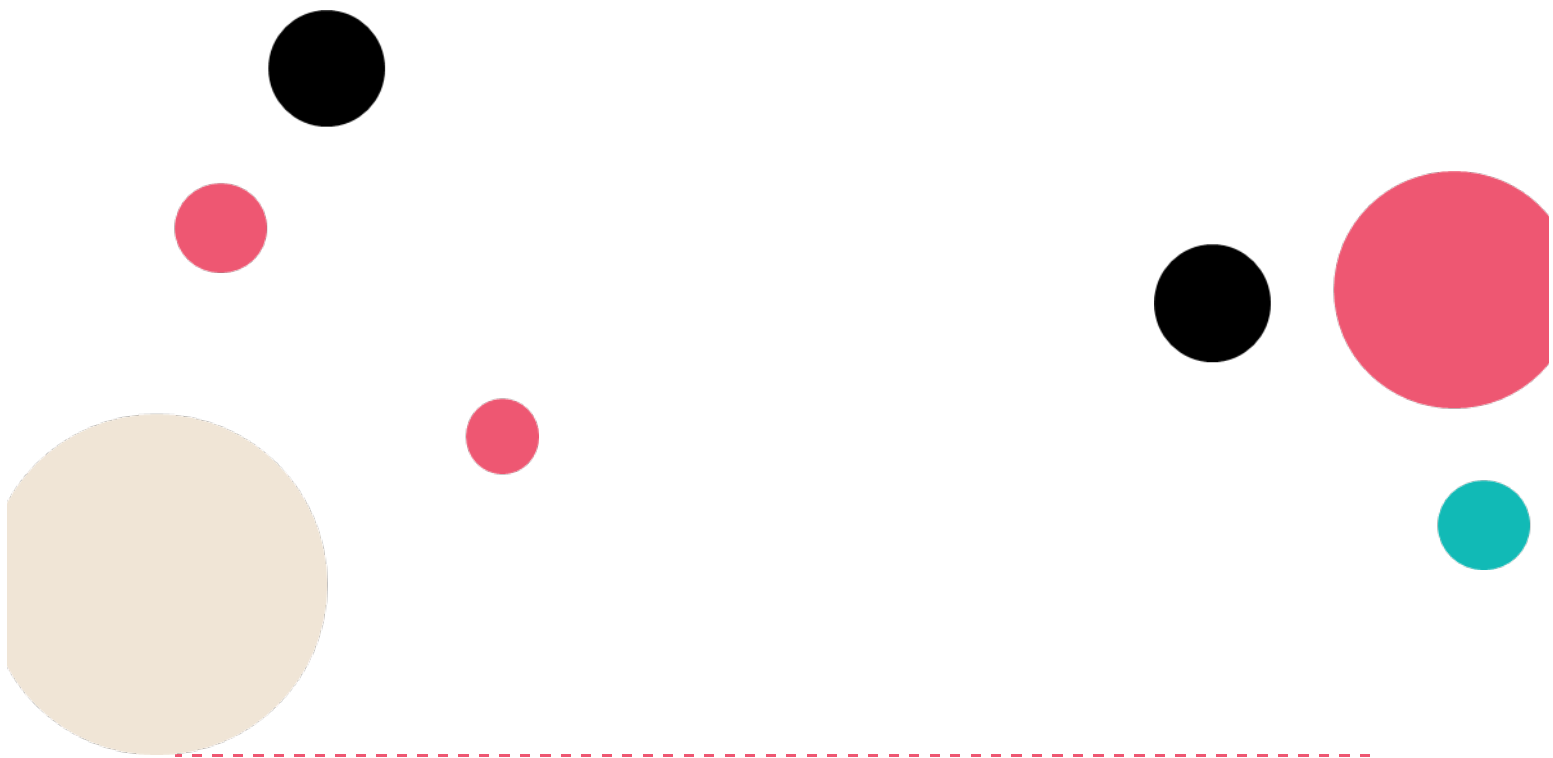


Your Feedbacks

- How often did you practice this technique?

- What changes have you experienced?

- Did you use the protective arms and breathing technique with anyone in particular? How did it come?



Week 5

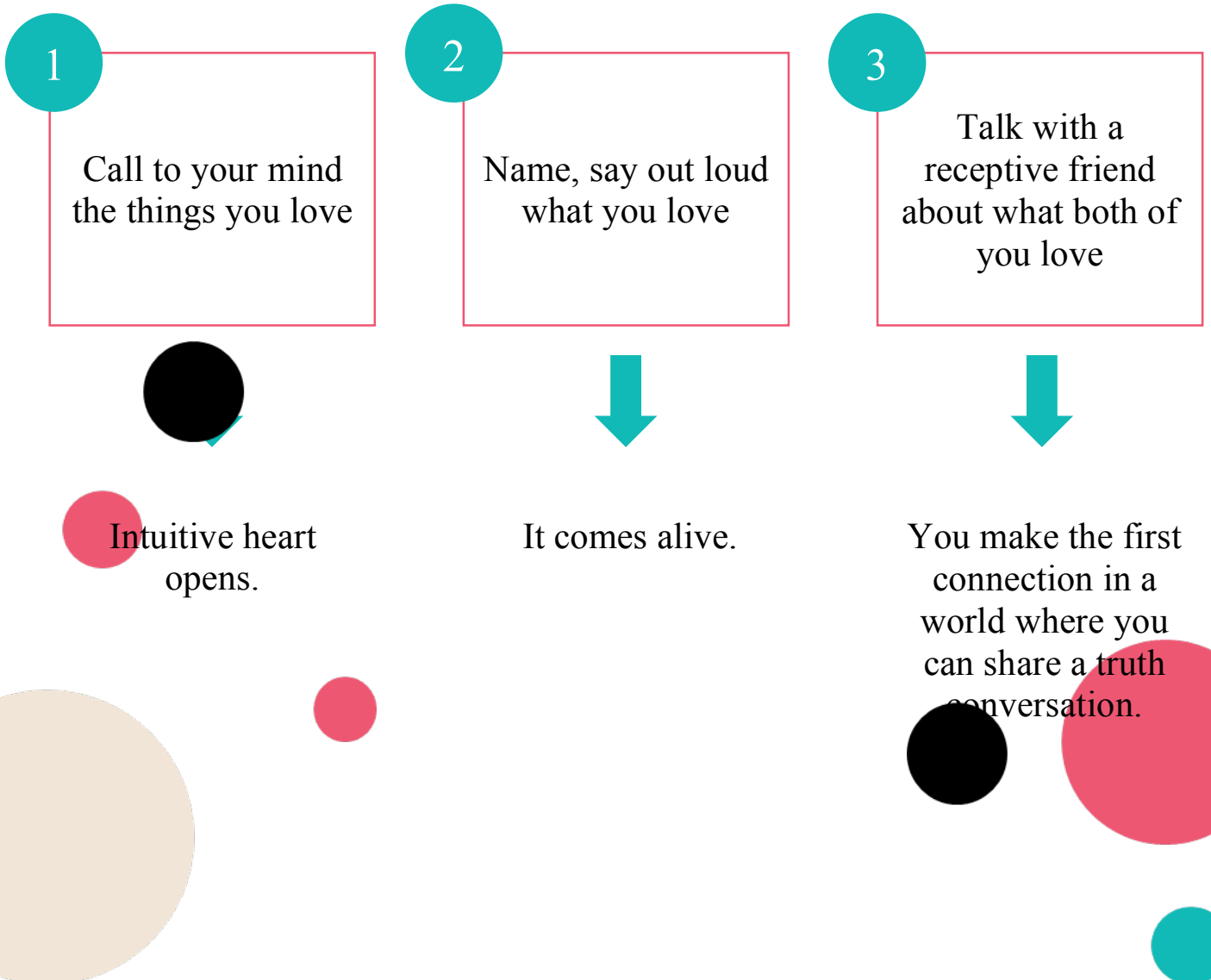
Opening the Heart

Intuition follows naturally your interests, things that you love. For example, if you are interested in art, your intuition will show up quickly around artistic things.

This is what we call Heart Intuition.

It is the compass which gives us a life that we love and brings love to us.

You have to focus and invest in that. How to open your heart?



Your Feedbacks

Every day, write down during 10 minutes « I love...

Day 1

Day 2



Day 3

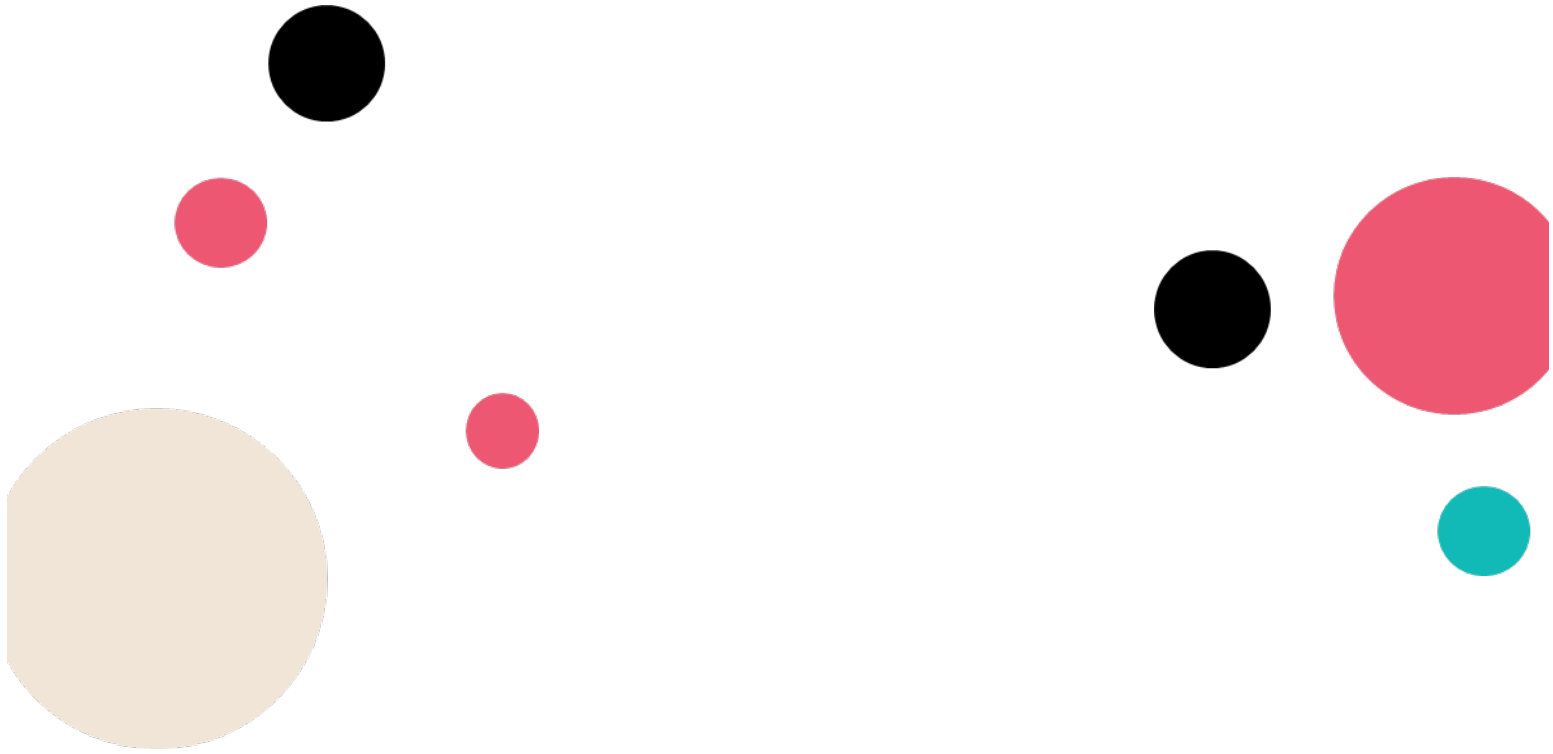
Day 4

Day 5

Day 6

Day 7

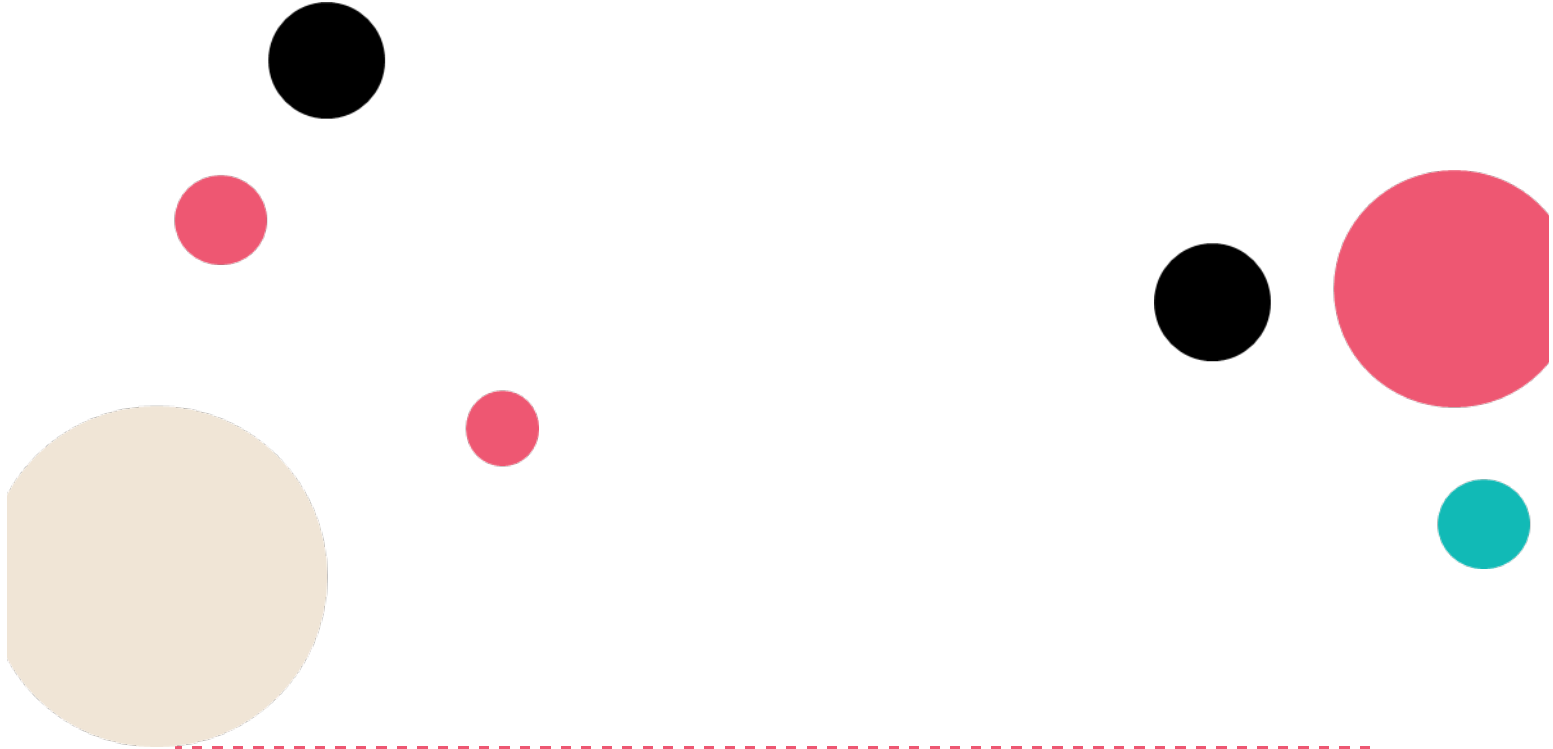
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- Record on your phone every morning “I love...” and listen to it before going to bed. What kind of shift did you observe?

- What are the things that you mastered?

- Notice in those areas, how often your intuition is in fact helping you?



Week 6

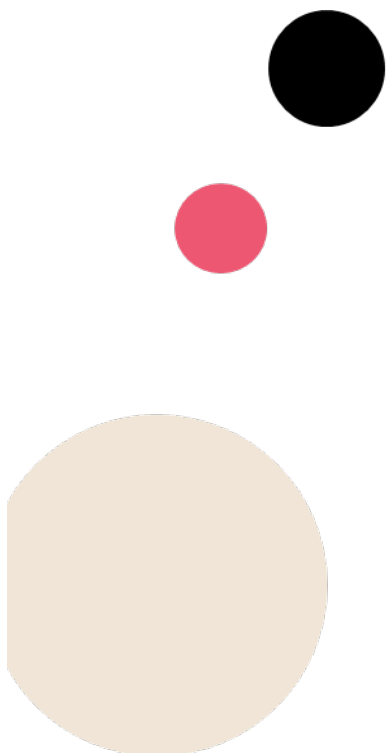
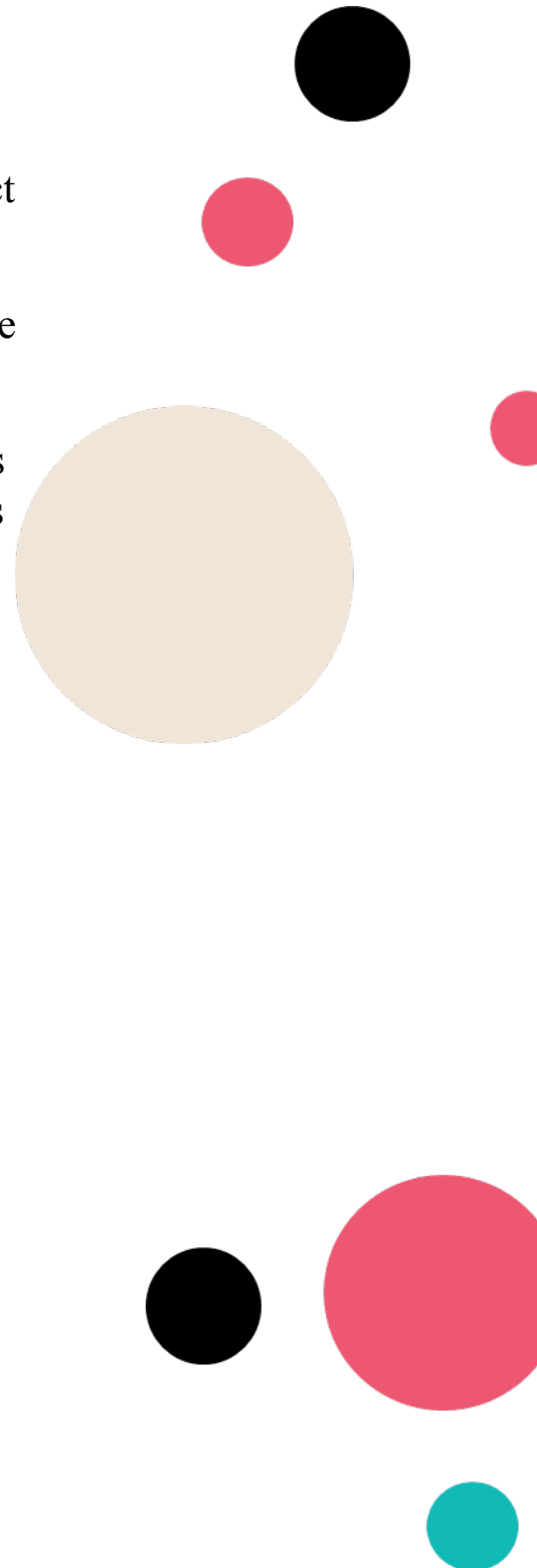
Expect Your Intuition to Lead

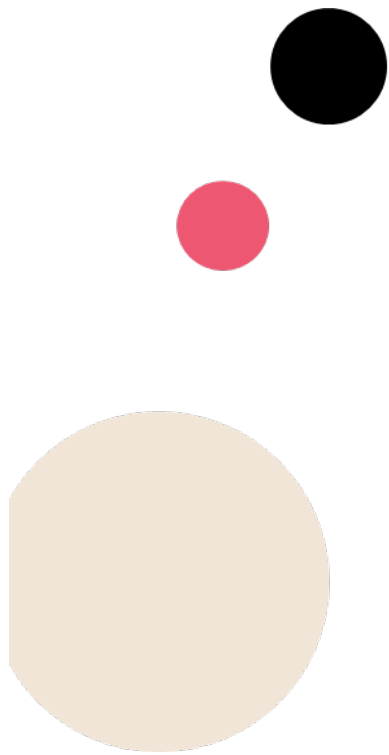
Intuitive people expect guidance, solutions and support.

So, the shift into activating intuition is to expect good things and good surprises.

Keep calibrating your consciousness to be aware and receptive to signals.

If you are not afraid, you will expect good things and positive surprises. The more positive attracts the more positive!





Your Feedbacks

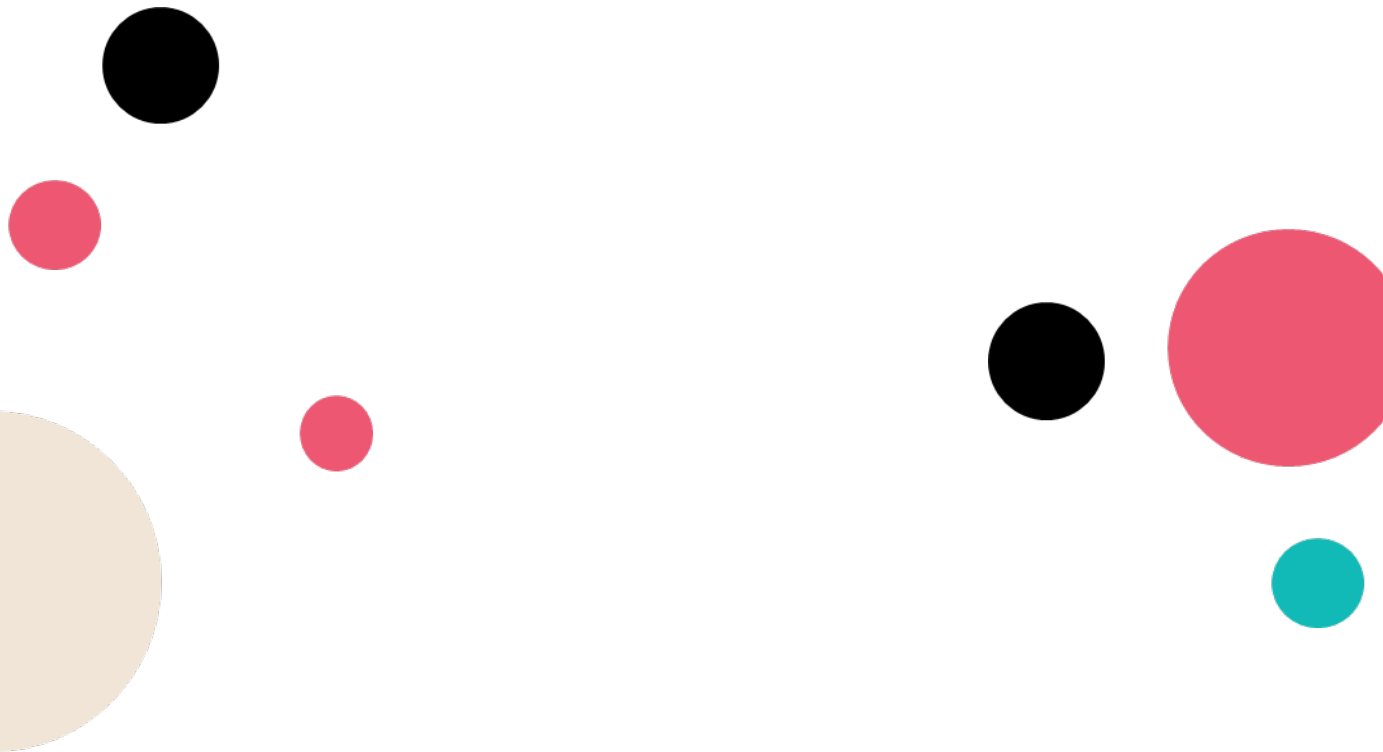
- This week, did you have good surprises? What are they?



- How did you feel when good surprises show up?



○ Did you come more tolerant of positive surprises showing up?



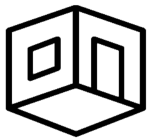
Week 7

Create a Sacred Space

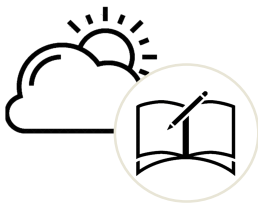
To help developing your intuition, you have to set perfect conditions:

- A physical location where to meditate
- A talk with your intuition by telling your intuition what your intentions are. The more intentional you are about what you want it helps you, the more you give your inner compass instructions to help you to be guided.

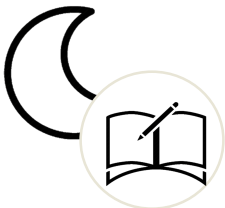
Here is the method:



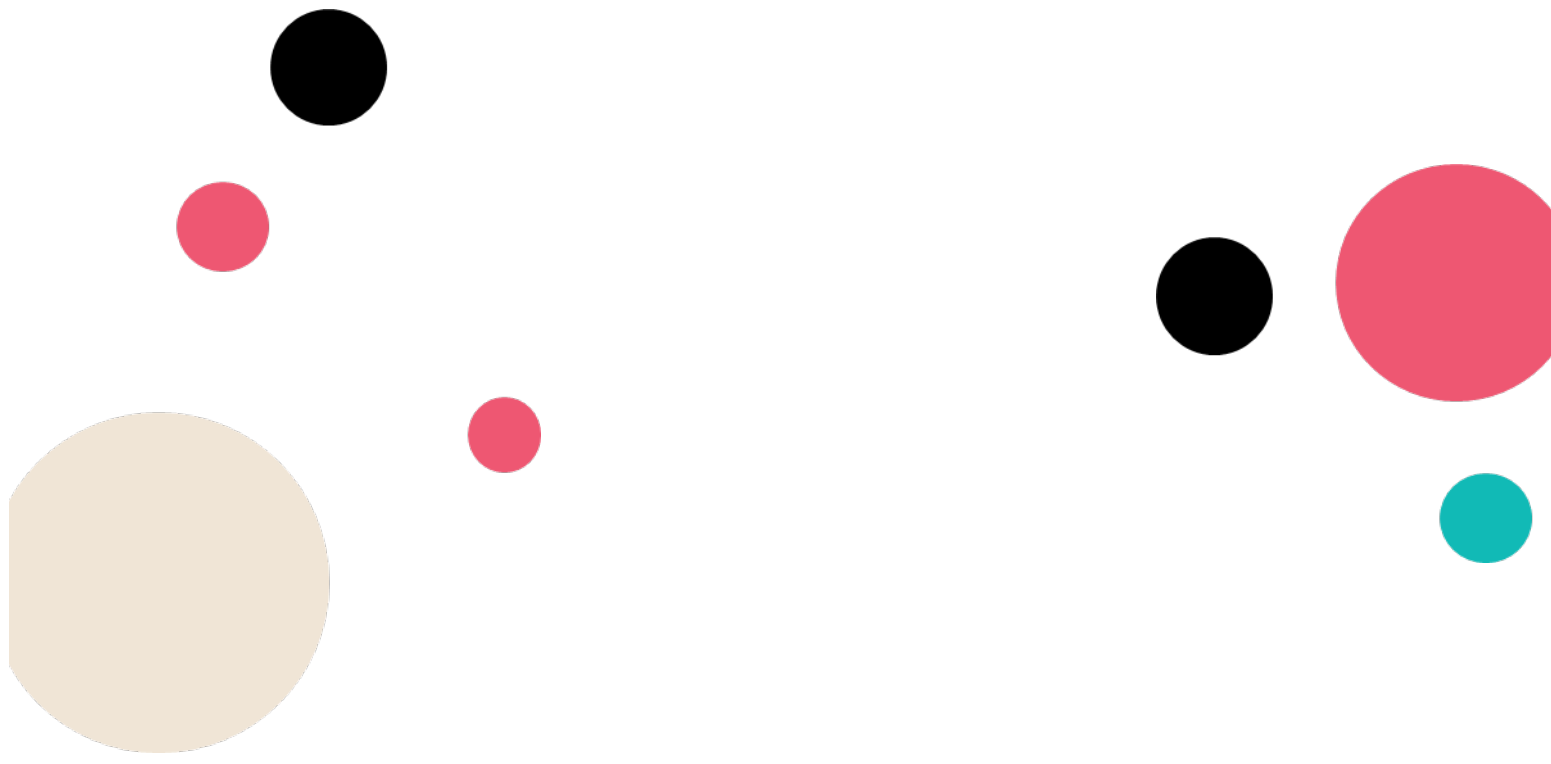
Find a quiet room where you can be detached from the energy of the world around you. For example: a bedroom.



In the morning, take 10 minutes break to get clear on your intention. Write on a journal or a notebook what kind of guidance you want: “I want guidance ...”



Before going to bed, take 10 minutes break. Write on your journal or notebook all the things you fear. It will help you to empty your fears. During the night, new ideas will show up into your consciousness.



Your Feedbacks

- Write down in the morning: « I want my intuition to guide me in... »
- Write down in the evening « My fears are... »

Day 1

Day 2



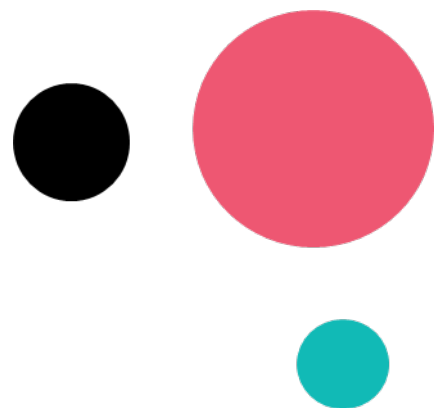
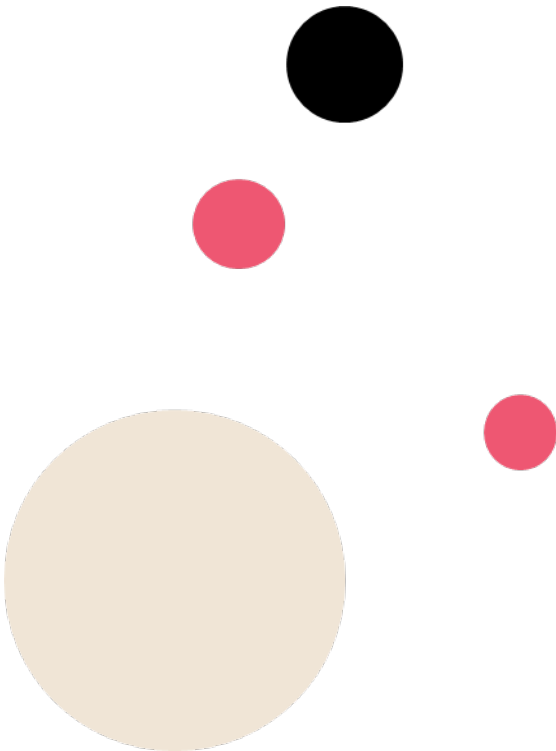
Day 3

Day 4

Day 5

Day 6

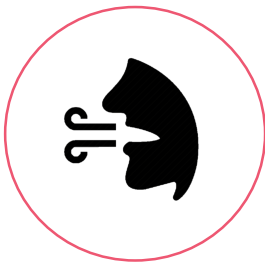
Day 7



Week 8

The Power of Meditation

Meditation is a practice that helps you to ignore your mind and to be quiet. When emptying your thoughts, it helps you to be more intuitive and to elevate your creativity.



Meditate can take only 3 minutes. To have a quiet moment, use this breathing technique:

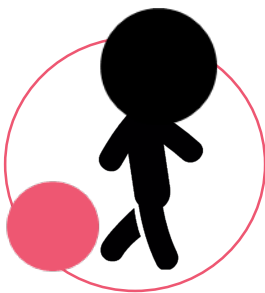
5 times of breathe in and breathe out with eyes closed

10 normal breathes

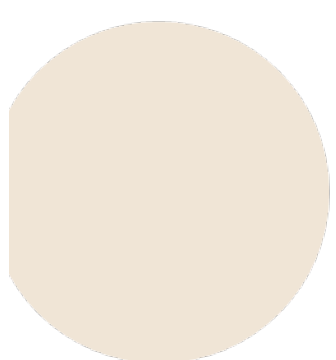
Do it in the morning, just before getting up of your bed and also do it during the day 3 times.



After getting your quiet space, put your hand on your heart and say “My heart says ...” and answer loudly spontaneously.



Another tip for meditation: go for a walk. When you are walking, notice 10 things and name them. It will teach you to raise your awareness.

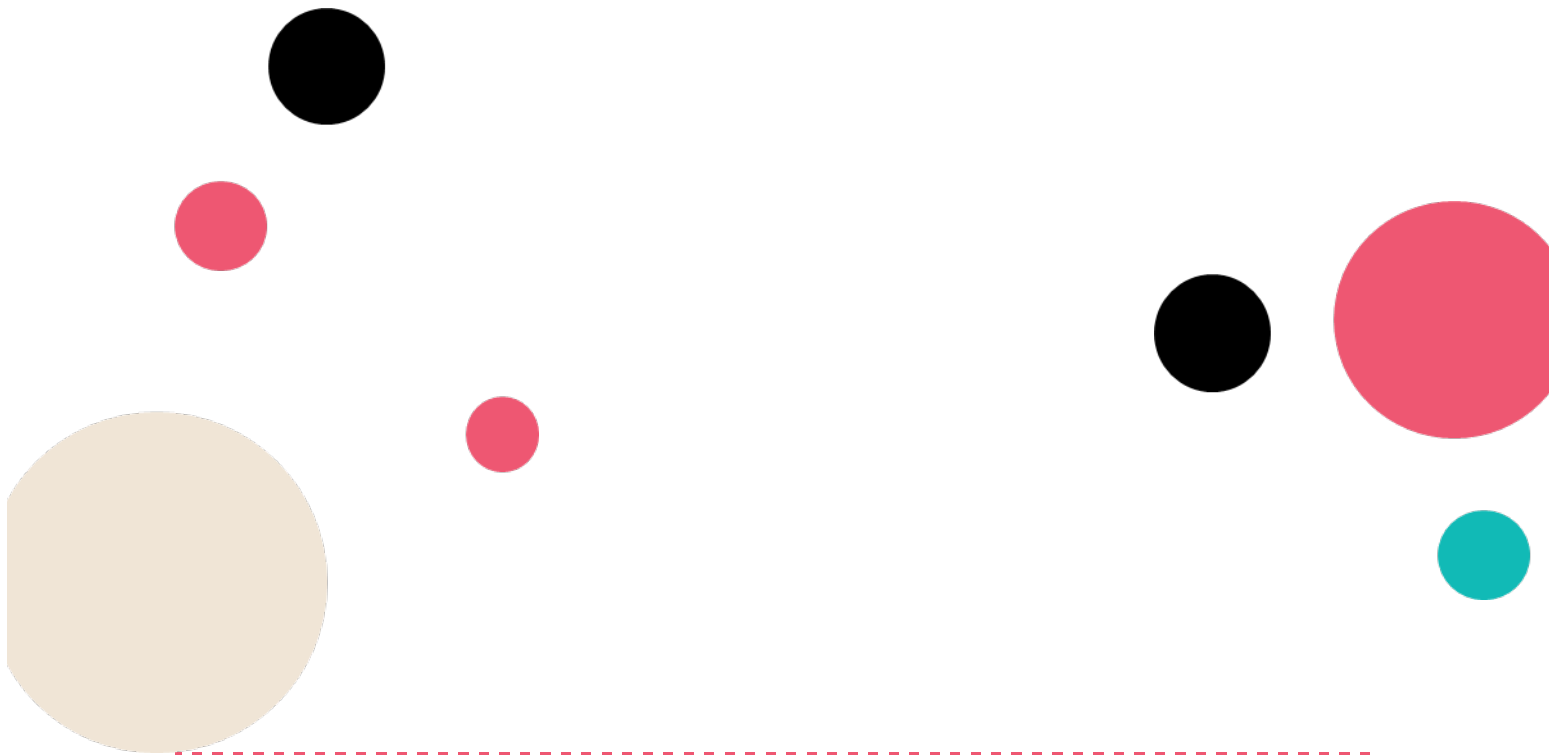


Your Feedbacks

- How did it work with the breathe technique to meditate? Did it bring yourself in a calm space?

- Were you consistent? If not, why?

- Which of your senses do you use most when you notice things?



Week 9

Set your Intention

Intuition wants to help you create the best life possible, but for that you have to ask yourself what are your intentions?

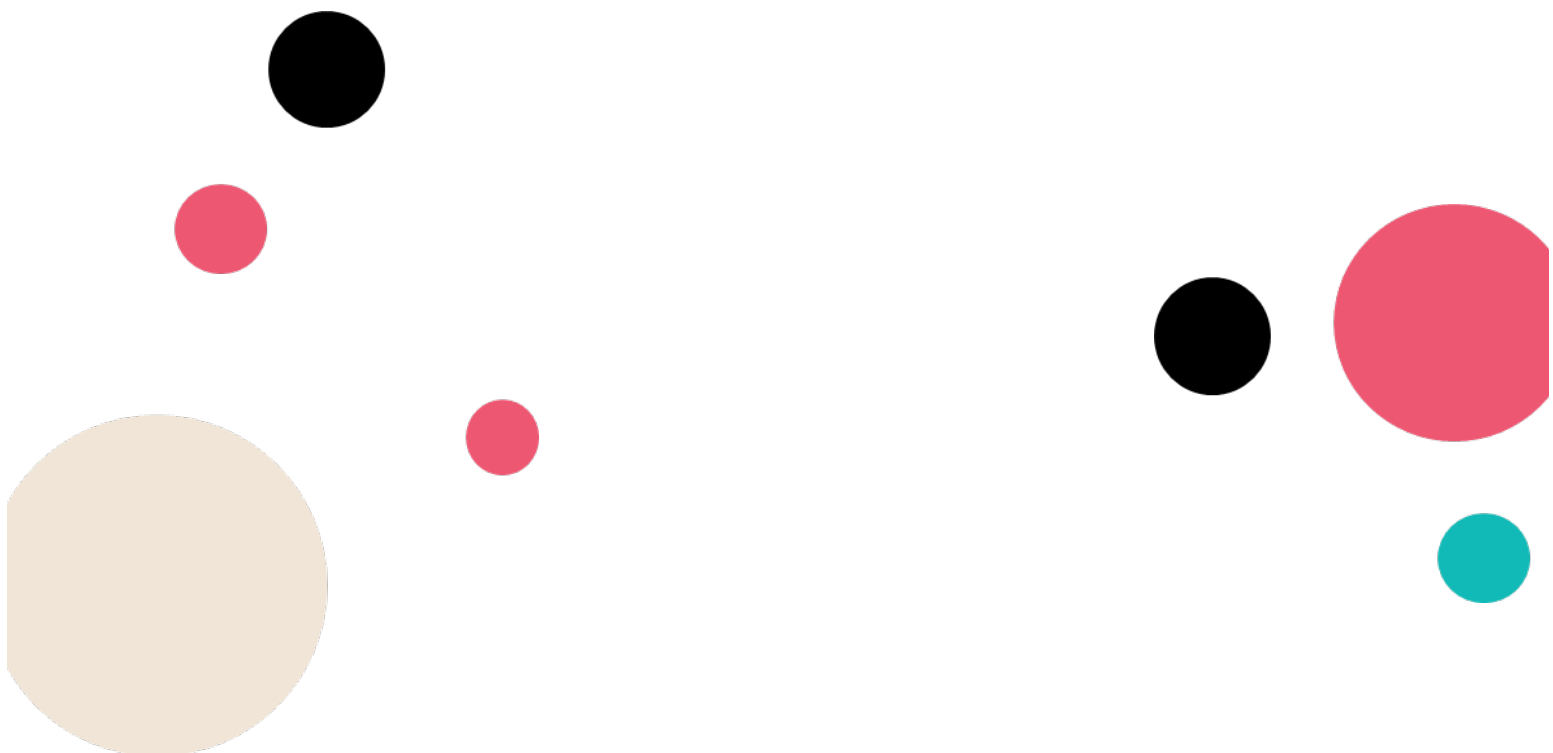
Intention is what you decide to create, the experiences you actually want to have. It is the motivation behind intuition.

Set intentions that true to your heart progressively.



Step by step, you get more committed, more proactive about the life you want to create.

Ask yourself what in your life you don't like and do you like it so little that you are ready to intend something else?



Your Feedbacks

- List one or two intentions and write them down.





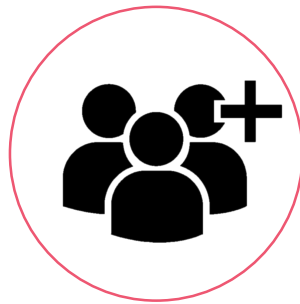
Week 10

The Power of Play

Intuition is profound and best ideas or inspiration come throughout of playing. Play is a part of us that allows us to explore, to experiment, to express, to wonder, to imagine. So we have to learn to play again. How?



Say the word “I wonder”.
Wonder is the front door of intuition: when you wonder, you are shifting channels, you are figuring things out and you are available to new things.



Invite people to play with you.
The key to play: play to play, not to win.

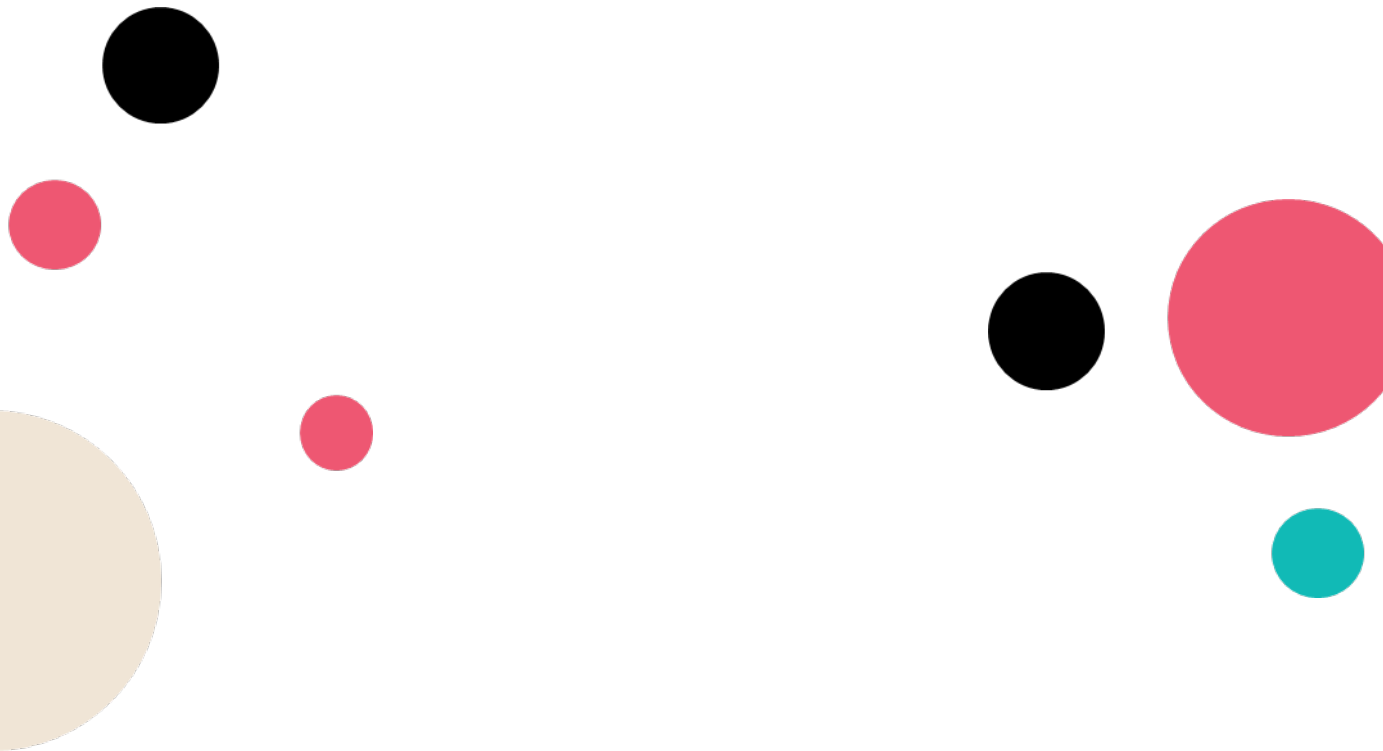
Your

Get back into your body by dancing, by letting your natural spontaneous self-expresses.

Feedbacks

- Play: write a song, draw pictures, tell a story or make up a game.


- If you are so psychic, describe the things you were so psychic about.




○ Ask yourself « I wonder ... »


Week 10
Find Your People

Intuitive people need to be around good vibes, to have inspired companions as they need water or oxygen. Thus, you have to be surrounded by the right people for you, you do not have to be alone.


- 


Become yourself




Become the positive, joyful, affirmative person.
- 


Defend, protect and commit the person you are




Practice this line: “I’m doing what works for me because it makes me happy”.
- 

Discern the companies you will keep

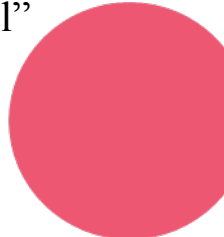
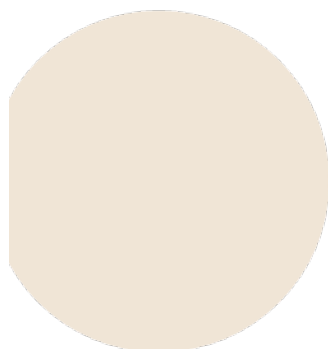


Remove yourself from people who drag you down. Do not divorce from your family, but don’t let your family define you. Let your intuition lead you to people who allow you to be yourself.
- 

Be interested in others



Be interested in others, ask new questions to people “what do you love” and have a “soul to soul” conversation.

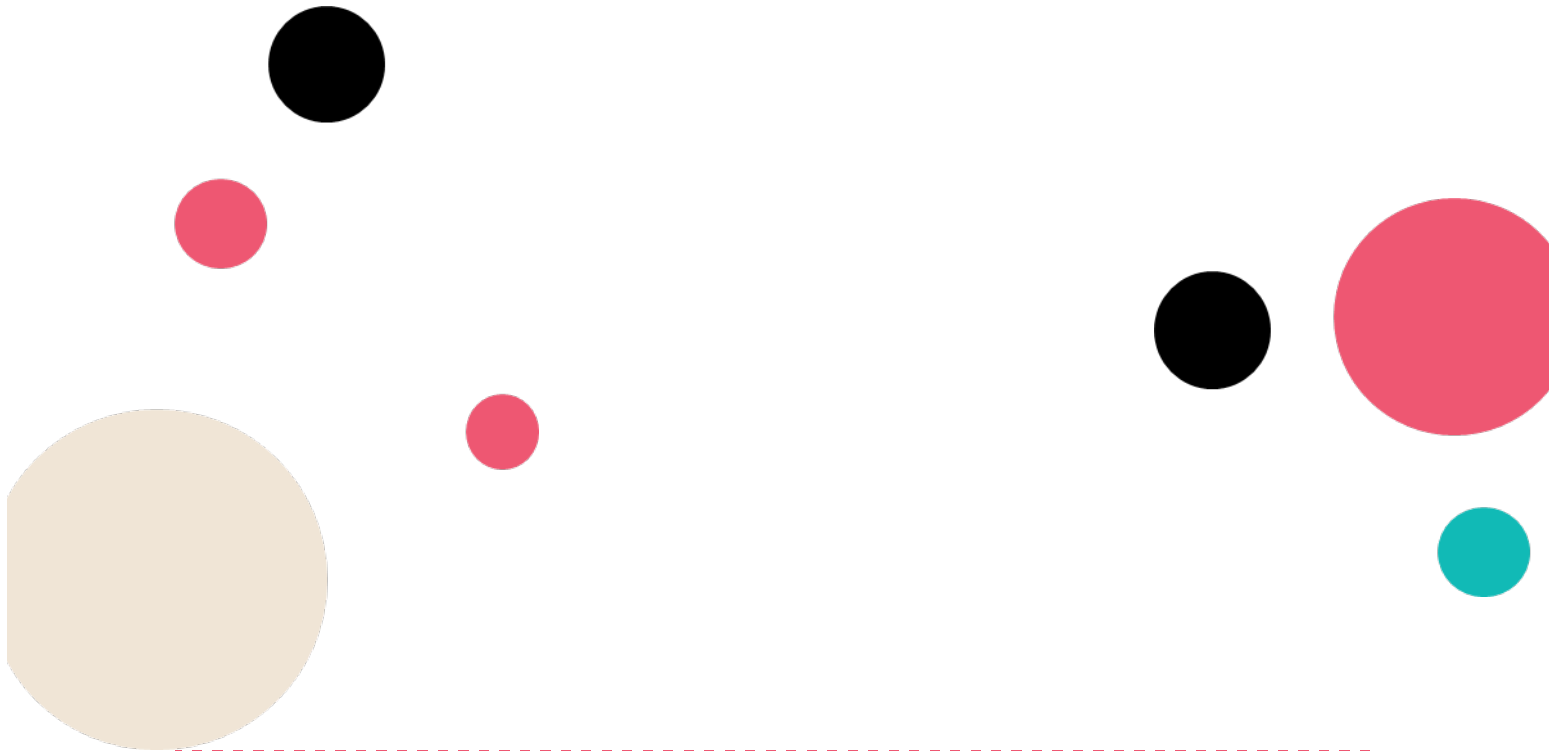


Your Feedbacks

- Who are your tribe? Who are the people that inspire you and with whom you feel good?

- Choose one engagement, one activity where you can meet people who might be your kind spirit and describe it.

- How does it feel being the good vibes person around?



Week 12

Embrace a New Adventure

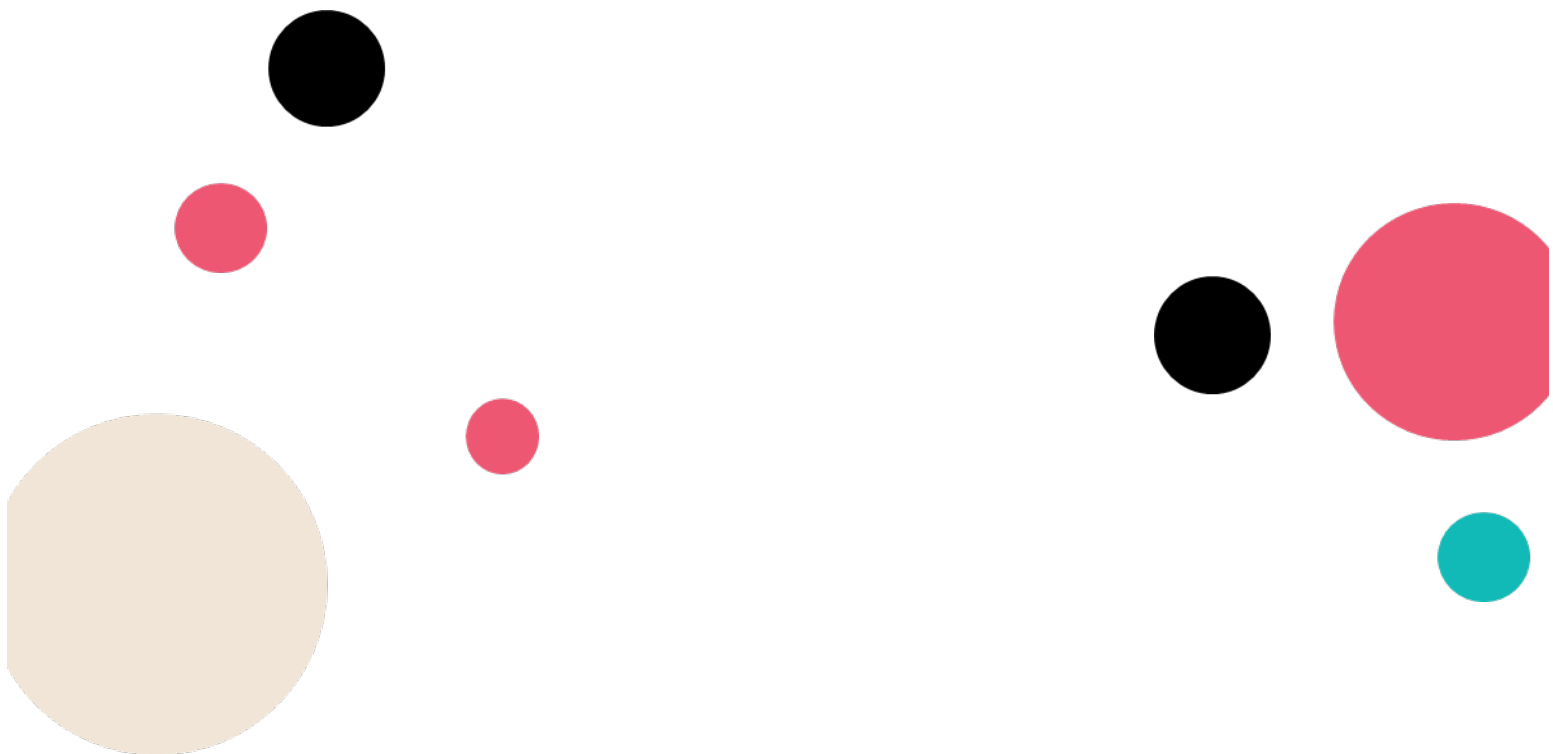
Intuition will open you up to a whole symphony of new options and will ask you often to change directions in the moment. Your ego will think it is a danger but you have to change in your mind “danger” by “different” and embrace new adventures.



Push yourself, be opened to something new because those new adventures will give you positive gifts at the moment or later. And sometimes, it could benefit to someone else's life.



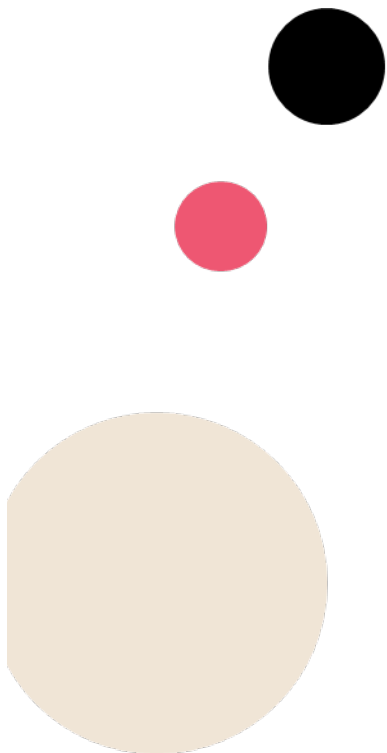
Have gratitude, it will keep the wheels of intuition oiled. The more you are grateful, the more you attract good things and put out good things.

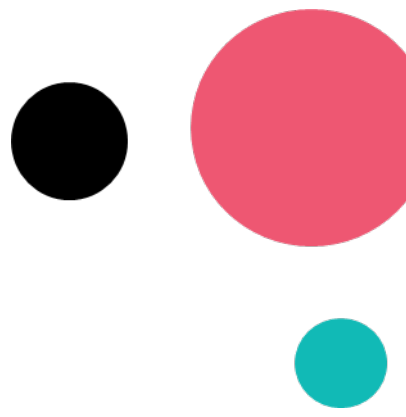


Your Feedbacks

- Push yourself into two or three new things and write down the results, the surprises, the gifts you have.

- Write down all the things you are grateful for.





Tips for the Road

- **S**tart thinking in term of sixth senses person, so in this way you don't put your intuition outside.
- **I**ntuition is normal, natural, and important.
- **L**ife is playful. It is an adventure and exploration.
- **B**e curious and wonder as much as you can.
- **A**lways move your energy: dance, walk, sing!
- **W**ork with this until it comes conformable, it feels natural
- **K**ee your journal going because it becomes evidence.
- **I**ntuition lift your life up!

**Trust vibes and
trust all the positive things
will converge to your success!**

With love,



