

3 Days to Reignite your Intuition

Welcome and congratulations on choosing to reignite your intuition!

By opting in to receive this, you're starting a wonderful journey that will allow you to begin to trust yourself, acknowledge and accept the divine messages you receive (and continue your intuitive and spiritual growth by receiving additional content through my "Mentorship with Marin" subscriber list).

Igniting your intuition is undeniably important in our lives, yet we are lead to believe differently by many outside forces. You deserve kudos for deciding to explore how your intuition plays a role in your life.

Before we begin, you should know:

This introduction is designed to be covered in three days' time. Please do not rush through the work required. Becoming overwhelmed by all of the content will make it difficult to hear the messages you are receiving, so it's best if you listen to your heart, follow the steps included, and leave the pressure to be perfect outside of this exercise. If it takes you five days or five weeks to finish, you're still going to have the same outcome as everyone else (a way to finally hear the messages meant for you).

I am Marin Graves, a "Gypsy Grounded in Reality" and I am ready to guide you down the path of this life changing journey. I am so thankful to be a part of this exploration with you.

Day One: Understanding the Basics in Four Steps

We call it a gut reaction, that pang you get when you're trying to make a decision (especially at a crossroads in life). Your eyes might be open, focusing on the road ahead when a thought side swipes you so hard that you think, "Whoa, where did that come from?" Other times you might be nodding off to sleep when an answer becomes so transparent, you wonder why you struggled with the question for days, or weeks or years.

Most of the time, though, people can't explain why or how these messages come to us, so we push them aside or learn to ignore them, believing any message worth receiving will come from our brain (or someone else's).

Because society teaches us to be practical and logical, even in the most emotional moments.

That's really hard to live up to, isn't it?

But why, then, do these moments happen daily? Why do we resist what naturally comes to us?

Your intuition is a gift, guys. It's really that simple.

Instead of tuning it out or turning it off completely, when that little voice speaks, even when it is a whisper, you need to listen.

Here's how.

Step One: Trust Numero Uno (You)

You are the only expert on "you" living today.

While friends and family (or other outside voices) want what's best for you (and will try to sway your decision-making process to what they think is your best benefit), it's absolutely okay to make decisions based on the feelings you have, and choices based on your own unique experiences.

You will be surprised and begin to experience some relief when you are given a message that "feels right."

When you follow that message, more and more appear.

It is a never ending cycle: One Intuitive decision leads to one more guided decision. You are no longer in the dark.

Activity: Can you think of one time when you listened to this voice and it steered you in the right direction? Jot down a few lines about that experience here:

Step Two: Breathe

Did you know that it only takes 10 deep, cleansing breaths to calm your system from any anxiety or fear you're facing? Seriously. Plus, it's a really great way to connect with and *feel* your body. When your gut tells you to do something, it's very common for the aftermath to include fear or confusion, but by allowing yourself to acknowledge that and breathe through it, you're calming yourself down to make the best decision.

This is NOT to say what your gut told you is wrong. Not by any stretch. So often we get those mixed emotions after we receive a message and decide to go against it based on our reaction. By breathing through these tough moments, you're giving yourself the opportunity to utilize that information with a clear head.

What's it going to take to get you to try this now?

Just breathe in through your nose and slowly out through your mouth (your exhale should be a bit longer than your inhale). Do it ten times without losing focus.

Yep, it's really that easy.

Step Three: Begin noticing signs around you

We overlook our intuition for many reasons, but what we don't realize is that by doing this, we're also ignoring signs the Universe gives us to confirm we're headed in the right direction.

Often these signs can be explained as our subconscious thoughts trying to sneak into our conscious minds and – when you look at them that way – they aren't so scary.

Examples include:

- Coincidences
- déjà vu
- repetitive symbols or numbers

Since you're trying to tap into your intuition more, it's important that you stop overlooking these hints and signs. Acknowledge them, pay attention to their existence, ask yourself what they mean.

The more you allow these signs to exist in your life, the easier it will become to find them (or for them to find you). Paying attention is the first step.

Activity: Go ahead, write down a few examples of when you might have been receiving signs or messages (coincidences, déjà vu, repetitive symbols or numbers):

Step Four: Relax and Trust the Universe's plan

When you're trying anything new, listening to your gut can seem completely impossible. This becomes especially clear when you face a big decision (and you're still learning to trust your intuition). The pressure we put on ourselves is so overwhelming we can forget how to live.

And if you're not out there experiencing life, why on Earth would listening to your intuition even matter?

Life is all about experiences, the journey.

Even if something doesn't turn out exactly the way you'd hoped, it doesn't mean all is lost. You learned something valuable so you could make a better decision the next time it came up. And usually, there is a reason why the outcome was different or unexpected that will later be revealed. Your guides have your back. Trust.

All decisions and outcomes can be spun into good learning experiences, at the very least.

Day Two: Begin Ignition through Practice

Yesterday you learned ways your intuition may already be talking to you, and you also read about suggested practices to use if you're unsure of making a decision.

Today I ask you to begin trying out your new skills. (Through my "Mentorship with Marin" subscription, I'll provide you with several example activities to choose from in the future) but for now, here are two suggested activities to ignite your intuition and get the messages flowing:

- **Tap into your creativity.** Write, read, paint, dance. Whatever form of art you love, do more of it. Sometimes our biggest "ah-ha" moments can happen when you've let go of everything else and you're able to allow your subconscious mind to expand and be heard (because you're consciously focused on something beneficial).
- **Walk it out (aka move).** No more analysis paralysis (or being frozen by fear). If you're really unsure what decision to make, there's nothing beneficial about sitting still for too long. Spend a day aligning with nature during a purposeful walk outside or get up and move your body however you prefer (double whammy if it's creative, like dancing). It doesn't matter what you do, but this serves as a distraction and a good way to release unhealthy energy.

Now, I want you to log how you felt, what messages you received, and what you were doing at the time. Today is all about recognizing when your intuition speaks to you. I'll fill in the first (as an example).

| Activity | What was the message? | How did you feel when you received the message? |
|----------|---|--|
| Driving | This candidate I was considering for my new fence feels untrustworthy. Something is just not right. He hasn't answered my questions and is withholding information. Message from my gut: "Do not hire him or you will regret it. " | I was becoming stressed about choosing a fencing company, so I decided to take 10 soothing breathes in the car (on my way home from work). As soon as I did this, I knew I could eliminate one company from the running. |
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Feel free to use this log style, or create your own (with more space for details).

The more you follow through with each of the steps mentioned, recognizing your intuition messages will become easy.

However, the most exciting part of this exercise is often revealed months later, when you review your intuition log and the truths jump out at you. Take note of your messages, compared to the way in which

you ended up handling the situation and you will see for yourself just how accurate and dependable your intuition is in guiding you.

Repeat this exercise for as many days as necessary, or until you can “feel” the results. This practice should not feel like a burden. If you want to modify this exercise, or make notes in shorthand, then please adjust this to your style, and only do this when you feel excited to create the intuitive record.

Why do you really need to create the intuitive record?

Because it will then be possible for you to start asking your intuition for additional signs or messages, but of course... That is once you’ve mastered these techniques.

Day Three: Amp It Up

So you've decided your intuition is tap-worthy. The messages you've received have become more frequent since you've paid attention to and acknowledged them. Suddenly, the Universe is a resource for you to better your life, and you want to know how to do it... better!

While I've already discussed the basics of listening to and trusting your intuition, there are ways to bulk up that muscle memory and use your intuition to an even bigger advantage.

Ready?

Let's do it.

First, start talking.

People just beginning to work with intuition don't recognize signs or understand that spirit is trying to confirm you're on the right path. If searching for signs has become commonplace for you, there's certainly more you can do to receive additional, important messages.

Instead of just looking for signs, (PASSIVE)

tell your guides (spirit) what you will look for. (ACTIVE)

Ex: "I'll know I'm supposed to take this job offer when I see xyz (enter whatever you want to see here) throughout the day today."

By sending this very direct message to your guides they know the best approach to communicating with you, and will – likely – send you exactly what you've asked to see.

Then, listen hard, and open your eyes.

A busy schedule doesn't give you permission to overlook and/or stop looking for signs on any given day.

Messages come to us at the speed in which you are living life.

Meaning, if you're on the *go, go, go* they're going to mimic that (so you'll miss them if you aren't looking).

The key? STOP - LOOK- AND LISTEN

Listening to your guides (your intuition) and asking them direct questions will give you more messages and signs.

Regardless of whether or not you understand the message you receive immediately, what's most important is that you acknowledge the message by stopping – even for just a second – to compartmentalize the message and see how it fits into your life.

- **Keep a journal of all of the messages you received (just like you did on day two).**

While it might seem logical to start meditation and journaling as forms of communication, they might not be your most natural way of communicating with your guides (especially if you're the busy person I think you are).

Finally, realize it's really not that difficult.

For women, it's very common for us to tap into our own intuitions, but we fall short when we don't work on developing the messages. For men, sometimes this can be seen as a weakness (because, again, logic is boss).

The more time you dedicate to growing your intuitive messages, the more you'll realize they are there to help you navigate a confusing, often frustrating world. In time, that world just might not be so frustrating after all.

Now think of what this could mean in the long run. Ease in love, relationships, career, family dynamics, decisions, career changes. I'm just getting started, and there is no end.

Remember:

- Trusting your intuition takes practice
- Practicing any of the activities listed here will help you reignite
- Depending on how long you've fought these urges, you might need additional time to complete the tasks listed. Since we're not NASCAR drivers, there's no reason to race (read: take-your-time).

I'm so pleased you've made it to the end of our three days together, and I hope this content has been incredibly helpful in giving you the internal tools you need to make your intuition work for you. Stay tuned for more.

Have an intuitive breakthrough you experienced and want to share? I would love to hear about it.

Have questions about these lessons in intuition or interested in working 1:1 so you can develop your abilities faster than the speed of light? You can reach me at Marin@MarinGraves.com