

JENNIFER ANGEL SOUL TALK

INTUITION FOR BUSINESS

Intuition is not just for the sage's of life to connect with - it is available to everyone! And whether you know it or not, you are an intuitive being. It's like anything else, you need to learn how to access your intuition, know what it feels like, recognize it, and spend time developing your intuitive senses.

1 - ENERGY CLEARING

Get comfortable! If you are in a position to do this exercise by yourself, then you will want to close your eyes, otherwise you can do these 3 steps without anyone even noticing what you are doing.

- **Yawning for Tension Release**

Do a few big yawns, and as you do, imagine that all stress and any negative thoughts leave your body,

- **Circular Breathing**

Next, take 3 deep breaths, in through your nostrils and out through your mouth. The first breath will help to center your attention and clear your mind.

- **Illuminated Light**

The next breath, imagine there is a bright illuminated light the engulfs your body, top to toe, in the shape of an egg, This helps to keep your energy light

- **Color is uplifting**

With the third breath, imagine the light has a color. It doesn't matter what color, whatever shines through for you, and it can be no color, too.

- **Intensify**

Now intensify the feeling of light and brightness.

2 - MINDFULNESS & AWARENESS

- **Notice How You Feel?**

For now, just notice how you feel, but don't judge or go into a logical, positive or negative, thought. Just notice.

- **Distractions**

Are you distracted? Are there distractions around you?

Internal distractions, the noise inside of your head, ask these thoughts to come back later so you can record / act.

External distractions are noises outside of you, and although you have no control over this, you can choose to put distance between you and the noise. Be more like a spectator, rather than allow it to control how you feel.



- **Relax, Relax, Relax**

If you are still feeling tense, or anxious, or the internal or external noises bother you, then in your mind, ask your body to relax. Move your attention to the area/s of your body that are tense and say: relax, relax, relax.

- **Your Happy Place**

Now, find your happy place and bask in that vibration. If you don't have a happy place, then it's time to create one. Find a place, imaginary, or a memory, that where, when you feel or felt happy, and step into that picture or feeling - then intensify the feeling.

3 - CONNECT & COMMUNICATE

The power of you is "WITHIN YOU"!

- **Connect**

Reach out to the universal energy source, God, guides, angels, or anyone you relate to, to help you connect to a higher vibrational energy source. Ask the energy source to be present.



- **Communicate**

Now that you are connected to a greater universal, higher vibrational, source energy, ask the question you need insight about. Be quiet, avoid trying to analyze the message you receive. Get ready to write down what comes through. It could be a feeling, a vision, audio, or just a knowingness - this is your intuition talking to you!



If you would like Jennifer to help you on this road of self-discovery, reach out to her to book an Intuitive consultation.

JenniferAngel.com ~ Jennifer@JenniferAngel.com