



Seven Steps to Intuitive Awareness



The Call Within

Introduction

Welcome To The "7 Steps" I'm so excited that you chose to download this free guide into

accessing your intuitive awareness and deepen your relationship with your inner intuitive knowing!

Keep in mind this is a general guideline so although it's recommend to follow the steps in order, ultimately how or which order one follows them is completely up to you. These 7 Steps are a great way to kick off journaling or incorporate into already existing "tuning in" process. Enjoy!

Legal Disclaimer:The 7 Steps is not a substitute for psychological, physical, or medical care. Nor is it a substitute from financial and legal advice from a qualified professional.

The 7 Step Are not "owned" by anyone. Feel free to share the 7 Steps far and wide. If you are sharing this specific guide I request that you properly attribute my name in order to maintain the integrity, devotion, and time that went into sitting down and making it.

Thank you, Meredith McDonough

Step 1

With both feet flat on the floor, breathe in through your nose and out through your mouth several times.

Take as many breaths necessary to move yourself into to a place of center and relaxation. Loud breathing is totally encouraged!

Tip* If you should feel stuck in any of the steps, continue taking those gentle deep breaths!

Step 2

Affirm Reading With Intent of Clarity and Protection

"I set the intention for the highest healing good of myself (and if with a client, client's name)"

Prayer

Before I begin working for the day with clients I prefer to start my day in prayer for myself and my clients. I view prayer as a quiet space to set my intention with the Divine.

I know Prayer and God can have multiple meanings for many people. So in this case, call upon whoever serves you the most peace in your heart, whether that is Jesus, Mother Mary, Allah, Saint James, or an Angel, that's really up to you.

Pure Intent to provide clarity and guidance is cornerstone in this work.

Step 3

Get GROUNDED!

I know many people want to go "high and light" and "kick up" their vibration to tune in. One actually will likely have better results becoming more GROUNDED.

Continue your gentle breathing, Imagine tree roots emerging from your feet and pulling you into the earth.

Another option is to imagine a cord coming from your root chakra going straight down into the earth and becoming very taut. Some people like to visualize dropping anchor like a ship with their root energy.

Tip* If you are having a hard time grounding, do this outside. If not an option, one can imagine multiple cords gently grounding them down to the Earth.

Step 4

Center Yourself

Continuing your gentle breathing, move awareness into the Center of your heart, third eye, and gravity.

One might even feel pulled forward a bit into their center and may feel these centers open.

Step 5

CLEAN OUT

Continuing your gentle breathing, move your Awareness into your Crown Chakras a few feet above your head.

Get a sense or a feeling of a higher white light from the highest source in the Universe flow down into one's head and flushing out all negativity, fear, judgement, or anything that is not perfectly you through the bottoms of your feet and/or out of you in general.

Step 6

Optional: Make A Connection

If reading with a client, kindly request that they imagine a heart string going from your heart to theirs and that you will do the same.

If one doesn't want to make a heart connection with a client that is okay!

Alternative:

Let the client that you will be gently pushing your aura out onto theirs to read their energy.

Step 7

BREATHE AND BLURT

If reading with a client kindly request they keep their eyes open.

When one feels sufficiently in the "zone" to begin, just begin breathing and blurting the first things that one sees, hears, senses, or feels!

Tip* In the beginning it's common for one to feel like they're "making it up" an second guess. The information does not need to make perfect sense to you in order to deliver it!

Closing a Reading

One can use the 7 steps for journaling, meditating, or before beginning any other intentional spiritual practice.

The more often one uses the 7 Steps the fluid the process will become, so much so one won't have to walk themselves step- by-step through it any longer, it will become automatic!

Enjoy,

Meredith McDonough
Owner of Higher Vibrations LLC
Founder and Facilitator of The Call Within

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FAQ's

Q: If I'm doing the 7 Steps By Myself Do I need to make a heart string connection?

A: No you do not. Some students imagine a cord from their belly button going into the higher light though, although that is not required.

Q: What if I do certain steps before others, is that okay?

A: Yes, that is fine! There is no wrong order to do the 7 Steps.

Q: I'm very empathic and I don't like making heart string connections, do I have to continue to do the anyway?

A: No, absolutely not. The alternative of pushing out your aura is listed above.

Q: Do you teach classes in person and online?

A: Yes, I facilitate a learning environment for The Call Within Class online and in person several times a year.

Q: I want to learn more about you and how you go into this, where do I go to learn more?

You can find me on

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www.thecallwithin.com

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