

A woman with dark, wavy hair is shown in profile, facing left. She has a white flower with a yellow center tucked into her hair. She is wearing a white halter-neck top. The background is a deep blue with a subtle, out-of-focus pattern. A white rectangular box is positioned in the lower-left quadrant, containing the title text.

# *The Intuitive Remedy*

Transform destructive beliefs to  
tap into your authentic truth  
today.

# *The Intuitive Remedy*

Everything in this guide is here to help you as an ambitious intuitive overcome the spin, the painful feelings of self-doubt, fear and unworthiness as you go for your dreams. I wouldn't be able to put it here and stand by it if I hadn't gone through it all myself.

This is a very powerful and internal process that will release your blocks, bring clarity and much confidence because you'll be embracing your true inner self.

First I'm going to clarify some concepts, then lead you through the process in your journal, and finally, explain how and why this process is so liberating for you and your growing success.

Be open, embrace anything that comes up for you, and KNOW that this is the key to your freedom.

## *Before We Start...*

**Defining blocks:** Blocks are limiting beliefs that stop you from going for it. They are unconscious thoughts that have been running and creating your life since childhood when you were taught rules and how to be or not be in the world, keeping you stuck and hitting an invisible wall that prevents you from following your true purpose.

**Defining Inner Child:** Your unconscious mind is run by your inner child. Children are very inductive (everything is truth. Everything goes into their subconscious mind because there is no filter separating what is true and isn't. By the age of 9-10, they begin to develop the filter and start questioning, however what was planted in early childhood is there to stay and will continue to run your life unless and until it is acknowledged, analyzed, released and transformed.



**Defining Stuck Energy:** Emotion is just moving energy. E(energy) motion. When something scary, dangerous, infuriating and sad happens and it isn't processed, that energy stays stuck as a physical mass inside the body...and it can stay there for a lifetime causing dis-eases and blocks to growth and success.

**Defining Empath:** Some people have more of it than others. Some people feel more intensely, sense other people's energies and emotions and even take it on as their own. This explains the "empath." An empath who isn't aware of being an empath often grows up as feeling bad and wrong for being "too sensitive" or "too emotional," and then punishes herself for her insane mood swings. She doesn't understand herself and how she's supposed to be happy, even though that's all she desires.

When you learn and embrace being an empath, you can navigate it and actually use it as a gift to heal the world, while being in your power.



## *What You Will Need*

A journal, your favorite pen, a safe, quiet and supportive space to dive deep within yourself, time without distractions, and some tissues on hand in case of emotion. (Crying is a very good sign that you've gained awarenesses that you're committed to releasing...But don't force it. If nothing emotional comes up for you, it's still a very good start).

As you dive into these exercises, know and trust that they will all link up to give you a confident sense of release and clarity when you finish. Stay with it. I promise there is freedom on the other side.



# *The Intuitive Remedy*

## *Step One-Childhood Dream*

**When you were between 7-12, what was your dream? What did you really desire?**

Write in your journal about your childhood dream. The reason for starting here is it goes back to your essence of unlimited potential before you embodied limiting beliefs. What you desire now is probably not the same but it will allow you to tap into your truth.

## *Step Two-Claim Your Voice*

**What are all the things you wish you could say to your mother/father but didn't or couldn't?**

Start with either mom or dad and spend some time on each separately. Feel into what was not seen, acknowledged, done to you and was left unsaid out of fear, compliance or shame. "I wish you would have..." "Why didn't you...?" "You didn't..." etc. This is very powerful and may bring up anger, pain, relief, sadness, resentment, lightness or a combination of everything. It is a big process that we will return to, so sit with it and let it settle. But in the meantime, you can also continue with the journaling.

## *Step Three- What Got You Here*

**Why did you choose the college major/career(s) that you did? There may be some links to today as well.**

Write down what it was that made you choose a specific area of study and career. What led you down the path that has gotten you to here and now that is your new starting point?



## *Step Four- Your Greater Self*

**If there were no consequences, risks or failures, what would you be doing right now? What would have you in your highest bliss? Who is your greater self?**

Now we begin looking forward from a place of clear intention. We're not ignoring the blocks, we're just momentarily forgetting that they are there. Here, give yourself permission to be big. No "But that's impossible" or "How is this supposed to happen?" We'll get there later. This is just about getting clear on your desires.

## *Step Five-Your Blocks*

**Now, what is blocking you from that? What areas do you feel stuck? Fear? Anxiety? Self-Doubt?**

Journal whatever blocks you may have, where you feel like you're out of flow or alignment, and just get it all out onto the page.

## *Step Six- Where Are They?*

**Where do you feel it in your body?** When there is a contradiction between your authentic self, purpose and desires, and your programming, it creates pain and tension in your body. Blocks create it too. Where do you feel it? Identify the place.

## *Step Seven- Acknowledge It*

**Breathe into it, stay with it, acknowledge it** and send it all the love that it's been missing all these years. Once it's acknowledged, it can begin to be released.

## *Step Eight- Acknowledge YOU*

**Now talk to your inner child** Go back to the list of your unsaid truths to your parents, and reflect back to the unconscious childhood voice within you everything that she didn't hear but needed to way back then. Speak to her so lovingly as you would any child you love and long to help. Tell her how special she is, that her dreams, desires, thoughts, opinions and most importantly, feelings are valid and important.



### *Moving Forward: The Short version*

Getting into alignment and on purpose with your truth will be a process. I encourage you to do this whole thing in your journal the first time to gain awareness and release what's been suppressed, and it's so crucial in gaining visibility and success as an intuitive. After that, every time you feel off, stuck or feel tension in your body you can tap into the short version of The Intuitive Remedy.

1. **Ask yourself what you're feeling in your body**
2. **Where are you feeling it?**
3. **What is the feeling trying to tell you?**
4. **Place your hand there, acknowledge the feeling and breathe into it with love.**

This can take as little as 15-30 seconds, but you can also go right to a meditation pillow and sit with it as long as you'd like. You're always welcome to get out your journal and just ask, "Why am I...." "Why do I feel...." "What is this feeling in my belly trying to tell me?"

When you feel guided by your intuition and are able to recognize when something doesn't feel right, you've gone to the other side. When you no longer make yourself wrong for feeling strong emotions or you don't have any more guilt for going after your big dreams, you know you've made significant progress.



## *Now What?*

I understand that this is just the tip of the iceberg. I've been empowering and helping children and women tap into their authentic truth for almost 20 years, and my passion is to help you do the same. I've been in the emotional trenches starting my business as an intuitive who didn't understand why I felt guilt for wanting to shine, doubt that I could actually achieve my big dreams and fear every time I'd jump past my comfort zone.

For this reason, I offer a couple **1-hour coaching sessions each week for only \$97** to process anything that came up for you or a plan on how to take this into starting (or growing) your coaching business (Valued at \$250!)

Email me at [lynn@onthesummit.com](mailto:lynn@onthesummit.com) with the subject "Intuitive Remedy Session" and we'll get started!

Or, you're welcome to join the **Intuitive Entrepreneurs Shining Brightly** Facebook Group, and check out my website at [www.lynnhudorovich.com](http://www.lynnhudorovich.com)

## *Thank You*

I wish to express my deep and profound gratitude for you and your commitment to your growth as a woman and an entrepreneur. You are here and now, changing the world.