SACRED CREATORS

Soulpreneur INTUITION LAB

Day 1: Intuition Basics & Meditation
with Chris-Anne & Becca Berggren

Soulpreneur INTUITION LAB

Welcome Sacred Creators!

We are delighted to welcome you to the Soulpreneur Intuition Lab,
a **5 Day mini-course made for you** – the lightworking soulpreneur who wants to build your business using both strategy *and* intuition.

We invite you to remain curious and open-minded as we experiment with this powerful mix of "business-by-the-book" and intentional intuitive practices.

Why intuition? We believe that there is no faster way to build your dream than by accessing your inner knowing - and we want you to create a life that you absolutely love!

We are excited to welcome all of you to this course. ALL of **YOU**.
Bring your hopes, your fears, your worries, your questions, your dreams, your successes and your challenges. The group of wisdom keepers that have already gathered in the facebook group is, quite simply, *awe-inspiring*, and if we can't answer any of your questions, we have no doubt that someone in the group has your answer.

The group is charged with so much potential for amazing positive change,
and the energy present is palpable. We are so excited to jump in with you!

We can't wait to see what we uncover as we experiment and play
with our intuition over the next 5 days.

In deep gratitude and joy,

Chris-Anne and Becca
xoxo

Great leaders and visionaries use and understand the powerful magic of their intuition. By harnessing their sixth sense and trusting their guts, they tap into heightened powers of clarity and creativity.

And it makes all the difference in the world when it comes to their success.

"I rely far more on gut instinct than researching huge amounts of statistics."

-Richard Branson

They trust in their *hunches* to make decisions, and to guide them towards their greatest potential. They learn to build their businesses and their legacies *their* way, according to their unique desires, preferences and magic. They do all of this by tapping into their intuition. It helps to keep confusion and overwhelm at bay, and guides them through their challenges and their choices.

But what is
intuition, exactly?
And how can we access a little
(or a lot!) more of it?

It's been called our 6th Sense, Inner Wisdom, Divine Guidance, and personal GPS system. In Malcolm Gladwell's bestseller, Blink, he calls it "thinking without thinking".

Many understand it as a connection to Spirit or a connection to your own Higher Self. Some think of it as accessing the Collective Unconscious or the Akashic Records, and others see it as a way of accessing your own subconscious and all the subtle knowledge and information that *you've* collected over time.

We like to think of it as a combination of ALL OF THE ABOVE.

That said, we aren't here to convince you where it comes from – we want you to make up your own mind about where your intuition is sourced from. What we **do** want to drive home is that you **do have access** to *inner knowing on demand*, and that this particular type of knowing defies logic and analytical reasoning. *It just is.*

This inner knowing comes from a place that connects to the world and the energetic universe around you, and it understands them on a level that your rational, thinking mind simply cannot. You can access this inner knowing from anywhere, under any circumstances, and we'd like to help you grow that skill!

Over the next 5 days, you'll be playing with this powerful 6th sense to help find clarity, flow and prosperity in your sacred business.

Are you excited? Let's dive in!

"Intuition will tell the thinking mind where to look next."

– Jonas Salk

Before we begin, it's time to state your intention out loud.
You may want to copy this into your journal, if you use one. (Repeat as needed.)

I, YOUR NAME ,
will try new things and I will expand my intuitive abilities over the next 5 days.

In the process, I am going to learn something magical about myself and my sacred business.

SIGN HERE

Lesson One:
MEDITATE TO ACTIVATE

The first step to activating and connecting to your intuition is to create time & space to hear, see or feel it.

Yes – making some form of meditation a part of your daily ritual is vital.

It's one of the quickest ways to tap into your intuition, and it helps clear the loud chatter of your busy-bee mind. Meditation sweeps away the clutter, so that your inner knowing and divine guidance can shine through.
How does meditation work to accomplish this?

Meditation works by slowing our brainwaves down. Slower wavelengths give us more time between thoughts. More time between thoughts gives us more of a chance to pick which thoughts to invest in, and what actions to take. It also allows the intuition space to live, and a way to burst through the chatter. During meditation we move from a Beta state (regular, every day brain waves) to Alpha and Theta states. These states are where dreaming, creativity, visualization and intuition live. **Can you see how accessing these frequencies could help you to build your sacred dream?**

> 40 Hz	GAMMA WAVES	States of inspiration, higher learning, focus
13 – 40 Hz	BETA WAVES	States of alertness, concentration, cognition
7 – 13 Hz	ALPHA WAVES	States of visualization, relaxation, creativity, day dreaming, beginning of FLOW state, the experience of spiritual connection, **intuition**
4–7 Hz	THETA WAVES	States of **meditation, intuition**, memory, REM sleep, hypnagogic hallucinations (when falling asleep)
< 4Hz	DELTA WAVES	States of detached awareness, healing, deep dreamless sleep

ALPHA We can get to the Alpha brainwave state through any activity that helps relax the body and mind. In this state, we are lucid, reflective and have a slightly diffused awareness. The hemispheres of the brain are more balanced, and we begin to activate the neuro-chemicals of happiness. (This is also the beginning of that very special state of FLOW, that sits somewhere between the Alpha and Theta states.)

THETA The Theta State is where we are able to begin meditation. This is where the verbal/thinking mind transitions to the meditative/visual mind. Here, we can access stronger intuition and easily work out complicated tasks and problems. Theta brainwaves can give you the sense that you are floating, and vivid imagery may flash quickly in your mind's eye. (This often happens when you are falling asleep.) You may feel like your mind has expanded beyond the normal boundaries of your body, and that you are able to receive information that is usually beyond your conscious awareness.

So, what's the best way to meditate?

Meditation comes in many forms, and the best way for you is the one that **you will continue to do**. Meditation doesn't have to mean sitting in lotus position and struggling to keep an empty mind for an hour. If this sounds like torture to you, you're in luck! Here are a few more ways to slow down those brainwaves and access your intuition:

- Guided Meditations / Visualizations
- Day Dreaming
- Breath Meditations
- Binaural Beats Meditations
- Repeating a Mantra
- Creative / Active Meditations (coloring, playing music, doodling)
- Movement Meditations (running, yoga, snowboarding, surfing)
- Any activity that gets you into a state of FLOW (cooking, chanting, dancing, etc.)

We personally LOVE **Guided Meditations**, so we've created one for you today, as your first Intuition Experiment in today's Lab.

Experiment One: GUIDED MEDITATION TO EXPAND THE PINEAL GLAND

Today's Guided Meditation was designed to help you connect with your 3rd eye, active your pineal gland and bring you to an Alpha or Theta brainwave state where you can begin to awaken, activate and trust your intuition.

Please find a quiet and distraction free space to listen to this 10 minute meditation. Let your busy brain stuff fade away so that you can deepen your intuition. It's your permission slip to forget about your to-to list for a few moments.

LISTEN NOW

Don't have time for it?

"You should sit in meditation for twenty minutes a day, unless you are too busy – then you should sit for an hour". ~ Author Unknown

Please make the time - your mind, body, spirit and business will thank you later. ;-)

INTUITION LAB *Day 1 Worksheet*

What message, wisdom or guidance did you receive from Mother earth, or Grandmother Moon?

Write down any visuals, feelings, sounds and/or knowings that became clear for you. Take note of any sensations, aha's, specific words or emotions that you experienced. How did you feel after the meditation? How will it influence your day?

INTUITION LAB *Day 1 Worksheet*

What one main question do you want to receive a clear "intuitive hit" on, during your time in the Intuition Lab?

That's all for today, Sacred Creators!
Join us tomorrow as we feel into our intuitive guidance system and begin to get really clear on what it feels like to be **on track** and heading in the right direction with our business. Don't forget to share your findings in our private facebook group!

Thank you so much for joining us today, and as always, we wish you all the success and happiness in the world!
xoxo Chris-Anne and Becca

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