



Intuitive Guidance: Awakening Your Spiritual Gifts

Discover simple practices to awaken your intuition and connect more deeply with your natural spiritual abilities.





Hi, I'm Helen Peacock,

a spiritual medium, intuitive guide, energy healer,
and author. I help people, pets, and spaces regain
balance and harmony through effortless and
transformative energy healing practices. Let's unlock
your spiritual gifts together. Warm wishes,

Helen Peacock
www.helenpeacock.ca

How Intuition Works

Your intuition is like an internal compass. By learning how it works, you can better recognize subtle signals, trust your instincts, and make choices that align with your true path.

Awaken Your Intuition Journal

Take 3 minutes each morning to observe your feelings, thoughts, or gut instincts – record what your intuition notices.

Common Hurdles in Awakened Intuition

Common Challenges in Developing Your Intuition

- You might miss quiet intuitive hints.
- Old patterns can cloud your guidance.
- Emotions can block your intuition.

Do you notice any subtle signals or feelings today?

Are there moments when your intuition feels quiet or blocked?

Do certain situations feel "off" to your inner guidance?

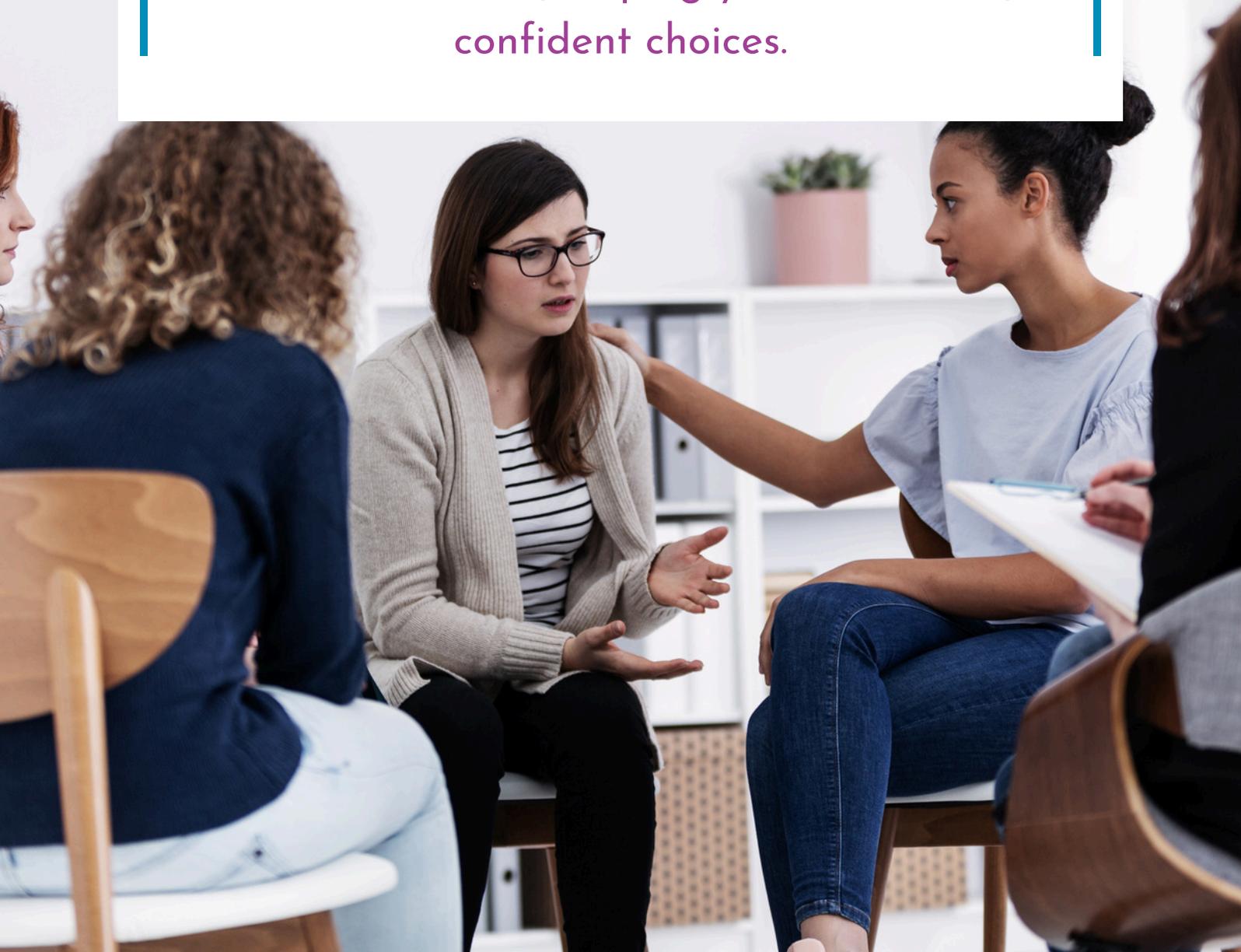
How to Recognize and Trust Your Intuition

Recognizing and trusting your intuition begins with noticing subtle signals from within. These may appear as hunches, gut feelings, or quiet nudges that guide your choices. By observing them without judgment and practicing daily reflection or journaling, you gradually build confidence in your inner guidance. Over time, listening to your intuition becomes natural, helping you make decisions aligned with your true path.



Aligning with Your Psychic Awareness

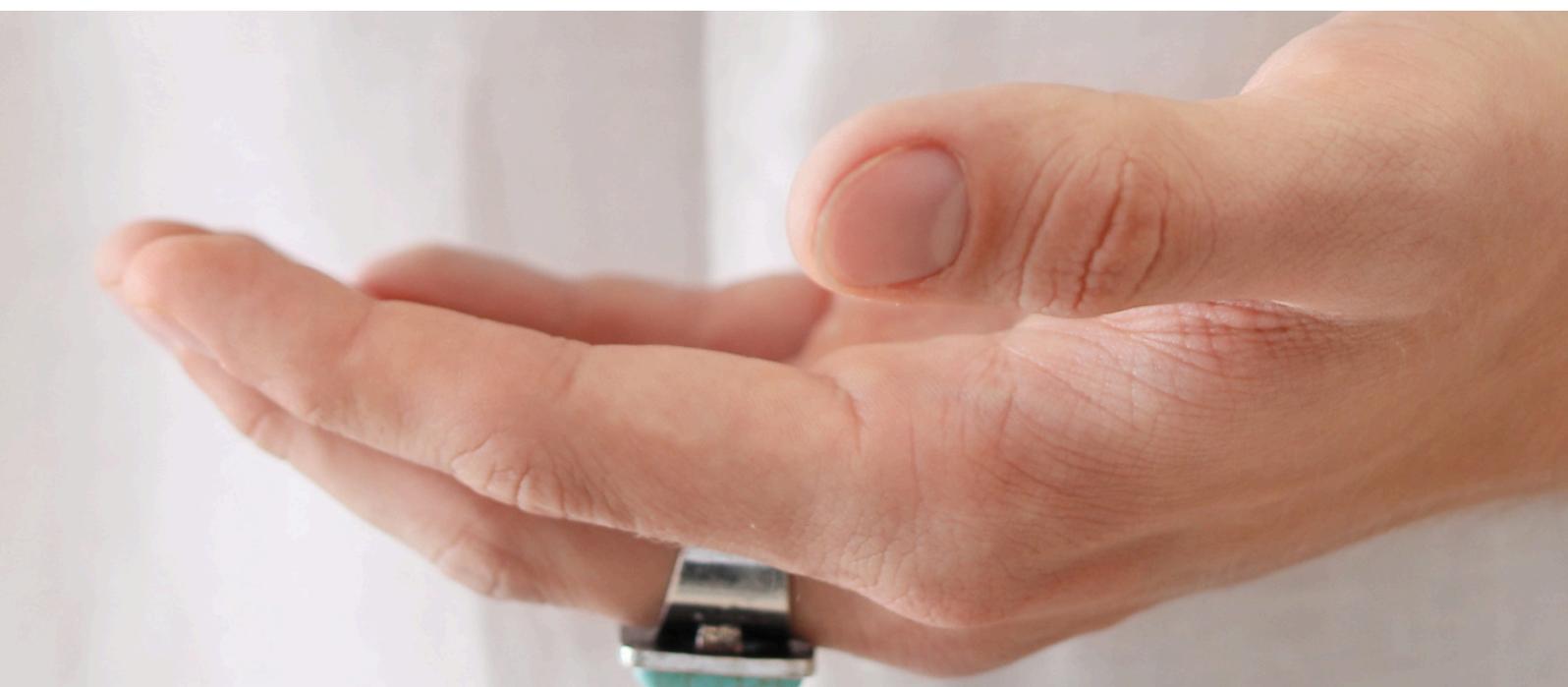
Aligning with your psychic awareness starts by noticing subtle impressions and intuitive nudges. Practice quiet reflection or journaling to strengthen your inner guidance. Over time, trusting these insights becomes natural, helping you make clear, confident choices.





DAILY HABITS TO TUNE INTO YOUR INTUITION

- Pay attention to subtle signals.
- Track patterns and messages.
- Meditate to strengthen guidance.





Noticing Your Psychic Impressions

Begin by paying attention to small impressions, hunches, or gut feelings throughout your day. Notice how your intuition responds in different situations and record any patterns you observe. With regular practice, you'll become more aware of subtle signals and learn to trust the guidance that arises naturally from within.



If this guide resonated with you, I warmly invite you to continue the journey at the upcoming Awakening Your Psychic Intuition In-person workshop.

April 11, 2026

1:00 PM - 4:00 PM

Reserve Your Early Bird Spot – \$195

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