

# Intuition & Spirit Guides in Daily Life

## A Sacred Femininity Guide

How Divine Women Can Listen, Trust, and Live Gently  
Guided Every Day



Barbara, psychic medium – May 2025

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# Chapter 1 The Quiet Voice Inside You

You've probably felt it many times, that gentle nudge, that sudden knowing, that whisper in your heart that says "this way" or "not this way."

Sometimes it feels like a quiet inner voice. Sometimes it's a feeling in your body. Sometimes it's a peaceful certainty that arrives out of nowhere.

This is your intuition. And it is one of the most beautiful gifts of your Sacred Femininity.

Many good women today have learned to doubt or ignore this voice. We're taught to be logical, to please others, to push through, or to second-guess ourselves. But deep inside, you already know the truth: your intuition is wise, loving, and always on your side.

## The difference between intuition and fear

Intuition feels calm, expansive, and clear — even if it asks you to do something brave. Fear feels tight, anxious, and urgent — it pushes you to react.

When you learn to tell the difference, everything changes. You begin to live more lightly, more confidently, and more in flow with your soul's path.

## Activity: Your First Gentle Check-In

Take a quiet moment right now. Place one hand on your heart and breathe slowly.

Ask yourself:

1. When was the last time I felt a quiet inner knowing and trusted it?
2. How did that feel in my body?
3. What would it feel like to trust that voice more often?

Write whatever comes up. There is no right or wrong answer — only your truth.

When you're done, say softly to yourself: "I am safe to listen. My intuition is my gentle guide."

You have just taken the first beautiful step toward living as a guided woman.

## Chapter 2 Who Are Your Spirit Guides and How Do They Speak?

Your Spirit Guides are loving, wise beings who have chosen to support you on your earthly journey. They are not here to control you — they are here to gently guide, protect, and remind you of who you really are.

Some people experience their guides as angels, ancestors, ascended masters, or even beloved pets who have crossed over. Others feel them simply as a warm, supportive presence.

They speak in many loving ways:

- A sudden idea or “download”
- Repeating numbers, songs, or symbols
- A peaceful feeling in your body
- Dreams or synchronicities
- A quiet inner voice that feels like home

### **Activity: Meet Your Spirit Guides**

Find a quiet space and close your eyes for a few minutes.

Say silently or out loud: “I am open to connecting with my loving Spirit Guides. Please make yourselves known to me in a way I can clearly understand.”

Then sit in stillness and notice any feelings, words, images, or sensations that arise. Don’t judge: observe.

When you’re done, write down anything you noticed. Even if nothing came through today, the invitation alone strengthens the connection.

## Chapter 3 The Difference Between Fear and True Intuition

One of the most common questions women ask is: “How do I know if it’s my intuition... or just fear?”

Here is the simple, gentle truth: True intuition feels light, calm, and expansive even when it guides you toward something new or unfamiliar. Fear feels heavy, contracting, and urgent.

Intuition whispers. Fear shouts. Intuition brings peace. Fear brings anxiety. Intuition leads you toward growth. Fear tries to keep you small.

Our brain speaks in limitations; our intuition speaks in abundance.

### **Activity: Fear or Intuition?**

Think of a decision you are facing right now. Write it down.

Then ask yourself these three gentle questions:

1. When I think about this choice, does my body feel open and light, or tight and heavy?
2. Does this feel like a calm knowing or an anxious push?
3. If fear were not present, what would my intuition say?

Write freely. This simple practice will become one of your most powerful daily tools.

## Chapter 4 Simple Daily Practices to Strengthen Your Intuition

You don't need hours of meditation or complicated rituals. Your intuition grows stronger through small, consistent acts of listening.

Here are gentle daily practices that work beautifully for busy women:

- Morning intuition check-in (just 2 minutes)
- Body wisdom scan
- Oracle or journal dialogue with your guides
- Nature walks with open awareness
- Evening gratitude and guidance review

### **Activity: Your Daily Intuition Ritual**

Choose one small practice from the list above and commit to it for the next 14 days. Write it down and note how you feel each day after doing it.

You will quickly notice your intuition becoming louder, clearer, and more trustworthy.

## Chapter 5 Learning to Trust the Messages You Receive

Trust is the bridge between receiving guidance and actually following it.

Many women receive beautiful messages, but then doubt themselves: “Was that real? Am I making this up?”

The truth is: the more you act on the small, gentle messages, the louder and clearer they become.

### **Activity: Build Trust One Step at a Time**

Look back at a time when you followed your intuition, and it worked out well. Write about how that felt.

Then choose one small message you have received recently and take one tiny, safe action in response to it today.

Celebrate that step, no matter how small. Every act of trust strengthens the connection.

## Chapter 6 Working with Your Spirit Guides in Everyday Decisions

Your guides are happy to help with big life questions *and* with the small, daily choices that shape your life.

They can support you with:

- Career and money decisions
- Relationships and boundaries
- Health and self-care choices
- Creative projects and soul-aligned goals

### **Activity: Ask Your Guides a Daily Question**

Each morning, ask one simple question: “What would be the most loving choice for me today?”

Then move through your day with open awareness and notice the answers that arrive.

## Chapter 7 Healing Blocks That Silence Your Inner Guidance

Sometimes old wounds, fear, people-pleasing, or past trauma can muffle your intuition. The wonderful news is that these blocks can be gently healed.

Common blocks include:

- Self-doubt and overthinking
- People-pleasing and ignoring your own needs
- Unresolved emotional pain
- Disconnection from your body

### **Activity: Gentle Block Release**

Write down one block that feels present for you right now.

Then write a loving letter from your Higher Self or a Spirit Guide to that part of you. Offer compassion and understanding.

This simple practice creates space for your intuition to flow more freely.

## Chapter 8 Living as a Guided Woman

You have now done the beautiful inner work.

You've learned to hear your intuition, distinguish it from fear, build daily practices, trust the messages, and gently heal what blocks your guidance.

Living as a guided woman means moving through life with more grace, peace, and quiet confidence — knowing you are never truly alone.

### **Activity: Your Sacred Femininity Commitment**

Write your personal commitment: "I choose to live as a guided woman. I will listen to my intuition and my Spirit Guides with an open heart. I will trust the gentle guidance I receive and take loving action, one step at a time."

Read it often. Let it become part of who you are.

## Chapter 9 Recommended Books to Deepen Your Journey

You've now learned how to listen to your intuition, connect with your Spirit Guides, and bring their gentle guidance into your daily life.

One of the most beautiful ways to keep growing is to surround yourself with wise, loving voices, books that feel like trusted friends on your path.

Below you'll find two gentle lists: lighter, accessible books that are easy to read and practical, and deeper, more transformative books that invite you to explore profound spiritual ideas (like the classic *Seth Speaks*).

Choose what feels right for you in this moment. There is no rush and no "right" order; your intuition will guide you to the book that is ready for you now.

### Gentle & Accessible Books (Perfect for Beginners)

These books are warm, practical and full of simple exercises you can start using right away.

- **Ask Your Guides** by Sonia Choquette A joyful, down-to-earth guide that teaches you how to call in your Spirit Guides for help with everyday life. Sonia's loving and humorous style makes connecting feel natural and fun.
- **Trust Your Vibes** by Sonia Choquette. Full of real-life stories and easy tools to strengthen your intuition and live more intuitively every day.
- **The Intuitive Way** by Penney Peirce. A clear, compassionate book that helps you understand how intuition speaks through your body, emotions and energy.
- **Second Sight** by Judith Orloff. A beautiful blend of science and spirituality that shows highly sensitive women how to trust and protect their intuitive gifts.
- **Living in the Light** by Shakti Gawain. A classic that gently teaches you how to connect with your inner guidance and bring more light into every area of your life.

## Deeper & Transformative Books (For When You're Ready to Go Further)

These books dive deeper into consciousness, channeling and the bigger spiritual picture. They can feel profound and life-changing.

- **Seth Speaks: The Eternal Validity of the Soul** by Jane Roberts. The classic channeled book that many women describe as “mind-blowing yet deeply comforting.” Seth offers a completely new way of understanding reality, the soul, and how your thoughts create your experience.
- **The Nature of Personal Reality:** by Jane Roberts / Seth. A powerful follow-up that shows how you can consciously create the life you truly want through your beliefs and inner guidance.
- **Journey of Souls** by Michael Newton. Based on thousands of past-life regression sessions, this book explores what happens between lives and how your Spirit Guides help you plan each incarnation.
- **Many Lives, Many Masters** by Brian Weiss, a gentle yet profound true story about past lives, reincarnation and the loving guidance that is always present.
- **Bringers of the Dawn** by Barbara Marciniak. Channeled messages from the Pleiadians that speak directly to the awakening feminine energy and your role as a conscious creator.

### Activity: Let Your Intuition Choose

Take a quiet moment and look at the titles above (or search for them online).

Ask your Spirit Guides softly: “Which book would be most helpful for me right now?”

Notice which title or description gives you a little spark of excitement, warmth, or curiosity. That is often your intuition saying, “Yes, this one.”

Trust that feeling. You can start with just one book, even reading a few pages at a time is enough.

## Afterword

You've reached the end of this guide, but really, your guided journey is just beginning.

You've remembered that your intuition is a sacred gift. You've opened the door to your Spirit Guides and learned to trust the loving support that is always available to you.

None of this was easy, and yet you showed up with an open heart. That alone makes you a beautiful, guided woman already.

Remember: you don't have to be perfect. You only have to be willing to listen, trust, and take the next gentle step.

If you ever want extra support on this path — a calm, clear conversation, deeper insight into your guides, or a personal reading — the team at Barbara's Psychic Mediums is here for you.

No pressure, no judgment, just loving guidance from people who understand what women carry in their hearts.

You are not alone. You are already living as the guided woman you were always meant to be.

With love and deep respect for the sacred feminine in you,

**Team [Barbara's Psychic Mediums](#)**

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