

Call of the Heart

wisdom for change

5 Keys to Develop Conscious Intuition

Love All!

1. Listen

Listen to the small voice, the slight nudge, the light touch – but with *discernment!* Not every whisper is from the light.

2. Open

Open to what is at the edge of your self-awareness, and to explore changes you might need to make.

3. Validate

Validate the message by taking it into your heart, make sure it holds light, love & meaning for your life now ([use this free Start in Your Heart attunement, calloftheheart.net/practices](https://calloftheheart.net/practices))

4. Earth

Earth yourself, because you are of the Earth, and your intuition and consciousness are gifted to you for your journey here.

5. Allow

Allow yourself space and time to do all the above, and absorb and grow with the grace and lessons of your unique & beautiful journey!

Listen to the 5 Keys to Develop Conscious Intuition podcast to learn more!

calloftheheart.net/podcasts

© Ann Surya