

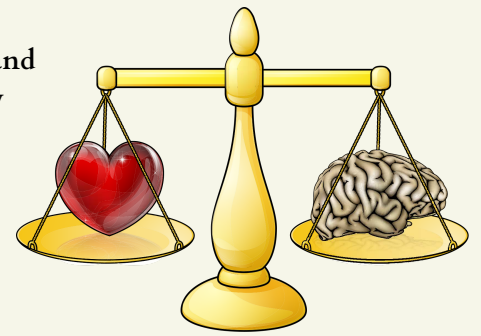
AM I SPIRITUALLY GIFTED?



QUICK GUIDE TOOL

Creative Intuitive 2023

Most times, we all experience some synchronistic event when we least expect it and brush it off as nonsense or "Woo Woo." Have you ever stopped questioning why you experience an undeniable sense of inner knowing and why you feel so strongly about a situation? Or maybe you can even feel the emotions of others around you? Either way, you're most likely spiritually gifted.



Am I Intuitive?

Intuition can be defined as an inner knowing and an undeniable sense of knowing things before they happen. There are signs and sensations one may feel when experiencing intuition. Some include goosebumps, a strong pull to do or say something, flashes of images, seeing signs and synchronicities, and even tingling in the third eye or an opening feeling in the crown chakra area.

Am I an Empath?

An empath can be defined as having a deep sense of empathy or sympathy for someone. This includes all living things and even nature. Signs that one may be an empath include feeling strong emotions that are not of their own. Feeling a strong desire to help other animals. Sensations can be felt within the heart chakra and Third eye. I recommend spending time in nature to keep energy grounded.

WHAT IF I AM BOTH?

In some cases, individuals can possess both intuitive and empathic abilities. Having both gifts can lead to a lot of confusion, social withdrawal, and even depression. There are many emotions, feelings, and overwhelmingness of our senses when embracing our spiritual gifts.

Those who have both empathic and intuitive skills have much social anxiety before understanding their gifts and abilities. My own experience is another reason why I was motivated to create this workbook. I am no expert. I am simply a conduit to share my experience and those I have assisted in embracing their gifts.

It is important to remember that you are in control. Most of the time, during our journey, we look outside of ourselves for answers. This is good, but we have to remember to use our discernment as many profits of the pain of others.

TYPES OF INTUITIVE- EMPATHS

- INTUITIVE
- EMPATH
- HIGHLY INTUITIVE EMPATH
- CLAIRCOGNIZANT INTUITIVE EMPATH
- EMOTIONAL INTUITIVE EMPATH
- ANIMAL AND PLANT INTUITIVE EMPATH

HISTORY

Many theorists have tried to explain or debunk empathic or intuitive abilities. However, one particular theorist Carl Rogers helped psychology understand the terms on a deeper level. Empathic and intuitive abilities can be described as Psych or parapsychological phenomenon.

The more people who come forward, the more understanding we can have.

THE SIGNS

- Been labeled too emotional or sensitive
- Feel like you don't fit in
- Overwhelm of senses (smell, sight ETC.)
- Prefer being alone
- Pick up on others emotion or characteristics
- Experience fear, anxiety, and unexplained emotions

ANALYSIS

Do your research!

Most of the time, we ignore things like our spiritual gifts because we are afraid of what others will think of us. When in all actuality, you could learn to harness those gifts and impact people's lives.

On the next page, you will see different supportive techniques that can support you during your journey.

(make sure they want the help first!)



The curious paradox is that when I accept myself just as I am, then I can change. -Carl Rogers

TIPS TO HELP YOU COPE

With your spiritual gifts

It is important that you are mindful of whom you surround yourself with, especially if you are spiritually gifted.

Daily, weekly, or monthly spiritual and energy cleansing practices will help with managing your gifts.

Also, try smudging, working with crystals, and even hiring a professional like myself to help with stubborn energies.



Let's start the day with meditation and mindfulness.



Spend time journaling your senses, feelings and emotions.



Find a support group specific to your spiritual gifts. Or go bold and start your own!



Take breaks and spend time to tune into your body, mind and spirit.



Shield and protect your energy with crystals and other energy tools.

“At times you have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.” — Alan Alda

