



12 simple steps to activating your Intuitive Compass

Everyone has an intuitive compass built within them, you were born with it, it is your direct connection to your own soul, source, God, divinity and Spirit – it lives within you. It always has and it always will – waiting for you to dust it off and use it. You hold within you, the blueprint to your soul, the direct path to your desires, your purpose and your fulfillment. Are you ready to tap into it?

Here are 12 steps to help you get reconnected with yourself, your internal compass, your intuitive wisdom, your gifts and your soul's blueprint!

1. Believing that you hold the key to your own wisdom and happiness is perhaps the hardest and the most important step there is. Believing this is hard when we have been taught the opposite by society, our families, our religions and other institutions. To put it simply - if you do not believe your answers are within you, if you do not believe in magic and miracles and your souls' path...than you will not be able to tap into your innate wisdom and inner compass. This is because you have telling yourself that you can't. You've been reaffirming to yourself over and over that you can't. This is the biggest block you will ever encounter on the path to spiritual enlightenment, to connecting to the divine and passed on loved ones AND most importantly, your own soul's blueprint that is hidden inside of you!

2. Expectations of the what, the how and the why of how you tap into your intuitive compass is where most people get lost and here's why: You're moving into the unknown where the only person that knows the way is you. This also means that the soft voice inside of you might be really quiet at first and we have a tendency to dismiss, or ignore the quiet voice that is speaking to us, only because we have been taught to listen to the loud voices outside of us. When we have an expectation that our intuition should be a certain way, look like someone else's, or be like another person, we are already limiting the small quiet voice within us. When you release your expectations of what you'll experience and how, you automatically are allowing yourself to receive guidance in any and all ways – which means your small quiet voice inside you, will get louder because you haven't limited it with the perceptions of others and false expectations.

3. Allowing yourself to be a kid again – Sound's kind of silly, doesn't it?! I promise you, the quickest way to be in the moment, right here, right now, is to bring something joyful into your life, whether it's going for a bike ride, swimming, reading, painting – it doesn't matter what it is as long as you derive joy from the activity, the moment, the feeling and the thought. When you move into moments of joy, acting like a kid again, you are no longer dwelling on the past, nor trying to figure out the future. Children are very much in the moment because they are free from worries and outcomes. If you can allow yourself to have one moment a day to be a kid again, your intuition starts talking louder, you become aware of more signs, synchronicities and the magical map that the universe is pointing you to!

4. I know everybody talks about meditating, but have they told you how many different types of meditating there is? Meditating to quiet the mind is always helpful because we are in thinking overdrive of thousands of thoughts everyday – it's no wonder we feel stressed and are disconnected from our intuitive compass! Meditating is a form of being in the moment. Some people walk to meditate, some people use guided meditations and visualization so that they can stop thinking, some people do mindful meditation where they are sitting quietly and emptying the mind of thoughts

and other people actually doing singing meditations, creating meditations. Meditation is not about thinking nothing and being still, its about taking an action that allows you to be in the flow without overthinking, allowing yourself to just be, and that's when your intuition starts dropping in solutions, guidance, answers and all sorts of things that help you!

5. Signs & Synchronicities are everywhere when we start becoming aware that there is a divine force interweaving throughout our lives. They can show up in so many forms, whether it's an animal, a bill board, a license plate, a song on the radio, a dream, even other people speak and share different things that can be just the thing we were thinking about or asking for a sign about. Everything that you can see, touch, smell and hear in your world can be used as a sign pointing the direction to your highest good – When you are aware of this, you start to notice more and more how things are working out for you and your intuitive compass is pointing straight towards your true north!
6. Asking is the first step and often the one we don't do. How many times have you asked the universe or your passed on loved ones for help? I mean really asked for help and expected to receive that help? Have you actually sat down and with your whole heart and mind and said, "I need help with this, or I need a sign, or I don't know the answer I need something to help me solve this? If you don't ask for what you want or what you need, how are you ever going to get an answer or guidance?
7. Receiving your answer can be tough for a number of reasons; when we ask and something clearly shows up, we either get excited and want more, or we doubt what we just got, wondering if it really was a sign or an answer. Your job is not to make the answer real, but rather, to have gratitude that you got something, even if it wasn't what you were expecting, or can't wrap your brain around it. Remember, if this is new to you, you're going to wonder all of those things, anything new you will have some feelings of being unsure or doubtful of. If you have those thoughts or feelings, have some compassion

for yourself, acknowledge the doubt and then say thank you anyways so that you invite more answers, signs and synchronicities into your life experience.

8. Evidence is probably the most important thing to keep track of. Whether it's writing your experiences down in a journal or sharing with someone who shares the same affinity and wonder for Spirit. Building evidence is required for you to trust in your intuitive compass, Spirit and the Divine. It's like anything you learn that is new, if there is no evidence that it is working or that it is true, we stop trying and we walk away. Spirit wants you to come home to yourself, and that means you need to put some effort into tracking the evidence of the magic and miracles – This action alone, creates more and more miracles than you could imagine!

9. Allowing and surrender. Let's be honest, we are taught to go go go, do do do, and make things happen! Good news – the universe doesn't require you to do in order to get guidance – Instead, it asks you to surrender the what, the timing and the how of what you've asked for, and simply allow it to show up for you. This can be tricky when we ask for something and wonder why it hasn't shown up yet – Remember that divine timing is always in play and that means that a multitude of things have to happen in other places, people or circumstances to deliver the thing you've asking for or something even better! Sometimes, we don't get what we wanted, but rather what we need, because getting what we need will always lead to what we want.

10. Your imagination is a tool for creation. It is perhaps the strongest avenue that the universe uses to give you guidance, solutions and love. The imagination centre is where clairvoyants (clear seeing) is received by mediums and all types of intuitive and YOU have direct access to this to, because you indeed have your very own imagination that is the epicenter of receiving divine guidance. So how do you know if you're imagining something or if it's Spirit? Universal guidance and passed on loved ones usually are dropped in, it will be out of the blue, something you weren't thinking about and often times it feels magical, light, emotional and sudden.

When you are planning a trip and intentionally imagining how things will go, where you want to stay, etc., that is using your imagination as tool for planning, it is intentional for a particular purpose. That is how you'll know the difference between the universe using your imagination to give you guidance and you using your imagination or plan your dreams out.

11. Emotions are a powerful guidance system that is within all of us, that guide us to what moves us, what inspires us, what hurts us and what is toxic for us. Emotions are also an excellent barometer of recognizing when passed on loved ones are with you, if the business decision you wish to make is for your highest good, or whether or not to buy that outfit you had your eye on at the mall. If you love something and brings you the biggest smile, great joy – your emotional compass is pointing the way for you. If something is not feeling good, it feels constricting, or you have a gut feeling, that is also your emotions telling you which way to go and NOT to go!

12. Thoughts are powerful microcosms of energy that direct our actions, our beliefs, our reactions and our experiences in this life. Something you probably don't know is that divine guidance, passed on loved ones, are almost always popping thoughts into our minds here and there to help us! When I do mediumship readings, I am either seeing, feeling or hearing their passed on loved ones, and I hear them in my thoughts, in my mind! So yes, when a thought drops in out of no where, or your thinking of your loved one and you have a thought drop in of a response they would normally say, it is likely them! Remember that universal consciousness originates in energy and the mind centre, this is what we are all connected to and how we can receive guidance and our own wisdom, and connection to our loved ones passed! Don't dismiss a thought that sounds or feels like or just dropped in when it is related to a loved one – They are trying to talk to you all the time!

Listen, these steps to connecting are just the tip of the iceberg – when you commit to cultivating your innate intuitive guidance system, it responds loud and clear to your desire and your decision to welcome it back into your daily life! And if you

feel confused or aren't sure what's what when you get into the process, I will tell you from my own experience – it is ten times faster and clearer when you are in a community of like-minded people who fully embrace the spiritual and connecting journey!

If you are looking for a faster way to get connected, see clearer, receive guidance and have a full-on experience with a passed on loved one, try one of my group guided connections. The results for people have been amazing, the connections have been mind blowing, and the healing that happens in the span of an hour is nothing short of a mini miracle!

You can check out the date of our next guided session at the link below:

[Connection Workshops \(mykajabi.com\)](http://mykajabi.com)

And remember! Everyone is an intuitive – including YOU!

Erin

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