PODCAST WORKSHEET

INTUITION

THANK YOU FOR JOINING US!

We're thrilled to have you as part of our community and excited to support you on your path of transformation. This worksheet is designed to complement the theme of **INTUITION** from our podcast.

Each worksheet is crafted to help you take a sacred pause and reflect, replenish, and recharge. By engaging with these exercises, you'll be able to integrate the wisdom from our podcast into your daily life, creating simple, sustainable, seasonal habits that enhance your health, vitality, and overall wellbeing.

How to Use This Worksheet:

Listen: If you haven't already, start by listening to the corresponding podcast episodes.
Reflect: Use the prompts and exercises to reflect on the theme.
Practice: Implement the practical tools and techniques shared in the podcast.
Connect: Share your experiences and insights with our community on Instagram.

Thank you for being part of the Overhaulin' experience. We're here to guide you every step of the way as you create space for meaningful self-care and align with nature's rhythms.

Warm regards,
Jill & Susannah
Your Overhaulin' Guides & Founders

A MOMENT FOR REFLECTION

WHAT I NEED RIGHT NOW IS.....

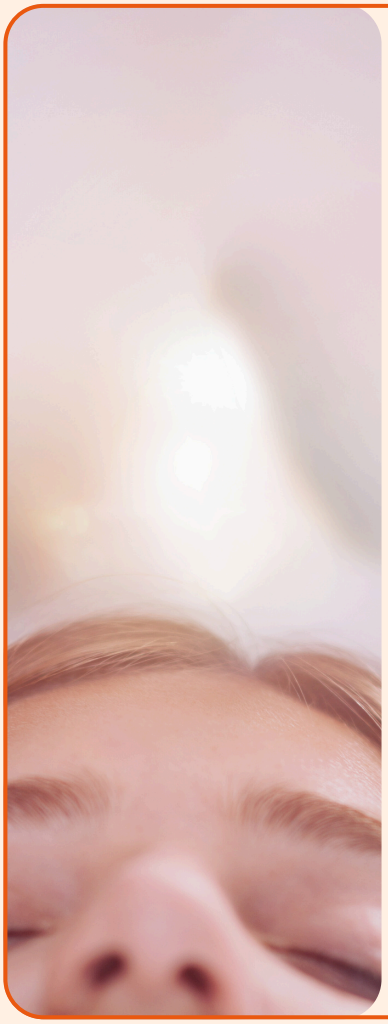
Circle the first 3 words you find in the wordsearch and reflect on what they might be telling you about what you need right now.

A	P	S	E	L	F	C	A	R	E	O	N	W	M
I	O	U	E	A	O	E	V	S	L	H	N	E	A
P	J	P	S	O	L	I	T	U	D	E	A	T	C
I	O	P	K	L	R	G	V	X	L	Q	T	E	T
A	Y	O	E	N	Q	U	I	E	T	E	R	B	I
I	O	R	K	T	Y	D	J	S	J	A	Y	O	O
P	W	T	S	D	W	M	Z	I	C	R	E	S	N
I	D	X	K	L	B	G	L	O	V	E	U	A	I
A	P	S	T	I	L	L	N	E	S	S	F	O	E
G	R	O	U	N	D	I	N	G	N	S	H	S	I
S	O	F	T	N	E	S	S	I	O	N	A	G	T
I	F	A	K	B	A	I	V	X	L	V	A	V	Y
W	D	X	C	O	N	F	I	D	E	N	C	E	K
D	I	S	C	I	P	L	I	N	E	Q	A	M	C

YOUR GUIDE TO CULTIVATING INTUITION

BHRAMARI BREATHING TECHNIQUE

1. Find a comfortable seated position, closing your eyes.
2. Bring your thumbs to your ears, and gently close them. The other fingers can rest on the crown, spread out over it or across the face as pictured.
3. Take a deep inhale through your nose.
4. As you exhale, create a humming sound, like a bee, with your mouth closed.
5. Feel the vibrations resonate throughout your head and chest. Repeat this for several cycles, focusing on the calming effect of the sound and vibration.



MEDITATION FOR INNER GUIDANCE

1. Sit comfortably, with your back straight and shoulders relaxed.
2. Close your eyes and return to your breath, feeling the sensations of inhaling and exhaling.
3. Bring your awareness to the space between your eyebrows, the location of the Ajna chakra, our center of intuition and insight.
4. Imagine a soft, glowing light in this space as you inhale deeply, allowing this light to expand with each breath.
5. With every exhale, visualize any distractions or negative thoughts dissolving into the air around you. Allow your mind to quiet.
6. Continue to focus on this glowing light, allowing it to guide you to any intuitive messages or insights you may need.
7. As you sit in this stillness, let thoughts come and go without judgment, trusting that your intuition will surface in its own time.
8. When you feel ready, slowly return your awareness to your surroundings and open your eyes, carrying this sense of calm and clarity into your day.

YOUR GUIDE TO CULTIVATING INTUITION

STREAM OF CONSCIOUSNESS JOURNALING

Following that breathwork, another powerful practice is stream of consciousness journaling. This technique allows you to bypass the critical mind and tap into your intuitive thoughts.

1. Set a timer for 10 minutes and write without stopping or censoring yourself.
2. Let the words flow freely—don't worry about grammar, structure, or making sense.
3. When the timer goes off, read back through your writing. Notice what patterns or insights emerge.

This practice can surprise you with the intuitive thoughts that surface when you let go of overthinking!

SAMHAIN RITUAL TO HONOR INTUITION

To deepen your connection to intuition, consider incorporating a Samhain ritual to honour the insights you've gained.

1. Create a sacred space with candles, crystals, and symbols of autumn—like fallen leaves or a small bowl of water.
2. Light a candle and set an intention to open yourself to your intuition and any guidance the season offers.
3. Sit in stillness, focusing on the flame. Feel the energy of the season—the sense of release and renewal that comes with autumn. Let any intuitive messages or feelings rise naturally.
4. If you feel called, ask a question or seek guidance on a particular area of your life. Trust what comes to you, whether it's a feeling, an image, or a thought.
5. Conclude the ritual by giving thanks for any wisdom you've received, and blow out the candle, holding that sense of inner trust as you move forward.
6. This ritual is a wonderful way to tap into the mystical energy of autumn and strengthen your connection to your inner voice.

THANK YOU FOR JOINING US &
MAKING TIME TO REFLECT,
REPLENISH & RECHARGE.

Overhaulin'

Overhaulin.co.uk

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