

# Your Intuition Magic

empowering your intuitive self



Dr. BethAnne K.W.

*Hello gorgeous soul!*

**Did you know your intuition is speaking to you all the time?**

Helping your logical mind weave together your intuitive mind's perceptions, senses, dreams, resonance, and so much more in meaningful ways.

Helping you notice patterns and concurrence in the world around you, as you learn to interpret, understand, and work with the signs, symbols, and synchronicities in your life.

Helping you receive wisdom, guidance, and support from the ethereal and energetic realms that you may not be able to see with your eyes, but you can feel in your heart.

Helping all of this come together in a way that offers you clarity, insight and knowledge to help guide you on your path.

*And as we grow our understanding of our intuitive mind, our awareness of how our intuition works grows too, helping us continually discover and deepen the multifaced ways our intuition speaks.*

**So, how can we learn to access our intuition magic, so we feel more empowered and equipped to trust it?**

By creating space to hear our intuitive voice and developing practices that bring us into our heart and shift us into a state of receptivity, so we can begin to listen, deepen our self-awareness, and discover our unique intuition magic.

And that is why I created *Your Intuition Magic* as a workbook to help give you new tools, ideas, and insights for your intuitive exploration!

The following pages are a fun, free flowing, creative mix of words, inspirations, activities, and prompts designed to open your mind and your heart to the beautiful world of intuition and support your process. Make this your own—print it off if you like, work with what resonates with you, use it as a tool to help you contemplate and discover yourself in new ways.

**And know, energy is real. Our intuition is real.** *The truths we can sense, perceive, feel, and see in our mind's eye are very real.*

And you are absolutely empowered by spirit to keep claiming and growing your intuition magic.

*Dr. BethAnne K.W. ♥*



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ONE OF THE BEAUTIFUL  
THINGS ABOUT WORKING  
WITH OUR INTUITION  
AND LEARNING TO  
RECEIVE MESSAGES FROM  
THE UNIVERSE IS LEARNING OUR  
LANGUAGE OF SOUL.  
THIS IS THE HOLY MYSTERY.  
THE ALCHEMY OF SPIRIT.  
WHICH CAN ONLY BE  
UNDERSTOOD THROUGH  
THE HEART AND  
A VIVID, JUICY, QUANTUM  
RELATIONSHIP WITH LIFE'S  
CUES AND CLUES.



## You and Your Relationship to Intuition

Before you go deeper into this workbook, I'd like you to take a moment and think about where you're at with your intuition, what your present understanding and practices are, and what, where, and how you'd like to experience intuitive growth.

Some people have been working with their intuitive self for a while, and some people are more new to the journey, and we're all good wherever we are and doing beautifully, wonderfully, and perfectly okay.

*Learning how our intuition speaks is not a set equation, and it's certainly not a linear path.* It is a spiral of coming deeper into ourselves as we unravel and reweave our understanding of our intuitive voice and the multidimensional web of knowledge our intuition connects us to!

Here's a few questions to help you check in with yourself. Know there are no right or wrong answers, this is about you observing where you're at and practicing the intuitive art of curiosity and self-discovery.

1. When do you feel most in touch with your intuition? Is it when you're in nature? When you're journaling? A certain time of day? Contemplate when you feel most aware of your intuitive self, and if you don't know the answer to this, contemplate how you might make space to connect more deeply with your intuition.
2. What is your relationship to your feelings? How comfortable are you exploring them? Have you ever thought about your emotions as a source of tapping into intuitive knowledge? How can you allow your emotions to be wisdom teachers in your life?
3. Do you see yourself as intuitive? Do you trust your intuition? What perceptions, beliefs, and values do you have regarding intuition? Do these feel limiting or expansive to you?
4. Think about a time where your inner knowing tried to tell you something and you didn't listen-- reflect on the experience and why it can be hard to trust our intuitive self.
5. How do you differentiate between your intuitive voice and your mental chatter? If this is hard for you (and it's hard for a lot of people!), contemplate what might be different about how the mind/logic speaks vs. how our intuition/heart speaks.
6. Did you know your heart has its own form of language that is different than the structured thoughts of the mind? What do you think your heart language is? When you think about this question consider what lights you up and makes you glow.
7. Where would you like to see intuitive growth in your life? Would you like to feel more spiritually connected? More self-aware of what's in your heart? Better able to work with your dreams and divine meaning? Take a moment to own and claim who you'd like your future intuitive self to become.

### 3 Simple Ways to Work Your Intuition Magic

#### 1. Start an Intuition Journal:

The easiest way to grow confidence in your intuitive voice is through making space for consistent observation and exploration. Think of yourself as a cosmic archaeologist, who learns about the intuitive process through discovery, curiosity and noting patterns. Use your journal to write down anything you sense, feel, notice, dream, and resonate with.

If you feel called to use accompanying intuitive tools (cards, oils, music, crystals, etc.) fold this into your practice as well. Then, JUST STAY OPEN, and see what shows up over time. Make notes. Observe. Write down anything that feels meaningful, even if you don't understand exactly why. See what you can learn from the process about *how* your intuition works. Remember that practice, experience, and self-awareness are what develops our intuitive voice and allows us to trust and strengthen it.

2. **Begin thinking about yourself as an intuitive being:** Paradigm shifts begin when we deconstruct old ways of thinking and construct bigger ways of thinking that support the whole of who we are. If you want to be more intuitive, then begin with thinking of yourself as intuitive! It's okay if you still have a lot of growth to experience in this area—we are all growing, at our own pace, in our own time, all the time!

Need a few ideas to swap out old thoughts that limit you and embrace new ones that empower you? Try these affirmations:

- *I am an intuitive being who is learning and growing as I go.*
- *Intuition is my birthright-- I return to my core self when I access my intuitive potential.*
- *My intuition fully supports me and guides me, and I can trust myself.*
- *Each time I allow myself space to perceive, discover and grow my intuitive voice, I work and strengthen my intuition magic.*

3. **Cultivate an attitude of curiosity and trust:** Working our intuition magic isn't just about learning how to listen and receive! It's learning how to interpret and understand as well. This is where most of us get blocked, because often we instantly want to know what something means. But I have found it is much more helpful to allow the process to unfold and trust that the truth of the message will come through in time.

If we want to rock our intuitive badassery, we have to lose the attachment to figuring it out right away and instead cultivate the attribute of patience, trust in the process, and surrender to divine timing.







OUR INTUITION CONNECTS US  
TO THE UNIVERSE INSIDE  
OF OURSELVES AND THE  
MULTITUDE OF WORLDS  
THAT EXIST IN OUR  
CHAMBERS OF SELF.

IT ALSO CONNECTS US  
TO THE UNIVERSE OUTSIDE  
OF US- AND ALLOWS US TO  
ACCESS WISDOM FROM THE  
COLLECTIVE CONSCIOUS, THE  
COLLECTIVE UNCONSCIOUS, AND  
THE SPIRITUAL REALMS.





## Understanding Intuitive Living

I believe that accessing our intuition is about so much more than just feeling intuitive and having intuitive practices that deepen our intuition knowledge.

It's also about living intuitively in such a way where we allow more receptivity, grace, flow and curiosity into our lives, and I call this radically beautiful way of being *intuitive living*.

*So, what exactly **is** intuitive living?*

There is no one way to answer this question. Like we've discussed—empowering our intuitive self is not about being right or wrong, quantifying, or categorizing.

It is about the continual process of staying open to discovering the multidimensional ways our intuition helps us connect with the world within us and the outer world.

**Intuitive living is a dynamic dance between multiple aspects of our being.**

These aspects of our being can help us deepen our relationship with our intuition, in a way that offers us further expansion into the intuitive self, based on simple ingredients any of us can access.

With fluid grace and expansive wisdom, here are a few ingredients that create a more in-depth experience with the magical world of intuitive living.

- Understanding our heart wisdom, so we can come to intimately know the primary instrument are intuition uses to speak to us. Think of your heart like a gorgeous grand piano and you the pianist, who has the capacity to play like Mozart once you understand your heart's nuances. The more you practice playing (i.e. taking time to work with your heart magic) the more adept you are at understanding the multitude of ways your heart speaks.
- Opening our imaginations and our minds, so we can expand our consciousness and awareness of what is possible. If we can't conceive it, how can we believe it? If we don't allow for the possibility, how do we expand into greater possibility? Opening our minds to contemplate a more expansive way of being is key to intuitive discovery.
- Trusting and learning from our emotions, because emotional intelligence is a diving board into our intuition when we allow our feelings to guide us into deeper truths. Your emotions hold a universe of wisdom all their own. Love. Grief. Sadness. Boredom. Restlessness. Anger. Joy. Each with something to teach us when we work with them constructively, acknowledge their presence, and ask them what is being mirrored within us that we can learn from.

- Living creatively and making room for creativity in your life. We live on a creative planet filled with constant evolution and change. We are also expressions of a wonderfully creative intelligence that has woven this universe together. Which means each of us has been woven in the greater fabric of immortality and creative flow. And as infinite souls having a finite experience as a human—we are innately creative and working with any creative process helps create experiences to trust our ideas and inclinations.
- Rocking our relationship with Mama Nature and learning to grow our nature magic, because Nature is a brilliant teacher on trusting the process and living creatively, intuitively, and fluidly. She does this effortlessly, and when we live close to her and develop a relationship with the earth, observing the seasons, following the moon cycles, and staying aware of our interconnection to all things—we organically access our intuitive self without even trying.
- Connecting to spiritual practices (whatever, however, calls to you), so we are making space to go within, listen and receive. A spiritual practice can be anything that holds meaning for you as long as you infuse the intention of sacred ceremony into it. Whether it's a self-care ritual, working with oracle cards, practicing yoga, attending a circle, taking a bath with healing intention—it's not about what we do, it's about what we receive during this time when we create a sacred space to experience ourselves and our relationship to the divine.

I truly believe that as we cultivate the ingredients on the list above, we innately align with the rhythm of our deeper self, and we organically follow our individual truth and flow.

We tap into our souls through the act of honoring intuitive living and respecting our own pace.

**This is how we find sanity in a world that often feels insane.** Our intuition allows us to differentiate between the voice of our self and the voices of others.

Our intuition opens us up to the universe of wisdom inside of ourselves and a rich, deep relationship with the mysteries of the greater universe.

*Our intuition is our friend in love, loss, and every emotion that lays in between, because it will teach us how to feel, discover, and heal, so we can become more fully, wholly ourselves.*

Our intuition is what guides us to go in a new direction, or to take a leap of faith, or to stay on the path when we can't fully see the light.

Our intuition is what transforms the mundane and helps us find the magic in the everyday, and how amazing is it to know—

*When you work with your intuition you create a direct line of communication to your soul.*

## 17 Keys for Unlocking Your Intuition

In the spirit of following my intuition (by trusting my creative flow), I thought it would be fun to share some off-the-cuff ideas to help you invite + unleash more intuition in your life.

1. Make friends with your feelings. Your feelings are guides to deeper wisdom and one of the main ways our intuition speaks. Learn to trust them, they know what they're talking about if you make space to listen.
2. Develop an intuitive practice. Intuitive writing, oracle cards, listening to music, mindful walks in nature, visiting a spiritual place, crystal collecting, drawing or painting. Anything that speaks to your heart, because an intuitive practice allows you to drop out of your mental chatter and into your heart's flow.

(The idea behind intuitive practices is to let the information flow with curiosity and not judgement, so we think with our hearts, instead of our minds.)

3. Become a cosmic detective by observing the world around you. Notice details, patterns, symbols, and signs. Pay attention to the universe and it will begin to unveil its mysteries to you.
4. Dance more. As much as you can.
5. Watch the clouds drift. Look for shapes. Let your imagination stretch, dream + see.
6. Practice ways to open your heart, because listening to our heart is our quickest access point to our intuition. (Bonus: Need a quick heart-opening exercise? Put your hand on your heart and say the words, "My heart is wild, wise, and free.") (Extra bonus: want to learn more about how to open your heart? Try my [free course](#); it's all about rocking your heart magic.)
7. Repattern something in your life. Do the dishes differently. Drive a different way to work. Try a new restaurant instead of the same old haunt. Pay attention and notice what doing something differently teaches you.
8. Go sit or stand by a tree. Ask it what it has to tell you. Listen with your heart.
9. Play. Walk around a toy shop. Blow bubbles. Draw with crayons. Our inner child is an intuition genius, who has much to teach us when we access their wisdom.
10. Look for synchronicities and concurrences. The universe speaks to our intuition through repetition and patterns, so stay open and mindful of them.

11. Take note of your dreams. Reflect on any meaning, symbols, wisdom and feelings they evoke.
12. Spend time in your imagination. Your imagination acts as a bridge to the unseen world. The more you let yourself dream, the more you'll see elements of your dreams in reality.
13. Play an intuitive game: ask a question in your heart that you are seeking wisdom on. Then put on a random playlist that calls to you. Notice what songs begin to play. Pay attention to any lyrics that jump out or thoughts you have while you listen. See what messages might come through.
14. Create. Make art. Write a one-sentence poem. Prepare a tasty meal. Wear a beautiful outfit. Design a cozy moment. Doesn't matter what, just do it with the intention of honoring the art of creativity.
15. Recognize you are a co-creator of your life, and you create something new every single day with your thoughts, actions, and choices.
16. Spend more time in nature. Nature is innately intuitive and teaches us endless lessons on living cyclically, relationally, organically, and authentically.
17. Don't limit yourself with having to know what it all means. Just stay open and trust that you'll figure it out in time. Your intuition will make sure of that.



## Poetry Inspiration:

### SNOWFLAKES

Everybody has their own process, their own way of being in the world.

Like snowflakes with individual patterns of sacred geometry, each of us forms differently, sterling ice crystals dancing through air, taking a unique path to the ground.

*People forget that it's not easy being a snowflake.*

They forget we are formed through cold, and ice, and dust; yet manage to create crystalline beauty on our fall to the earth. That anything sensitive enough to form in these conditions has an underlying strength, that many may miss, if all they see is the seemingly fragile grace.

Because we often underestimate what looks soft and don't recognize it for what it is:

**A gift of beauty that only became beautiful by allowing life's alchemy to shape it.**

*We miss the lion-strength found in vulnerability, emotions, creativity, heart knowledge, and love.*

It is only in tapping into these sacred veins of receptivity that we can find our unique path.

Because the more we try and quiet our intuitions and sensitivities, the more we lose our shape and look like everybody else.

And when we look like everybody else, we stanch our own call, which is trying to break through and speak truth- -

*Helping us return to the home of our soul, so we can better see our way and find the beauty of our own divine, crystalline flake.*

*\*Words from [Things of That Nature: Words for the Mystic Heart](#)*

## Intuitive Writing Prompts:

Our intuition is strongly tied to our ability to notice, receive, listen, and interpret a multitude of information including:

- sensory experiences
- feelings and emotional wisdom
- perceptions and insights
- visions and dreams
- creative inspirations
- bodily wisdom
- inner knowing and resonance
- noticing meaningful patterns and concurrences

With that in mind, reflect on the following questions and answer the ones that speak to you.

1. In the previous poem, there is a line that says: *We miss the lion-strength found in vulnerability, emotions, creativity, heart knowledge, and love. It is only in tapping into these sacred veins of receptivity that we can find our unique path.*

What do you think about this statement? How do you see sensitivity, vulnerability, and feelings as being connected to our intuition?

2. What is your relationship with vulnerability? Reflect on a time where you found that navigating and exploring your vulnerability led you to growth and a deeper truth. How do you think we can work with our vulnerability in a constructive way to deepen our relationship with our intuition?
3. Without worrying about being right or wrong, what do you think your intuition magic is? What intuitive superpowers do you already have? If you aren't sure, what would you like them to be? What spiritual, creative or self-discovery paths are you already drawn to?
4. Write about something you had an intuitive knowing about. How did you experience this knowing? Did you have a full revelation right away or was it a gradual awareness that happened over time? Reflect on anything you learned from this experience that helps you better understand your unique intuitive process.
5. Write about a time where a movie, song, book, or work of art made you feel something stir in your soul. What was your experience of this? What universal truth may have been reflected in your experience? What ancient mystery or truth might this experience have opened up and helped unlock in you?





OUR INTUITION IS  
THE STRONGEST WHEN WE  
DON'T TRY TO FORCE IT,  
BUT SIMPLY ALLOW IT  
TO FLOW LIKE WATER—  
IN GENTLE EBBS AND  
SONOROUS WAVES,  
SO, OUR INNER KNOWING  
CAN GUIDE AND CARRY US  
WHEREVER OUR SOUL  
KNOWS WE NEED  
TO GO.





## Intuitive Visualization:

### YOU ARE THE ARTIST

This is an easy visualization that can be done as quickly or lengthy as you like!

Find a comfortable place to sit and ground. As you breathe, close your eyes, drop into your heart, notice your breath, and slowly bring your attention to your heart.

Allow yourself to notice your heart's energy as you contemplate the question—

*What color is my heart today?*

Maybe it's just one color. Maybe it's a rainbow of colors. Maybe it's muted hues. Maybe it's a bright light.

Whatever color or colors arise, just allow yourself to focus on and notice them as you breathe.

Then picture softly sending rays of your color out into the world, giving this energy whatever intention you choose to set.

Maybe you send out healing. Peace. Truth. Justice. Creativity. Beauty. Love. Prayers for a better world.

*There's no right or wrong to this, just what intuitively makes sense to you.*

Stay with this for as long as you need to feel complete.

Know that you are the artist in this moment, painting the world into healing with the colors of your heart.



OUR INTUITIVE SELF IS THE  
PART OF US WHO IS CONNECTED  
TO OUR HEART'S BOUNDLESS  
WISDOM. WHO INNATELY CRAVES  
TO MOVE TOWARDS LOVE  
AND ALREADY KNOWS TRUTHS  
THE MIND CAN'T ALWAYS SEE  
OR GRASP. WHO THIRSTS FOR  
GREATER EXPRESSION AND  
GROWTH. WHO BUILDS RAINBOW  
BRIDGES BETWEEN THE  
SOULFUL UNIVERSE WITHIN US  
AND THE MAGICAL UNIVERSE  
OUTSIDE OF US.



## Intuitive Visualization:

### CULTIVATING THE FREQUENCY OF JOY

Though our intuition is always available to us, I have found that it's easier to listen to it when we are in a state of calm and are able to tap into higher frequencies such as love, joy, bliss and abundance.

Like exercising and building a new muscle, it's helpful to practice consistently holding these frequencies in order to teach ourselves to tap into them more quickly.

With that in mind, this visualization is focused on cultivating the frequency of joy, though it could be easily changed to work with the energy of love or abundance too!

Begin with sitting with your eyes closed, breathing deep, as you slowly bring your attention to your heart.

Think of something that represents the energy of joy to you. A color. A symbol. Something in nature. A memory. An animal companion. Anything that comes to mind.

Focus on this joyful image and allow yourself to notice any positive feelings that may come through. Notice what joy feels like in your body, where you feel it, and what sensations might come up.

*Picture this joy inside of you radiating through you, gradually expanding, until it creates a light sphere of joy around you.*

Take another moment and picture this sphere of joy, noticing how it surrounds all of you.

When this feels complete, set the intention that this energy will stay with you throughout the rest of your day.

Then stay open and curious, notice how you feel and what happens throughout the day. If something knocks you out of your joy sphere, know you can use this practice to bring yourself back into the energy of joy.

**Remember: joy is your birthright, and you deserve to shine with the full strength of your beautiful divine light.**



## Poetry Inspiration:

### THE TRUTH WITHIN

You have to be prepared to take it.  
To step into it.  
To stand strong in it:  
*Your Space.*

It is an acreage of being  
nobody can claim but you,  
a landscape of soul  
only you can traverse.

Nobody else can know  
the secrets of your heart,  
*my dear one.*

Nobody can tell you who  
you are or why you're here  
or what purpose beats  
when you press your  
hand to the temple  
in your chest  
and *listen.*

Do you feel the warmth  
residing there?  
Do you sense the light  
trying to shine through?  
Do you hear the answer  
to the question  
of yourself:

*You are made to be loved.*  
*You are here for love.*  
*You hold a universe*  
*of love.*

And that universe starts within you.

words from [Things of That Nature: words for the mystic heart](#)



## Intuitive Writing Prompts:

Learning how our intuition speaks is so much more than just developing our intuitive abilities.

*It is learning to trust ourselves. Learning to take our inner experiences seriously. Learning to mystic journey through the everyday in the pages of our journals, our imagination, our divination tools, and our heart's multidimensional intelligence.*

It is living creatively, developing a relationship with nature, learning to receive, being poured into, and tuning into signs, symbols, and synchronicities.

**Mostly it is about learning to drop out of our head and into our heart so we can listen to our soulful self who speaks through our intuitive knowing.**

With all of that in mind, below are a few prompts to help you dive into your world of intuition. Reflect. Journal. Write. Art. Express. Pour a cup of tea and contemplate. Be non-judgmental and delightfully absurd.

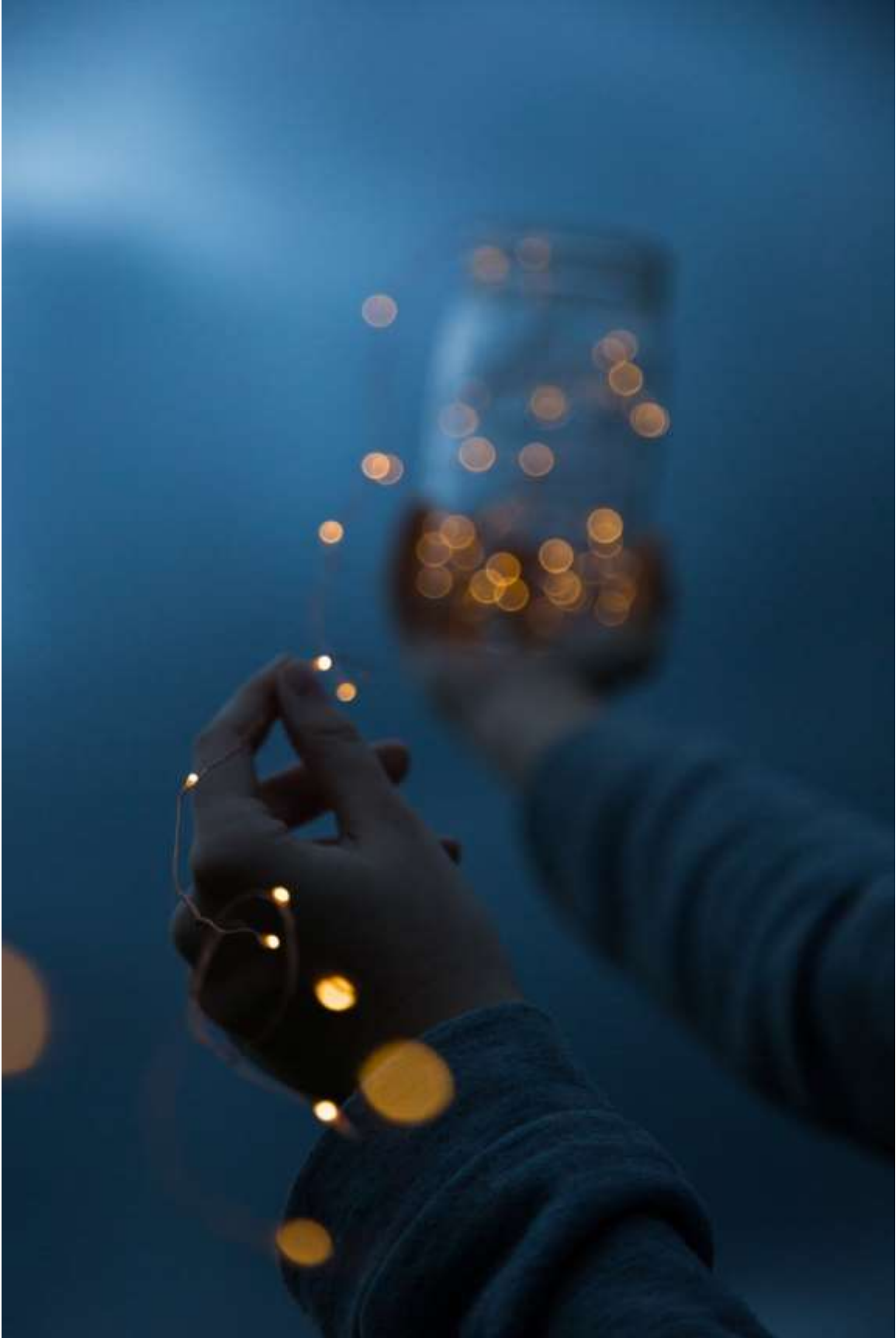
*Don't worry about getting the questions 'right.' Know all your thoughts, ideas and musings hold value and create your sacred eco-system of self. All information that comes through is just part of the continually growing territory that is YOU.*

1. **Reflect on a time you feel your soul was speaking to you.** How did you recognize the voice of your deeper self? Did you feel, sense, perceive and/or dream something? Did you begin to feel too small for your current world, have a pressing urge towards change, or feel like things were falling apart? Maybe there was just a quiet wisdom or knowing? What do you remember and what did you choose to do with this new awareness?
2. **What does your intuition want you to know right now?** What do you already know, even if you don't know how? What do you sense? What do you perceive? Where are you being guided? How might you have awareness of something in your life that might not make sense on the surface but resonates with your inner wisdom?
3. **What has nature taught you about living intuitively?** Her messages might be subtle, but they are always there. Reflect on the wisdom that is already inside of you and write down any wisdom nature has taught you. (*hint- this prompt is about rediscovering, remembering, and reigniting what wisdom you may have forgotten you already know.*)
4. **What do you need to feel more intuitively empowered?** In answering this question, reflect on how our beliefs and experiences shape our relationship to power. Have you had experiences or messages that disempower your intuition? How could you create a more empowered experience, thought life, and relationship with your intuition magic?



LIVING INTUITIVELY AND  
WALKING THE PATH OF THE  
HEART IS NOT FOR THE FAINT  
OF HEART. IT IS A BOLD,  
BEAUTIFUL, JUICY  
EXISTENCE OF FOLLOWING  
THE CAKE CRUMBS OF  
OUR SOUL, AND COLLAGING  
OUR BIGGER PICTURE  
OF PURPOSE TOGETHER  
THROUGH TRUST,  
AUTHENTICITY, AND PAYING  
ATTENTION TO WHERE OUR  
HEART LEADS.







THAT'S ONE OF THE MOST BEAUTIFUL  
THINGS ABOUT INTUITIVE LIVING:  
WE BEGIN TO THROW LABELS  
OUT THE WINDOW, AND INSTEAD WE  
LEARN TO TRUST WHAT COMES  
THROUGH IN EACH MOMENT.  
WE RELEASE RIGIDITY FOR FLOW.  
WE DEVELOP A DEEP RELATIONSHIP  
WITH SELF-TRUST. WE CREATE MAPS OF  
OUR INTERNAL WORLDS THROUGH  
IMAGINATION, SENSING, AND FEELING.  
THEN WE TAKE OUR INNATE  
UNDERSTANDING OF SELF OUT INTO  
THE WORLD, SO WE CAN CONTINUE  
TO BUILD LIVES OF INTENTION AND  
AUTHENTICITY.



## Higher Perspective:

I asked spirit for a special message to weave into the pages of this workbook: *What do you want us to know about empowering our intuition magic at this time?* The following is the beautiful message that flowed in. I hope the words inspire and ignite you and empower you to continue to develop a relationship with your intuitive self.

\* \* \*

### THE MESSAGE

You may think of intuition as magic or mysticism, but **your intuition is simply a tool that helps you connect with a different level of awareness and consciousness.**

*And that's not mystical at all! It is actually quite practical and part of your soul's divine right:*

To be able to converse with the upper realms and feel and know the awareness of life in the elements, the natural world, and the earth of your planet.

To be able to access the codes in your heart and understand them through inner knowing and sensing.

To be able to feel into the truth in your soul and move in the direction that feels most aligned with your truth.

To develop an awareness of seemingly non-related things and make meaningful connections that guide you and enlighten your awareness of the intelligence and life force you are surrounded and supported by.

**This, this, and so much more is simply meant to be a part of who you are!**

You are meant to exercise your intuitive capabilities as one of the primary methods of tapping into the intelligence of the Great Design and your soul's role in it.

*And so, we empower you to begin anew with fresh eyes that help you see how intuitive you are. To become like a child again, who sees the worlds with curiosity, delight, and wonder.*

We encourage you to lose the old beliefs that dismiss your natural intuitive knowing And, we ask you to be open.

**Open you your growth. Open to love. Open to the bigger expansion—**

So, you can be blessed by you own capabilities and in so doing come to see how divinely supported and beautifully connected to *All That Is* you actually are.



YOU ARE A BOTTOMLESS  
OCEAN. VAST. CHANGEFUL.  
LIFE-GIVING. CLEANSING. BOTH  
A COMPILATION OF MILLIONS  
OF DROPS AND A  
MULTIDIMENSIONAL  
SEA OF WHOLE.  
FLOAT, DIVE, AND SWIM  
YOUR WATERS AND KEEP  
LEARNING TO RECEIVE FROM  
YOUR SOUL.







# Guided Meditation for Empowering Your Intuition Magic:

## EMPOWERING YOUR INTUITION MAGIC

*What's love got to do with it?*

*How can working with the energy of love help us build our intuition?*

*And how does choosing love impact our energy in a way that supports our intuitive growth?*

These were questions that I didn't even know to ask when I began my intuition journey.

Not only did I begin to learn the answers along the way, but I learned these are THE questions to be asking ourselves and working through if we want to develop a gorgeous relationship with our intuitive knowing.

In this short video, I share a deeper reflection on the relationship between love and intuition and an easy intuitive practice you can do to actively cultivate your relationship with the universe of intuitive wisdom inside of you and the universe of loving intelligence that is all around you.

You can follow this link to watch: [watch the video here](#). Or you can also view the video by clicking on the picture below!



## Intuitive Activities to Light You Up

Here's a few fun activities and to help light up the magic that is you and keep expanding your inner knowing.

1. **Work with this affirmation:** The temple of love is inside of me. I reclaim my light each time I go within.

This is a beautiful visualization practice that helps you tap into your inner light. Begin with sitting in a quiet space and picturing a temple inside of yourself radiating light. Focus on the light and allow it to expand into your body. As it expands within you, picture it expanding around you as well, creating a sphere of light.

Notice how this comes through to you. Where you feel it in your body. How the light looks to you. How you feel when doing this practice. When you feel complete, grab your journal and write down anything that came through.

2. **Visualize your inner sanctuary.** Each of us has the power to create a sanctuary within our hearts. A space of retreat we can return to ground and renew. Maybe it's a sacred garden. A holy river. A soothing place in nature. A magical vision you've seen in your dreams that recollects ancient knowing of long ago.

Be creative and use your mind's eye to support your heart's knowing. Set aside time for reflection and imagine your inner sanctuary. Let your heart reveal its mysteries. Be fluid. Release logic and embrace imagination. Visualize your sacred retreat. Then write, draw, collage, or meditate and further explore whatever comes through.

3. **Let nature teach you about your soul.** Go sit by the water. Lean on a tree. Walk on a trail. Stargaze or sky watch or sit by the window and talk to the moon. Your choice where, when, how— what matters is mindful intention. In this space, simply ask: "what do you want me to know about myself right now?"

Then, *listen without expectation*. You might feel an emotion, sense or perception. You might have a thought flash through your mind. Your body may feel more anchored, calm, or even energized. You may just know something without knowing how. You might notice a bird, a certain cloud, or the shape of a tree and be drawn to its energy.

Reflect on what you received. It will likely be subtle, because hearing nature's voice is like breathing. Familiar, comforting, an organic part of who we are. Even if this seems new to you or like you're learning a whole new language, really, you're not—you're just remembering what you forgot you already know.





SHE BRINGS US BACK  
TO THE TRUTH OF  
WHO WE ARE-- NATURE.  
SHE REFLECTS THE LIGHT  
OF OUR WHOLE.

SHE MIRRORS THE CORE  
OF OUR INNATE GOODNESS  
AND POSSIBILITY.

SHE TAKES US STRAIGHT  
INTO THE WILD TERRAIN  
OF OUR SOUL.



# Harness the Intuitive Power of the Moon

## YOUR MOON MAGIC

She is forever a mystery, the moon. Perhaps this is why we find her so endlessly fascinating—after all, what other being can appear as a bright orb one moment, a dark face the next, and no matter what phase, continually inspire us to dream, manifest, and work our magic?

*Effortlessly controlling the tides, Mother Moon knows how to flow and move to an internal rhythm governed by forces invisible to the outside world.*

She inspires us to look up at the stars and reach out in our minds as we imagine the cosmic energies, the ancient lunar and star beings, and vast mysteries of the galaxy that riddle, puzzle, and spur us on to greater heights.

Because I am such a moon child and the moon is so deeply connected to intuition, I wanted to offer a list of ideas for activating your moon magic and harnessing the power of the moon. Feel free to take any of the ones that resonate and make them your own.

- Work with the traditional moon cycles that fall every 28 days. New moon, to waxing half-moon, to full moon, to waning half-moon, and back to new. Here are a few keywords for each phase of the moon:
  - New moons: intentions, beginnings, dreams, stillness, receptivity, planting seeds
  - Waxing moon: calibration, aligned action, refining goals, measurable steps
  - Full moon: illumination, celebration, clarity, harvest, big picture and vision
  - Waning moon: reflection, restoration, slowing, renewal, release, unknown
- Follow the traditional names of the moon found in the [Farmer's Almanac](#). Use each full moon to explore the deeper meaning of the moon's heritage and how that wisdom might apply to you and your journey at this point in time.
- Not only do the moons build off each other from cycle to cycle, but they also work in 6-month astrological cycles. The new moon occurring during the month the zodiac season takes place, the full moon in the same sign occurring approximately 6 months later (please note there are months where two new moons or full moons occur back-to-back in the same sign).

If this information is new to you, here's an easy cheat sheet for the first half of 2021 to give you a visual of how the 6-month cycles work:

- |                                  |  |
|----------------------------------|--|
| ○ New Moon in Capricorn: 1.13.21 | Full Moon in Capricorn: 6.24.21          |
| ○ New Moon in Aquarius: 2.11.21  | Full Moon in Aquarius: 7.24.21 + 8.22.21 |
| ○ New Moon in Pisces: 3.13.21    | Full Moon in Pisces: 9.20.21             |

- |                               |                               |
|-------------------------------|-------------------------------|
| ○ New Moon in Aires: 4.12.21  | Full Moon in Aires: 10.20.21  |
| ○ New Moon in Taurus: 5.11.21 | Full Moon in Taurus: 11.19.21 |
| ○ New Moon in Gemini: 6.10.21 | Full Moon in Gemini: 12.19.21 |

(curious about more moon dates? for the full chart you can [go here](#))

I use these 6-month arcs as a way to track and reflect on the greater passage of time and growth. I will often journal on questions like—*Where was I at 6 months ago? What themes were going on in my life? What has blossomed, grown, changed since? Are there any themes, patterns I notice over this larger chunk of time?* This can be a wonderful practice as a way to reflect and deepen your relationship with yourself, your magic, and your soulful evolution.

- Astrology is a beautiful way to deepen the meaning of the moon giving it a richer context and meaning. Whether you are drawn to Western or Vedic, I find it's helpful to have a system to track the moon cycles and the signs they are in. Each sign has its own library of wisdom to teach and help illuminate the energy of the moon in different ways. I highly recommend studying the stars if you're drawn to astrology and beginning to build a vocabulary and knowledge of the various signs, transits, and planets.
- You can also use the energy of the moon as a time to renew and cleanse yourself. Water (again, governed by the moon) is a beautiful element to work with during this time. Drink a glass of water. Go be by water. Listen to water. Take a mindful shower. Bathe. It matters less what you do and more that you set a ceremonial intention in your heart for the water to cleanse, renew and rejuvenate you. Make sure to give gratitude to the moon and the water and offer something of yourself (a loving prayer, a stick of incense, an act of kindness) in return.
- Skip all the systems entirely and simply rely on your intuition magic to rock your understanding of the moon's magic! If you're not into tracking dates, times, etc. then tune into the moon whenever you feel called. Whether she's a bright full or tiny crescent. Light a candle. Take some quiet space. Grab your journal. Get into your heart and contemplate the energetic being that is the moon and then simply ask her "Mother Moon, what do you want me to know right now." Write down anything that comes through and trust your own experience and intuitive knowing.
- Cultivate your own sacred rituals with the moon! Collage together any and all of the ideas above and add your own wisdom in. Invite a few friends over and do an impromptu circle. Make up your own ceremonies. Develop your own traditions. Read what calls to you. Work with crystals, oils, or cards. Ultimately remember that the moon is a loving being who unconditionally casts her light upon us— *all acts of appreciation towards her are received in the spirit they are offered, and she will bless anyone who is willing to open their heart, tap into her wisdom, and let themselves receive from grace, wisdom and light.*



## Activities to Work Your Moon Magic

Here are a few lunar-based writing prompts to help you take things a step further and deepen your relationship with the wisdom of the moon.

1. Write about your relationship with the moon. What do you love about her? When are you most likely to pay attention to her magic? Do you actively follow moon cycles or is this a new practice for you? Reflect on what the moon illuminates in you and your life and any feelings, sensations, longings, reflections or perceptions she lights up in you.
2. Take a mindful moment where you close your eyes and flip your hands, so they are resting on your lap, palms open and turned up in receptivity. Imagine that the beautiful moon is shining above you. As you watch her shine, imagine that her beautiful, silvery light is gradually filling your palms with her mystery goodness and grace. Breathe in this energy, allow it to flow into you and trust it to go wherever it needs to go. When this part of the exercise is finished ask the moon, “what wisdom do you want to illuminate in my life right now?”

Then without censoring yourself, write down anything that comes through (i.e. this might be a long stream of thought, a simple word or phrase, or perhaps just a feeling of peace or support— trust your intuition to guide you).

3. Back in 2016, I went to my first moon ceremony at Turtle Lodge in Manitoba, Canada. One of the gifts I took from my experience was the teaching that on every full moon we can: *"Give Grandmother Moon anything you're ready to release and let her take it from you."*

In the spirit of working our moon magic, I invite you to work with the moon to support your journey of intuitive evolution by reflecting on the question: what do you want to release in your life at this time and what do you want to create instead? Grab your journal, free write, make an intention list, or use the affirmations on page 39 in this workbook as a prompt to help you rewrite old beliefs into ones that better serve you.

On the day of the moon, create your own release ceremony. Light a candle, burn some incense, be in nature— whatever feels right. Then with intention, say out loud, or in your heart, what you are releasing to the moon. Know the universe heard you, know you are perfectly supported, know you are so seen and loved.

(Not the full moon, but you feel drawn to this activity and want to do it anyway? Go for it! Trust your own sense of timing and remember—your inclinations are part of your intuitive journey. Always trust them, even if they run counterclockwise—*it's all guiding you somewhere if you just keep trusting, listening, following your cake crumbs of soul and letting it unfold.*)







REMEMBER THE INTUITIVE SELF  
SPEAKS PRIMARILY THROUGH  
OUR HEARTS. AND THE  
LANGUAGE OF THE HEART  
DOESN'T SPEAK THROUGH  
LOGIC- IT SPEAKS THROUGH  
INTUITION, IMAGERY, COLOR,  
IMAGINATION, PLAY, RESONANCE,  
SOUNDS, SIGNS, SYMBOLS,  
SYNCHRONICITY, AND SO MUCH  
MORE. YOUR HEART'S  
POSSIBILITIES ARE INFINITE, AND  
A REFLECTION OF THE INFINITE  
POSSIBILITY THAT IS YOU.



## Affirmations to Empower Your Magic

Part of being intuitive is about **RELEASING** limiting beliefs that keep us from fully accessing our intuition and embracing beliefs that help us **BELIEVE** in our intuitive capabilities and our growth potential.

Below are a few simple statements that you can use to affirm your intuition magic. Feel free to take any of the ones that resonate with you, use them as journaling prompts to explore your relationship to your beliefs, and/or make them your own so they hold true to you.

- My intuition is wild and wise, I can fully trust it to guide my path.
- I am an intuitive being who is fully supported by the great creatrix, Mother Nature.
- I hold limitless possibilities worth my time, energy, and exploration.
- My light shines brighter when I own and live my truth.
- I can safely explore all that is unanswered in my life and trust the keen intelligence of my heart to illuminate my truth when time.
- Life flows with ease when I invite joy, peace, and intuition into my process of being.
- No matter what happens in my life, my light within can never be truly dimmed.
- I trust I am fully guided and supported by my intuition.
- My soul knows exactly what it is doing, it is safe to lean in and trust the alchemy of my journey and growth.
- When I trust in the wisdom of love, I can find peace in the unknown.
- I am open to unbecoming who I no longer am, so I can become who I'm meant to be.
- I am the light in all things, and as I come to know my own light, I come to know the light of the whole.
- I am an artist in motion, creating my life as I go.
- Just like a garden, my intuition will develop and grow, each time I tend it with love and care.

## Intuitive Activity for Self-Discovery:

### MAKE A DATE WITH CURIOSITY

Curiosity and observation are big parts of intuitive living and intuition growth.

*Intuitive people keep a sense of wonder by paying attention to the nuances in the world around them.*

They look for patterns, they notice the details, they tune in to the subtext within the greater context of their world.

They stay open to the overall meaning and instead of forcing an interpretation on something before it's time, allow the interpretation to unfold and inform them.

A great way to cultivate a mindset of curiosity and wonder in your life is to set an intention around those energies!

For this intuitive activity, **plan a date with curiosity.**

Set aside a designated time for your curiosity date, and then get creative on what you choose to do with this time.

You might go out in nature, or go to a toy store, a card shop, or a cafe where you people watch.

Maybe you take yourself to see a movie. Go for a drive in a new neighborhood. Sit in the park or read a book that grabs your attention.

If going out doesn't call to you, stay in and find a way to bring curiosity into the environment around you.

Cook something different. Watch a new show. Change something in your home that opens up a fresh perspective-- whatever speaks to you.

Make this your own and follow your intuition! See if you can learn something new, or appreciate unnoticed beauty, or discover the novel in the ordinary.

Be open. Keep curiosity. Look for wonder. Pay attention to whatever you observe.

This activity isn't about what you **do**. Instead, it's about **being curious**, so you keep cultivating an open mindset of discovery, investigation, and paying attention to your experience with yourself and the world around you.





OUR EXPERIENCE OF SELF  
IS THE EXPERIENCE, WHICH  
INFORMS US THE MOST. THEREFORE,  
WE HAVE TO LEARN TO  
TRUST IT. WE HAVE TO TRUST  
OUR FLASHES OF INTUITION  
AND SPARKS OF KNOWING.  
BECAUSE WE ARE THE ONLY ONES  
WHO CAN HONOR OUR  
EXPERIENCE OF LIVING IN  
A WAY THAT SATISFIES OUR  
PERSONAL REQUIREMENTS  
OF SOUL.



## These Last Words from The Heart:

Always remember your heart **is** innately intuitive and living from it is the quickest way to connect you to your intuition magic.

**Your magic is your birthright.** It is your divine heritage to tap into a fuller spectrum of knowing by empowering your intuitive self, your mystic mind and your heart's experiential intelligence.

The more we access these spaces within ourselves, the more we access our full divine potential and become a fuller expression that reflects the light of our soul.

This is the vision I hold for all of us: *to live authentically as our most soulful selves, because the more we live the intuitive truths of our heart, the more we love our world forward and contribute in a powerful way that reflects our innate light, gifts, and talents.*

When we live from this empowered space, we feel vitalized to be our own oracle, create lives of intention and meaning, and trust our innate knowledge of self. Always remember—

Your soul **ALREADY** knows everything you need for your journey, and every time you go within you retrieve, reclaim, and reactivate a piece of your divine whole.

I hope you enjoyed this exploration into your intuition magic, I'd love to stay connected and share more. Here's two easy-peasy ways!

- 1) You can sign up for my free monthly letter, Akashic Magic, where you'll receive monthly energy support from the wisdom of the akashic records, along with updates on my books and classes.

[JOIN AKASHIC MAGIC](#)

- 2) You can sign up for my free course [Finding Your Heart Magic](#), where you'll find more videos, discovery questions, and intuitive activities designed to open your heart and take you deeper into your unique heart wisdom.

[ACCESS MY FREE COURSE](#)

For more information on who I am, my books, offerings, and my own intuitive journey you can find me at my home on the web: [drbethanne.com](http://drbethanne.com).

Sending you joy on the path—here's to beautiful, intuitive you.

Dr. BethAnne K.W. ♥



Follow your heart magic into  
worlds unknown. Learn your sacred  
language of soul. Skip to the  
rhythm of your spirit's drumbeat.  
Taste the kind nectar of this world's  
bittersweet. With your joyful abandon  
and crystalline wings, become  
so authentically, beautifully BIG- -  
you have no place to go but  
*up, up, up* into sky's rainbow seam.  
And there in the cusp of divinity's reach,  
you'll find the soft grace  
to set yourself free.



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thank you!)