



ANGEL'S FRIENDLY COACHING

5 STEP PROCESS TO UNLOCK YOUR INTUITION

ANGELIQUE MERCURIO

WWW.ANGELSFRIENDLYCOACHING.COM



1. GET OUTSIDE IN NATURE

It might sound a bit daft, but nature helps us reconnect with our individual identity and who we truly are. The slower physical pace allows our brains to slow down, giving us a chance to process emotions, thoughts, and experiences. This, in turn, creates space for inspiration, and that 'aha!' moments come in.



2. MEDITATE EVERY DAY

There are lots of different ways of meditating and my biggest tip here is to do what feels good for you. Essentially, you're creating calm and space in your mind so however, you do that is perfect. Don't get het up about whether you're doing it the 'right way', just approach it with a sense of curiosity. Guided meditations are a great way to start and there are plenty of free ones available.



3. JOURNAL

Write down your dreams in the morning, what you're grateful for, and anything you experienced in your meditation. It could be an image, a symbol, a memory, a feeling, a story. You might sketch pictures too. This is sometimes referred to as freewriting and it can seem odd in the beginning with perhaps only a few words coming through. The more you practice, the more will come through.



4. HAVE FUN WITH IT!

An intuitive practice does not and arguably should not be a serious thing. The more fun we're having, the higher our energy frequency and the clearer we can hear/see/feel/understand our inner guidance. Try guessing who's on the phone before you look or ask for a sign during the day ahead.



5. REPEAT STEPS 1-4 EVERY DAY