



3 WAYS TO AMP
your intuition
& TUNE INTO
your superpower

welcome

Intuition is often referred to as a sixth sense, divination, instinct, a hunch, a gut feeling, or second sight. It's your birth-right. Your superpower. Your all access pass to ALL you need to know. But how do you know to TRUST that intuitive hit?

When you access your inner knowing, you open up your channel (yep, we're ALL channelers) and access your Higher Self and your own divine KNOWing. You tune in and tap into your higher-self. Your guides. Spirit. The Divine. God. Goddess. The Universe. All the aspects of the multidimensional you (yep, we're multi-dimensional beings ya'll!). It doesn't matter what you call it honey, just OWN it. Trust it. Thank it. Connect with it.

Inside this guide are three ways to TUNE in and AMP up your internal GPS.

01.

BREATHE

Find a quiet space (even if it's only 3 minutes) and take 3 deep breaths. Inhale through your nose for 4 counts, hold for 6, and exhale through your mouth for 8 counts. Repeat 3 times.

When we pause to BREATHE we're signaling to our central nervous system that all is well. That you're in the driver's seat (not FEAR or anxiety) and that you're READY to go!

This helps to CALM your body, mind and spirit down and helps to ground and center you.

02.

ASK A QUESTION

So often our thoughts are wild—a spinning tornado, whirling all over the place. No wonder we can't get clear on what to eat for lunch, which new possible career path to pursue, or whether or not to stay in a relationship.

Get focused to get clear. Ask a SPECIFIC question.

EXAMPLES

Which path serves my highest potential?

Does this relationship serve my highest good?

What might feel good to eat today?

What can I DO to support my energy right NOW?

03.

WRITE IT DOWN

Grab a notebook and your favorite pen and get curious! Write down the very **FIRST** thing that comes to mind. You might **SEE** an image like a picture in your mind. Or you might **HEAR** or **SEE** a word. **INTUITION** speaks in signs and symbols. Be **OPEN** to the ways in which you **RECEIVE** your messages. Write down what comes through. It doesn't even need to make sense. Write down **WORDS**, phrases, song lyrics (my intuition **LOVES** to download songs, when investigation have **WAY** more in-depth meaning than on the surface.) Be **CURIIOUS**, stay **OPEN**, and have **FUN**.

Over time you'll learn to **TRUST** your own intuition. Get quiet. Calm down. Chill the **EFF** out. Get grounded. Listen. Listen. Listen. The universe is talking to you. Through you. **AS YOU**. Can you hear you **NOW**?



*You're cosmix
baby...and you're
fucking glorious.*

XO,

kammie k

NEED HELP TO TAP IN?

If you need some guidance tapping into your intuition and feeling connected to your higher self, I might be able to help.



When I'm coaching, I tune into my intuitive gifts, pulling from my nearly two decades of coaching and leadership development experience, energy reading and channeling (I channel my higher self and my guides).

My toolbox is a mosaic mix including decades of coursework in traditional psychology, religious and spiritual studies, life and career coach training, and self study. I use grounded practical applications mixed with guidance from my multidimensional self, my guides and intuition to provide you with next-level support.

BOOK A FREE CALL *now*