

HOW TO TAP INTO YOUR INTUITION



Kiersten Parsons Hathcock

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HOW TO TAP INTO YOUR INTUITION

Complimentary Guide

Hey, thanks! You signed up to receive more info about my book, upcoming articles, and blog posts. I'm excited that you want to know more about intuition.

I've included tips and techniques that have worked for me over the past 10 years as a later-in-life intuitive medium who works with law enforcement officers to help solve cold cases.

I don't know it all, but I'm hoping that by sharing what I learned by trial and error, you'll be able easily apply the knowledge to your own life. Intuition has been an incredible road map for me—I hope it is for you, too.

Thanks, again! I hope you find this short guide helpful. xx



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Here are seven ways to develop and hone your innate intuitive abilities in addition to a few things I've learned along my journey about the act of developing your intuition:

1. Tapping into your intuitive side doesn't require that you sit cross-legged meditating for hours on end. Think back to some of your best ideas. Did they happen while you were driving? Or while you were in the shower? Many of mine did. I've found that when you're actively doing something with your physical body, it helps you to get into a state of mind that is conducive to receiving intuitive guidance. You're concentrating on performing an activity that is familiar to you (like driving or taking a shower); therefore, it gives your intuitive self a chance to take center stage. Simply knowing this will help you recognize intuitive guidance while you're just moving about your life.

2. Ask your loved ones in spirit to help you become more intuitively open. Our guardian angels (also called guides/loved ones in spirit) are around us always, but because we have free will, they can't necessarily step in on both subconscious and conscious levels unless you ask them for help. You can fix this by requesting (in your mind or aloud) that they show you signs. Many grieving parents I've worked with over the years have talked of signs such as nickels or other common items showing up out of nowhere. Another sign I've seen quite a bit includes lights turning on and off on their own. (continued)

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2. (continued) Ask your loved ones in spirit to help you become more intuitively open. Also, ask that your guides/angels come into your dreams with messages. Your sleep state is a closer vibration to their state of being in spirit form; therefore, it's easier to connect with them in dreamland. For that reason, keep a journal or piece of paper and pen by your bed. For example, early in my intuitive awakening I remember waking up from a very vivid dream in the middle of the night in order to write down a word I was told to remember. The next morning, I told my husband what had happened and asked if he knew the meaning of the word. Lucky for me, he did. After he explained what it meant, I realized it was tied to a case I was working on and it helped me make sense of something I never would have come to on my own.

3. Take a walk while listening to instrumental music.

Music touches the creative, intuitive, subconscious part of our being. Use it as a catalyst to become more intuitively receptive while walking about.

4. Listen to a guided meditation on YouTube.

If you're like me, and your mind jumps around a lot, try listening to a guided mediation on YouTube. They're free and easy to use. I, personally, have had much success with one called the Violet Flame meditation. The one I use is only six minutes long but it does the trick.

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5. Commit to memory this easy mediation:

If you're also like me and suffer from memory loss, trying to remember a lengthy meditation without guidance is difficult. Here's one that is relatively easy to commit to memory: Close your eyes and take three deep breaths. Now, in your mind's eye, see a big movie screen. It's in front of you and completely white in color. Take three more deep breaths and ask to be shown on the movie screen a symbol, photo, or mini-movie pertaining to something your loved ones in spirit/guardians want you to know. Continue to ask more questions, or simply take three more breaths and thank your loved ones for their assistance before opening your eyes. Record on paper what you received that day, and continue to record what you get intuitively. Practice this as much as you can. Learning to use your intuition is like training a muscle.

6. Pay attention to your body's intuitive signals.

When I was awakening to my intuitive skills, I felt more sensations and emotions than I initially saw or heard. Chills were, and still are, a very strong intuitive signal for me. They signal different things for me, but mainly they alert me to truth. And they point out that I need to pay attention to what is happening in that moment. Nausea is another intuitive sign, especially when it's fleeting and without foreseeable cause.

7. Explore intuitive tools like tarot cards and pendulums. Many tools like these have gotten a bad rap over the years. Again, intention is key when using tools that foster intuition. Prior to testing them out, simply say a short protection intention, either in your head or aloud. Then, ask that your loved ones in spirit to surround you with light and protect you and your intuitive session from all lower vibrational energies that are not good for you.



Undercover Medium

MEMOIR COMING SOON

Rep'd by The Seymour
Literary Agency

FOREWORD BY Detective
Mark Pucci, NYPD (ret)

I've included more tips and techniques for developing your intuition as well as healing old emotional wounds at the end of my upcoming memoir tentatively called Undercover Medium. Currently, my agent is shopping my book with publishers in the US. I'll keep you posted as we travel the publishing road.

Short Description

At thirty-six, Kiersten Hathcock, wasn't looking for an intuitive awakening when she suddenly started channeling the spirits of kids who were killed by sexual predators. Her awakening led to partnerships with law enforcement to solve their cold cases. Even more surprising, the children helped her unbury memories of her own sexual abuse as a child. But her story doesn't end there. Despite her connection to spirit and her mission to catch predators, Kiersten fell in love with a man who turned out to be a seductive predator. Not understanding the concept of wounded attachment, she endured three years of narcissistic abuse that nearly destroyed her life. In the end, it was the kids in spirit who helped her survive the abuse, protect herself and her family, and once and for all, stop the cycle of abuse she'd been unknowingly locked in her entire life. And now, Kiersten tells her story to help others to trust their intuition and break free.

Endorsement

"Undercover Medium is a life changing book! Not only will it make even the biggest skeptic believe in intuition, but it will also connect the dots for millions of abuse survivors. Reading about how Kiersten used intuition to survive and heal from childhood sexual abuse and, later on in life, narcissistic abuse, hit home personally and was incredibly inspiring. I come from 5 generations of strong intuitive "knowing" women, and even then, at some moments in all of our lives, we ignored that thing we trust the most and found ourselves in incredible situations. I know many people will relate and be inspired by this book!" **Kelli Ellis, Celebrity Designer, Artist, and Author | HGTV | BRAVO TV | TLC | TDN**