



Inula Austin
Soul Growth ©
Igniting your
intuition

workbook



Intuition, also known as our sixth sense, is the ability to acquire knowledge without conscious reasoning. It can provide a bridge between the conscious and subconscious parts of our minds, but is bigger than both. Everyone is born with this very natural instinct that helps to guide us throughout life.

Developing our intuition may also help to connect us with other innate abilities, such as psychic & mediumship skills and with patience and the correct teaching we may go on to become attuned with the people of the spirit world. Often, due to fear stemming from conditioning in our early years, we forget that we have such abilities. When our higher self provides us with information, it is always for our very highest good because it comes from the broader 'us', the Self or Monad that is so closely connected to Source at all times. Our higher self only ever has our best interests at heart because it IS us.

When we use intuition we are in direct communication with our higher self, (whereas mediumship is communication with our discarnate loved ones, guides, or angels). We receive information from our intuition (aka the Higher self) all day everyday and we also receive intuitive information through our psychic or Soul Senses. Information flows to us from our energetic environment via our own energy fields ('Aura') and the energy fields of others. Once you are have confidence in your intuition, you may then wish to pursue the finer attunement required for Mediumship.

This workbook provides tips and tools to assist you in developing your intuitive connection with your higher self. I wish you every luck on your journey!

Bright Blessings,
Inula xoxo

Meet the clairs

The clair senses are psychic or Soul Senses that mirror the physical senses (seeing, smelling, hearing, tasting, and feeling). There are four main clairs; clairvoyance, clairsentience, clairaudience & claircognizance. The word 'clair' is French for 'clear'.

CLAIRVOYANCE

Clairvoyance is the ability to see images in your minds eye or in your inner, psychic vision. It is a spiritual gift that we all possess and that may take time to develop. Images can come as symbols, pictures or as movie reels projected onto the screen of your mind.

CLAIRSENTIENCE

Clairsentience is the ability of clear sense or feeling. It is the ability to feel with the body information regarding a situation without any conscious or prior knowledge. An example of this is walking in to an empty room after people have argued in there and feeling a residual sense of tension or low mood, despite knowing nothing of the argument. Within this clair come 'Clairgustance' which refers to receiving a psychic taste impression and 'Clairaliance' which is when we receive a smell or scent via our psychic faculties.

CLAIRCOGNIZANCE

Claircognizance is the gift of clear knowing. You have information about a person or subject without anyone giving you any knowledge of it. You will simply know that someone has a particular job or personality, that they've experienced specific things in their life. Only later to have that knowing confirmed. Claircognizance may show up as flashes of insight or inspiration or simply know an answer to a problem.

CLAIRAUDIENCE

Clairaudience is the psychic sense of clear hearing, although this is a misnomer. Clairaudience can be objective (when spirit voices or sounds appear to come from outside the person hearing them) and subjective (when the voices and sounds come from within the individual). Clairaudience uses the Throat Chakra and voice box of an individual and telepathy, not the ears.





Ego versus Soul

The primary function of the ego is ensuring our survival. You can recognise ego by its volume; it is much louder than the voice of your intuition, which is often quieter or a feeling of knowing. The ego's voice often comes from a place of fear, judgement and may be negative and critical. Sometimes it is that voice that tells you you're not good enough or worthy. Try sitting quietly as often as possible to practice identifying the voice of your ego and the softer, loving, joyful voice of your soul. Remember that you are the OBSERVER of these thoughts and not the thoughts themselves. Acknowledge these thoughts of the ego and begin to slowly change

feel into your heart

One of the quickest ways to lessen the grip of your ego and allow the intuition of your soul space, is to drop into your heart and feel the energy that surrounds it. Feel the love and gratitude that it holds. By connecting to the highest vibration of love, we allow ourselves to disconnect from our self imposed constraints. Listen to the ego less and the soul, more.

practice:

Sit quietly and place your dominant hand (the one you write with) on your heart. Focus on something that you love and are grateful for. Do you feel the vibration in your heart chakra? Do you feel the warmth the feeling creates? Sink into the natural sensation as it expands throughout your being. This is the state that you should try to be in as you connect with your intuition.

Our own fears and constant thoughts can keep us blocked from receiving intuitive messages. By being in a state of love and gratitude, those messages can come through easier.

ask and it is given

The key that opens the door to your connection with your higher self & intuitive skills is your intention to do just that. How many times do we really ask for what we want in life? The Universe will respond in kind to any positive declaration you make.

Take some time during meditation, prayer, or journaling to consider what abilities and clairs you would like to develop and set the intention to receive them.





It is important to remember that where intention goes, energy flows.

The more we focus on spiritual growth, physical wellness, and emotional balance, our vibrations will begin to rise.

What makes me feel grateful?

What steps can I take to raise my vibration?

What brings me joy and how can I incorporate more of it into my life?

Blocks to developing your intuition

Our intuition has a hard time speaking to us when we are constantly living in the past or in the future. Our thoughts about past events or anxiety about future ones can draw our focus away from being in the present moment.

Try to stay present

- 1 Scan through your body, head to toe and feel for any areas of discomfort or tension
- 2 Set a mindfulness reminder on your phone
- 3 Ground yourself in the moment by finding 5 things you can: hear, touch, smell and see.

Know thyself

One of the biggest challenges we face when developing our intuitive abilities is our own fear and distrust in ourselves. Fear blocks the natural flow of intuitive insights. This is why any spiritual or intuitive development should always be balanced with personal development and self awareness. Learn where your triggers lie; do you act from an adult stance or defer to the child when challenged? What personality traits (positive and negative) do you have? How do you people please or manipulate others? We all carry emotional baggage which must be healed if we are to work honestly and lovingly with ourselves & others.

If you dismiss your gut feelings or insights due to your fear of being wrong, you may wish to ask yourself why? Do you stand in your own power often? Do you speak up even when it is hard to do so? Do you voice your opinions with compassion for others?

Intuition finds it difficult to flow past fear and emotional blocks. Spiritual journeys are based in healing of the self, which is an ongoing process. You deserve to recognise and release all the parts of you which no longer serve your very highest good or anchor you to the past, places, people or situations. Use a journal to write freely about yourself & habits.



Affirmations

Affirmations can assist in creating a gentler more compassionate view of ourselves. Try using simple 'I Am' statements to help your personal development and self awareness. If a certain affirmation feels too difficult to say right now, go deeper & find out what erroneous beliefs you may hold about yourself.

- I am enough
- I am divinely guided and protected
- I am strongly intuitive
- I am loved and loveable

Trust Trust Trust!

Often our own minds are the greatest block to receiving intuitive information from our higher selves. The conscious mind has a hard time trusting or believing anything outside of our physical experience in this material world, where we have become so reliant on our five physical senses.

By doing this, we rationalize ourselves out of believing the information we receive is correct.

The more we work to develop and work with our intuition, the more we learn to trust the information we are receiving through our soul senses.

What is your biggest block to receiving intuitive information? Write down the false stories you tell yourself or your fears and ask for the universe & angelic realm to help you to release them:





Raise Your Vibration

Your vibration is your personal energy frequency that your being vibrates at. Your vibrational frequency is based on your inner thoughts, beliefs, and your physical wellness, your words and actions. The ways in which you treat yourself and others directly influences your vibration.

The higher your vibration, the faster your energetic frequency vibrates. The higher your vibration, the more closely you may be attuned to the spiritual realms and to your own spirituality. If your vibration is low, you will be more drawn to the physical realm and to materialism.

Raising your vibration is important in developing your intuition. When we have a lower vibration and aren't feeling our best, our intuition can become harder to hear or feel. When our vibration is high, it is easier to sense guidance from our higher selves. Our Base or Root Chakra vibrates at the slowest rate of all (it's red colour is the lowest vibration on the visible spectrum). The frequency of vibration of each chakra raises as we ascend through them to the 7th, the Crown Chakra, which has the highest vibration of the 7 Chakras (violet being the colour with the highest frequency on the visible spectrum).

In addition, a higher vibration is important when communicating in with spirit. The vibration of the spirit world vibrates at a higher pace than our human world. In order to strengthen our communication with spirit, we need our vibration to match.

Ways to raise your vibration:

- Meditation
- Prayer
- Notice negative thoughts and change them
- Eat fresh, organic and local when possible
- Drink spring water
- Regularly detox from msm, gossip and social media
- Exercise – anything to get moving
- Get enough rest
- Practice gratitude – write in a journal
- Read happy, uplifting, joyful & spiritual books
- Make time for holistic treatments
- Use essential oils that are high in vibration (rose, frankincense, lavender)
- Feng Sheui your space

meditation

A close-up photograph of a woman's neck and chest. She is wearing a gold chain necklace with a small, dark, teardrop-shaped pendant. A smudge stick is held vertically, with its charred, white-smoked end resting against her skin. Her hands are visible, one on each side of the stick, with dark red-painted fingernails. She is wearing a gold ring on her left hand. The background is a warm, out-of-focus orange.

Meditation is an important part of learning to develop your intuition. Meditation is a practice to achieve a mentally clear and emotionally calm state of being. It can be used to promote relaxation, stress reduction, or strengthening your connection to Spirit. This allows your personal rate of vibration to speed up very gently, which is in itself, the act of attunement. When this state of quiet inner calm is practised it becomes easier to maintain a connection to your intuition 24/7. It is not about silencing the mind, but simply turning down the volume (especially on noisy ego, who will no doubt be telling you right now 'you could never do that!').

.The practice of meditation does not need to be difficult.

TIPS FOR MEDITATION

- Turn off your phone
- Start with 5 minutes of mindfulness
- Simply observe the breath. Whenever you find that your mind has wandered, return focus.
- Listen out for critical ego!
- Don't follow the thoughts, let them float by like clouds in a summer sky.
- Use soft background music, incense or candles.
- Meditation is like exercise, it needs to be done regularly to reap any benefits, eventually it will get easier.

Guided Visualisations are great if you find it difficult to simply sit with your own thoughts, though I would suggest that you ask yourself why that is? (If your stress levels are too high, you are anxious, depressed or have suffered trauma please seek help from a registered mental health practitioner or therapist. You should NOT be undergoing any type of spiritual or psychic development if you suffer from any emotional or mental imbalances as these issues may be magnified by development.)

There are FREE Visualisations to download on www.soul-growth.com

monthly meditation tracker

Keep track of the length of time of your daily mediation. Watch to see if the amount of time you can meditate for increases over the next 30 days.

SUN	MON	TUE	WED	THU	FRI	SAT



d r e a m s

During our sleep time, our astral bodies loosen from the shells of our physical bodies and travel out into the adjacent realms of the Spirit World. We are always connected to our physical bodies by an umbilicus known as The Silver Cord, which means that we cannot get lost. Often these trips out to other worlds cannot be remembered in detail by our conscious minds and get mixed in together with all of the detritus of our thoughts, actions, fantasies and fears. When we wake up we are often left with a mish-mash of memories.

Psychotherapists such as Jung and Freud made much of the symbolism of dreams. Our dreams may offer deep insight into our psyches and give us guidance along our spiritual and developmental journeys.

You can use your dream time to dream lucidly, eat up with friends and astral travel. I believe that when we dream our most vivid dreams of loved ones in the Next World, it is because we have spent time with them there. Other dreams are guidance in the form of symbols and fairytales.

Try keeping a dream journal next to your bed or jot down anything you remember from your dreams during the day.

Our dreams may hold important clues

get creative

Creativity allows us to tap into inspiration ('inspired by spirit') and intuition. When we are engaging in a creative activity, such as drawing, painting or gardening, our mind quietens and may allow our intuition to drop onto the still waters of our minds

In addition, the engagement in repetitive movements such as running, cooking, painting, beading, or others can calm the cognitive mind and open your intuition.



dream journal:

DATE: _____

About the dream:

How do I interpret the dream?

Patterns, themes & symbols:

trust your body

Take time throughout the day to check in with how you feel and what your body is telling you. Our intuition speaks through our body and the more aware of our feelings we are, the more sensitive we become.

A great example is to pay attention to the feelings you get when you are trying to make a decision. Does the decision feel light or does it feel heavy? Does it give you a sick stomach or butterflies from excitement? Those feelings could be a “gut” instinct of what decision is right for you.

Trust these feelings and practice tuning in to your body when a decision arises that you must make.

Muscle Testing

Muscle testing, or Applied Kinesiology, is a way in which we can receive tangible answers from our higher self. Our bodies can not lie or differentiate between true or false and yes or no when asking a question.

practice:

1. Stand with your feet shoulder width apart.
2. Place your hand across your chest and relax.
3. Ask yourself a question that you are in need of an answer. If your body sways forward it means yes. If your body sway backwards, it means no. If your body stays still, it means you need more information, or it is neutral.





journal

Starting a journal is one of the best ways to begin understanding yourself which in turn will help you on your spiritual development and your intuitive connection. Through the process of journaling, you get a better understanding of yourself. You learn to be honest about what it is that motivates you, what you fear, what you would like your life to look like and how you may take steps towards realising that life.

WHO ARE YOU?

When you take away your name, the roles that you play, your familial links, hobbies and occupation, who are you?

This is such an important question to ask yourself and contemplate. Without knowing who you truly are you cannot hope to live your life in authenticity and that is what it takes to work responsibly with your intuition.

I would like you to start a journal page entitled 'Who Am I?' Peel back all of the layers, release all of the titles and characteristics, all of the parts you play in everyone else's lives. What is left?

You are a part of the Divine Source currently focused into a physical body. Once you understand that, a whole world of possibilities opens up to you.

breathwork

Taking time to focus on your breath can quiet your mind and body enough to allow for intuition to speak. In addition, breathing allows for Life Force energy to flow through us unrestricted.

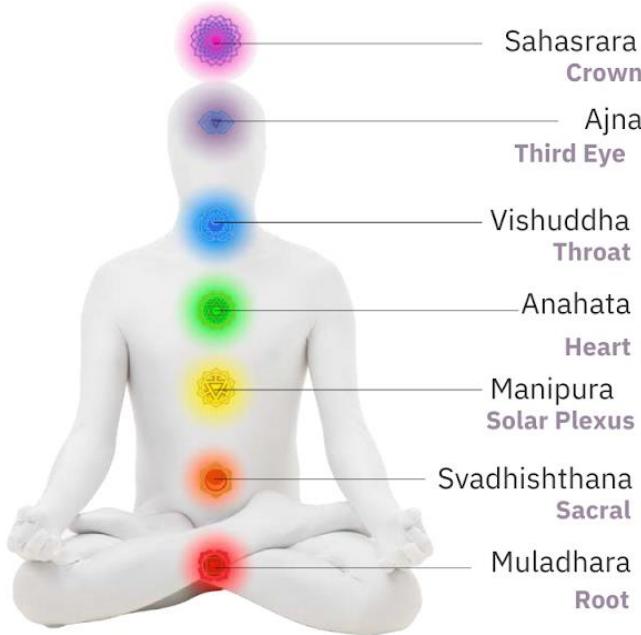
practice:

Breathwork activity

1. Sit upright and get comfortable.
2. Mouth closed, breathe through your nose only.
3. With each inhale, expand your lower belly outwardly as your lungs fill with air. (This also helps to activate the soothing parasympathetic nervous branch.)
4. With each exhale, contract your lower belly inwardly towards your spine as your lungs empty of air.
5. Inhale for four counts. Hold until no longer possible.
6. Exhale for 12 counts.
7. Repeat steps five through seven for a minimum of 13 rounds. (This is just over five minutes.)

Source: calmwithyoga.com

7 Major chakras



your chakras

Chakras are spinning wheels of energy that vitalize the body. Humans have seven major chakras that include the crown chakra, third eye chakra, throat chakra, heart chakra, solar plexus chakra, sacral chakra, and root chakra.

Chakras take in life force and cosmic energy and sends it to the different parts of the body that they govern for nourishment. When someone's chakra becomes underactive, the life force energy flow becomes sluggish and stagnant. On the other hand, if the chakra is overactive the energy flow may be too fast. Either may lead to physical and mental ailments.

While many of the chakras play a part in intuition, the Third Eye chakra is the center for psychic sight, the Solar Plexus, psychic knowing and sensing and the Throat Chakra, psychic 'hearing'.

CROWN – 7th CHAKRA

- Associated with Source, divinity, wisdom, and a higher purpose
- Connected to cerebral cortex, pituitary gland, central nervous system

THIRD EYE – 6th CHAKRA

Associated with mindful knowing/intuition
Connected to pituitary gland, face, brain, lymphatic system, endocrine system

THROAT – 5th CHAKRA

- Relates to sense of hearing, learning, abilities, communication, responsibility for your own action, intuition, Truth
- Connected to ears, throat, neck, teeth, thyroid gland.

HEART – 4th CHAKRA

- The Heart chakra is the center of love. It opens us to experience love for ourselves and others, universal compassion
- Connected to heart, lungs, circulatory system, shoulders, upper back.

SOLAR PLEXUS – 3rd Chakra

- Associated with self-esteem, confidence, natural instincts, world view
- Connected to small intestine, liver, stomach, pancreas, gall bladder

SACRAL - 2nd Chakra

- Associated with creativity, sexuality, self-worth, intuition.
- Connected to sexual organs, kidneys, bladder, large intestines

ROOT - 1st Chakra

- Associated with our basic survival needs, courage, stability, passion, manifesting, connection to Mother Earth
- Connected to hips, legs, lower back

Dowsing the answer

Using a pendulum is another great way of connecting with your intuition. Pendulums are readily available online and from spiritual supply shops. Begin by using your intuition to pick the right one for you- don't second guess it! Cleanse your pendulum with sage, incense or place in sea salt. Then solar or lunar charge. Take time to sit with your pendulum, to get to know each other. Does its energy feel masculine or feminine?

Programme

Take time to programme your pendulum. Just like any esoteric tool, you must set your intention within it, by asking it to work only for your very highest good and the highest good of all. If you are using it to send healing, dowse for missing items or anything else specific, include that too.

Yes or no

Next find out which swing indicates a 'yes' answer and which denotes a 'no'. To do this hold your pendulum still and ask (outloud or internally) 'show me yes'. Wait for the pendulum to swing (it could be north/south or east west) then ask 'show me no.' Wait for the direction of the swing in response. Then test these directions by saying 'my name is....' (give a false name). The pendulum should swing in the 'no' direction. Then say 'My name is...' (give your correct name). The pendulum should swing in the 'yes' direction. A pause in movement or a circular swing usually means 'don't know' or may mean that you need to phrase your question differently..

TIPS For Dowsing

- Take time to create a calm mind & space, meditate for a few minutes before hand.
- Make sure your pendulum is cleansed & charged
- Set your intention; what are you seeking?
- Pendulums reflect our own psychic energy.
- Ask your question then clear your mind.
- Trust in yourself, you are able to connect with the wisdom of your higher self if you relax.
- Cleanse and charge your pendulum after use.





angel & oracle cards

Angel and oracle cards make an ideal tool for connecting to the wisdom of your higher self and divine wisdom from Source-God and the Angelic Realm. They provide an easy and fuss free divination tool to practice flexing your intuitive muscles regularly. Decks are easily purchased online and on the high street and range in price. The artwork and guidance on decks differs enormously and there really is something for everyone. You may wish to keep notes about your progress reading the cards, in your journal.

BEST DECK

Use your intuition to choose the right deck for you. I would advise going for simplicity, if you're a newbie, something that resonates with you personally. Stay away from traditional Rider Waite tarot cards unless you are more experienced and familiar with their meanings or feel very drawn to use them. (I only say this as they are at the more advanced level of card reading.)

MYTH

There are many myths and old wives tales surrounding oracle and tarot cards. Some people say that you shouldn't buy your first deck of cards yourself, others believe that you should never use second hand cards. There is no basis of truth in any of these myths, so don't let them hold you back from purchasing and connecting with the deck that appeals to you!

CLEANSE & CHARGE

I like to cleanse my decks before I use them and I smudge them using either sage or incense. I generally shuffle through them too before I use them and transfer my energy onto each card. In between use I keep my cards out on a surface with quartz crystals on top of them. These are my own personal routines, please feel free to use your intuition to create your own.

WORKING WITH YOUR CARDS

As with a pendulum or any other spiritual tool, sit with your cards and connect with them. Set your intention, let them know how you wish to work. Pull one card everyday for a month. If the card includes keywords or phrases, you may wish to work with these or choose to read more into the symbolism, artwork and pictures on the card. Go with your first impressions, what is that card saying to you? Remember, the first answer is usually intuition, the second, ego.



Additional tools + practices

There are so many ways in which you can practice your intuitive skills however, please remember to work ethically when practising with other people. Don't be tempted to tell them anything that you would not wish to hear.

Scrying is a very ancient method that has been used by indigenous peoples worldwide for millenia to predict everything from harvests to the sex of babies. Infact, you can try the latter for yourself; put a ring belonging to your subject onto a necklace chain. As with a pendulum, set your intention to find out the sex of future children. Then ask the ring and chain: 'Show me female' and 'Show me male.' Hold the ring on the chain over the lower abdomen of your female subject and wait for the energies to do their work. Be warned that this should be done ethically and as a little fun.

Scrying can be done using an egg broken into a glass of water, tea leaves, warm wax poured into cold water, a bowl of water and any shiny or reflective surface. Relax your gaze, and stare 'through' the substance. You may see symbols, images or shapes in wax or tea leaves, images may arise in your inner vision and you may hear words, names or other information. Allow yourself to be fluid and go with first impressions.

Scan the Room

Sit quietly in a room, park, office, or even a restaurant and notice the sights, sounds and scents around you. Which areas feel most and least inviting. The more you become aware of your surroundings, the easier you will notice changes in the energy around you.

Practice Sensing People

See what kind of information you can pick up from people before talking to them. An easy person to test this on is your co-worker, partner, or child. Start in the morning by asking your higher self what the person's mood will be like. Allow your intuition to tell you about the person through pictures in your mind, thoughts, or gut feelings. Please remember to respect peoples privacy.

Practice Reading Objects

Reading objects is an exercise called psychometry (which comes from the greek meaning 'a measure of the soul of things'.) This is the ability to intuit information about a person by touching an object that has belonged to them.

Before holding an object associated with another person, you may wish to rub your hands together until they get hot. Then, hold on to someone's personal object (this can include a car keys, jewelry, or even clothing items). Allow your intuition to tell you about the person through your mind, thoughts, or gut feelings.

Practice Reading Photos

Practice picking up information on people and their personalities through images. Before you meet someone, look at a pictures of them and allow your intuition to tell you about the person through your mind, thoughts, or gut feelings. When you meet the person, see if your hunches are correct.

You can also try looking at old family images from family members you haven't met. Write down your intuitive guidance and ask someone if you are correct.

notes



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