

AWAKEN YOUR INTUITION

A Beginner's Guide to Trusting Your Inner Voice

Trust yourself. Listen within. Grow your intuitive awareness.

Healing Hearts Medium
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This gentle guide will help you slow down, recognize the ways intuition may already be showing up, and begin understanding your own personal intuitive language.

A Note From Theresa

If you picked up this guide because you've been wondering whether you're intuitive, I want you to know something I wish more people understood:

Intuition doesn't always feel extraordinary.

For me, intuitive experiences have been part of my life for many years, but that doesn't mean I always recognized them for what they were. I've questioned myself, second-guessed what I was receiving, and wondered whether something was intuition or simply my imagination.

Over time, I began to understand that intuition often comes quietly. It can be a thought that seems to appear from nowhere, a feeling in your body, a mental picture, or simply knowing something without being able to explain why.

One of the things I've learned through my own experiences - and through working with others - is that developing intuition isn't about trying to become someone you're not.

It's about learning to recognize **how your own intuition already speaks to you.**

As you work through this guide, don't worry about getting everything "right." Stay curious. Write down what you notice. Pay attention to your first impressions. Most importantly, give yourself permission to trust yourself a little more.

You may discover that your intuition has been speaking to you for a very long time. **You were simply learning how to listen.**

With love,
Theresa
Healing Hearts Medium

Welcome

If you feel drawn to intuition, you may already be noticing it in small ways. Perhaps you think of someone just before they call. You enter a room and immediately sense the mood. You have a strong feeling about a decision before you can explain why. Or a thought appears quickly and later turns out to be meaningful.

Intuition does not always arrive dramatically. Often it is subtle. A quiet first impression can quickly become buried underneath doubt, analysis, fear, or the desire to be certain.

Developing intuition is about becoming familiar with yourself: your body, thoughts, emotions, patterns, and the way a genuine inner nudge feels to you.

Use intuition alongside good judgment. This guide is for education and personal reflection. Intuitive impressions should not replace professional medical, mental-health, legal, financial, or safety advice.

Begin With Grounding

Grounding helps bring your attention out of racing thoughts and back into the present moment. It gives you a calmer starting point before practicing intuition.

- Place both feet on the floor and notice the support beneath you.

- Take three slow breaths.
- Imagine roots extending from your feet into the earth.
- Notice your shoulders, jaw, hands, and stomach. Let them soften.
- Bring awareness to your heart space and simply observe.
- Ask: What am I feeling physically, emotionally, and mentally?

How do you feel after grounding?

What Is Intuition?

Intuition is commonly described as an inner knowing or impression that arrives without a long, conscious reasoning process. It may show up as a quick thought, body feeling, mental image, word, sudden clarity, or simply a sense that something deserves your attention.

Your intuition may not feel like someone else's. The purpose of practice is to discover your own patterns.

Everyday examples might include:

- Thinking about someone moments before hearing from them.
- Feeling drawn toward or away from an option before analyzing it.
- Having a first impression later supported by more information.
- Receiving a creative solution after you stop forcing the answer.
- Noticing expansion, heaviness, calm, or tension around a choice.

The First Impression

Notice what arrives first. Once the thinking mind takes over, we may add explanations, stories, fears, and expectations. Write the first impression down before deciding what it means.

When Intuition Keeps Knocking

For years, I had intuitive feelings long before I fully understood what they were. One of the clearest examples happened not once, but three different times with my ex-husband.

The first time, I had an overwhelming feeling that I didn't want him to go to work. I couldn't explain why. I just knew something didn't feel right. I asked him not to go.

He went anyway.

That day, he was in a serious accident and rolled his truck three times.

Later, it happened again. I had that same unmistakable feeling and asked him not to go to work. Once again, he went. That day, he was attacked by a pit bull. That incident ultimately became part of a chain of events that led to our move from San Diego to Oregon the following year.

Then there was a third time. I looked at him before work and something felt wrong. He looked tired to me, and I had a strong feeling that he wasn't in the right frame of mind to be working that day. I asked him not to go.

He went.

A tree fell on him and nearly killed him.

Three different times. Three warnings I couldn't logically explain. Three times something serious happened.

My ex-husband was a stubborn man, and he never really understood or trusted my natural intuitive abilities. For many years, I didn't fully understand them either. His lack of support for my gifts eventually became one of the challenges in our relationship.

But those experiences taught me something I have never forgotten:

Intuition doesn't have to explain itself before we listen to it.

Sometimes there is no vision, no voice, and no dramatic spiritual experience. Sometimes it is simply a feeling in your body saying, *Something isn't right*.

I spent many years learning to trust that feeling instead of talking myself out of it. And that is something I want you to learn much sooner than I did.

You don't have to be able to prove your intuition to honor it.

Intuition vs. Anxiety

This is one of the most important distinctions to practice. There is no perfect formula. Rather than assuming every strong feeling is intuitive, look for patterns over time.

Intuition may feel...	Anxiety may feel...
Brief, simple, or immediate	Repetitive, looping, or difficult to turn off
Quiet or matter-of-fact	Urgent, fearful, or pressured
Like one clear nudge	Like many competing "what if?" thoughts
Present without demanding certainty	Driven by a need to know or control the outcome
Easier to observe after grounding	May remain activated even when no immediate action is needed

Try this: Ground first and ask, **"What was my very first impression before my mind started explaining it?"**
Give yourself permission not to act immediately.

Reflection: When have you experienced a quiet first impression? How did it differ from worry?

The Four Intuitive Senses

Clairvoyance - Clear Seeing

Mental pictures, symbols, colors, faces, scenes, or flashes in the mind's eye.

Clairaudience - Clear Hearing

A word, name, phrase, song, or sentence appearing distinctly in your mind.

Clairsentience - Clear Feeling

Emotional impressions, atmosphere, or sensations in your body.

Claircognizance - Clear Knowing

Simply knowing something without understanding where the thought came from.

You do not need to choose one clair. Notice which experiences repeat naturally for you.

Which intuitive sense feels strongest or most familiar?

Practice 1: The Symbol Test

Close your eyes, breathe, and ask what symbol wants your attention. Notice the first color, object, image, word, or feeling. Write it down before interpreting it.

What did you receive?

What does it mean to you personally?

Practice 2: Yes / No Body Signals

Think of a statement you know is true and notice your body's response. Then think of something you know is false. Compare the sensations. There is no required response.

YES feels like:

NO feels like:

Practice 3: Energy Awareness

Think of someone you know well. Without trying to predict anything, notice the first neutral impression: a color, emotion, memory, word, image, or body sensation.

My first impressions:

Practice 4: Everyday Intuition

Practice in low-stakes moments. Guess the time before checking it, notice who comes to mind before opening a text, or guess red or black from a shuffled playing card. Record your first response without judging yourself.

The point is not to prove an ability. It is to recognize your first impression and become comfortable being wrong sometimes.

When Someone Suddenly Comes to Mind

When I was in my early twenties, I had a good friend who moved from San Diego to Florida.

As often happens in life, we eventually went in different directions. We hadn't spoken for more than a year, and I really didn't know what was happening in her life anymore.

Then one day, completely out of the blue, I had a **very strong feeling about her**.

There wasn't a reason for it. We hadn't been talking, and I hadn't heard that anything was going on. I simply felt strongly that I needed to reconnect with her.

This was long before we could look someone up on social media or send a quick text, so I went to her mother's house to get her phone number.

When I asked for it, her mom looked confused. She said, **"Are you sure you haven't talked to her?"**

I assured her that I hadn't. In fact, we hadn't spoken in over a year.

That's when her mom told me something I had absolutely no idea about: **my friend was on her way home from Florida at that very moment and could arrive at any time.**

About five minutes later, she pulled up.

I had gone more than a year without speaking to her, yet on the very day she was returning home - and only minutes before she arrived - I suddenly felt strongly enough about her to go to her mother's house.

Experiences like this helped me recognize something about my own intuition.

Sometimes intuition doesn't come with a warning or an important message. Sometimes a person simply pops into your awareness for no obvious reason.

When that happens, pay attention. You don't have to immediately decide that it's psychic or spiritual. You can simply notice it.

Who came to mind? How suddenly did the thought arrive? Was there an obvious reason you were thinking about them? And what happened afterward?

The more you notice these little moments, the more you begin to recognize the unique way **your intuition communicates with you**.

What Can Block Your Trust?

- Overthinking and changing your first answer.
- Fear of being wrong.
- Trying so hard that you begin inventing details.
- Wanting a particular answer too strongly.
- Comparing your experience with someone else's.
- Expecting intuition to be dramatic.

Discernment: Ask Better Questions

- What did I notice first?
- What facts do I actually know?
- What am I afraid might happen?
- What outcome am I hoping for?
- Does this still feel clear after grounding?
- Do I need to act now, or can I gather more information?

Intuition and discernment can work together. Honor an inner feeling while still checking facts and using common sense.

A Simple Intuition Activation

Place one hand over your heart. Take three slow breaths. Imagine a soft light in the center of your chest becoming brighter with each breath.

I trust myself.

I allow myself to notice.

I am open, grounded, and curious.

I do not need to force an answer.

Building Your Intuitive Journal

Date each entry and record your impression before you know the outcome. Over time, look for repeated patterns.

- What was the situation?
- What was my first impression?
- How did it show up - seeing, hearing, feeling, or knowing?
- What emotions or expectations did I already have?
- What happened afterward?
- What did I learn?

Your 7-Day Intuition Practice

Keep these exercises light and low-stakes. Record what you notice before checking the outcome.

Day 1 - First Impression

Before checking your phone, notice who you think may have messaged or called.

What I noticed: _____

Day 2 - Body Awareness

Choose between two ordinary options and notice your body's first response.

What I noticed: _____

Day 3 - Symbol Practice

Ask for a color or symbol. Write down the first one and what it means to you.

What I noticed: _____

Day 4 - Quiet Mind

Spend five minutes grounding and notice thoughts, feelings, images, or words.

What I noticed: _____

Day 5 - Atmosphere

Before entering a familiar place, notice how you expect the atmosphere to feel.

What I noticed: _____

Day 6 - Yes / No

Repeat the body-signal exercise using statements you know are true or false.

What I noticed: _____

Day 7 - Review

Review your notes. Which type of impression appeared most often?

What I noticed: _____

Supportive Affirmations

- I trust my inner knowing.
- I give myself permission to slow down and listen.
- I am learning the language of my own intuition.
- I can be open and grounded at the same time.
- I do not have to force an answer.
- My confidence grows through gentle practice.

Closing Reflection

What have you learned about the way intuition communicates with you?

Which exercise felt most natural?

What would you like to practice next?

Awaken your intuition. Trust yourself. Grow together.

**With love,
Theresa**

Healing Hearts Medium

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