



Talking Spirit

Connect To Your Intuition & Learn How To Follow Your Very Own Sat Nav.

Welcome! We are so glad that you're here.



Hello and welcome!

We're Tracy and Clare and we've been running Talking Spirit for over 16 years; we've loved every moment of our journey together.

We're on a mission to inspire the spiritual by empowering, developing and nurturing the connection to spirit which exists within us all.



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.At Talking Spirit we focus on spiritual well being through retreats, energy healing, wellness days, readings, life guidance, spiritual coaching and counselling, development groups, inner work and corporate wellbeing accredited courses.



be a part of the Talking Spirit Tribe

The idea of intuition is probably not new to you, but how do you learn to recognise it and, more importantly, to trust it?

Tick the statements that resonate with you:

- ☐ *Are people drawn to you?*
- ☐ *Are you empathic? Can you sense how others are feeling?*
- ☐ *Do you feel different?*
- ☐ *Are you tired of looking to external sources for answers?*
- ☐ *Does your life reflect the dreams you have for yourself?*
- ☐ *Do you often say, "I wish I had trusted my gut feeling"*
- ☐ *Do you want to learn how to trust your intuition?*

How many apply to you? Read on to find out how you can learn to trust your intuition and be true to yourself.

You're the only one who has the inner wisdom to make the right decisions for you.

One person who can give you the happiness you are looking for. One person who has the answers to your life's decisions. That person is you.



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Do not let the control of others, control your inner peace.

Following changes in our society which began during the Covid lockdown, we, as a nation, are beginning to look elsewhere for ways to support our wellbeing. At Talking Spirit, we believe this starts from the inside out.

Like never before in our lifetimes have we had the awareness and the opportunity to connect within ourselves and follow our own path.



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Intuition - “the ability to understand something instinctively, without the need for conscious reasoning”

The reason we often choose not to act on it is because we have been taught to listen to our minds or other people's opinions above all else.



This exercise will help you to connect with true peace and calm within; it will take you to a space where you can connect and listen to your own inner guidance.

Doing this 10 minute exercise once a week will bring you back to your own energy and allow you to recognise and trust your intuition in your decision making.



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LET'S START

Click on the YouTube link below and let Tracy lead you through this beautiful process.

[Watch our video now](#)

Sitting in the power - connect to your energy and listen to your intuition

- Shut your eyes
- Take a deep breath, and again
- Relax your body by letting tension go as you breath out
- Imagine there is a colour from your stomach, heart and top of head
- This is your intuition; a space where you have no boundaries or earthly restrictions.
- This calm feeling is you connecting to your own intuition
- You can ask any question in this state, try it now.

We have found the best question to ask yourself is - ***What do I need to know?***



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Listen to what bubbles up in way of a response, look out for feelings, memories, words.

The answer is coming from your soul, it is not your mind answering.

This is your intuition.

What answer comes up? If it doesn't make sense, ask for more, ask why, how and when. Go deeper with your questions, listen to the response, until it makes sense.

You will find a state of peace and calm you haven't felt for a long time. You will suddenly realise in this moment that you have your own answers.

The more you do this short exercise, the more you will start to trust your intuition and be surprised at your own answers.

You might like to go to our Facebook group – [Talking Spirit Community](#) and add your experiences, share what worked and what didn't. What questions did you ask? You might find others have some advice or similar experiences to share.

The more you do this the more your intuition will take over naturally; the potential for guidance is endless.

Here is an example of what you can ask: should I take this job? Give it time and know the difference when your inner guidance is speaking to you. It feels calmer.



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Don't accept cryptic messages, keep asking until you get an answer you understand.

The possibilities are endless for your own spiritual well being.

We are so happy that you are part of our Talking Spirit Tribe. Please keep talking to us, as we love to hear from you, so we can support you on your journey.

Tracy and Clare

And the Talking Spirit team www.talkingspirit.co.uk

