



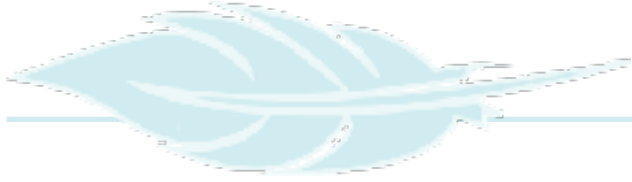
# GODDESS YOUNIVERSITY

*Workbook*



● INTUITION & SACRAL CHAKRA ●

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## Intuition & Sacral Chakra

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Intuition, your God given gift that your guidance system that's meant for your well-being

Let's first talk about the 99% perception rule that the Angels have taught me.

What exactly is the 99% rule?

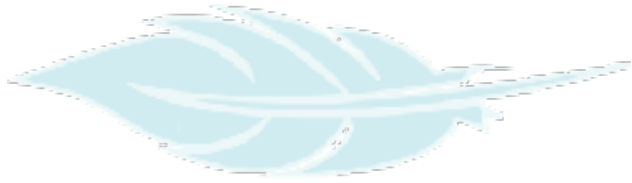
It comes down to this... 99% of the time your day is spent living in a vibration of fear. This means your thoughts have a low energetic tone.

Most people aren't living with love being at the forefront of their day. Instead, they are living with worries, stresses and with the tones of judgment and for some they live with blame, shame and anger.

This is the 99% rule.

99% of the day is spent in that lower energy tone, where only 1% is spent on love, on communion, relationships, compassion and forgiveness.

So only 1% of the time you are able to witness love.



## Chakra Super Powers

Your Solar Plexus Chakra, which is located just below your rib cage, this is your personal intuitive center. This chakra governs your clear knowing. The Solar Plexus is an inner guidance system known as our intuition and is how God will speak to you.

This is where you will get clarity, guidance and messages that are meant well-being. God will "throw" these love treats to help you navigate life.

You can have a heightened feeling here in your gut or a tone of a sick to your stomach when something isn't the right energy for you.

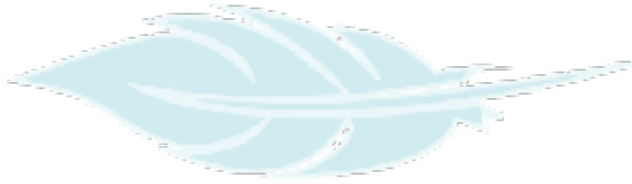
Your intuitive connection to Source is meant to help you.

This is how God wants to guide you. This is how he wants to speak to you, through what is known as your Solar Plexus Chakra.

With this chakra open you can move forward on your path with personal growth and abundance that you have been looking to claim in your life.

But like I said, most people spend so much time behind that 99% rule that you may not be noticing those subtle love tones inviting you to shift your energy.

And if you're blocked then you're not noticing that conversation God is having with you.



Let's chat about how you can unlock your Sacral Chakra, how you can work with prayer, how you can work with sacred space, and unlock your God-given superpower.

Opening your solar plexus, to work with your intuition will help in many ways, but one of the most amazing ways is it allows YOUR abundance to come into your life.

A really cool thing I have learned from being a medium, your soul is infinite, meaning you are here in the physical world and your soul is always connected with God.

Therefore there's no stopping a soul from intuitively speaking to you through your Sacral Chakra, that is, if you are opened to receiving. A soul is a soul. So a living soul can speak to you as well as a departed soul can speak to you. Your departed loved ones are always with you.

When you open up your intuition, you can experience the love they offer you. They will speak in love tones to you through your intuition. It's a knowing. It's a trusting.

But most of the time you end up poo-poo'ing that connection. The signs you receive like a feather or a cardinal you'll dismiss them as nothing. But really these are signs from heaven. These are little messages of love, meant to sustain you, meant to help and propel you to move forward in your life. They also can act as your guide to not be stuck in that 99% rule.



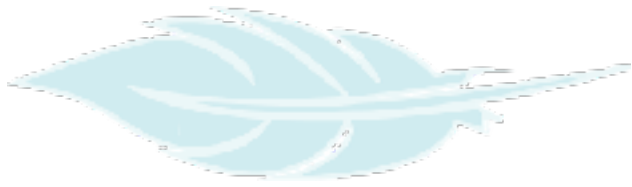
I invite you to spend the week writing down one thing that you're grateful for in the morning.

Then take the time to sit with this gratitude throughout your day. As you connect with your gratitude feel it within your solar plexus chakra as well as your heart. Allow love and your connection to this word, to the feeling, and to your gratitude to stay with you. Anytime you feel stressed lost or disconnected remember what you are grateful for today.

As hard as life can be, remember that one gratitude that you wrote down and at the end of the day, before you lay your head on your pillow be with that gratitude before you close your eyes. Be sure to really love and nurture your gratitude and you will witness how it grows.

The next morning start with a brand new gratitude.

This week long exercise will give you time to allow love begin to spark newness and abundance. Your connection to what you are grateful for will help you to recognize where love is available in your life.



How prayer, sacred space and your Solar Plexus Chakra can work together to create abundance in your life.

Use your daily gratitude and merge it with prayer.

This is going to be where you'll be opening your Sacral Chakra to flow with Divine love and illuminate and bring forth your abundance.

You can say a prayer and be in gratitude, but if your intention is not plugged in to Source and your aimlessly going through your day, not plugged in, your intention isn't going to be of the highest and best standards.

You are always going to want to start your day with setting an intention, to work with Divine love. By plugging yourself into higher power... to source, is of the utmost importance. Otherwise, you are denying Divine flow and end up going it alone. Meaning you will be going life alone, without God.

I invite you to welcome Divine love in.

This is not about religion, my friend. It is about the purest source of love. Setting your intention that you are one with Divine Love while you connect to your Solar Plexus will ignite your intuition!



Your intuitions is going to be where the magic happens and the yumminess of your abundance is going to come from.

So when you work with these gems in correlation with prayer and gratitude, that's the miracle moment. That's when everything begins to shift.

By replacing that 99% rule with what I to refer to as the fabulous 4!  
FAITH, HOPE, JOY, LOVE

These are going to be your connection to truth and change!

This is when you can really start working with your intuition. And because your intention is set, the truth from the guidance and messages that come in are no longer denied.

You can feel and understand that these messages are meant for healing. This is what your intuition is all about. It is your guidance system. It's not fortune-telling, it's not the future. It's not to know things that aren't meant for you. It's meant for your highest and best good. So when you sit with prayer, it's going to illuminate whats best for you!

So your intention is going to plug into source into your highest, beautiful, Goddess soul-self! As your intuition to opens more it will blossom so God can easily speak to you.



EACH DAY

Say a prayer of gratitude.

Say a prayer of surrender.

One moment at a time with faith, joy, hope and love.

Once you've unlocked your intuition now you can click your heels three times together, and your super powers are ready for action!

Blessing

xx Jeanne



