

Week 1 Day 4

As an intuitive, I am one with high vibration.

Our connection today will be in the nature realm. We are shifting into a meditative practice which includes living things. The focus is on spending as much time with nature as possible.

You are encouraged to spend time with trees, plants, rocks, sunshine, lakes, rivers, ocean, sand, dirt, grass, fish, land animals, air animals, insects, etc. Setting aside an hour to be outside is ideal. If this is not possible, make it a top priority to take several shorter time periods outside.

It is important to foster this connection. As an intuitive it is important to vibrate with the higher vibrations as often as possible. While spending time outside be as physically close as possible to the element you choose. If you are by the ocean, be as close as you can to the water. Be still by the water. Sink into the moment and sense what is going on within you are around you as you become enveloped by the experience. Do not speak. Stay silent. Observe.

If you are on an open landscape sit quietly and feel the cool grass against your skin. Close your eyes and sense the air, the warmth of the sunshine, the coolness of the land. Sense what happens within you. Do not speak. Stay silent. Observe.

If you choose to be near a plant or a tree, feel what is happening as you spend time here. What sensations are evoked? Do you feel calm, centered, stable, serene? Remain silent and witness the experience.

If you are with animals, quietly be with them and tune into the resonance coming from them. A large fish swimming around you will evoke a different quality of energy than a dog sitting beside you. Just listen and be. Do not speak. Stay silent. Observe.

Remain silent for as long as possible. Tune in further. Breathe deeper. Does the experience evoke a connection? It may be calling you to open further and become one with the element. Listen more. Stay, and tune in.

Can you hear anything? Is it possible that these living things can communicate with us? Entertain this possibility and sense what happens when you do? Can we hear them? What are they showing us? What is happening? Witness and be.

Nature speaks on a subtle level. Through sensations. They evoke an inspired 'in spirit' connection. They are a direct connection with the spirit realm. They are connected to the realm of intuition. The easiest way to access our intuition and be directly connected to spirit is through nature.

Remain quiet and listen. You will begin to tune your body into the sensations of spirit living within the elements you have chosen to be with today. Subtle intuitive awareness and 'knowing' will enliven within you. You will hear with your whole body and an embodied living will be inspired.

Spending as much time in quiet with the nature realm allows us to vibrationally align with our intuitive spirit. It is the fastest way to heightened intuition.

Intuition is a whisper. It softly guides us in the subtle. It is highly supportive and loving.

We can organically be one with the sound of nothing...of stillness.

Another possible way to heighten your experience is to notice nature in the most unusual places and acknowledge them. As you pass a plant, pause, and take a moment to acknowledge its beauty. Stay silent and send it gratitude. As you come upon a large rock, marvel at its shape and the breath-taking awareness of how long it has sat upon this earth. As you listen to a cardinal, acknowledge its presence, and thank it for the beautiful music it is creating all around you.

The more we connect and bring gratitude into our experiences we elevate ourselves to such a heightened state of awareness that nothing, but intuition can drop in. We open ourselves to receive high vibration and we become the vibration we are connecting with. As if we are tuning forks tuning into a new level of awareness completed supported by high vibrational beings.

Throughout the day today, practice pausing in the most unusual ways and the most unusual places. Simply breathe deeply. Think nothing but the moment and offer up gratitude to the experience.

Continue to journal throughout the day. The surprise intuitive knowing that come to you, will happen. As we raise our vibration our heightened awareness becomes one with in spirit consciousness thus, we have access to deeper more profound experiences. These are connected to our intuition and helps us navigate life through love. It is a beautiful place to resonate.

Your time with nature will greatly expand and strengthen your intuition. Journal everything that happens.

Your Mantra for the Day:

I presence myself with nature becoming one with high vibration.

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