THE

Intuitive Awakening

COURSE

Chapter 1

Welcome!

Welcome to this program of Intuitive Awakening. I am really delighted that you have chosen this course to help you on your path of psychic development.

How To Use The Material

This course consists of 13 written chapters and 13 audio chapters, along with a bonus chapter at the end.

Ideally, you will listen to the audio and read all the materials (and I recommend starting with the written materials first.) That way, you will come away with a very good grasp of the concepts in the course.

There are also written FAQ supplements for most of the chapters, so if you have any questions remaining when you reach the end of a chapter, I recommend you read the corresponding FAQ supplement. The supplements contain many of the questions I have been asked over the last 15 years of supporting students in this course, so the chances are that the answer to your question is in one of those documents.

Please do the course exactly in the order it's presented. Each chapter builds upon the last one, and each is necessary in order to move on to the next one.

Please do not forgo the homework exercises. You will not see results in this course unless you complete the exercises given.

Anna

Chapter One

Introduction & Key Concepts

In this section, I'm going to answer some questions that people often have before they begin, and go into some information that can help you to get the most out of this program.

How Quickly Can You Expect To Progress In This Course?

There are usually three stages to a student's progress in this course:

1. **The first stage is about laying the groundwork for connecting with your higher self and Spirit Guides.** If you are a total beginner, this stage takes time (there are around six chapters dedicated to it). Putting in the effort here will stand you in very good stead for receiving psychic messages and guidance as you reach the later chapters. If you skip the groundwork, you won't be nearly as successful in this course. During the first several chapters, you may feel impatient or frustrated because you might not be getting any insights yet. In spite of that, keep going. Some people don't start making a connection to the spirit realm until Chapter Thirteen, which is completely normal. If you get guidance before then, you're doing really well!

2. **The second stage (which runs from Chapter Seven to Chapter Thirteen) gives you techniques to communicate with your Spirit Guides and higher self.** The aim of these chapters is to help you to begin receiving messages. However, you will need to use the techniques several times before you're really comfortable with them and begin to get messages. Information may not be forthcoming at this stage either.

3. **The third stage is all about practice.** This is often where you start receiving guidance. In the final chapter, we talk about setting up a daily or weekly

routine for communicating with Spirit, and choosing the techniques which work for you.

Pace Yourself!

Psychic development is something that usually requires some time and space to unfold. If you are a beginner, **please do not speed through this course in two weeks!** People who power through the course in a short space of time usually end up feeling short-changed because they are not giving themselves the time and space needed for the intuitive development process to unfold.

My suggestion is to spend at least two to three days per chapter, with a particular focus on the homework exercises to allow them to sink in. Ideally, at that rate, you will be working through a maximum of two chapters per week, to give yourself sufficient time and space to reap the benefits. One chapter per week is also a good pace (and the pace that most students choose.)

Definitions and Terms

Before I get into the 'meat' of the first chapter, I just want to define two words that I will be using a lot during this course.

Spirit – this is a blanket term that indicates the spiritual realm, and it includes your higher self, Spirit Guides and Angelic beings.

Intuitive/psychic – please note that I use both of these terms throughout this course, and they essentially mean the same thing.

When you think about the word 'psychic', fortune-tellers and crystal balls may come to mind. At its root, however, the word 'psychic' does not necessarily refer to fortune-telling. It is from the Greek, and it simply means 'of the soul'. So, when I use the word 'psychic', I am referring to something that comes from your soul and the spiritual realm.

How To Get The Most Out Of This Program

Here are some tips for making progress in this course:

1. **You will need to be open to experimentation on this journey!**

   Everyone working through this program has different gifts. Some people have one really strong gift, and others have a few different ones. For this reason, I am going to present a variety of exercises and methods to connect with Spirit, so that everyone has a chance to work out which ones are right for them. This program requires you to try them out, and some of them you might find you are bad at! This is all to the good because it will allow you to hone in on the methods you can use, and eliminate the ones you can't. So don't be disheartened if you 'fail' at some of the methods I'm going to present here. I am almost certain you will come across at least one method that isn't for you, along with a few that will be more suited to you. Keep going to the end and you will find a way of connecting with Spirit that is right for you.

2. **As you go through this program, you will need to suspend self-doubt in order to succeed.** Self-doubt is completely normal and natural because you don't necessarily have any evidence of your psychic gifts yet — but you will most likely have evidence by the end of the course. It is a catch-22; you cannot find evidence of your gifts and the confidence that this will give you, if you remain in a space of self-doubt. This means that you need to suspend self-doubt for a while.

3. **Don't be surprised if this process changes your life!** Consciously connecting with our intuition enables us to turn inward and trust ourselves, rather than relying on the opinions of the people around us. It can bring more peace and clarity to our lives and our decisions. It can open up a powerful support network for us.

Why Develop Intuitive Abilities?

I am going to begin this chapter by talking about the benefits of developing intuitive/psychic abilities — and also the limitations.

There are some limits to psychic abilities, so it is good for everyone to be realistic about this early on in the course. After all, there are so many myths circulating in the collective consciousness regarding what you can do with these abilities, that people who don't know anything about the subject will often ask questions such as:

"So you're a psychic — do you know what I'm thinking now?"

"Can you guess my age?"

"What are the lottery numbers?"

People assume that being psychic means you are omniscient, which is not the case. So first of all, let's get everyone on the same page by talking about what you can and can't do with your abilities.

The Good Stuff

Having psychic abilities allows you to:

- Make wise decisions in any area of life, including career, relationships and health, and stay on track with what your soul wants for your life. Everyone has a different purpose for being here. Some people are here to learn, others are here to rebalance karma within close relationships, and some souls are here to just enjoy life. Others are here primarily to make a big impact on the world. Most of us are here for a variety of all the reasons just mentioned, to some degree. Your intuition is the GPS that will allow you to know where your soul wants you to go next. It will help you to avoid getting 'off track' in your life.
- Grow as a person, feel more inspired to accept challenges, and develop more courage
- Know the truth about other people you just met — including their intentions, character, and level of integrity

- Receive comfort and guidance in times of difficulty
- Receive messages and information on behalf of those around you, if you wish
- Know what will happen in the future, but only if it serves you to have that information (often, it doesn't). More on this coming up.

The Limitations

Here's what you might **not** be able to do with your psychic abilities:

- You may not be able to avoid all of life's difficulties and challenging growth experiences (although your psychic abilities can definitely help you to avoid needless ones)

- You won't necessarily be able to pry into the lives or thoughts of other people (unless you need to have this information for some reason and it is in everyone's highest good)

- You won't know everything. Being psychic means that you get the information that serves you, as you need it. As a general rule, if it doesn't serve you to have the information, you won't receive it

- You won't always know what will happen in the future. Often (very often, in fact), we are not given future information if it does not serve us. If you ask your Spirit Guides, *"Where will I be living in ten years' time?"*, you may get no response. This may partly be due to the fact that there are choices that you haven't made yet which will affect your future (after all, you have free will and many of the details of your future are not predetermined, or set in stone). The second reason you might get no response to such a question is because receiving that response might not be beneficial for you and may interfere with your free will. So please bear this limitation in mind when asking questions about the future

- You may not be able to use your abilities for personal gain. For example, you might not be able to know the lottery numbers in advance unless it serves you

on the soul level. If it does not truly serve you to win the lottery, for example, you won't be given the lottery numbers.

Where Psychic Information Comes From

One of the difficulties beginner intuitives often have is in knowing where their guidance is coming from.

It's important to know the common sources of intuitive information, and establish a relationship with those sources, so that we can feel much more confident on this journey.

This is what the next section is about.

Your Higher Self

I am going to start with the most important source of guidance — YOU!

(The spiritual part of you is called your higher self, also sometimes referred to as your soul.)

You, as a spiritual being, are a tremendous source of wisdom.

Your higher self is like an eagle sitting on a mountaintop, looking down at the valley below. It sees the bigger picture of your life. By contrast, the mind is down in the valley and it cannot see the wood for the trees, so it has to make choices based on past experiences and logic. This is another reason why it is beneficial to listen to your higher self. When it comes to the bigger picture of your life path, it sees much more than the mind can see. Its perspective is complete and full of wisdom that serves you in the long term.

Some people live with a disconnection from their higher self, but there are unpleasant consequences of living life that way. One common effect is depression. Another is feeling lost and 'off track' in life. Still another is boredom — maybe you have experienced one of these states. Let's face it, at times it can be difficult to

perceive and implement guidance from your higher self. It also takes a lot of courage and sensitivity to do that.

Here are some reasons it does take courage, effort and sensitivity to tune into your higher self:

a) Your higher self is quiet

Communications from your higher self will be subtle, like a whisper. Contrary to what many people expect, guidance from Spirit is not usually loud or flashy. It is rare to be confronted with visions or booming voices. Instead, you need to understand how your higher self talks to you, and sensitise yourself so that you are actually able to receive the communication.

b) Our modern environment makes it harder

Our modern environment is full of distractions, such as the internet, television and other media. Some of us are in a chronic state of distraction or anxiety, and thus we may lack the stillness and tranquillity which are needed for us to 'tune in'.

c) Western culture doesn't support us in developing our intuitive side

Western culture, with its emphasis on science, does not encourage or promote listening to something so intangible, especially something that comes from within. Instead, our scientific, rational culture encourages us to gather evidence and guidance from many places, and then weigh it up. This often causes us to defer to external wisdom and tune out our inner guidance. On the surface, this approach may seem very reasonable. Intuitive guidance, on the other hand, is not reasonable, and it does not necessarily involve gathering information from many sources.

In some cultures (especially indigenous cultures such as Aboriginal Australian or Native American cultures), it is more socially acceptable to be guided by Spirit. But of course, in our culture and educational system, there is more focus on cultivating the mind and logic, and listening to advice from others. Unfortunately, habitually deferring to external guidance diminishes our inner authority, and has us doubting our natural instincts about what is best for us. The spiritual part of us is usually

suppressed in childhood and adolescence, as we are often taught by our parents and the educational system to ignore our inner wisdom and defer to external guidance. I've come across people in the course of my work who have chosen their life path based on what their parents, teachers or peers believe they 'should' do (as an example of that!)

If you are someone who is always asking others for advice or guidance, then this course will help you to tune back into you, and to trust yourself again so you can be 'the captain of your own ship'. This is what a connection to the higher self and to Spirit is all about.

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So, if you're wondering why you can't currently tune in to your higher self easily (or at all), the points listed above are all good reasons.

Your path of psychic development will usually involve transcending some of this social conditioning and growing as a person because of it. Don't be surprised if you find yourself feeling more courageous, and breaking out of the mould in other life areas too, as you move through this course.

Now let's move on to the next common source of guidance:

Spirit Guides

In addition to your higher self as a source of guidance, you also have your Spirit Guides. Everyone has a number of guides who accompany them on their journey through life (there are usually between four and eight guides with us). Our primary Spirit Guide is with us from birth. The rest of the guides tend to join our Spirit Guide team throughout childhood, in our teenage years and in early adulthood.

Most of our guides stay with us throughout our lives, but we can also have temporary guides (who may specialise in helping us with something in particular that we need to learn or achieve) and who come and go throughout our lives, as we need them. For example, a temporary guide may show up when a person is going through a difficult

time, such as a divorce or bereavement. They are also associated with new endeavours which require a lot of us, such as writing a book or learning a new skill.

The advice you get from your Spirit Guides won't ever conflict with the guidance that comes from your higher self; they all work in harmony and sing from the same 'hymn sheet'.

If your higher self is like an eagle sitting on the mountain top, viewing the valley below, your Spirit Guides are like eagles, each one on a different mountain near your own mountain, viewing the valley from a different vantage point.

They each have a different way of seeing, a different way of being, and they each impart different energies to you. One Spirit Guide may help you with a particular life lesson, such as lightening up and not taking life too seriously (as an example), while another may provide a more comforting, nurturing and supporting influence — just as our loved ones and friends all bring different energies to us and have different ways of supporting us, so too do our Spirit Guides.

Your Spirit Guides also have different appearances. If you tune into your guides clairvoyantly and 'see' how they present themselves, you will find that each guide chooses an appearance that is an accurate reflection of their energy. For example, a down-to-earth guide who is very involved in the practical details of your life may look large or overweight (as a reflection of their groundedness). A guide who is of a higher vibration and who helps you to connect to your intuition and wisdom may look wispy, floaty or slight.

Now let's talk about a different source of guidance — our Guardian Angels.

Guardian Angels

We all have at least 2 or 3 Guardian Angels. The main difference between Guardian Angels and Spirit Guides is that Guardian Angels have never walked the earth. Guardian Angels do not have human souls, and they are of a higher vibration than Spirit Guides.

The role of Guardian Angels is to protect and guard us, physically and emotionally. They also comfort us and influence us with their loving energies.

There are two types of Guardian Angel — the Bodyguard Angel and the Godspark Angel.

The Bodyguard Angel

Your Bodyguard Angel is very concerned with your physical safety, and with protecting you from injury or death should it not be your time to pass away, or not your path to be injured. We all have at least one Bodyguard Angel. (Most people have just one.)

Bodyguard Angels often protect us through affecting the timing of events, by injecting thoughts into our minds. For example, if a car accident involving other souls is about to happen at an intersection that you will soon be arriving at, your Guardian Angel may give you the urge out of nowhere to stop off for petrol or food on the way, so that you avoid the accident.

The Godspark Angel

The Godspark Angel is concerned with protecting you emotionally and spiritually. This angel functions in much the same way as the Bodyguard Angel, by giving you spiritual guidance so that you avoid situations which may be emotionally or spiritually harmful for you. We all have at least one Godspark Angel (many people present with just one).

In this course, we will focus predominantly on connecting with Spirit Guides and your higher self. However, you can use the techniques taught in this course to connect with the angelic realm if you wish. It's the same process; the only difference is who you call on. If you are a beginner, I suggest you start by acquainting yourself with the voice and guidance of your Spirit Guides and higher self. Through doing the exercises in this course, you will get to know what it feels like when they communicate with you. Sometimes you may not be able to tell the difference between your higher self and your Spirit Guides when they communicate with you. That is absolutely fine. (They often speak in a collective voice anyway.)

Let's have a look at the final source of guidance that we're going to cover in this chapter:

Deceased Loved Ones

You can also use the techniques taught in this course to connect with your deceased loved ones and ancestors.

How Our Deceased Loved Ones Remain Connected To Us

When a lifetime ends, the deceased person generally waves goodbye to the earth plane and begins on the next stage of their soul's journey.

Through this transition, the soul may choose to keep emotional ties intact to loved ones who are still on the earth plane. This means that we may sometimes feel the energy of a particular deceased loved one around us.

We are more likely to find the energy of a deceased loved one around us if we experienced a close, affectionate bond with that person when they were alive. In this case, it means that your dearly departed one is invested and interested in your life, from their vantage point on the other side; effectively, they are your non-physical 'champion' and they are rooting for you.

In addition, people who die unexpectedly (especially people with unfinished business) can also be around us because they want to pass on a message. Those who die without saying goodbye, and those who left young children when they passed away, are often particularly keen to communicate.

There are degrees of 'deadness'. Some souls with no unfinished business cross over without a second look over their shoulder, while others will have one eye on the earth plane for years. For example, if a mother dies when her children are small, she may keep her eye on them for years to come. In my work, I had one case where a deceased husband who died in his thirties had a hand (in the spirit realm) in helping his wife to meet a new partner and was still hanging around fourteen years later, keeping

watch over their family. He told me that he was pleased that she found a new partner. (Our deceased loved ones want the best for us when they get to the other side!)

So, if you develop your skills sufficiently as part of this course, you may even have a deceased loved one come through to you. (However, it is best not to expect this, because there are many variables that affect successful communication with deceased loved ones, some of which are outside of our control.)

Please note that if the deceased person is not someone you liked or trusted when they were alive, it is best to be cautious about the guidance that may come through if they show up during this course. Only ever trust the guidance you receive from those that you had a trusting, loving prior relationship with, when they were alive. And even then, it is best to treat their guidance just as you would do if you had received the same advice from that person when they were alive. Feel free to take it or leave it. Remember that deceased loved ones don't suddenly become omniscient just because they are dead; they are not considered to have as complete a perspective on your life as your Spirit Guides and higher self do.

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I hope that this section has answered any questions you may have had about where psychic guidance comes from. If you have any concerns about negative sources and how you can know if your information is coming from a negative place, don't worry about that at this stage because we are going to discuss it in a lot of detail in the next chapter.

How Far Can I Go With My Psychic Development?

Next, I want to address a question that will undoubtedly have been on your mind at some point, even if it isn't currently on your mind. I get asked this question very often:

"Does everyone have the capacity to develop psychic abilities, and if so, to what extent?"

You may be wondering how far you can go with this course, and if there is a glass

ceiling for you in your development.

The answer to this is yes, you are psychic. If you have a soul, which you most certainly do, then you also have the ability to receive the messages of your soul, using your intuitive abilities. The key here is that everyone has a different way of getting guidance.

Among these abilities are:

- Clairvoyance (the ability to 'see' Spirit, usually in your mind's eye)
- Clairaudience (the ability to 'hear', usually with your inner voice)
- Clairsentience (the ability to feel Spirit, including gut feelings)
- Claircognizance (an ability to just 'know' and 'download' information, seemingly from nowhere).
- Empathy
- Dreaming

Some psychics have all these gifts and can use them at once. Very few people are born with all of their gifts fully activated. Most people (including me, and perhaps you too) have one or two that are strongest.

So, just because your friend is able to see their Spirit Guides clairvoyantly doesn't mean that you will, too, straight away. This doesn't mean you aren't psychic; it just means you have a different gift. For example, you may receive dreams with clear messages from your higher self, whereas your friend never does. Everyone receives messages and guidance from Spirit in different ways.

In Chapter Three, we explore this concept in detail. We will look at how you are likely to receive your guidance from Spirit, and you will familiarise yourself more thoroughly with all the different ways in which this happens.

It is very likely that you will find your own individual, unique ways of communicating with Spirit through this course, even if those ways are not exactly what you expected (or perhaps wanted) them to be. And once you have located your natural gifts, there will always be additional gifts that you can develop, too, if you are prepared to put in the work.

So the real answer to this question is that you can develop your abilities to a high degree if you are motivated, and if you are willing to put in the work and practice.

Now, let's look at your homework exercises for this chapter:

Exercise #1: Setting Your Intentions For This Course

Firstly, please find a new notebook to use for the exercises in this course, so that you can keep all your notes in one place.

When you have your notebook, have a think about the question below:

What would your highest outcome for this course be?

Feel free to take some time to think about why you took this course. When you know what it is, write that down in your notebook. We are going to use this intention in an exercise that is coming up next.

Exercise #2: A Prayer Request for Calling on your Higher Self, Spirit Guides & Angels

In this next exercise, if you haven't done so already, we are going to establish a conscious relationship with your higher self, Spirit Guides and angels. If you already have a conscious relationship with these sources, I recommend that you still do the following prayer request, as it will serve to reinforce those existing relationships.

This is a one-off prayer. Make sure that you are alone and that you won't be disturbed. Then do the following:

- Inhale to the count of four. Hold your breath to the count of four, and exhale to the count of eight. Repeat twice over (so three times in total)

- Read the following prayer:

By the powers of the North, the East, the South, and the West.
By Earth, Air, Fire and Water.
By all the powers above and all the powers below and all the powers that gather in between, the circle is cast.
I am between the worlds. What happens between the worlds changes me and changes all the worlds.
So mote it be.
I call on my higher self to be here with me in this moment.
I call on you my higher self to guide me in my life.
I ask you to make your guidance known in the easiest way for me to receive it and I commit to hearing you in whichever way you talk to me.
I call on you my Spirit Guides to be present at this moment.
I open myself to you, as you are a source of guidance, even if it may be secondary to the guidance from my higher self.
I ask you to make your guidance known in the easiest way for me to receive it, and I commit to hearing you in whichever way you communicate with me.
I call on you my Guardian Angels to be with me in this moment.
I open myself to your love, guidance and comfort.
I ask you to make your guidance known to me, in the easiest way I can receive it, and I commit to communicating with you in whichever way you choose to reach me.
I ask for your assistance in fulfilling the following personal intentions for this course, which are the following: <say your highest outcome for this course out loud> as long as it is in accordance with my higher self and highest good.
So mote it be.

(If English is your second language, feel free to translate this prayer to your native language, if that feels more natural to you.)

Homework Exercise #3:

Take your new notebook and write at the top of a page:

'*Questions I want answers to.*'

Write down any questions that come to mind about your life (these could be things you're currently dealing with or long-time 'unresolved mysteries', or things that you've wondered about for years). Please make sure you have at least three questions on your list, as you'll need them for later on.

Here are some examples of the types of question previous students have asked for this exercise:

- How do I achieve my goal of _____?
- How can I have a better relationship with so and so?
- Is there something I am not seeing about _____?
- How can I meet a loving partner?
- Why do I always feel pulled to extremes in my life?
- How can I find a career that will be both fulfilling and profitable for me?

If you're not sure, leave the exercise with your subconscious mind for a few days, and you'll probably find some questions coming up.

At this stage, please **make sure to avoid questions about your future,** for example: "*Will I marry so-and-so/pass my exam next week?*". (In Chapter Eight, I explain why these future questions are best avoided.)

Please also **avoid questions relating to soulmates**, such as "*Is John my soulmate?*" (again, in Chapter Eight, I explain why I recommend avoiding such questions.)

Please complete all the exercises above before continuing with the next chapter.

If you have a question after finishing this chapter, please refer to the FAQ document for Chapter One. The questions in that document are ones that have been asked repeatedly by students of this program in the past, so it is likely that if you have a question at this stage, it will be answered there.