

INTUITIVE GUIDE TO

Intuition



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CHAPTER I

The Philosophy of Intuition

What is intuition?

In definition terms, intuition is the ability to understand something immediately, without the need for conscious reasoning

Many of us refer to this as our “gut” feeling or sense of knowing.

For example, let’s say when you were younger you were walking into a party everyone was at. When you got to the location you had a gut feeling you shouldn’t go in. You don’t know why but you feel like it is something you can’t ignore. Whether you choose to listen or not is up to you but either way later on you would find out why you had the feeling. The cops showed up.

That is your intuition letting you know, “hey, you may be in the wrong spot and we want to help”.

Now, imagine you are so connected to your intuition, you trust it more than anything and you actually follow your intuitive nudges... LIFE CHANGES DRAMATICALLY.

Your intuitive knowing is what I like to call our compass through life given to us as a gift from The Universe, God, whomever or whatever you specifically believe.

Our compass is directly connected to Source, God, The Universe and because that is all knowing, we have a connection to information that could help us live a more aligned life. We just don’t know it because we have become so disconnected from self.

INTRODUCTION

HI! I'm your new bestie Jazmine The Medium

I am a professional psychic medium whose passion is to help those feeling lost, confused or grieving through life with intuitive, psychic and mediumship readings so that they too can learn to live life in alignment.

You see I have always dealt with depression, anxiety, low self esteem. I still remember being in third grade and already having thoughts of taking my life. Fast forward to 18 when my best friend was killed by a drunk driver, I lost everything. I had no idea who I was, what life meant to me and asking life questions while feeling an astronomical amount of pain lead me down the path of numbing through drugs, alcohol, toxic relationships. Anything not to feel.



Going to one reading changed the trajectory of my life. I have now dedicated my entire being to healing, transforming and connecting to spirit one baby step at a time to bring healing and plant seeds of transformation for others. Simply because I know how it feels and I want you to know you aren't alone and that true peace, love, happiness IS attainable. One small baby step at a time.

CHAPTER II

The Importance of Intuition

The importance of trusting your intuition

Using your own intuition is important because it allows you to tap into your inner wisdom and make decisions based on your gut feelings and personal experiences. Intuition can provide valuable insights and guidance in various aspects of life, such as problem-solving, decision-making, and creative thinking. It can help you navigate complex situations, trust your instincts, and make choices that align with your true self. While rational analysis is essential, intuition complements it by offering a more holistic and immediate perspective, often leading to more authentic and satisfying outcomes.

The Benefits

1. **Rapid Decision-Making:** Intuition can help you make quick decisions, especially in situations where time is limited or when there's no clear data to rely on.
2. **Personal Guidance:** Intuition is a valuable tool for making choices that align with your individual values, goals, and desires, leading to more authentic and fulfilling decisions.
3. **Trusting Yourself:** Developing and using your intuition can boost self-confidence and self-trust, enhancing your ability to rely on your judgment.
4. **Reduced Stress:** Trusting your intuition can reduce the stress associated with decision-making by providing a sense of certainty and inner peace.
5. **Enhanced Well-Being:** Making intuitive choices that resonate with your values can contribute to a greater sense of well-being and life satisfaction.



CHAPTER III

Intuition Tips and Techniques

Meditation



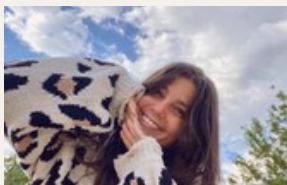
This is the fastest way to get comfortable in energy and understand yourself from a higher perspective. I like to think of meditation as play time. When we get comfortable with mediation we can understand what state we are looking for when it comes to that connection with self. With practice your abilities become stronger, your connection becomes stronger. It doesn't have to be complicated though. Head to YouTube and search "guided mediations" and just explore until you find what YOU like.

Breathework



Taking the time to focus on your breath can quiet the body and mind enough for you to actually hear, feel or know what your intuition is actually trying to say. Your intuition can't always be heard if our minds aren't in the present.

Mindfulness

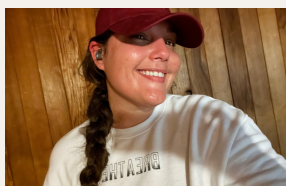


Notice your body, mind, soul, how is it feeling? Pay attention to your breath and tune into the environment around you. You are wanting to bring your awareness to this moment. What is your mind, body, soul, experiencing?

CHAPTER III

Intuition Tips and Techniques

Body



Your intuition can be felt in your “gut” its that “gut” knowing or feeling that can be what most people look for. Connecting, moving and loving your body can help build that connection with your own intuition. Moving your body and eating well allows your energy to clear giving you a stronger connection.

Nature



Connecting to nature is a fun way to practice using your intuition. Go for a walk and allow your intuition to guide you. Listen to your intuition, does it want you to go left? straight? Or are you feeling drawn to sit by a tree? How does it feel? Nature is a great way to practice, connect and explore you ability.

Higher Self



Our intuition is like the chord to our higher self. When we can get to know our higher self (our soul) we can then learn to trust in our intuition more with less doubts. Your higher self wants what is best for you, always!

CHAPTER III

Intuition Tips and Techniques

THE COMPASS METHOD



Imagine there is a compass where your “gut” intuition is, right around your belly button. That compass has arrows. You choose what the arrows can point to. For example, say you have 4 options to choose from but don’t know what to choose. Put the options on your compass (in your mind) and see where the arrow naturally goes to. Don’t second guess. If you need a confirmation, narrow it down to 2 options and see where the arrow points to.

The Yes/No Method



The Yes/No Method.

Similar to the compass method, imagine in your gut area that there is an arrow that points up. When you ask it a yes/no questions, the arrow will move right for yes and left for no.

(Ultimately you are in control, if you want to flip flop that you can)



The Energetic Chord

The Energetic Chord Method.

Imagine a energetic chord coming from your gut. That energetic chord can pull or guide your vision in a specific direction. For example, say you have two options to move. Write both options on a paper, where do you feel the chord going?

CHAPTER III CONTINUED

You deserve to live an aligned life that brings joy, connection and freedom

Developing your intuition is important and once it is time and you are ready to take it to the next level please, understand healing from what is keeping you disconnected from yourself and The Universe is key.

Intuition Vs. Ego

Listening to your intuition can be subtle. It may feel like a “gut” feeling or even just a knowing yet always calming. Ego tends to feel like fear, doubt or overly confident, loud. Your intuition will never bring fear into your world. Ego is attached to one's own desires, needs, and wants, while intuition is a feeling or inner knowing that comes from deeper within oneself. “It is often said that the voice of ego is loud and insistent, while the voice of intuition is quieter and subtler.”

By letting go of what you no longer need (beliefs, thought patterns, people), you will make room for new ways of being.



CHAPTER IV

Sustainable Intuition

How to live by your intuition

As previously stated, great relationships take time to build. To build a great relationship you need a solid foundation, right?

Ask yourself, why do you want to develop your intuition?

The answer may be obvious but it is important to know YOUR “why” for those moments we feel like giving up. Your why gives you something to look back on as to why you started in the first place.

Learning to trust yourself, your intuition and The Universe all at once can be overwhelming sometimes, give yourself grace through the process. Promise yourself you will try again and again, one baby step at a time.

Bring awareness to the choices you make. Did you listen to your intuition or no? Did you even ask your intuition? How did that work out for you? It is important to also hold yourself accountable. Be honest with yourself. Are you actually putting in the time?

Overall, allow yourself to have fun in your development. Implement it in your every day life. Starting small can be asking which direction you should go to work today. Next level could be asking your intuition what you should do today. Level after that could be asking what job you should take. Baby steps.



Sustainable Intuition

How to live by your intuition

- **Baby Steps** – Intuition is like a muscle that will always need to be worked out. I find it to be important to understand that this is a long journey. The more you give yourself grace, learn and be patient you will find success.
- **More Than A Feeling**– Learning to listen, trust and follow your intuition will change your life. Understand that developing your intuition is also opening up to deeper healing and major changes. Trust the process.
- **Practice** – This journey is a special one, it is important to be serious about it (I mean it is your life) but also learn to have fun with it in your daily life. (I mean it is your life) Having fun with it to me is allowing my intuition to lead just to see what magic unfolds for the day.

Tuning into your intuition is also tuning into your entire world. That includes the physical world as well as your emotional and spiritual one. Give yourself grace through the process of self discovery as well as love and patience. The journey isn't always easy but no one looked back and has regretted it yet.



Intuition Development

Intuitive Exercises

- Become aware of your own vibe. Sit with yourself and simply breath, meditate or even journal. Allow yourself to be in your heart space. When we become more aware of our own vibe we can be more aware when we are getting an intuitive hit.
- Now that you know how your vibe is, check out your space. Go to each room in your living and take a minute to breath, connect and see what you may feel.
- Give yourself 2-3 hours to let your intuition guide you. Whether through activities around the house or you hop in a car and allow your intuition to lead the way. The goal is to allow your logical mind to leave and build trust with yourself, your intuition and the universe.

You may be feeling drawn to go somewhere, do something, say something or life could be throwing you some sort of obstacle that redirects you, trust it. You may be exactly where you are meant to be.

For example, I wanted dinner one night and we couldn't go to our original spot. The next spot was packed excepts 2 seats at the bar so we sat down. Long story short, I ended up giving a message to the man sitting next to me. That message BLEW his mind because of his unfortunate series of events leading him to this chair next to me. The message I gave him was about his mother in law...where he proceeds to tell me he just dropped off his wife at the airport to go see her and on his way home his kid begged for this food from this restaurant and here we are....**TRUST THE UNIVERSE.**



Intuition Development

Intuitive Exercises

- Should you go A or B way to work?
- How should you start your day?
- Are you drawn to call someone?
- Do you have an urge to go somewhere?
- Do you feel you need to do something? (You'd be surprised how much your intuition just wants you to be, whether that is quiet, creative or active)
- Ask how you can take care of yourself better? Mind, body and soul. (Your intuition can help you in many many ways if you learn to trust it)

01

Connecting

Your intuition is majority going to come from the gut. Connecting to your body, mind and spirit will also be directly connected to your own intuition. In the beginning of your journey you may want to take a few deep breaths to relax your mind and body.

02

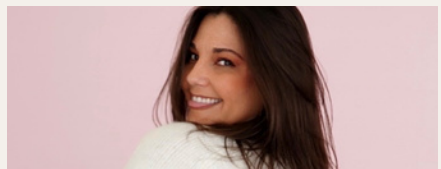
Trusting

When developing your intuition learning to trust it will be the first step. There is a connection to trusting your gut and trusting yourself. We will be strengthening that connection through life. Give your intuition decisions to make throughout your day. Trust what your gut is telling you and follow through.

03

Follow Through

Sometimes your intuition is going to guide you to something you may not understand. It is not always our place to understand in that moment. Look back at a time when you just "knew" you should do something or go somewhere, did you listen? What were the results? The difference between listening to your intuition and your anxiety is intuition shouldn't have fear involved. That doesn't mean the choice isn't a scary one to make but it shouldn't bring true fear to your world



CONCLUSION

This is the beginning of something good.

I know the first steps can be nerve wrecking but you don't have to do it alone! Make sure to follow my socials to connect not only to myself but others who are on a similar journey. (@jazminethemedium everywhere)

Are you looking for a little more personal information? Check out jazminethemedium.com to see if a reading is what could be the thing to help you breakthrough to the next level. Remember, knowledge is power, What does The Universe need you to hear?

Or maybe you are ready to take life to the next level and start really living your dream! I also have one on one coaching available for those ready to invest in themselves to learn to live an aligned life full love connection, happiness and peace.

JAZMINETHEMEDIUM.COM



JOURNALING PROMPTS

Trust Your Intuition



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How am I feeling right now? What is this feeling teaching me?

If I were able to fully trust my body, what would that look like?

IMAGINE HAVING A CONVERSATION WITH YOUR INTUITION AS IF IT WERE A WISE MENTOR. WHAT ADVICE DOES YOUR INTUITION OFFER?

Recall the best piece of advice you were ever given.

If I could change one thing about the world it would be _____ because _____. (Then write how the world would improve.)

THINK ABOUT A TIME WHEN YOUR GUT FEELING HELPED YOU MAKE A GOOD DECISION. WHAT CAN YOU LEARN FROM THAT EXPERIENCE?

WRITE ABOUT A CHOICE YOU'RE FACING RIGHT NOW. WHAT DOES YOUR INNER VOICE TELL YOU IS THE RIGHT PATH TO FOLLOW?

WHAT WOULD IT FEEL LIKE IF I WAS LIVING FOR MYSELF,
AND NOT OTHERS?

I WANT TO FEEL.....

The Words I need to hear are...

WHAT DOES LIFE MEAN TO YOU?

WHAT DO I DAY DREAM ABOUT MOST OF THE TIME?

WHAT IS SOMETHING I LIKE DOING ALL BY MYSELF?

Recall a vivid or significant dream you've had recently. What symbols or messages stood out to you? Reflect on how this dream might connect to your intuitive guidance or current life circumstances.

What is holding me back from moving forward?

IF I COULD TALK TO MY TEENAGE SELF, THE ONE THING I
WOULD SAY IS...

I feel like my best self when...

How does my heart feel when I imagine embracing my intuitive
gifts?

WHAT STEP SHOULD I TAKE NEXT IN MY JOURNEY?

IS THERE SOMEONE I'M AFRAID TO UPSET (OR DISAPPOINT) IF I
EMBRACE MY INTUITIVE GIFTS? IF SO, WHY?

REFLECT ON A RECENT SYNCHRONISTIC EVENT IN YOUR LIFE. WHAT WAS THE SIGNIFICANCE OF THE COINCIDENCE? HOW DID IT MAKE YOU FEEL, AND WHAT INSIGHTS DID YOU GAIN FROM IT?

LIST FIVE THINGS THAT MAKE YOU FEEL ALIVE AND CONNECTED TO YOUR INTUITION. HOW CAN YOU BRING MORE OF THESE INTO YOUR LIFE?

Reflect on a time when you felt a strong intuitive connection to a higher power or universal energy. How did it shape your spiritual journey?

DESCRIBE A SITUATION WHEN YOU IGNORED YOUR INSTINCTS AND LATER WISHED YOU HADN'T. WHAT LESSONS CAN YOU TAKE AWAY FROM THIS?

WRITE ABOUT A LIMITING BELIEF THAT HOLDS YOU BACK FROM FULLY TRUSTING YOUR INTUITION. HOW CAN YOU CHALLENGE AND LET GO OF THIS BELIEF?

RECALL A TIME WHEN YOUR INTUITION GUIDED YOU TO LET GO OF SOMETHING OR SOMEONE. HOW DID IT LEAD TO POSITIVE CHANGES?