

The Healers Superpower *Intuition* Guide



A GUIDE FOR HEALERS TO STRENGTHEN THEIR
MOST VALUABLE GIFT

TRUSTING THE VIBES

This guide will take you through an introspective journey to identify what beliefs are blocking you from fully trusting your vibes (intuition), in addition to the conscious practices that will take all of that wisdom into action. Included is a 7 day challenge to assist in the implementation of all the practices given throughout this workbook.

In ThetaHealing we always work on the subconscious mind first because it controls 95% of our life, and then provide the practices to make up the other 5%. This is why it is advised to go through the inner work first before you attempt to make changes in your day-to-day life. It's easy to get caught up in the excitement of strengthening your intuition (especially when you begin to connect with other entities), however, you need to embody trust before all of that.

It is my intention that with this guide, you'll become a better healer for yourself and others, and feel safe stepping into your purpose as a lightworker.

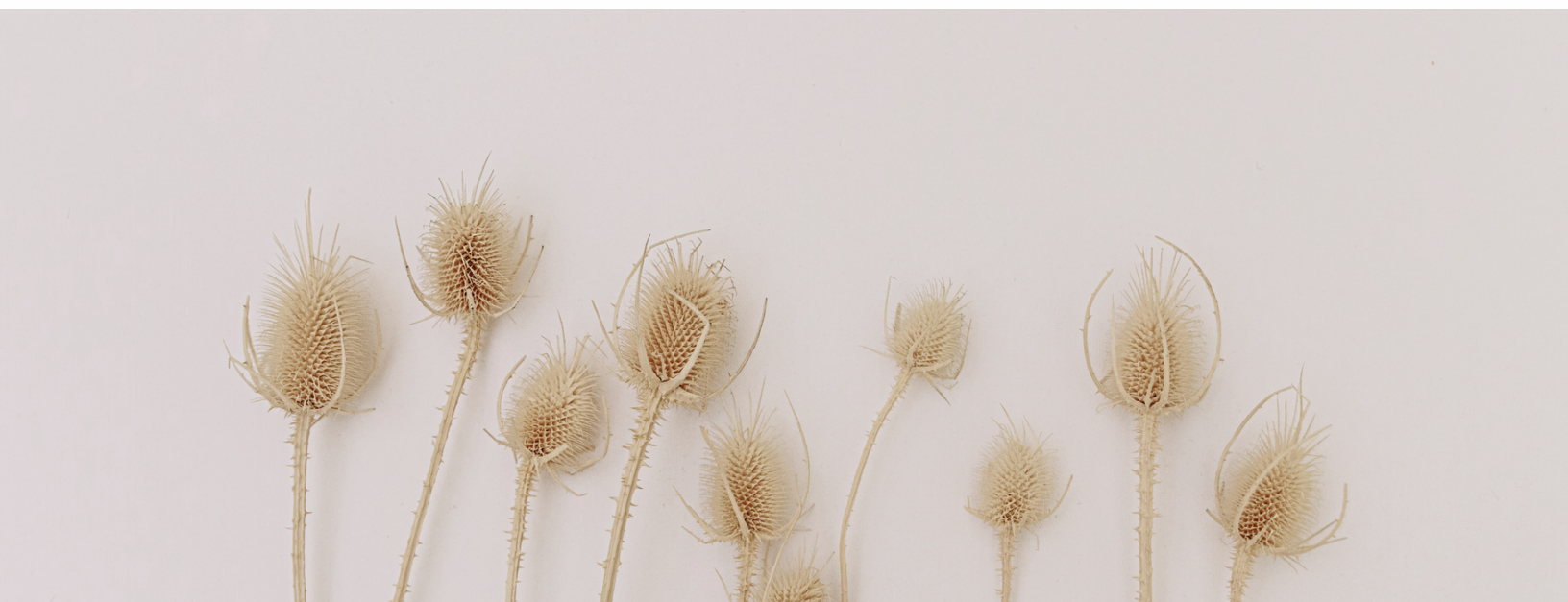




SUBCONSCIOUS WORK

As a ThetaHealing Practitioner and Instructor, I have a deep passion for subconscious work above all else. This is because the subconscious mind is what stores our beliefs, trauma, experiences, and memories which shape our reality. Whenever I have clients come to me wanting to strengthen their healing and intuitive abilities, it always comes down to limiting beliefs they hold around what's possible, the fear of the unknown, or trusting in themselves.

This is why before any action or practice can take place, deeper work needs to be done, and old programming released to make room for the fun side of intuition.



FACING THE FEARS

Fear is one of the biggest blockers to our intuition. Identifying those fears removes the magnitude of that fear, allowing you to challenge and overcome it.

WHAT IS THE WORST THING THAT WOULD HAPPEN IF YOU STRENGTHENED YOUR INTUITION?

WHAT DO YOU FEAR HAPPENING IF YOU WERE WRONG?

HOW DO YOU FEEL ABOUT FAILURE? WHY?

WHAT DO YOU FEAR HAPPENING IF YOU OPEN UP YOUR THIRD EYE CHAKRA (INTUITIVE CENTER)?

HOW DO YOU FEEL ABOUT THE UNKNOWN, AND CONNECTING WITH THAT WHICH YOU CAN'T SEE?

RELEASING THE DOUBT

Self-doubt is another blocker to your intuition that is important to reprogram before attempting to strengthen your abilities. This is because if you don't trust in the messages you receive, no matter how strong your intuition is, it will render useless.

WHAT DO YOU FEAR HAPPENING IF YOU TRUSTED YOUR INTUITION?

DO YOU STRUGGLE WITH TRUST? WHERE DID THIS COME FROM?

WHAT DIFFERENCE WOULD APPEAR IN YOUR LIFE IF YOU TRUSTED IN YOUR INTUITION?

LET'S MAKE A BELIEVER

Disbelief is the third most powerful blocker to your intuitive abilities. The very conditioning as a child that ghosts and spirits weren't real may have been enough for you to block out that part of reality, creating this disbelief in your capability as a lightworker.

HOW DID YOUR UPBRINGING AFFECT YOUR BELIEFS TOWARDS SPIRITUALITY AND INTUITION?

WHAT BELIEFS HAVE YOU HELD ONTO AROUND INTUITION AND SPIRITUALITY THAT YOU'RE READY TO LET GO OF?

LIMITING BELIEFS

Reprogramming the beliefs that block your intuitive abilities is essential for a strong intuition



IDENTIFYING BELIEFS

Bringing your limiting beliefs into conscious awareness provides you the opportunity to release them.

STEP 1



IT'S PURPOSE

Knowing how your beliefs are serving you is a powerful way to free yourself from the chains of your old patterning

STEP 2



REPROGRAMMING

It's possible to reprogram your beliefs once you know what they are, and by doing so, set you free to be the best healer you can be.

STEP 3

LIMITING BELIEFS

Use this sheet intuitively to identify the beliefs keeping you captive to doubt, fear, and disbelief.

What do you believe will happen if you trust your intuition?

You can use the answers from the subconscious sheets to record some of the beliefs you hold around intuition, trust, spirituality, or healers. *Ex. Healers are Evil.*

How is it serving you to hold onto these beliefs?

As much as we feel it's not, dig a little deeper. Maybe it's protecting you, keeping you safe, keeping you loved. Be honest here.

What's one conscious practice you can do today to let this go?

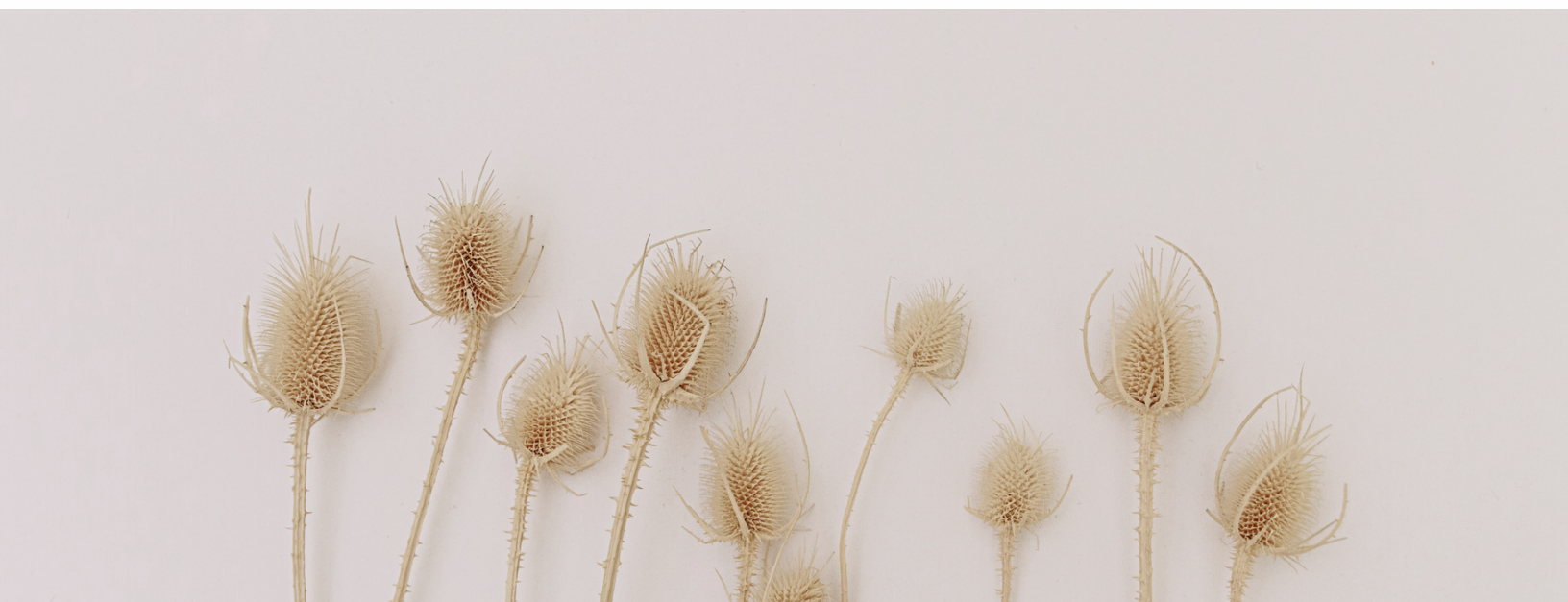
Use your intuition, whether through asking, a sway test, journaling, or even meditation. You always have the answers within you, you just need to trust them.



CONSCIOUS WORK

Wisdom is useless without implementation in what is received. This is the basis of ThetaHealing and even intuition. You can receive the messages from your Highest Self, Angels, or Creator, (chances are you already are), but without following through and trusting these messages, it won't benefit you or your clients.

The following intuitive practices are meant to be used forever more as a tool to embody trust, faith, and belief that what you're receiving for your clients and yourself is true. The most important thing I want you to remember is to have fun!



UNBLOCKING THE THIRD EYE

Your Third Eye Chakra is our intuitive energy center in the body. If it is blocked, it will interfere with the messages you're receiving (especially in sessions), creating more doubt.

Unblocking this Chakra allows for more clarity in your intuitive abilities.

DECALCIFICATION



Remove flouride from your diet as this is a calcifying agent for your pineal gland (Third Eye Chakra)



Add Turmeric to your diet as this assists in the decalcification process (what you want!)



Start sungazing (at sunrise/sunset) to assist in enhancing your clairvoyance

ACTIVATION



Meditation in pure darkness for 15 minutes a day will begin to activate this intuitive center



Listening to frequency 963Hz will bring this center back into balance. My favourite is binaural beats



Surround yourself with more purple to energetically align yourself with clarity and higher truth



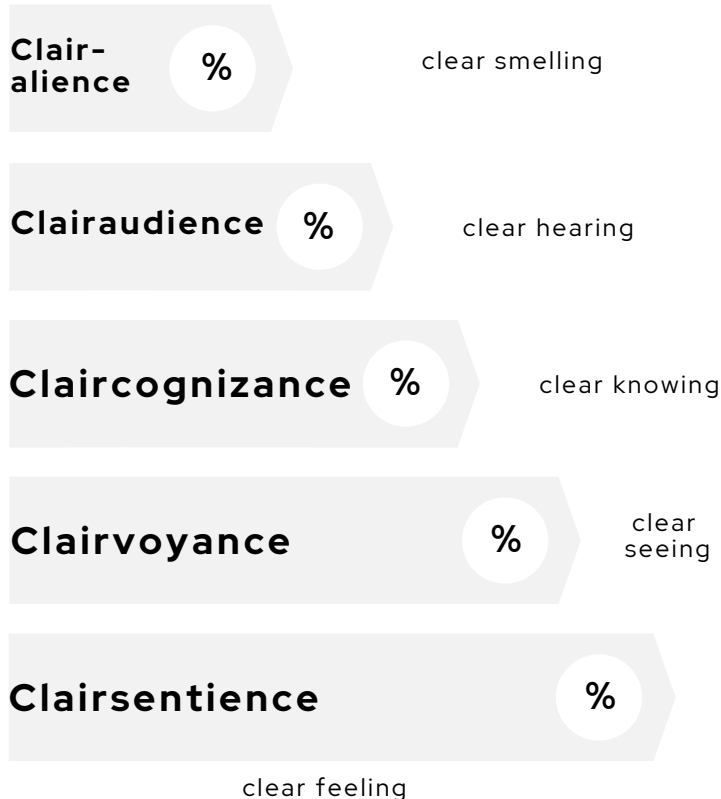
SMALL BUT MIGHTY

Making these changes may seem small, but will make a massive difference in your intuitive abilities. Once you begin to feel the clarity in your thoughts and intuitive messages, you'll never want to go back to living in an illusion.

Pro Tip: I always put on binaural beats while I sleep so I have 8 hours of activation without the effort.

YOUR INTUITIVE NATURE

What's your most intuitive ability?



TAKE A GUESS

The easiest way to know which is your strongest Clair sense is to go back to your inner worksheets and see the language you used. Was it: "I feel", "I think", "I know". Your intuition is always speaking to you, and now you know what to look out for!

Psychic Check

Everyone is intuitive, however, we usually have one stronger Clair-sense than another, and identifying it will strengthen your trust in the messages you receive.

Surprisingly, clairvoyance isn't the strongest ability that we have because of all the external and internal factors that have blocked that ability.

So when measuring how intuitive you are, knowing which one is your strongest will help build the trust that you ARE receiving messages.

PSYCHIC CHECKLIST

Use this checklist to assist in determining your strongest clairsense. If you have more than one, that's okay, even beneficial for your healing practice. However, identifying your strongest one will allow you to start looking out for messages coming through in this way, rather than ways you "think" it should.

CLAIRVOYANCE

- Use language like "I see you"
- See flashes of light or orbs
- Have vivid dreams and can recall details
- Have an overactive imagination
- Receive most messages with eyes closed

CLAIRSENTIENCE

- Use language like "I feel"
- Experience digestive issues
- Experience goosebumps as confirmation of truth
- Very empathic, sometimes to a default
- Attuned to changes in another's emotions

CLAIRCOGNIZANCE

- You use language like "I know"
- Your gut instinct is always right
- You're a human lie detector
- You just know things, without explanation
- You wake up with solutions

CLAIRAUDIENCE

- You use language like "I hear you"
- You're more of a listener than a talker
- You hear voices even if no one is around
- You hear ringing or buzzing in your ears
- You communicate with animals and plants

PRACTICE MAKES PERFECT

These are my top favourite intuition and trust strengthening practices

1

THE SWAY TEST

Stand up facing north, hands by your side, eyes closed. Ask a question and see which way your body sways. Forward = YES
Backwards = NO

Use this practice to TRUST in the answer you receive.

DECK OF CARDS

Use a deck of cards and flip one faceup. Close your eyes and receive an intuitive message of if the next card is higher or lower in value.

EXTRA: You can switch this up with guessing if the card is black or red.

2

GUESSING GAME

Whether with an object, picture of someone, friend or animal, begin intuitively guessing how they are feeling, or what energy they hold.

PRO TIP: confirm with person if you can to build trust.

RECORDING

In sessions, (or in general if not a healer) write down the intuitive messages you receive and how many came true.

This will build trust.

4



7 DAY INTUITION CHALLENGE

One of the most important parts of strengthening your trust in your intuition is PRACTICE. You can read every book out there about intuition, but until you begin implementing it into your daily life, you'll never know the true powers you hold.

Your intuition will be your strongest superpower in healing sessions and when navigating your own healing journey. Use this 7 day challenge to begin or reignite your psychic abilities.



DAY 1

MEDITATE FOR 15
MINUTES IN THE DARK
TO 963HZ



DAY 2

USE THE SWAY TEST TO
ASK A QUESTION AND
FOLLOW THROUGH



DAY 3

PLAY THE GUESSING
GAME: *ON ANIMAL OR
PERSON*



DAY 4

PLAY DECK OF CARDS
GAME



DAY 5

START A JOURNAL WITH
YOUR INTUITIVE
MESSAGES (*AND CHECK
OFF WHICH ONES COME
TRUE*)



DAY 6

PLAY THE GUESSING
GAME: *ON PICTURE OR
OBJECT*



DAY 7

USE THE SWAY TEST TO
ASK A QUESTION AND
FOLLOW THROUGH



BONUS

PLAY THE DECK OF
CARDS GAME



7 DAY INTUITION CHALLENGE

Record any notes, observations or AH-HA moments you receive each day

DAY 1

While you meditate, focus your attention on your Third Eye Chakra. The more you do this you'll begin to feel a tingling sensation in the middle of your head, meaning activation of this energy center.

COMPLETE

DAY 2

Use the sway test to ask something you have no way of knowing the answer to. ex. Should I see this person, or Should I quit my job?

The most important thing is to follow through (HARD I KNOW)

COMPLETE

DAY 3

Record not only WHAT messages you receive from a person or animal, but also HOW the messages come through to you.

COMPLETE

7 DAY INTUTION CHALLENGE

Record any notes, observations or AH-HA moments you receive each day

DAY 4

PRO TIP: Record how many you get right, and let that be your personal best to continue improving until you can go through the whole deck correctly.

COMPLETE

DAY 5

Have this journal be an ongoing process even after this week's challenge. It's also a great tool to look back on if doubt very creeps back in.

COMPLETE

DAY 6

PRO TIP: find a picture of a friend from the past and guess what they were feeling during that time. Ask for confirmation to see the accuracy of your reading.

COMPLETE

7 DAY INTUTION CHALLENGE

Record any notes, observations or AH-HA moments you receive each day

DAY 7

PRO TIP: If you're getting a lot wrong, DON'T give up! Giving into frustration will enhance the doubt. Take a break and come back to it until you go through at least 3 rounds.

COMPLETE

INTUITION RESOURCES

These are some of my favourite resources for strengthening your intuition and reprogramming any beliefs you have around being a healer.



TRUST YOUR VIBES

Such a beautiful book for continued guidance

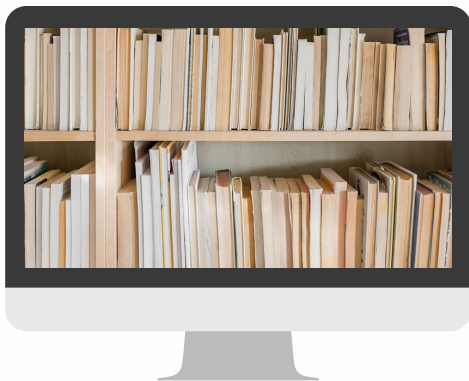
[GET HERE](#)



ENERGY PROTECTION TIPS

What you need to know before opening up your Third Eye Chakra

[WATCH NOW](#)



LIVING THROUGH INTUITION

Listen to The Healers Perspective Podcast to discern between fear and intuition

[LISTEN NOW](#)

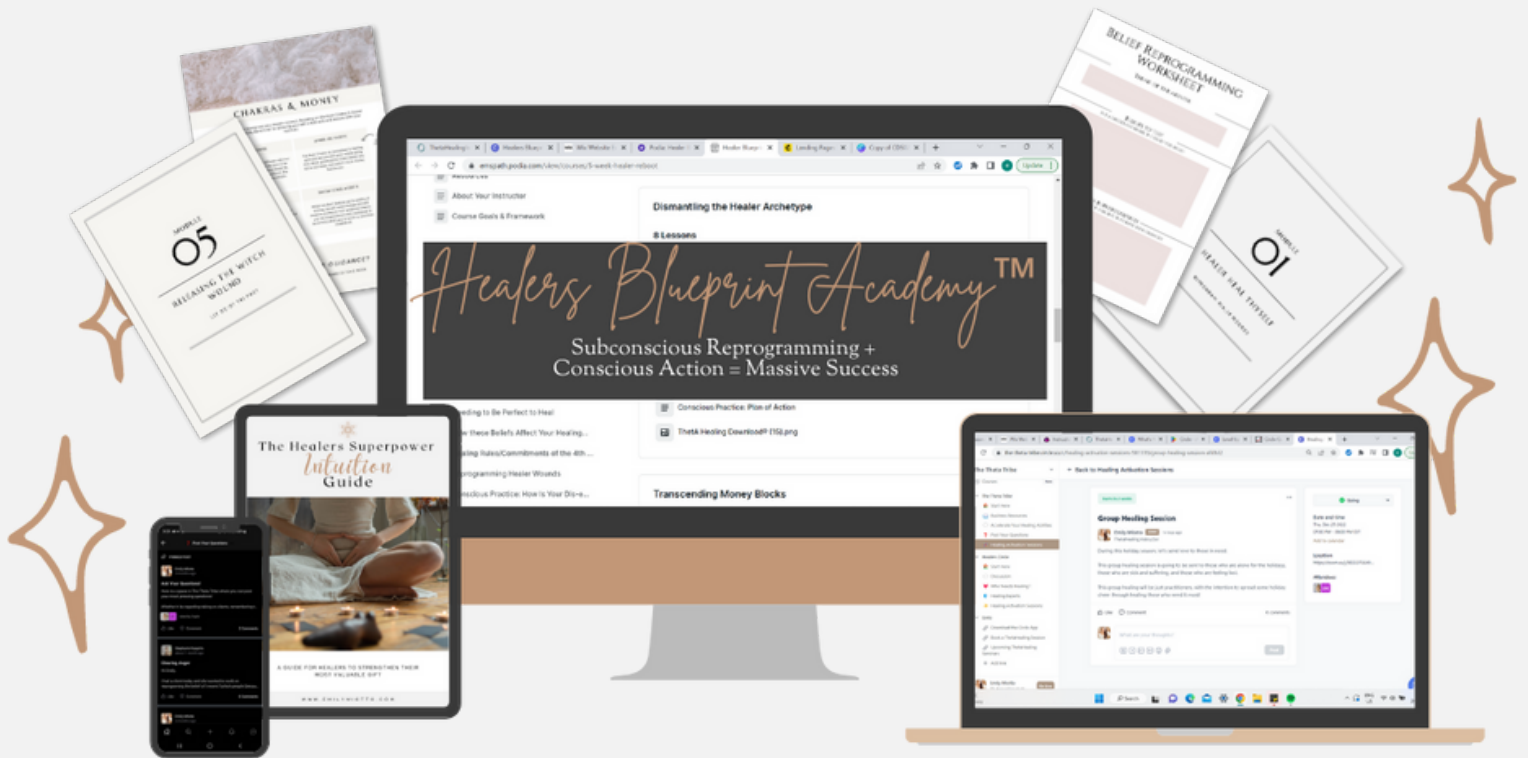


THETAHEALING

Reprogram those limiting beliefs to fully embrace the healer you're meant to be

[BOOK NOW](#)

HEALER BLUEPRINT ACADEMY



REPROGRAM LIMITING BELIEFS AROUND
SPIRITUALITY, PAST LIFE PERSECUTION, SELF-
TRUST & FEELING GOOD ENOUGH TO BE A HEALER

6 weeks of reprogramming those beliefs that prevent you from being the healer you're meant to be. Release the Healer Archetype, healer burnout, self-sabotage, fears, and doubts through this interactive self-paced course.

[READ MORE](#)

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