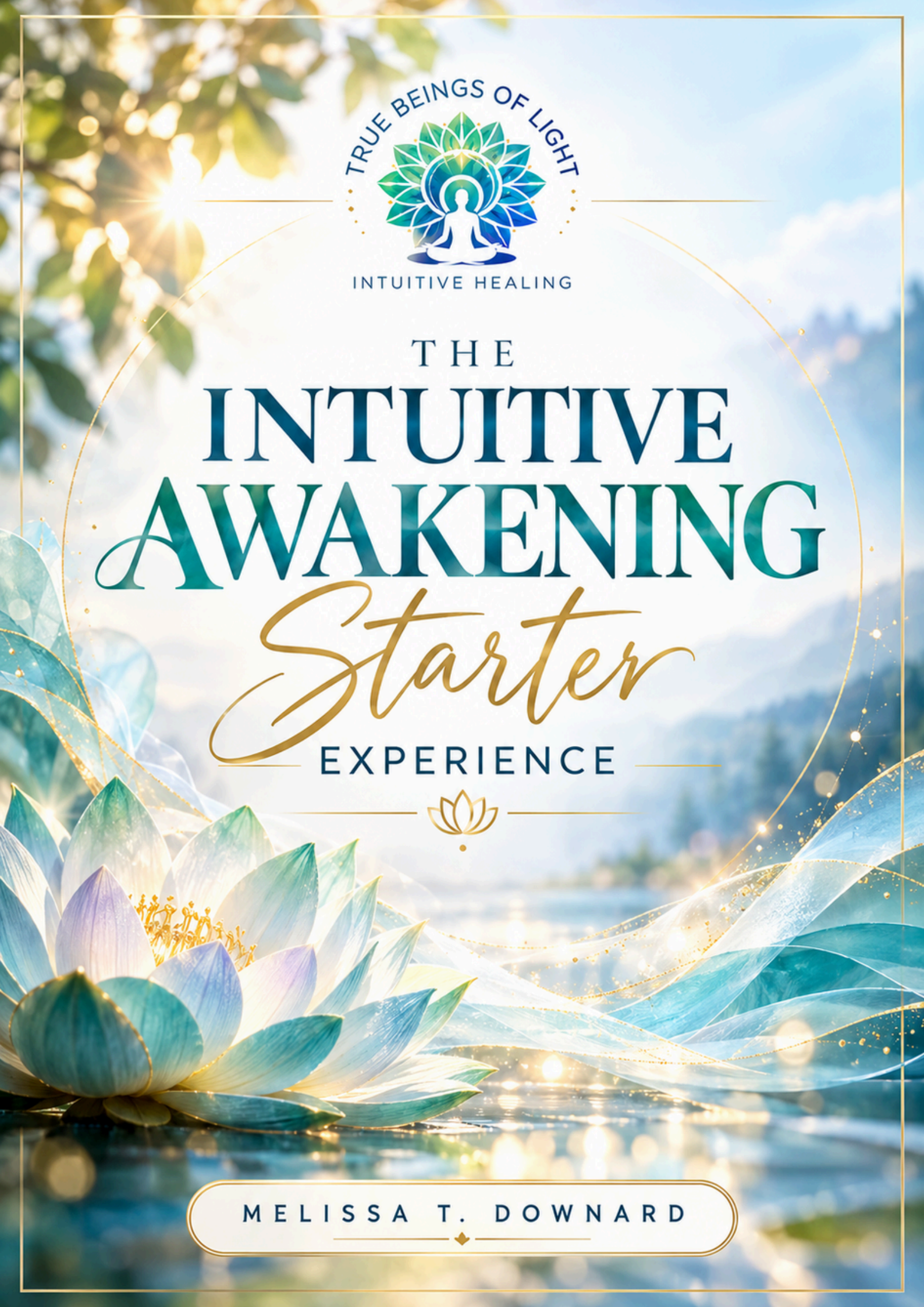
TRUE BEINGS OF LIGHT
INTUITIVE HEALING
THE
INTUITIVE
AWAKENING
Starter
EXPERIENCE
MELISSA T. DOWNARD

TRUE BEINGS OF LIGHT

INTUITIVE HEALING

5 SIGNS YOUR INTUITION IS *Awakening*

Your intuition is your inner guidance system. As it strengthens, you may begin noticing subtle shifts in how you perceive people, situations, and decisions.

Here are five common signs that your intuition may be awakening...

1



You Feel Strong Gut Feelings

You start sensing clear “yes” or “no” feelings in your body when making decisions. These gut instincts often appear before logical thinking kicks in.

2



You Notice Subtle Energy Around People

You may feel drawn to certain people or uncomfortable around others without knowing exactly why. Your intuition is picking up on energy and emotional cues.

3



You Experience Sudden Insights

Ideas or answers may appear suddenly in your mind, almost like an “aha moment.” These insights often come when you’re relaxed or not actively thinking about the problem.

4



You Feel Guided Toward Certain Opportunities

You may feel an inner pull toward certain paths, conversations, or opportunities even if they don’t make logical sense at first.

5



You Start Trusting Yourself More

Instead of constantly seeking validation from others, you begin to rely more on your inner voice and personal guidance.

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INTUITIVE HEALING

3 WAYS TO STRENGTHEN INTUITIVE *Awareness*

Like any skill, intuition becomes stronger when practiced regularly.
These simple habits can help you deepen your connection with your inner guidance.



1 Practice Quiet Moments Daily

Spend a few minutes each day in silence, meditation, or deep breathing. When the mind becomes quiet, intuitive insights have more space to appear.



2 Pay Attention to Body Signals

Your body often communicates intuitive information through sensations like tension, warmth, calmness, or excitement. Start noticing how your body responds to different choices.



3 Write Down Intuitive Thoughts

When an idea, feeling, or insight appears, write it down before analyzing it logically. Over time, this helps you recognize patterns and strengthens trust in your intuition.

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JOURNALING *Exercise*

Journaling is a powerful way to connect with your intuition and understand your inner guidance more clearly.

Set aside 10–15 minutes in a quiet space. Take a few slow breaths and allow your mind to relax before writing.

Listen
Reflect
Trust
Grow

Reflect on the following prompts:

1. **When was the last time I followed my intuition?**
   What happened and how did it feel?

2. **What signals does my intuition usually give me?**
   Do I feel it in my gut, my chest, or as a quiet inner voice?

3. **When have I ignored my intuition in the past?**
   What was the outcome and what did I learn from that experience?

4. **What is my intuition trying to tell me about my current situation?**

5. **What small step can I take today to trust my inner guidance more?**

Write freely without overthinking.
The goal is not perfect answers, but building a deeper connection with your inner voice.

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