

Everyday Tarot Intuition Mini Course

VIDEO 2: INTUITIVE WRITING

Brigit: A few years ago I went on just a short personal retreat over the weekend, and I tell you what, I actually do these personal retreats quite often because even in just the space of just being on your own and being in solitude that's where your intuition can really flourish. So this time I was down on the Mornington Peninsula, which is a beautiful part of Victoria Australia, and the Mornington Peninsula, it's surrounded by these shrubbery and sand dunes, and I walked my way to the top of a sand dune where I could almost look out across the whole peninsula, and just as I sat there I laid out my rug, and I sat there, and I could just feel this beautiful connection with nature all around me. It was a beautiful sunny afternoon. I could feel the warmth of the sun on my skin, and I just sat there for that little brief moment. I just thought, "Oh, this is so good. So grateful." Then what I did was I pulled out my journal and my special pen, and also my tarot cards, and I was in a situation at that time where I had, I guess, a disagreement with a colleague, and I was really confused, and really, I don't know, just kind of off kilter.

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[00:01:30] I didn't understand why this person was directing so much anger towards me, and why I was allowing it to effect me so deeply. So, I sat there, and I posed a question, and it's a question that I was asking my intuition. I wanted to understand, what is happening here? What is really going on here and why am I getting so bothered? So I wrote that down on the top of my page, and then what I did was, I said, "Right, I'm just going to write continuously for the next 15 minutes. Whatever comes out is exactly what needs to come out." So I sat there in that beautiful warm sun, and I just wrote, and I wrote, and I wrote until my hand hurt. Like, yeah. I'm not used to writing quite so much and my hand was hurting.

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[00:02:30] As I was writing, I first started with this whole feeling of anger and rage. How dare this woman treat me this way. How could she be so mean and so nasty to me? Then I started to move through sadness, and I started to feel hurt. Like, "Why? Why me? Why is this happening to me?" From that place I started to see almost this level of sadness, not just for me, but also for this woman, and I started to wonder if maybe she was going through some hurt and sadness in

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her life and was projecting that on to me in this whole situation.

- [00:03:00] So, from that place of feeling sad my writing then started to focus on forgiveness, and forgiving this woman for whatever she was going through, for however she had treated me, and whatever had triggered her. I started to see that perhaps she had been triggered on a different level. Then I started to realize, you know what? It's not only her that I need to forgive, it's me that I need to forgive because in this process I started to see that I had been triggered, that I had attracted this situation in some way or another, and for me to really move through it I really needed to forgive, and from that place of forgiveness I moved into this beautiful place of compassion, and then eventually into a place of love, and all over the course of 15, 20 minutes of where I was really just writing really deeply and allowing my intuition to flow, and allowing myself to just really move through this situation.
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- [00:04:00] Because here's the thing, initially because I was feeling such anger and such rage I could have gone and taken action on that feeling, and I tell you what, I probably would have regretted it big time if I'd have done that. Have you ever had that experience too where you feel like those initial strong reaction feelings, and you take action, and you're like, "Oh, gosh. I shouldn't have done that." So, I wanted to be in that space where I could move through into something that was more effective and in my highest good, and in everybody's highest good. So this intuitive writing really helped me to get to that place, and after I had that experience, I really felt a strong sense of closure. I felt that I had gone through everything that I needed to with this particular situation without having to verbalize it to the person because I think that just would have been more fuel on the fire, but I felt this beautiful sense of closure, and I could finally let go and move on.
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- [00:05:00] I no longer let those strong emotions impact me, or change the way I was behaving or acting. So, this is the power of intuitive writing, and intuitive writing is what helps you really get to your core essence, and to help you really access your intuition, your soul's voice, and also what's in your highest good. So, it's a creative process of just really free flowing writing. You might know it as free flowing writing. You might know it as stream of consciousness writing, or intuitive writing, and it's this act of just writing non stop so that you can really allow whatever needs to come through to come through. And you'll probably find the pattern similar to mind where your conscious mind, your ego, your fear starts to come out at the start, and then once that's had a voice you go, "All right, we're done fear. See you later," and then in comes this beautiful space of intuition talking with you.
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- [00:06:00] So, this is intuitive writing. Now, you might be wondering, how do we do it? To do intuitive writing, all you need to do is get a journal, or a note pad, a piece of paper, whatever, and a pen. Now, if you're like me and you think, "Oh, I can take a quick short cut and I can type this up on my computer. I really like using my computer." No. It's really important that you are using pen to paper because what happens is there's this really physical process. It's all like through your hands. You can feel the paper under your hands as you're writing, and yes, your hand might start hurting like mine did, but this is all part of the process. So journal, a piece of paper, a pen, and even your tarot cards. I'm going to talk about how you can bring your tarot cards into this process in
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[00:07:00] Now, to start the process think of a question. Maybe it's something that's bothering you. Maybe it's a big decision that you need to make. Maybe it's even, what do I really want in life? What is my vision here? Because we can play in the problem space and unpack our problems, and we can also play in the solution space and unpack our solutions. So, really ask whatever's on your mind. Put that little question at the top of your piece of paper. Then you might set a timer, maybe for 15, 20 minutes, and you start writing. And I really mean write non-stop. Now if you get to a point and you think, "Oh, gosh. I've got nothing to write, I'll just stop for a little moment." Uh, uh. You just keep writing. In fact, you write, I don't know what to write. I don't know what to write. I don't know what to write. Because after a little while your conscious mind or your ego will go, "All right. We're sorted," and then in comes your intuition.

[00:08:00] So, you write continuously for those 15, 20 minutes, and no judgements. Don't get into censoring yourself. Don't get into editing anything. Just let it flow because that's what intuition is. It is flow. Flow without us interrupting it. It's allowing that flow to really happen. Then when you reach the point at which you feel like, "Oh, I'm exhausted. I've expressed everything that I need to express," then you can stop writing. In fact, I encourage you at that point to go through what you've written and almost highlight the biggest insights, or takeaways, or those lessons, or themes, whatever really stands out for you and highlight those and go, "Right, that's what I've learned here." And, here's the other important step, is to take one action out of it because we can have these beautiful divine processes, but if we fail to bring that divinity into our daily life, then these separate entities. So, bring that beautiful experience into action in your daily life. Now you might also reach a point with your writing where you find yourself starting to loop a little bit.

[00:09:00] So, I remember when I was writing about the situation on the Mornington Peninsula, and I was starting to loop with, "Oh, she's so mean. How could she be so mean to me? It's so nasty. How dare she do this. It's awful." I was like, "Oh, I'm just writing the same stuff right now." This is when your tarot cards can really help because tarot, we know, it's your window to the soul. It's like your little phone line to your intuition, so if you're getting a bit stuck. Like, "Okay, she's mean and nasty to me." But why is she being mean and nasty to me? Draw a tarot card, and then go deeper with it. That tarot card will kind of break your little pattern of looping, and it will take you into a much better space that's more connected with your intuition.

[00:10:00] All right. So, it is now your turn. In your work book I've set aside some space for you to pose a question, and then just start free writing. Allow your intuition to flow, and you'll be amazed at what really comes to light in that process, and listen, this is something that I don't want you to just do it as a one off in your workbook. Go and find a journal or a notebook that you love, and use that as your daily writing, or your daily journaling practice because the more that you do this, the more you allow your intuition to flow. All right. That's it for this video. I'll see you in the next one. Bye for now.

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