# THE INTUITIVE WOMAN

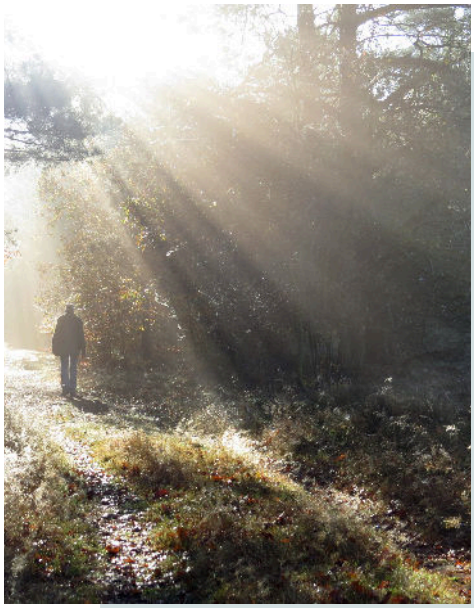


A Companion Guide to Connect to Your Soul and the Divine Guidance Within

BY DEBORAH KEENE

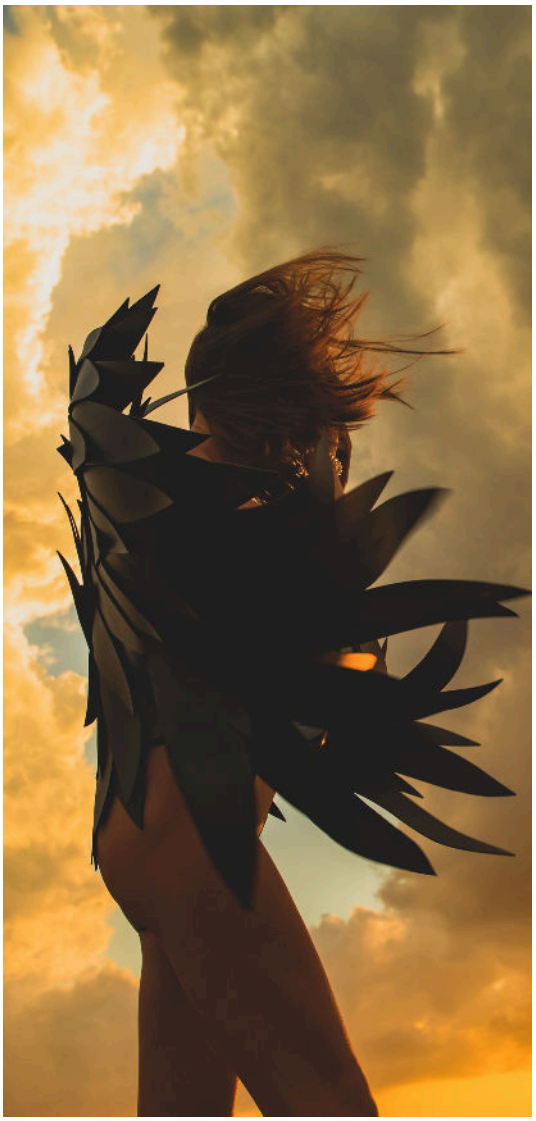
# The Power of Intuition

Welcome to "The Intuitive Woman," a booklet dedicated to awakening and embracing the profound wisdom that resides within each of us. In this sacred space, we honor the divine guidance that our intuition provides, allowing us to connect more deeply with ourselves and the world around us.



"In the light of calm and steady self-awareness, inner energies wake up and work miracles without any effort on your part."
— Sri Nisargadatta Maharaj

Intuition is often described as a deep, inner knowing—the subtle voice of our soul that guides us, protects us, and helps us navigate life's journey. It is the sacred wisdom that arises from our true self, the ancient part of us unclouded by external noise and societal expectations. By tapping into our intuition, we can live more authentically, make decisions aligned with our highest good, and cultivate a sense of inner peace and fulfillment.



In many cultures and spiritual traditions, intuition is revered as a powerful tool for self-discovery and enlightenment. Native traditions speak of the intuitive woman as one who listens to the whispers of nature and the rhythms of the Earth. Yogic philosophy teaches us to quiet the mind and tune into our inner voice through practices like meditation and pranayama (breathing techniques). Ayurvedic wisdom emphasizes the balance of mind, body, and spirit, helping us to connect with our inner healer and guide.

Today, I invite you to embark on a journey inward, to explore and strengthen your intuitive abilities. Through reflective journaling, inspirational quotes, and mindful practices, we will honor the sacred wisdom that lives within us all.

"The voice of the Great Spirit is heard in the wind, it whispers through the trees and the wise woman listens with her heart."
– Native American Proverb

# Intuition



Connecting more deeply to your soul and intuition can be profoundly impactful. It leads to a greater sense of power and heightened awareness, which enhances how you interact and hold yourself with people.

- Intuition as a Guide: Intuition acts as an inner compass, helping women make decisions aligned with their true selves. This internal guidance can lead to living more authentically and soul-led lives.
- Confidence Boost: Trusting your intuition can enhance your confidence in the choices you make, reducing self-doubt and second-guessing.

- Better Boundaries: Intuition helps you sense when to set boundaries, fostering healthier and more balanced relationships.
- Empathy and Compassion: A deeper soul connection can enhance empathy and compassion, improving interactions and connections with others.

When we ignore our intuition, when we don't listen to that voice of our soul, we:

- may struggle to find direction, feeling indecisive and insecure.
- often rely on external opinions and validation, and lose touch with our own desires and needs.
- find it more challenging to manage emotions and stress, leading to burnout and anxiety.
- experience a sense of purposelessness, pursuing goals misaligned with our true passions and interests.
- may struggle with setting healthy boundaries, leading to codependent or toxic relationships.



""You have got to discover you,
what you do, and trust it."
— Barbra Streisand

# The Goal of this Guidebook

The goal of this guidebook is to help you transform your life by fostering a deeper connection to your soul and intuition, leading to greater authenticity, empowerment, and fulfillment.

- Learn to trust and rely on your intuition
- Make decisions with confidence.
- Boost your Self-Esteem with a deeper understanding of yourself and your abilities.
- Align your goals with your true passions and values.
- Learn to establish and maintain healthy boundaries.
- Find Your True Purpose
- Become part of a community of like-minded women, offering mutual support and encouragement.
- Learn practical techniques to integrate intuition into your daily life, enhancing your overall well-being.
- Engage in self-reflection and mindfulness practices that help you discover and connect with your true self.
- Live more genuinely and true to yourself.
- Learn to trust your inner voice.
- Stop looking outside for other people's opinions and begin making choices that truly resonate with you.

"You must do the thing you think you cannot do."
— Eleanor Roosevelt



So before we begin, let's address some of those limiting beliefs. What are you afraid of? Common fears are:

- Exposing True Self: Worry about opening up and showing your true self, fearing judgment or rejection.
- Inadequacy: Concern about not being able to connect with your intuition as effectively as others, feeling inadequate or left behind.
- Disappointment: Fear that this inner work won't provide the answers or solutions you seek, leading to disappointment.

Often, though, we don't even notice how we've conditioned ourselves to live separately from our soul, our inner knowing. We ignore signals from our intuition, and dismiss "gut feelings" and inner "nudges", and rely just on logic and advice from others. Many of us will over analyze situations instead of trusting those instincts ("paralysis by analysis"), leading to missed opportunities and increased stress.

Unfortunately, when we aren't listening to our intuition, we don't live according to what is right for us, individually. We'll make decisions based on societal expectations or others' opinions, or dismiss our true passions and interests. We'll say yes to everything, or prioritize others' needs over our own.



Even worse are the fears of regret, realizing we've lived a life that wasn't true to ourselves. We'll be unfulfilled and lack purpose.

Constantly pushing ourselves, we get burned out and exhausted, and don't make the time to tune in to our inner needs. We'll be stuck in relationships that are draining or don't support our authentic selves. Our needs, uncommunicated, will remain unmet.

Dare we say that even deeper, we might be scared to fail at something as personal and significant as connecting with our soul and intuition? Or maybe that we're somehow inferior because our soul connection isn't as strong or "real" as others? Perhaps even, are we concerned that following our intuition will make us anxious about the future, relinquishing control and causing disruption and uncertainty?

By addressing these fears and misconceptions in the safe and supportive environment of the retreat, you can connect to your soul and the divine guidance within so you stop looking outside for the answers and live a life you love and that is just right for you.

# The Journey Inward

## The four necessary steps to develop your intuition

Be Open to Divine Guidance
"I am open to my intuition"

Expect Divine Guidance
"I expect my Intuition to guide me"

Trust Divine Guidance
"I trust the guidance that I receive"

Act on the Divine Guidance
"I act on the intuitive feelings that I receive"

"When a woman trusts her intuition,
she not only gets a powerful tool for her life,
she also usually gets an amazing outcome."
- Heather Wilkinson

# Tips and Reminders for Trusting Your Intuition

**1. Recognize the Signs of Intuition**

- Gut Feelings: Pay attention to physical sensations like a "gut feeling" or a sense of knowing.
- Sudden Clarity: Notice moments when an answer or idea suddenly becomes clear without logical reasoning.
- Synchronicities: Be aware of meaningful coincidences that seem to guide you in a particular direction.

**2. Pause and Breathe**

- Deep Breaths: Take a few deep breaths to center yourself and calm your mind.
- Mindful Moment: Spend a few moments in silence, allowing your intuitive thoughts to surface without judgment.

**3. Trust Your First Instinct**

- Initial Reaction: Often, your first instinct is your intuition speaking. Trust it before overthinking sets in.
- Quick Journaling: Write down your initial thoughts and feelings about a decision or situation to capture your intuition's voice.

**4. Affirm Your Intuition**

- Positive Affirmations: Use affirmations like "I trust my intuition" or "My inner guidance is wise and reliable" to reinforce your confidence.
- Daily Practice: Repeat affirmations daily to build a habit of trusting your inner voice

# Tips and Reminders (cont.)

**5. Reflect on Past Successes**

- Intuitive Wins: Recall times when trusting your intuition led to positive outcomes.
- Journal Entries: Keep a journal of past intuitive successes to remind yourself of your inner wisdom.

**6. Limit External Noise**

- Reduce Overwhelm: Limit exposure to external opinions and information that may cloud your judgment.
- Quiet Space: Create a quiet space for reflection and listening to your inner voice.

**7. Embrace Self-Compassion**

- Be Kind to Yourself: Acknowledge that self-doubt is natural, and treat yourself with compassion.
- Self-Care Practices: Engage in activities that nurture your well-being, such as meditation, nature walks, or creative hobbies.

**8. Seek Supportive Feedback**

- Trusted Allies: Share your thoughts with a trusted friend or mentor who respects and supports your intuitive journey.
- Positive Environment: Surround yourself with people who encourage your growth and trust in yourself.

**9. Visualize Success**

- Positive Visualization: Spend time visualizing successful outcomes of following your intuition.
- Mind's Eye: Picture yourself confidently making decisions and seeing positive results.

# Tips and Reminders (cont.)

**10. Take Small Steps**

- Incremental Trust: Start by trusting your intuition in small, low-stakes situations to build confidence.
- Celebrate Small Wins: Acknowledge and celebrate each successful intuitive decision, no matter how small.

**11. Ask for Guidance**

- Spiritual Practices: If you have a spiritual or religious practice, ask for guidance from a higher power or your higher self.
- Inner Dialogues: Engage in dialogues with your inner voice through journaling or meditation, asking specific questions and listening for answers.

**12. Practice Gratitude**

- Gratitude Journaling: Write down things you are grateful for, focusing on moments when your intuition guided you well.
- Appreciation: Cultivate an attitude of gratitude towards your inner wisdom, reinforcing its positive impact on your life.

By using these quick tips and reminders, you can overcome self-doubt and strengthen your trust in your intuition, leading to more confident and aligned decisions in your life.

# Connecting with your inner voice

1. When was the last time you felt a strong intuitive nudge? Describe the experience.

2. How do you recognize the difference between your intuition and your rational/logical mind?

3. What practices help you to quiet your mind and listen to your inner guidance?

# Honoring your inner wisdom

1. Reflect on a time when you trusted your intuition and it led to something positive.

2. Think back on a time when you ignored your intuition. What did you learn from the experience?

3. How can you cultivate a deeper trust in your intuition in your daily life?

# Intuition and Your Body

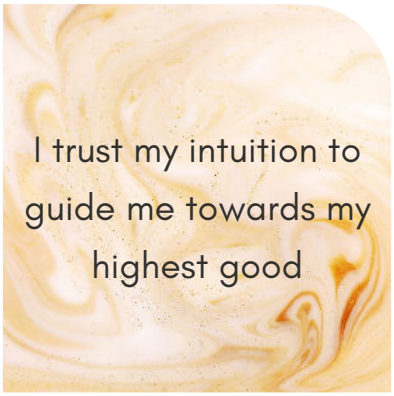
1. How does your body feel when you are aligned with your intuition?

2. How does being in nature affect your intuitive abilities?

3. Describe a time when you felt a deep connection to the natural world and "heard" your intuition.

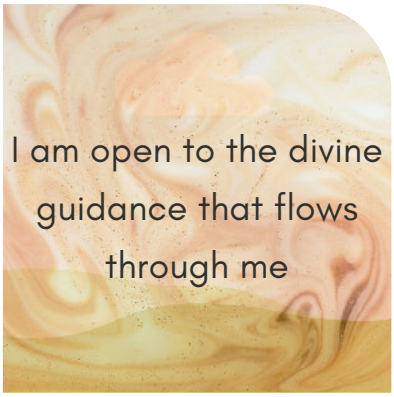


# AFFIRMATION CARDS



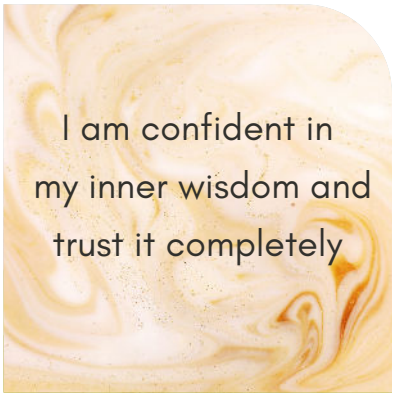


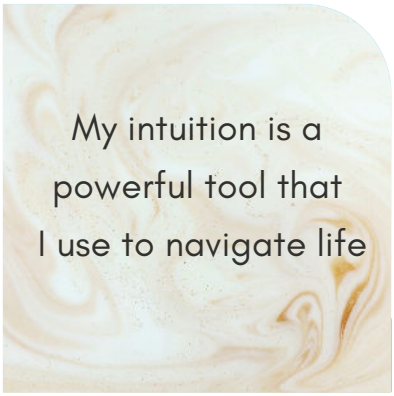








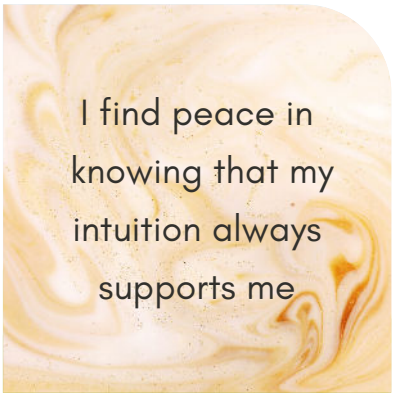




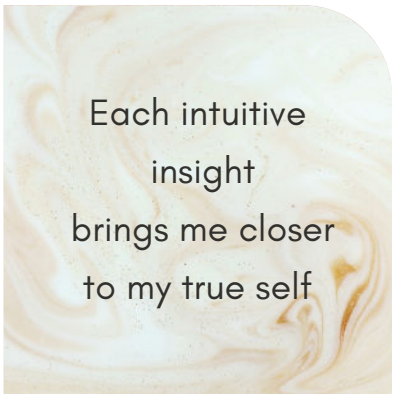


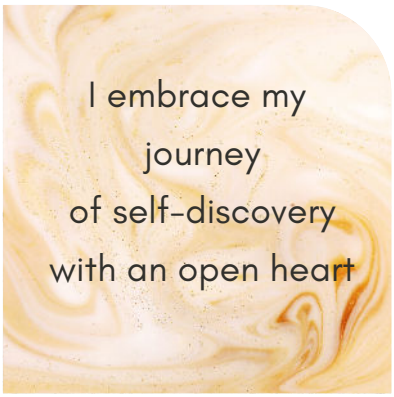








# Want to go Deeper?

Please check out some of my other offerings:

**She Who Knows: 1:1 Mentoring Program**

*A six-month Soul Journey to Reclaim Your Strength, Confidence, and Innate Wisdom, so you stop looking outside for your self esteem and direction in life.*

**The Wise Woman Sanctuary Membership**

*Connect to your soul and embody the strong, confident, radiant being that you are.*
*Everything you need to cultivate confidence, power, and beauty so you can LOVE YOURSELF and your life.*



Deborah Keene is a Yoga teacher, Ayurvedic Practitioner, Spiritual Guide, and Mentor for women. She draws from her lifelong studies and devotion to this path of natural health and healing and earth-based medicine along with spirituality and ancient feminine wisdom.

Deborah's passion is guiding women to step fully into their power so they live a life they love and shine a light from their soul.

*thank you!*

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