



*Your Guide to Awakening the  
Divine Feminine Within*

Module II:  
*Intuition & Spirit*





Title: Your Guide to Awakening the Divine Feminine Within  
Module II: Intuition & Spirit

Author: Crystal Cockerham

Copyright 2019 by Crystal Cockerham

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without prior written permission of the publisher, except in the brief quotations embodied in review and certain other noncommercial uses permitted by copyright law.

Published by Crystal Cockerham for WisdomAwakens.com

Learn more about Crystal at <http://www.WisdomAwakens.com>

# ~ Intuition ~

*"Honoring our intuition, [divine guidance that comes into play when we listen or feel], is the key to living in synchronicity with all life and the Great Mystery. How much attention we give to intuition, seeing it as a creative force, determines the ease with which we find the universal flow of life. When we allow that flow to become a harmonious part of our personal rhythm, we instinctually know things." ~ Jaime Sams*



The second piece Suzanne Kingbury's quote speaks of is Intuition. Intuition, commonly referred to as a 'gut feeling', is our innate wisdom to know and trust what we know without questioning how we know it. We are all born with it. Our upbringing, woundings and limiting beliefs act as armor that keeps us from trusting it. Don't let this discourage you, that armor can be dismantled!

Part of the process of embracing and embodying your Inner Goddess is to know thyself. Creating the space to allow yourself to become aware of the armor, acknowledge it, accept it, dismantle it and gain the wisdom from the process, and acclimate to its absence, your new state of Being is vital. Transformation cannot exist without it.

This is why the first teaching in Module I was Creation & Air. By dedicating time and space for yourself that is sacred, (a process by which something common and everyday is made holy, connected with the divine and venerated), and making it a practice. It is in this sacred space we have the clearest access to the true essence of who we are. It is here in this sacred space where we can ask for and receive guidance by learning to speak the language of our soul, often referred to as our intuition.

Think of intuition as your inner guidance system. It will always show you your true north, the truest essence of who you are and resonates from your core.

Far too often we follow the voice in our head as it attempts to keep us in fear and ego, or we follow the advice that we have been told over the centuries to follow our heart, but our heart can lead us astray if it is only in alignment with our head instead of our true north.

When we align the desire of our heart with the truth that resonates from our core and follow that alignment, then we are free from the fear of making the wrong choices or going down the wrong paths. When we stop thinking and really listen to our core, we are guided with peace and clarity that feels like a kind of warmth in our belly or chest...because we have instinctively learned to trust this 'gut feeling' to be our Soul's voice within.

Intuition is the bridge that helps you to cross over to your Inner Self, one of the most precious gifts we humans receive from our Creator is the access to your intuition. Why is this such a big deal? Why is this, for so many, one of life's greatest achievements if it speaks the same language as your Soul? The armor, the barriers of our life's experiences and limiting-belief patterns that have left us second-guessing ourselves and sometimes even paralyzing us from making a decision all together. For some, the armor consists of many layers and is very thick. You can start dismantling this armor by noticing when you struggle with making a decision.

~What has you second-guessing? Is it what you are making the decision about or the fact that you don't have the self confidence to make the right choice?

~Ask yourself more questions about your answers and your feelings around it-literally how it makes you feel to try to make a decision as well as where in your body to feel tension, disruption and or dis-ease.



# Exercises to connect with & strengthen your Intuition

There are several things you can do to help connect you with and strengthen your intuitive abilities. For now, let us begin with these.

1- Listen to your body. Intuitive people learn to tune into their bodies and heed their 'gut feelings', intuitions can cause physical sensations in the body-research suggests that emotion and intuition are very much rooted in the "second brain", the gut. Have you ever walked into or out of a building and had a 'bad' feeling? This was your intuition's way of warning you to be on guard. Start a section of your journal where you can record these sensations and observe; what patterns show up?



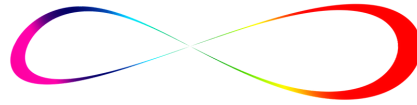
2- Get creative. "Creativity does its best work when it functions intuitively." Carla Woolf Just as you can increase your creativity through practice, you can boost your intuition through creativity; they build each other up. Before you let your mind go to- "I am not very creative.", I say bull\$!##. Don't put creativity into a box. Each and every one of us have our own variety of flavors as to our creativity. If you think you aren't, your biggest dismantling will be getting in touch with the creative aspect of you.

You don't need to be an artist to be creative. It could be the way you cook, bake, garden, write, teach, craft, design, dress, etc., If you still struggle, there is plethora of wonderful adult coloring books out there, and that is quite relaxing!

3- Take time for solitude. Just as solitude can help give rise to creative thinking, it can also help us connect to our deepest inner wisdom by helping us to engage in deeper thought and reconnect with yourself. Hence the daily practice...

4- Mindfully let go of negative emotions. Strong, pent-up, unprocessed emotions, especially negative ones weaken our intuitive connection. It then follows that in releasing these emotions it weakens the armor keeping you from your intuitive senses and trusting them.

# ~Spirit~



Spirit is the element that bind all the other elements together. It is everywhere at all times. It seemed to me so fitting to pair this element with intuition as the communication we have with our inner most self is a direct result of our connection with spirit. Also, as spirit is the binding force of all the elements, our emotions are the ties that bind us. In the unbinding of these ties, lies our pathway to our innermost self. (Think of the movement of the infinity symbol.)



Some of the signs that you have a spiritual imbalance are if you:

- ~ find yourself blaming others rather than holding yourself accountable for your actions
- ~ Feel like you are always the victim
- ~ Feel separate & essentially alone in life in general, with your predicaments &/or feelings such as shame and blame
- ~ Are prone to being judgmental

\* If you are experiencing any of these things, I strongly recommend you seek a seasoned healer who is well versed in one or more forms of energy work so that you experience first-hand the sensation of your energy being unblocked and moving freely as these are manifestations of pent-up, unprocessed emotions. Believe it or not, the session doesn't even have to be an in-person session.

Intention is how you work with spirit, which is another reason it pairs so beautifully with intuition, and had to follow the first module where we spoke about intention, creation and air.

Meditation and contemplation are great exercises to help balance your energy, as well as strengthening your connection with spirit and your true self.



I know, we covered a lot of ground here in these few pages again today. Remember, you are developing a daily practice to support you in awakening your Divine Feminine energy and connecting with your Inner Goddess. This will take some time. Allow it to take time and revisit these lessons as many times and as often as you wish. Each time you do, you are approaching them from a different you, therefore, each time you will gain a greater understanding. Also, I am available at: [Crystal@WisdomAwakens.com](mailto:Crystal@WisdomAwakens.com) if you have any questions and I do offer a free discovery session just copy and paste the following link into your browser: <https://app.acuityscheduling.com/schedule.php?owner=15216998&appointmentType=5738603>

Now, let's sum-up your 'homework' and I'll see you in your inbox in a few days!

- 1- On page 4, I gave you some pretty thought-provoking questions to contemplate and journal on.
- 2- On page 5, I gave a few options for connecting with and developing your intuition. Try at least two of them over the next week.
- 3- On page 6, I introduced you to the element of Spirit. Play around with the different forms of meditation, guided and not, and contemplation.
- 4- Find or create an item for your altar to represent intuition & spirit.

Yay! Your journey to accessing, aligning with and awakening your Divine Feminine Energy and uniting with your Inner Goddess is well underway! I will be visiting your inbox again soon with the 3rd module so we continue our exploration of the remaining three concepts of community, sensuality & passion and collaboration along with the other three elements of Earth, Fire and Water.

Until then, *Let Your Goddess Light Shine!*

