



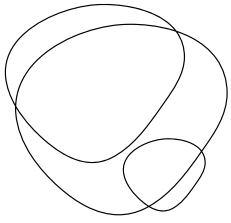
Intuitive Development
**Discover Your Soul's
Language: An Introduction**
A 5-Step Reflection Guide

with Christine Rapp, PhD



See · Feel · Hear · Know · Trust
with your Soul

A gentle reflection guide to awaken your intuition and remember how your soul speaks to you.



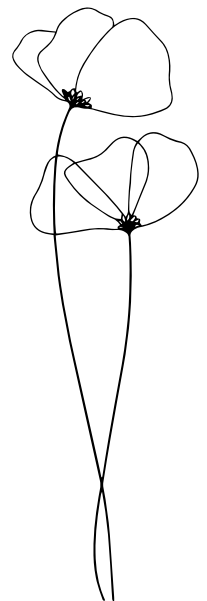
Welcome & Introduction

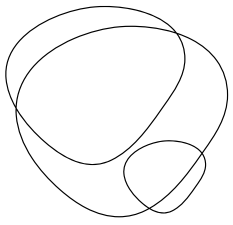
Your soul speaks every day - in whispers, symbols, and sensations. But life can be loud, and sometimes those subtle messages get lost in the noise of thought, responsibilities, and fear.

Let this be your invitation to quiet the noise and come home to your inner wisdom — to listen again through the senses, feelings, and subtle knowing that are uniquely yours.

You don't need to create intuition. You already have it.

This guide simply helps you remember.





Before You Begin: Create Sacred Space

Before tuning inward, take a moment to prepare a space where you can ground and open to your inner wisdom.

- Light a candle or place a crystal nearby.
- Take three slow breaths — in through your nose, out through your mouth.
- Set the intention that you are surrounded by divine love and light.
- Then softly say to yourself:

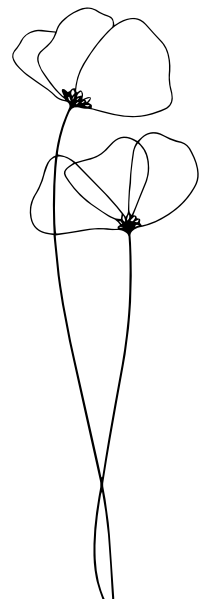
“I open myself to the language of my soul.”

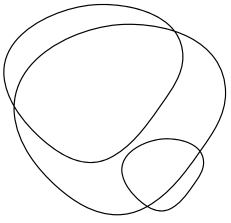


Reflection prompts:

What helps me feel safe and open to receive inner guidance?

What rituals do I like to use to open myself to connecting with my soul?





Step One: Attune to Your Senses

Your soul often speaks through your senses - a warmth in your chest, a color that feels alive, a sudden melody in your mind.

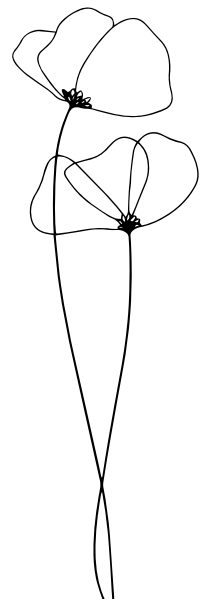
Notice:

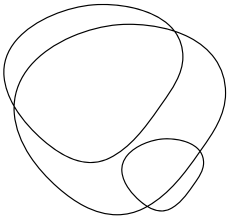
- What sensations do you feel when something is true for you?
- Which sense feels most alive when you're connected to yourself - sight, sound, feeling, or knowing?



Reflection prompt:

When do I feel my intuition strongest - and what does it feel like in my body?





Step Two: Observe the Symbols

The universe mirrors your soul through signs and synchronicities - numbers, dreams, animals, or repeating themes.

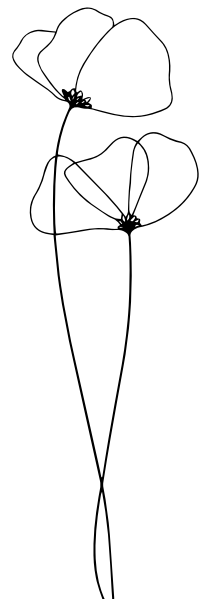
Try this practice for the next 3 days:

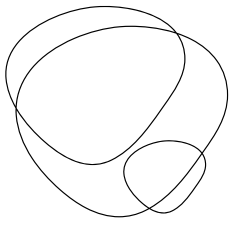
- Each day, note one symbol, word, song, or image that stands out to you.
- Pay special attention to those that repeat.
- Ask: What could this be trying to show me?



Reflection prompt:

What signs or patterns have been showing up in my life lately?





Step Three: Follow the Energy & Trust the Knowing

Your soul often speaks through subtle energy - the quiet sensations, tingles, warmth, or lightness that move through you when you are in alignment. Sometimes it arrives as a peaceful certainty - an inner knowing that doesn't need proof, only trust.

As you tune in, notice how your body and energy respond to what feels true for you.

When something resonates with your soul, it feels open, expansive, grounded.

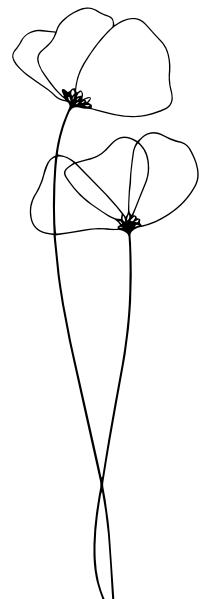
When it doesn't, it may feel tight, heavy, or disconnected.

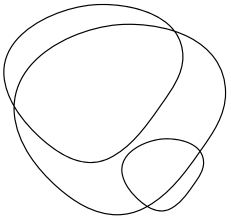
There is no need to force clarity. Simply observe what shifts within you as you listen to your intuition and the quiet voice of your knowing.

Reflection prompts:



- What does “yes” feel like in my body? What does “no” feel like?
- When have I experienced a deep inner knowing — and how did I recognize it?
- How can I strengthen my trust in the subtle ways my soul speaks?





Step Four: Translate the Message

Now, bring your observations together.

Look over your senses, symbols, and emotions - and ask your soul directly:

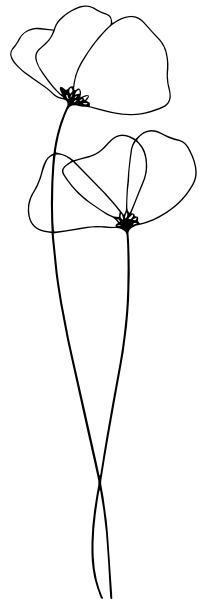
“What are you trying to tell me?”

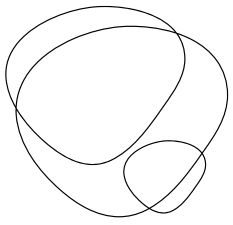
Write the first words or images that arise. Don't edit, don't analyze - just let it flow.



Reflection prompt:

The message my soul is sharing with me right now is...





Step Five: Integration & Next Steps

Congratulations!

You've begun remembering the way your soul speaks.

Take a few quiet moments to breathe this in.

Feel the energy of what you've discovered settling gently into your body.

Your soul's language will continue to unfold each time you listen.

Re-attuning to your soul's language takes time and patience — trust the unfolding.

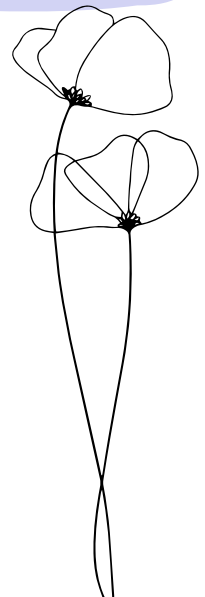
How to embody your soul's guidance:

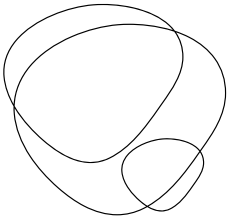
- Keep a small journal or notes app to record symbols, sensations, and knowings as they arise.
- Create a ritual - lighting a morning candle or write a nightly journal reflection to revisit your inner wisdom.
- Take one small action inspired by your soul's guidance this week.



Reflection Prompt:

How can I weave what I've learned here into my daily life so that my soul's voice stays clear and alive?





A Blessing for Remembering

May you walk gently with your soul -
listening to its whispers in the quiet places of your heart.

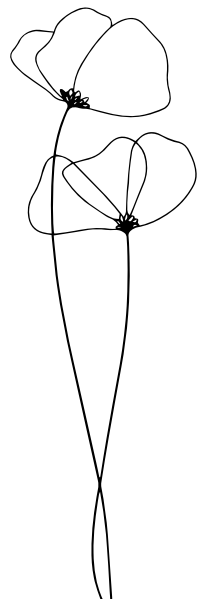
May you remember that your light was never lost,
only waiting for you to see it again.

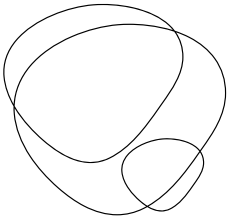
May your days be guided by intuition,
and your path illuminated by the wisdom
that lives already within you.

With love,

Christine

finding dharma





Continue the Journey

If this guide spoke to you, there's a loving community ready to journey with you more deeply.

Join me in the **Finding Dharma Community on Patreon**, where we explore soul-centered themes each month through **guided meditations, astrology readings, one-hour Zoom playshops, many more soul journey practices, and community shares** - all designed to help you live more fully in alignment with your soul.

Click here of using the PDF to join the **finding dharma with Christine Rapp Community on Patreon** → [finding_dharma_with_Christine_on_Patreon](https://www.patreon.com/cw/findingdharmawithChristineRapp) or visit <https://www.patreon.com/cw/findingdharmawithChristineRapp>

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