



Next Level of
INTUITION
GUIDE




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Welcome


Hi Lovely,

Welcome on your thrilling path to learn more about your intuition and connect in a deeper way to your own true self and to your dreams.

I'm not sure why you want to get more in touch with your intuition, but I would guess that you either have experienced some kind of inner knowing before and it has led you to bright insights. Maybe you used to know what was best for you and now feel like you lost that clarity that made life so easy in your youth.

Harnessing your intuition will bring you closer to what you want. It's the easiest way to uncover what you really want in life, diving deep and bringing those secret dreams to life that your soul has whispered to you for so long.

On a broader term, thinking of what most of us want, I would say: We all want a happy and fulfilled life (great relationships, fulfilling work, good health, money, beauty in what we experience - abundance in every sense).



Plus, we want to be able to navigate through our lives with ease! Mostly because that makes it much more pleasant.

Now, you might feel that you live a fulfilling life in some areas of it, but lack it in others. You might feel that you are pretty close to what you want to experience, or you feel like you are a very long way away from what you would like life to offer you.

And it doesn't matter where you are right now (and often it is also the narrative of how we look at our life). The only thing that will move you forward into (even) more positivity is to start to make changes now.

How to best bring you closer to your happy and fulfilling life you might ask?

What I do know is that being connected with your true self will make life exactly that. In order to reconnect with your true self, you must peel layer after layer of "other peoples" opinions and family patterns and self-doubt away. You will learn to trust your intuition and find out more about your true self.

In order to do this successfully, you need a little time, a bit of willingness to look at your life and yourself from a different perspective and to widen your horizon through adding knowledge.



That is exactly what you are doing now and I'm so glad you came here. I'm touched that you want to connect more deeply with your soul. I'm thrilled you have come to me, and together we will transform your life experience.

I want to help you boost your trust, your confidence, and find the clarity you deserve to have.

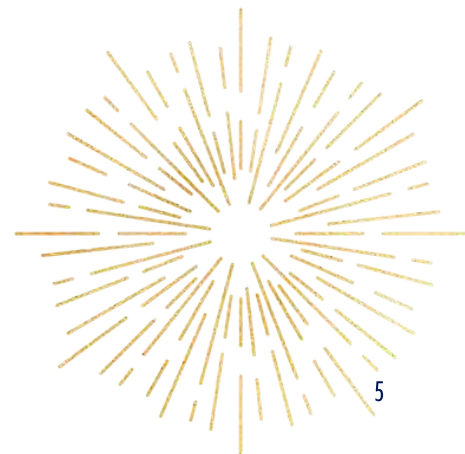
Everyone transforms their life differently, but I can assure you that if you show up, invest some time to read through this guide and start using the tools I teach in the last section, you will bring lasting change into your life.

You will look back in a few weeks or months from now and be delighted and touched by the transformation of your own life, just like my clients have before you.

All you need to do is show up for yourself and follow your soul's calling. I can't wait to see you getting started!

Much Love,

Carollyne Corner ♥

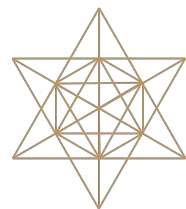


Everything is *Energy* and
that's all there is to it.

Match the *frequency* of the
reality you want and you
cannot help but get that
reality. It can be no other way.

This is not *philosophy*.
This is *physics*.

ALBERT EINSTEIN



Energy

What is Energy?

What else is there to say, when Einstein sums it up so perfectly? Our energy has been studied and talked about for thousands of years, from Sanskrit to Ayurveda to Buddhism to Carl Jung.

Essentially, our energy is important because we learn from it what kind of are made of, what true talents we have, and how our soul wants to express itself. It's so helpful to understand these attributes about yourself, especially when the feedback and advice we get from our families, our partners, our children and friends can be a totally different kind. Realizing this makes life with our loved ones much easier.

Basically, energy is not simply an insight into the depth of our soul—but it's like a handbook which helps us navigate through life.

The Energy Body (Aura)

Each of us has a physical body and an energy body, which is also called your aura, or your astral body.

There are so many different ways we interact with the world and figure out what is real. There's the physical world and the visual body, the body we can touch, feel, and see, On this level, we all have the same reality and see the same things.



But we all have different realities. In the chakra tradition, they distinguish between reality (the external visual world that all of us can see) and then, the invisible world (but for people like me, it's not so invisible, even though for most people, it is.)

In addition to our physical body, we also have a body that is unseeable for most people—and this is the energy body (or astral body or aura).

The chakra doctrine serves to harmonize this energy body. The chakra work that we'll do has been done for over 5,000 years, working to harmonize energies together. What you have in your energy body influences your real body, the one everyone sees—and you can work to harmonize that, especially when you have an illness.

It's so important to work on the invisible energy body and the chakras, just as much as the real, physical body. If you have a cough or a fever, you do something to help the body heal. We'll be doing the same type of healing work the energy body in this course by working with the chakras, harmonizing them and helping them to heal.

When we have trauma, an unhealthy family pattern, or blocks, these are also seen in the energy body—and this is what we hope to heal here too.

The energy body is what gives consciousness to the physical body. It's that other side of us, the soulful side that's independent from our body and made of pure light. When our time comes, this energy body is still intact, stored with all the information it has gathered.

So, the energy body is not just a counterpart to the physical body, but it's also what gives us a soul and meaning. And that is what is really beautiful about it—we capture everything in our energy body and so, people like me can see what's going on when I look at the chakras and the energy body of another person.

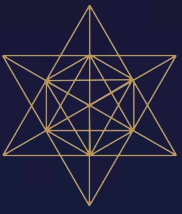


Energy Blocks

You might be wondering what I mean by storing information in the energy body. Whenever we make a decision that goes against ourselves, what we're truly feeling or what we truly are or what we truly need, then there is a build-up of a blockage.

The block gets really visible and those things will start to show up in our lives. An example of this that I see with many people is the issue of self-love.

Why would we ever make a decision that goes against ourselves? Well, there's always a really good reason. In all the years I've worked with other people, that's what I've found. Whenever I go back into the Akashic Records, I see someone's book of knowledge and how those blocks were created. It's always stemming from an extremely hard decision, usually made because they had for someone else, they wanted to be kind and protective for someone else, and then, they go against



Blocks are created because people are not making decisions that are aligned with who they are at a soul-level. I've never found anybody doing that just to do it. It's always because they didn't see another option, they didn't want to stand up for themselves, and they wanted to help someone else. It's always for a very good reason.

What's most important is to know that whatever we store in our energy body and whatever we bring with us, blockages and patterns we take on, there's always been a very good reason to create it in the first place—and you'll find an energetic match for that in this life.

An energetic match might show up in family patterns. A soul incarnating on this planet will seek a family, or people in a family, that are aligned with what they have in their energy body. In essence, they choose their family. You might be thinking: No way! I didn't choose my parents because I felt unloved, etc. But something in the energy body must have matched up to the situation you came into. That does not mean there's any excuses for other parts of the family and bad behavior. It simply means a match was there. What you make out of that, the possibilities you can see and how you can change things, they are always there too. Again, a match is not an excuse. It just means, on some level, you had a match that you came together as a family, as partners, as best friends, as sisters.

Energy Body


Spiritual Evolution

The energy body has a spiritual evolution also saved inside. When we reincarnate, we experience the law of cause and effect, also known as karma. Sometimes it's unjustified karma. We have to work off our karma because when we don't let it go, we then still feel shame or blame on some level of ourselves. The chakra teachings talk about karma.

I see karma more as an alignment of your energies with something (like a situation) or with someone else. If you're in an unhealthy relationship, it's a mirror that reflects back to you what's really wrong within you. If somebody is not nice to you, this is a mirror telling you that you have a self-love issue. Which part of you is not nice to yourself? Which part allows someone to be not nice to you? This only happens when we have a feeling deep inside where that person is allowed to do that, a place where you are lacking in love and respect for yourself. This can be personal or it can happen at work.

It's all about standing up for yourself, loving yourself. From that place, once that's healed, there will be no more people showing up in your life who have to mirror that lack back to you.





It's the same with fears. In my work, I've noticed that fears can be different based on where you live. In America, there is less time for and a stronger drive to always be in action. While in Europe, there is more holiday, which might give people a bit more space, but still, people feel burdened and have fears around work here too. I'm not pointing this out in a bad way or judging, it's simply an observation I've made and I feel it's important to share it with you, so you can see what I mean.

Maybe there is pressure to be the first to arrive at work and the last to leave. Or a fear of losing your job, of not having enough clients—all these fears are linked to a sense of security.

Caring for the Energy Body

The chakras are like the organs of our energy body. , there's a process of our chakras building up energy and blooming, let in. Through the we can feed our energy fields and let into the body.

How do you feed your energy body and nurture it? By filling your life with joyous things, that's how comes in. So take a walk, if that fills you up. Do an art project, play with your dog, travel and go on a vacation, fill your heart and soul with lectures, books, and inspiring words. Whatever gives you joy also gives you life energy. This fills up your chakras and lets them bloom.

Another key piece of this is to have friends around and to have fun! Be in the moment, laugh, have a great conversation, go to the seaside and let your feet dangle in a lake, walk in the mountains, breath in the fresh air. Enjoy that, be there in the moment, and know that this is a joyous moment.

Don't live in the past or the future (although, I do believe in visualizing the future!) Take time to have these joyous moments and add as many of them as you can to your daily life. as possible. That will light your fire and make you more happy, healthy, and light up your chakras!

I want you to know that your talents are stored in your chakras—your passions, personal characteristics. Each chakra corresponds with certain talents, life lessons and life forces. Your strongest chakra, which we will identify, holds your biggest talents.

Our soul progress is also stored in our energy body Throughout our life, we're working on our soul, evolving and becoming more conscious. We are healing and evolving all aspects of our body, which is why we often call this a holistic approach. Together in this course, we'll learn how to give the chakras more energy, how to bring your energy body into harmony and give it a chance to heal old wounds, let go of old patterns, family dramas and more.

As you begin to explore your energy body, there are two practices you can start doing...

Energy Practice

Practice #1

When you start working with energy, it's very important to first start with protection to secure your energy body and your aura. I can't stress enough how important it is this protection work. If you do not protect yourself, and you start to open up, you'll be more vulnerable.

This may feel silly, but it's a practice to do for protection. You're going to pretend putting on an astronaut suit of ultraviolet light for protection. Do this every morning before you go out and a few times per day. Think of it as your energy protecting suit.

Do this for the first 7. Actually, pretend to put on your suit. After that, you can simply think of it and you will be protected.

To put on your suit, start by stepping into it with your feet, then pulling it up and over your arms, then pull a hood over yourself, and zip the whole suit down to the ground in front of you. While you do this, think to yourself: I want to be protected. ultraviolet protecting light all around and please keep me protected.

Once you've done this a few days in a row, all you will need is to have a few seconds of thought about protection and then, the suit will be on.

Energy Practice

If you come into a difficult situation or have an intense conversation, do this practice. If you feel unsafe, think mentally about being in that suit, seeing the ultraviolet light. You can even ask a guardian angel to help protect the ultraviolet light.

Again, do this for 7 mornings in a row, and then all it will take is thinking about it to know it's there. We do this practice physically at first to really embrace it. If you are an and pick up on other people's emotions, that means you are super open and need to protect your energy. This practice will be very helpful for you.





The *energy* of the mind
is the *essence* of life.

ARISTOTLE



Energy Practice

Practice #2

Have you ever gotten a gut feeling about someone when you first meet them? You might think: Oh I want to know more about this person! Or maybe your reaction is: I'd like to avoid seeing that person again. There are some people you feel drawn to and others that you wouldn't want to meet again. When you pick up on someone's vibe, you're sensing their energy body.

Most people will have had some encounters where they have felt drawn to, or not so drawn to, someone. That's reading someone else's energy. And you can take this one step further by reading what's going on with them.

When you are out and about in the world and passing strangers, if you pick up on one of these vibes, try to guess what's going on with them. Go a bit deeper into it and feel if it's negative or positive.

Ask yourself: What are they thinking? Maybe you will see or hear something. This is a simple exercise you can do without integrating anything from their energy. If nothing happens, nothing happens. If you do get feedback, start to play with that. Be open and from the first vibe you get, see if you can get that second vibe too.



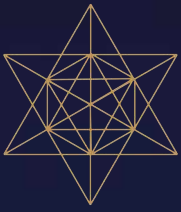
Higher Self

What is the Higher Self?

The soul is the essence at the core of your being. It travels with you and connects with you. There are parts of the soul that will store information, like your decisions made in the past. That's the part of your soul that remembers.

There's another part of your soul that I call the higher self. This is the most beautiful, pure loving energy in you that is untouched by anything that's ever happened in your life, it's not changeable. This part of the soul is completely oblivious to . It doesn't change, it just is. It's your truest essence, the most powerful, most unique part of you that's never going to change, it just knows what it is.

The higher self is the source where we get all our truest information from. Our most powerful potential is there—and it's a part of the source energy, the divine. We all have a part of that in us, the beautiful, giving and loving part that is never influenced by anything that happens both outside and inside of us.



The higher self is a part of the soul, it's just the uninfluenced part. The soul and the higher self may sound like the same thing, but there is actually a difference between the two. They both live inside of us, as a part of our energy body. One part of our soul has our unique imprint, while the higher self part remains totally pure, untouched and uninfluenced.

This is what's so beautiful about the higher self. The soul travels with us through beautiful things in life and difficult things in life—and that's over many, many, many lifetimes. The soul captures all these moments and stores them, carrying all that energetic information with you.

It contains both the beauty of your lifetimes and all of your decisions, which sometimes have been positive and sometimes negative. The part of the soul that I call the higher self travels with you too, to all the lifetimes and it is attached beautifully together the rest of the soul by a golden sparkly cord. The higher self is your essence, the part of you that's not influenced by what happens during your life. The other part of your soul that will store your experiences goes through sad or hopeful stories and has those things embedded, like a stamp a passport.

But is the purest of pure life, it's your own spark of the divine. It's so pure that it can never be influenced by anything that ever happens to you or the decisions you make.

While the soul is beautiful itself as well, it has a part that is more influenced and things energetically, like your soul's progress and the different essences of life, both positive and negative.

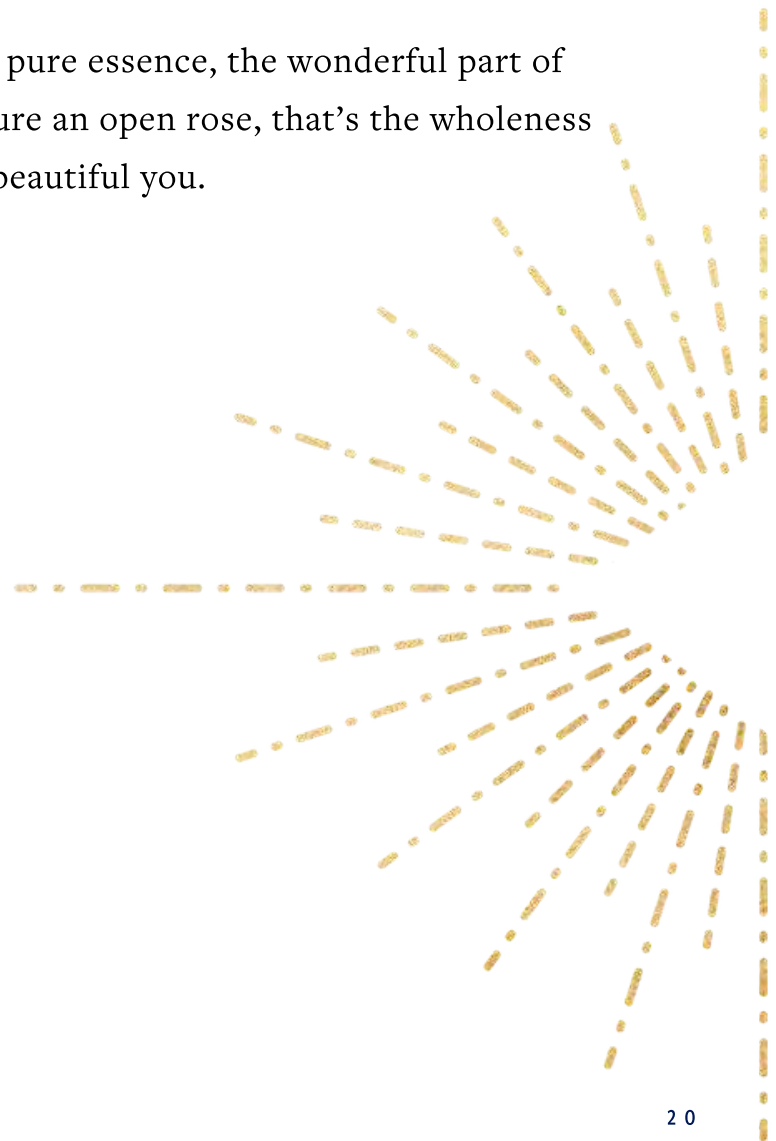
The Soul and the Higher Self

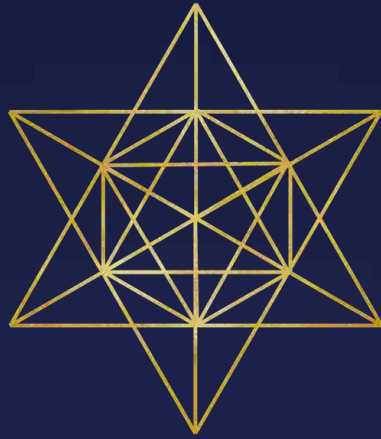
The part of the soul that is that spark in us of pure light and love. This is our divine aspect, our connection to our higher self. You will learn more later, but for now, I want you to understand what the higher self is and how it's a different part of, and works along with, the rest of your soul.

I will again and again refer to that part of you, your higher self. I want to be able to connect you with that part of you. We will do meditations to nurture that relationship.

Think about your soul as if it were a beautiful rose, and as it fully blooms, all the different petals represent the different layers of your soul, and it's also what makes it so beautiful.

The higher self is the part of you that is this pure essence, the wonderful part of your soul that won't change. When you picture an open rose, that's the wholeness and beauty and love that is you. , the most beautiful you.





Tools



Tool One

Uplift In The Morning

Every morning, you want to create a new start and reach the highest vibration possible once you get out of bed.

I often call this the “Teeth Brushing Self-Love Ritual.” This is a practice to start doing and to continue during your morning routine.



Step 1

While you're brushing your teeth, think of 5 things you love about yourself. Go with whatever spontaneously comes into your mind. Don't repeat the same things every day. Try to let yourself come up with new things you love.

Here are a few easy examples:

I'm really proud of myself for doing what I have to do, even though I don't enjoy getting up in the morning and I wanted to keep sleeping.

Even though I have curly hair, I'm happy that I'm nonchalant about it and don't spend too much time trying to change it. I accept my hair as it is and I think that's a great thing.

Or you may choose something more deep:

I love that I stand up for myself and I am not a doormat.

I love how spontaneous I am and how I love to go with the flow.

I love that I'm kind to people and then people are kind to me.

*Whatever you think of, it's really important that
you let it flow.*

Step 2

Once you have the 5 things for the day, pick one. Elaborate on it for one minute. Go on about this to yourself and add more positivity to that thing you love about yourself.

For example, if you chose “I really love that I’m not a doormat,” you might expand on this by saying:

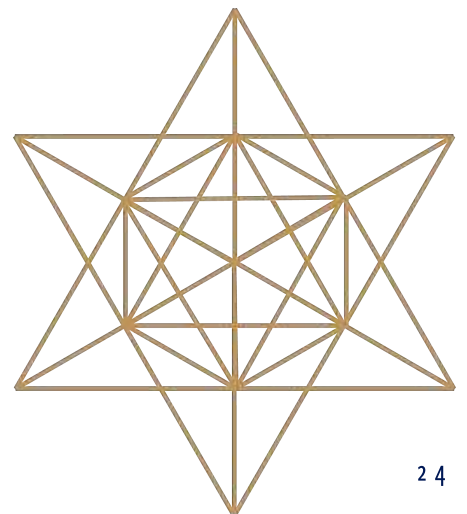
I’m really glad I’m looking after myself and setting boundaries now. In the past, I know that I was often irritated by how other people treated me, but now I have really good tools that I use and I give a good reply and stand up for myself. I really do love that I’m able to do that often. Like when I did it last week, it felt good because I saw this other person was starting to get flustered, but I stood up for myself in a healthy way.

*Go on and keep expanding this thing
you love about yourself for one minute.*

This exercise will automatically raise you to a higher vibration and help you get into the flow and start appreciating things you love about yourself.

When to use this tool:

Do this every morning.





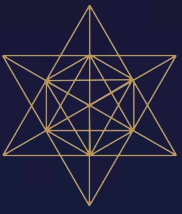


Tool Two

Instant Stress Relief

If you're in need of instant stress relief, deep breathing will help relax you. Deep breathing brings us down and take the feelings of stress and pent up energy out of us.





Step 1

Breathe in to the count of 4, hold for the count of 4, breathe out to the count of 8. Repeat this twice.

Step 2

After you've done this pattern twice, continue to breathe at this pace (in for 4, hold for 4, exhale for 8), and start to breathe in whatever you feel you are missing and whatever lights you up. A great example is to breathe in light through the top of your head (crown chakra), or to breathe in a sense of peace, ease or calmness. Choose whatever feels right for you. Breathe this in to your body, hold it for four counts, and then, while exhaling to the count of 8, release what no longer serves you.

Here's an example of this practice in action:

Imagine it's near the end of your day and you couldn't finish something at work, so you start to feel stressed.

Take a deep breath, and then start breathing in while thinking to yourself:

“Everything I've done is done well. This is just how far I came today and I'm okay with that.”

Then breathe out everything that doesn't serve you.

This practice will offer you a nice stress relief whenever you need it.

When to use this tool:

Anytime. You can do this tool everywhere (at your desk, in the bathroom, in a meeting). Also, do this before you start meditation.

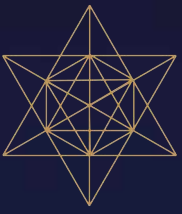


Tool Three

True Voice

This practice will help you really deeply speak your truth. When you're doing deep soul work, you might find yourself thinking: This feels muddy, or I'm not responding well to that, or I can't see where this is taking me.

When those feelings arise, this tool will help you tap into and listen to your true voice, finding your true intuition and responding from that place.



Step 1

Start to breathe deeply. Take your hand (whichever hand you write with) and place it over your heart (on your heart chakra).

Step 2

Breathe in a beautiful blue light (this light is for your voice to express yourself). When that feels good, next breathe in beautiful green light (this light is for your heart). Finally, breathe in golden sparkly light (this light is for your intuition and connecting with your higher self).

Step 3

Keep breathing deeply and move your hand a few inches away from your heart, feeling your heart chakra expanding. Let your hand move as you feel this chakra expand.

Step 4

Now place your hand on your throat (over your throat chakra, the chakra of self-expression) and do the same movements with your hand, moving it a few inches away from your body and feeling how this chakra is expanding with your hand.

Step 5

Continue with deep breathing with all the light on the chakras. With your hand back on your heart, think about: I really want to be honest to myself. I want my true voice to surface and for me to be able to fully express what's deep down inside of me. Maybe it's something I've ignored or have been afraid of. It's now safe for me to use my voice. I really want myself to be able to express myself fully.

Step 6

If you're having any difficulty, can't feel expansion or are feeling blocked, there's a few things you can do.

If you aren't blocked but just feel a bit muddy and unclear in your thoughts, try the breathing in of colors exercise again.

If you're having issues in your throat chakra, you may need more blue, like a beautiful sky blue light color in that area.

If you feel like it's not expanding or you're still finding it difficult to express your true voice, do some throat clearing while making a loud throat sounds. Make a HAH HAH HAH loud throat sound while clearing your throat. This will help clear any blockages in your throat chakra.

When to use this tool:

When you feel resistance or blocks.



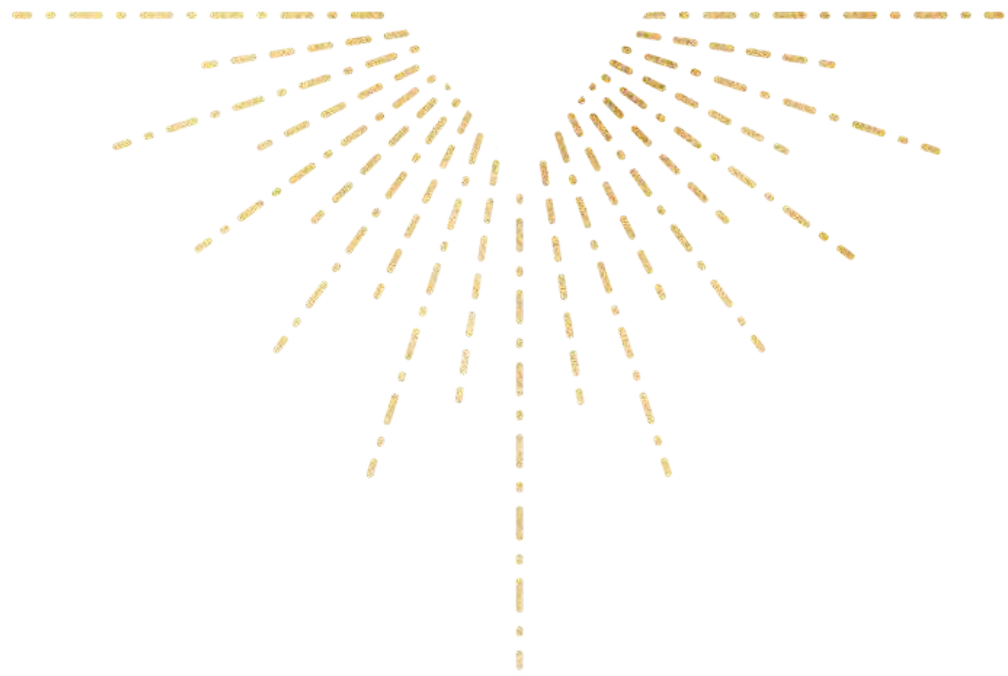
Moving forward



You have gotten a lot of information now and this will help you much more to understand your relationship with your Intuition. The more you work on it, the more clear your intuition will become. You have to look at it like a muscle. In order to train your intuition muscle, you need to train it again and again. You might change the tools or the practice and make your training a bit more fun and various, but in the end, you can't expect to run a marathon or hike up the Swiss Alps, without training your muscles in the right way first.

This is your journey, and to keep in with the reference to sport, it is a marathon and not a sprint. So be patient with yourself and keep up your work. It will be worthwhile!

Start to integrate these tools into your daily life and boost your Intuition to a very different level.



We are at the start of a new century and to head successfully into this exciting new decade, we need to boost our Intuition and live our lives in a deeper and more fulfilling way. That is what we feel inside, that is what we are moved to do.

I'm so thankful to be able to be a part of your journey. Keep me updated on your progress, I'm always thrilled to hear from you!

Much love,

Carollyne Corner ♥



Stay Connected

As you move forward, I want you to feel fully supported. Find all the information below.

Please do let me know how your Intuition is expanding!



WORK WITH ME

Sessions with Carollyne are currently unavailable, please join the email list to be notified about the next available openings.

<https://carollynecorner.com/group-wait-list/>

CONNECT WITH ME

QUESTIONS FOR CAROLLYNE

If you have any questions for me, email them to office@carollynecorner.com and I will respond to you directly!

INSTAGRAM

I spend most of my time on Instagram, so follow along to get regular updates. Instagram: [@carollynecorner](https://www.instagram.com/carollynecorner)