

TAPPING INTO YOUR

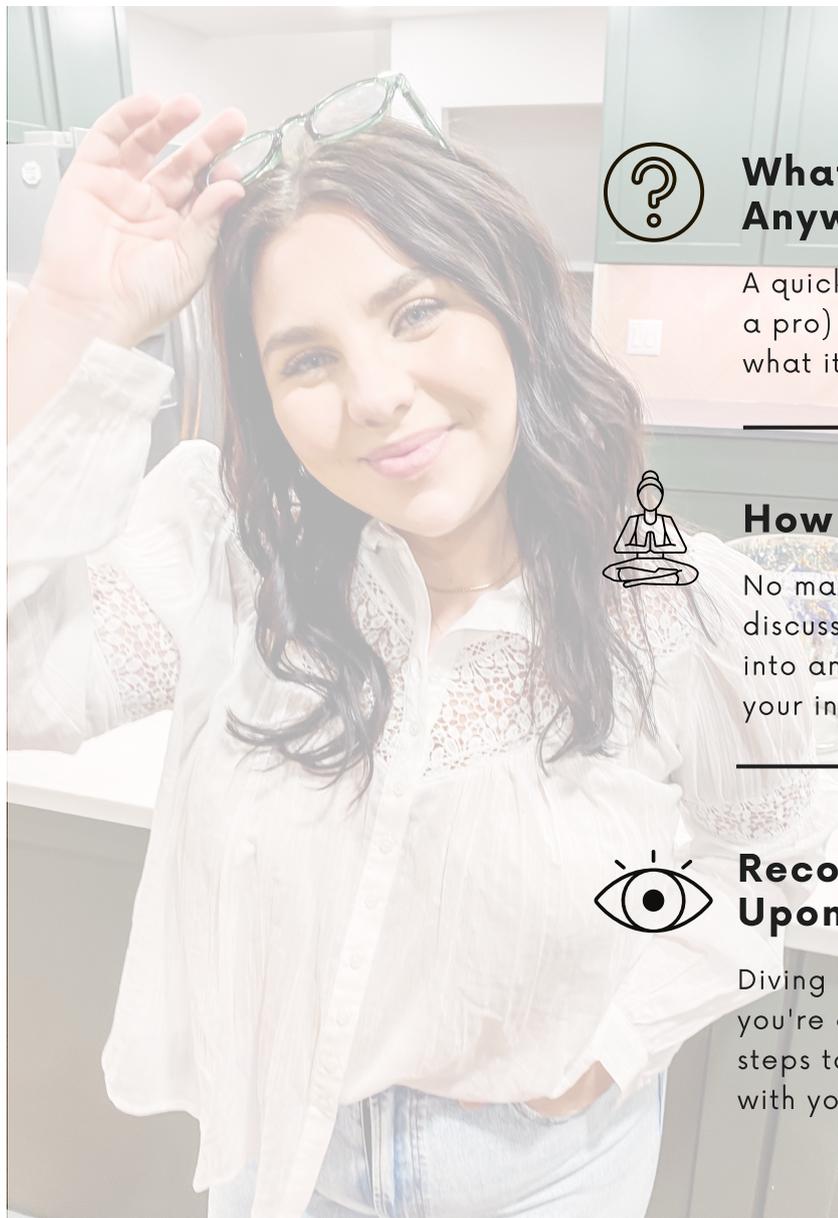
intuition

FREE TRAINING

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What is "Intuition" Anyways?

A quick overview (or refresh, if you're a pro) on what your intuition is and what it feels like in my experience.



How to Tap Into It

No matter what place you're in - we'll discuss some practical ways to tap into and deepen your ability to feel your intuition.



Recognizing Times to Call Upon Your Intuition

Diving into how to recognize when you're disconnected, and actionable steps to help you get back in touch with your body.

**INTUITION IS
SEEING WITH
THE SOUL.
-DEAN KOONTZ**

WHAT IS "INTUITION" ANYWAYS?

intuition | in·tu·i·tion:

a natural ability or power that makes it possible to know something without any proof or evidence

I'm SO excited to discuss this with you today. Your intuition is maybe the most powerful tool you have: it never lies, it always has your best interest at heart, and it knows things beyond your logical understanding.

I like to think of my intuition as my body's voice. When I feel my intuition take over, I feel it INSIDE of me--like my physical body is trying to tell me something.

Have you ever experienced this? If not, that's okay. It's within you regardless. Sometimes there's just too much noise and chaos going on that we struggle to hear the voice within us.

Let's dive right into how we can tap into this source!

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Where Are You at Currently?

First things first, let's do a quick assessment of how in touch you are currently with your intuition. Ask yourself the following questions:

- Do you notice any messages/guidance/gut feelings from within?
- Do you trust the messages you receive from your body?
- In what times do you feel them the strongest? In times of need, stress, calmness?
- Do you typically rely most on logic or gut feeling?

If you are someone who has experienced and is comfortable listening to/trusting your gut--you're well on your way to accessing more tools to deepen that connection to your body.

It's okay if you're not really sure how to answer the above questions and feel like yes you've experienced thoughts/feelings that felt more like a conscience--then you're right on track.

And if all of this just seems totally new and unfamiliar, you're going to be amazed by how much your body can tell you, warn you, and direct you.

The important part is understanding where you're at and giving an honest review of how well you are aligned with your inner knowing. This voice and power is within all of us. As much as I do love data & a beautiful excel sheet--your intuition has more to offer than any statistic, data point, or spreadsheet ever could.

Tools for Tapping Into Your Intuition

I find that sometimes I need a trick to help me check back in with my body. I find myself getting too "in my head" and less aware, present, and open to messages from my body.

Getting Still

The first, and for me, the most important part of allowing your intuition to flow freely is getting still. Even if for just a few minutes. Give your mind and your body a break from all the distractions. All the noise.

You can do this by either getting truly and completely silent, spending some time in that space and allowing your thoughts to flow without judgement, objective, or rules.

 Pro Tip!

Or you can use resources created to help you go to this place. For instance, guided meditations on YouTube or Headspace. Search "guided meditation" or "body scan". I personally love a good body scan and find it the easiest way for me to begin a meditation or still moment.

This is where your greatest creativity, insight, and calm exist: in the silence. In the deepest parts of you.

With time you'll get better and faster at going to this place. If it feels weird or uncomfortable at first, keep practicing. It's like anything else in life, new things can feel uncomfortable and take time to master.

Getting comfortable in your own mind unlocks so many priceless tools within you. It will allow you to be a better & happier individual, partner, friend, employee, and family member.

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Focus on Your Breath

Any meditation teacher will tell you, your breath is a great place to start when attempting to get still & go inside your body.

This is very easy and applicable in many settings. Simply sit or lay in a comfortable position (if possible), shut your eyes, and take a deep, long breath in through your nose. Hold at the top, then slowly & with control, release through your mouth. Repeat this for as long as needed until you're fully in-tune with your body and disconnected from outside inputs.

If you notice thoughts coming into your mind as you breath--allow them to flow in and then let them go just as easily as they came. Don't focus too hard on anything--keep your attention on your breath. Feel your chest rise and lower, listen to the sound of the air coming in and out of your body, take in the whole experience your body is having that moment.

After just a few minutes of this practice, you'll likely feel refreshed, centered, and grounded. From this place you'll make better decisions, behave more confidently, and be able to hear the intuition your body has to share.

Recognizing Times to Call Upon Your Intuition

Whether you've gotten distracted, swept up in "to-do's" and daily life, or simply let the practice slide--it's important to be able to recognize when it's time to make the ability to hear your body a priority again.

Distractions = Noise

There are so many distractions that bombard each and every one of us every day. Social media, emails, work, text messages, ads on our favorite podcasts, Netflix binges... it can feel overwhelming. And worse, leave little to no time for your mind and body to rest.

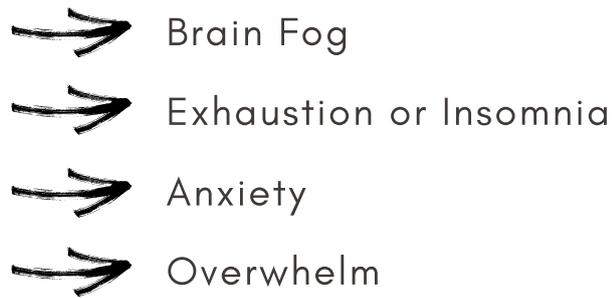
Our body receives these messages all day long from so many different sources. Even when we aren't consciously paying attention to that ad on the radio or the billboard we've driven by a thousand times--our body still downloads that information. Our brain is overwhelmed with information and doesn't have the resources to dedicate to self-awareness.



These daily distractions turn into noise in our minds. Noise that shuts off our ability to pay attention to other vital tasks.

You know those moments when you're driving, and you get so caught up in a thought that next thing you know you've driven 10 minutes and can't recall any of it? Our brains have way too much on their plate.

This noise can manifest in a plethora of ways...

- 
- Brain Fog
 - Exhaustion or Insomnia
 - Anxiety
 - Overwhelm

Any of those sound familiar?

Noticing the Noise

The noise is not a BAD thing--it's just a thing that exists and we all have to deal with.



The key is to be AWARE. Pay attention to your body & your daily experience. This can be as simple as practicing checking-in with yourself a few times a day.

Take 30 seconds and feel your body--are you tense? Do you feel overwhelmed? Calm? Stressed? Name your feelings and identify them clearly. This practice alone will help you 1) stay present, and 2) maintain awareness of your mind-body connection.

When you notice your mind feeling very disconnected from your body--it's time for a return to the source: you.

Notice how chaotic life feels when you've become disconnected from your intuition and self. It can be harder to make decisions, feel overly reliant on others' input/opinions, busyness without productivity, and a general sense of being "lost".

When you sense these feelings become more apparent or increasing in frequency:

- 1** Give yourself grace. Self-awareness, presence, and accessing your intuition is a life-long practice.
- 2** Intentionally set aside a time to get still.
- 3** Follow through. Use that time and do whatever method you prefer to sink into your deeper self. Spend some time there. And give your body and mind the rest they need.
- 4** Trust that all the answers are within you. You are the source of everything in your life. You create your reality. And you have the power to change your story at any time.

If you don't feel instant relief, that's okay. It may take a few times to get back into the comfort and fully immersed into your body.

I'm so proud of you for making it through this training! If you have any questions, feel free to DM me or via email: assistant@samanthaorr.com. Be sure to check out the additional resources included here before you go!

xoxo,

Samantha

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TAPPING INTO YOUR INTUITION

Checklist



Asses where you are today with your ability to hear and feel your intuition.

Practice getting still. Focus on your breathing. Get comfortable with going deep into your bodily experience.

Recognize when your body is giving you signals that it's overwhelmed/overworked/in need of some TLC. ie., anxious feelings, loss of direction, insomnia, etc.

Intentionally set aside time to use your mindfulness practices. Get back into the experience of your body.

Pay attention to how you feel when you're centered, tapped into your body & intuition, as well as how you feel when you're disconnected & out of touch with your body.



Learn how to *master* setting & sticking to boundaries.



WITH
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The
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& Maintaining
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AFFIRMATIONS FOR
Owning Your Intuition

INNER GUIDANCE COMES TO ME FREELY & EASILY.

I CHOOSE TO KNOW AND BELIEVE THAT I AM THE
SOURCE OF EVERYTHING.

I CONFIDENTLY TRUST IN MY DECISIONS & DIRECTION.

I CHOOSE TO RECEIVE NOW, THE GUIDANCE & INNER
WISDOM I DESIRE.

I NOW OPEN MY MIND, HEART & BODY TO GUIDANCE
BEYOND MY UNDERSTANDING.

I AM CAPABLE OF MORE THAN I KNOW.

I AM MORE POWERFUL THAN EVER BEFORE.





*"Intuition is seeing
with the soul."*

Dean Koontz

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