

A FIGURING SH!T OUT EXCLUSIVE

A GUIDE TO:
**LISTENING TO YOUR
INTUITION**

BUILDING TRUST WITH YOUR INNER
WISDOM

EPISODE 26: “INTUITION VS ANXIETY”

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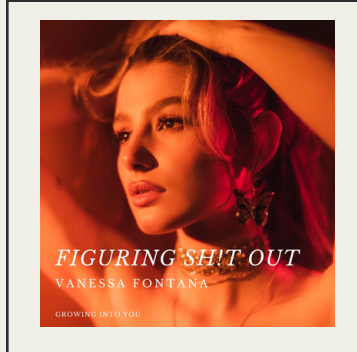


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ABOUT THIS GUIDE

A NOTE FROM THE AUTHOR



Figuring Sh!t Out is a podcast that I call a “collective undertaking” of self-help, coming of age, and finding & healing yourself in a world of flux.

Even though it is often just me and a microphone, it is influenced by a multitude of experiences within a network of breathing hearts, and as it grows and unfolds, it becomes a shared story of healing, growing, and igniting change.

The purpose of FSO to help you deepen and expand the most important relationship you will ever have –

That with yourself.

Because FSO is, by its very nature, a guide back home to yourself -- these Guidebooks are tools to help you feel empowered to go inwards and feel assisted in your journey with step-by-step recommendations and breakdowns to explore further -- if you feel inspired to do so.

While it's wonderful to learn something new and know it is valuable - sometimes it's hard to know where and how to start. While you have all of the answers inside of you, sometimes you just need a point in the direction to find them.

These tools are intended for you as a listener of FSO or an individual just Figuring Sh!t Out, to find grounding and create the necessary catalyst for change with more ease.

This specific guidebook was the first draft and it was released for free after Episode 26 on a shared google drive document. Since then, it's been translated and revised into a readable format for accessible viewing as a free Guidebook offering.

Recently, I released a collective guide titled “*You are Your Own Hero*,” a curated guidebook with all episodes from Season 1 relating to building self-love, compassion, and trust.

It includes a step-by-step guided listening journey with summaries of the episodes, exercises to follow, journal prompts, and recommended meditations and books. It can be used as an additional resource, or followed as a week-by-week course.

It is available to the **Figuring Sh!t Out Together** Community on Patreon or for a one-time purchase. The **Figuring Sh!t Out Together** Community subscription also includes access to all guidebooks for new episodes, and details/early access to upcoming curated collections like “*You are Your Own Hero*.”

These guidebooks are my own words and stories handed to you --

to tell your own stories with your own words.

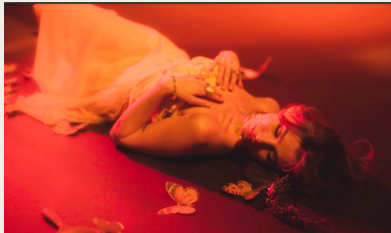
They are suggestions, not directions.

It is always, forever, and truly up to you - to know what works for you & yourself best for growth and healing.

Thank you for listening, supporting, and allowing the light in me to find the light in you.

With love,

Vanessa



LISTEN TO THE EPISODE:
EPISODE 26: “INTUITION VS ANXIETY”

THE DIFFERENCE BETWEEN INTUITION & ANXIETY

INTUITION IS A KNOWING.

A DEEP, INNER KNOWING.

INTUITION HAS BEEN THERE ALL YOUR LIFE, GUIDING YOU, DIRECTING YOU, HELPING YOU.

IT IS THE VOICE THAT SAYS “YES” WITH EASE.

IT IS THE VOICE THAT SAYS “NO” WITH DEFINITIVENESS.

YOU TRUST IT - SOMETIMES BY LEARNING FROM THE IMPACT OF NOT TRUSTING IT.

To decipher intuition from anxiety, ask yourself:

When did your intuition tell you something was off, when nothing *looked* wrong?

Intuition is there to warn you in areas of potential danger when there are no rational reasons why there would be, but something *feels* off.

What have those “I knew it, I should’ve trusted my gut,” moments look like for you?

Sit with these experiences.

Feel the feeling you felt when you knew.

How did it feel in your body? Where did you feel it? What did that voice sound like?

Now, to get familiar with the feeling of anxiety in order to differentiate intuition, ask yourself:

When did you stress yourself out about a situation that went perfectly well, but your fears of “what-ifs” caused you to have an overactive mind before the event?

How did it feel when you learned you worried for nothing?

What did that anxiety feel like? Where did you feel it?

Sit with these experiences, too. And ask yourself:

What is the main difference in these feelings? Try to describe it in a few words you can easily recall to begin deciphering the two feelings.

WHERE COULD YOU HAVE LOST YOUR CONNECTION TO YOUR INTUITION?

WE ALL HAVE AN INTUITION.

THERE IS NOT A SINGLE PERSON WHO DOES NOT HAVE ACCESS TO THEIR OWN INNER VOICE OF WISDOM.

SOME OF US MAY HAVE LOST TOUCH WITH OURSELVES. BUT IT IS NEVER LOST.

To understand where you may have lost your sense of intuition, it may stem from how early on you had to shut off your instincts in order to survive, fit in, or conform to the norm around you.

As children, our intuition is sharp and strong.

We are not clouded by outside voices, we are moved by our own – so through simply connecting to your inner child, you can harness your intuitive voice more closely.



If you feel called to reignite your inner child,

[Here is my episode on Inner Child Healing & Shadow-Work](#)

[+ Here is a good meditation for connecting to your inner child](#)

In any case, if you feel disconnected from your intuition, it is important to ask yourself when you began to second-guess your inner voice.

Do you recall the first time you questioned yourself? What was that experience like?

And before that, how did you move? How did you act? How did you feel?

EMOTIONAL REACTIONS, IMPULSES, AND INSTINCTS VS INTUITION

**EMOTIONAL REACTIONS AND HEIGHTENED EMOTIONAL STATES ARE
THE BIGGEST BLOCKERS TO OUR INTUITION.**

THEY ARE TYPICALLY IMPULSIVE AND USUALLY - NOT VERY WISE.

THEY ARE INSTINCTUAL, NOT INTUITIVE.



Instincts can be influenced by Intuition. And vice versa.

But often, instincts are usually determined by *where* you learned **how** and **what** to protect yourself from.

Instincts can be from emotional triggers which cause you to be more hyper-sensitive and perceptive to things that could be “of danger” to you,

whereas **Intuition** is usually from a clear, grounded place of knowing.

Learning to ground ourselves in our emotions, *feel them* - without **reacting** to them or **projecting** them, is one of the most important lessons we can learn in all of life - but especially to sharpen our intuitive compass.

You know how it feels to **feel** something strongly, maybe anger, sadness, resentment, fear?

But then – you wait a few days, maybe you sit on it, and that feeling fades?

It evolves, it transforms – you have more clarity, you can see things clearer.

Sometimes, we act too soon. We act too strongly. We act too impulsively. And our lives are ran by our emotional reactions - which aren't always rational, and aren't always wise.



MEDITATION – AN INTUITIVE PRACTICE

BUILDING YOUR INTUITIVE SENSE REQUIRES A SENSE OF SOLITUDE AND A SENSE OF KNOWING YOURSELF.

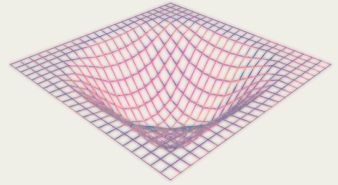
How can you decipher a gut feeling of intuition from a guttural reaction of fear, if you never sit with either of them? If you never observe them and learn about them?

Meditation is the best resource to help you learn how to sit with your emotions without reacting to them.

It will enable you to feel your emotions, non-judgmentally, and not get carried away with them.

It will help you to learn more about your emotions and gain a deeper understanding of yourself, apart from them.

The goal of meditation is not to “have no thoughts.”



The goal of meditation is simply – to observe your thoughts.

To witness them. To see them, from a distance, and realize – you are not them.

Eckhart Tolle famously says in his book “Power of Now”:

“I cannot live with myself any longer.” This was the thought that kept repeating itself in my mind. Then suddenly I became aware of what a peculiar thought it was.

“Am I one or two? If I cannot live with myself, there must be two of me: the ‘I’ and the ‘self’ that ‘I’ cannot live with.” “Maybe,” I thought, “only one of them is real.”

The goal of meditation is to help you have distance between your most pure self and your egoic self. To help you find clarity.

And yes, most largely — to quiet that inner critic, that loud voice in your mind - and learn to change your life through active conscious expansion beyond that inner critic, and deepen your connection to your **true, authentic** self.

MY SIMPLE MEDITATION PRACTICE

HERE IS A MEDITATION PRACTICE THAT I HAVE IMPLEMENTED DAILY AND NOTICED A PROFOUND DIFFERENCE IN MY ABILITY TO OBSERVE, NOT REACT:

1. Within the first 15 minutes of waking up, I sit down for intentional silence.
 - a. I do not check my phone (I've bought an alarm clock to not use my phone as one).
 - b. I don't let anything in, other than me, myself, and I.
2. Noticing where I am at pre-meditation, I like to shorten the time between waking up & meditating to be as short as possible. Within 5 minutes of waking, I am usually sat up in bed, and closing my eyes to go inwards.
3. Before the practice, I set an intention
 - a. This can look like: "To listen," "To feel," "To align myself for this day," "To raise my vibration," "To be silent,"
4. As background - I put on white noise, soft music, or high-vibrational frequencies and set a timer for 10-15 minutes.
5. During Meditation:
 - a. I never expect my mind to be silent. I focus on one thing - an anchor, a place that I can come back to when my mind becomes active.
 - i. My breath, the music, the noise outside the door.
 - ii. My mind takes me away, as yours will too - and sometimes I let it - when I notice myself distracted in thought - I bring myself back to the chosen "anchor."
 - iii. I notice how my body feels as I move from being distracted by thoughts, to CHOOSING, consciously, to let them pass.
 - iv. I am "taking inventory" if you will, and giving myself a chance to see where my default mode is -- so that I have the choice to actively adjust if needed.
 - v. Towards the end of the meditation - after going from: thinking-mind, to quiet-mind, to anchor enough times - I find a silence.
 1. Sometimes, I don't. Sometimes, you won't. But when you do - it is rewarding. You realize - that silence is always there.
 - vi. When I find it - I listen to it. Deeply. I observe it. I thank it. I watch it. And I notice how my body feels when it finds it.
 - vii. I always end with "thank you," and I remember my intention. I don't judge if it was "accomplished," or not. I simply take note.

MY SIMPLE MEDITATION PRACTICE

After meditation, I journal –

- “Brain-Dumping” if you will to get whatever came up in my subconscious, out. Stream of consciousness, I let myself go with whatever I need to.
- A minimum of three pages of this, but if I need more, I will have more.
- I try not to “resolve” or “force” anything - it’s just getting out whatever came up - noticing where it is, and acknowledging or releasing it.

To finish, I ask - (f I didn’t already answer it in my stream of consciousness journaling):

- “What do I want to let in today?” “What do I need to let go of to do that?”
- “What do I love about today, what am I looking forward to today?”
- “How do I want to feel?”

IMPACT

This practice connects me to myself on a daily basis.

Doing this every day, having a quiet practice of solitude with the self - every morning, before letting anything in - any noise, any phone notifications, anything you don’t consciously choose to let in - will help you build trust and acquaintanceship with yourself. It is an act of self-love, showing up for yourself, no matter where you are, and greeting yourself into the day.

It is a pause before you begin your day -- a reprieve in knowing you get to have silence before any noise comes in. And you are gifting that to yourself.

Before the world walks through your door -- choose how you want to feel and observe how you are feeling.

Listening to yourself, first thing – is a powerful practice for your sense of conscious awareness, which will ultimately help you sharpen your intuition.

Guided Meditations:

If you’re not ready to sit in silence -- (I get it) – here are some guided morning meditations that I like:

[Awakening the Mind - Alan Watts](#)

[To find Peace in Uncertain Times](#)

[Connect with your Highest Self](#)

[Awaken Your Intuition](#)

GUIDED JOURNAL PROMPTS + PRACTICES FOR YOU TO CONNECT TO YOUR INTUITION:

CULTIVATING INTUITION WITH INTENTION WILL ALLOW YOU TO BE GUIDED INTO WISER CHOICES.

Intentional Journaling will allow you to trust yourself in your authenticity, and move with freedom of the heart.

Setting time aside to get quiet and listen, is sometimes all we need to find the answers or comfort we are looking for.

You have everything you need right inside of you, you just have to be lovingly patient with yourself as you learn to see it.



Practice #1: Prompts & Questions:

Carve out some quiet time, some quiet space. Meditate if you feel called to, but just take some time that will bring you back to yourself. "Come home to yourself" if you will

(More on this in - Episode 25 - Self Discipline as a form of Self Love - How to Rest & Find your Intuitive Cycles!)

Whatever you do, breathe beforehand. Intentionally breathe.

Feel into your your heart space, and into your solar plexus (two inches below your heart). Connect these two centers.

Ground into your body.

Feel your heart as it beats. Listen to it.

When you're ready, choose one - or all of these questions to journal about:

1. What has been on your mind recently? What has been on your heart recently?
2. What would it look like to fully trust yourself? What would you do differently? How would you feel?
3. What are you being called to let go of right now? What is holding you down?
4. What do you want? What do you need? What are you ready for?

Let yourself be guided into these answers. Don't try to force them to come out. But allow the words to leave you as they show up.

After you're done - ask for guidance. Place your hand back on your heart, and ask for what you need clarity on.

Watch what comes up & write it down. If nothing comes up, then write your prayer for clarity down, and trust the answer will come clearly to you.

GUIDED JOURNAL PROMPTS + PRACTICES FOR YOU TO CONNECT TO YOUR INTUITION:

CULTIVATING INTUITION WITH INTENTION WILL ALLOW YOU TO BE GUIDED INTO WISER CHOICES.

Practice #2: A Intuitive Practice To Strengthen Your Intuition

A ONE WEEK CHALLENGE:

I recommend doing this practice over the course of one week. If you wish, you can just answer the prompts below, but if you feel called - having the patience to do this day by day may be incredibly powerful.

On day one, choose a meditation above, or find one that feels good to you.

Claim that you are ready to meet your wisest, highest self & take some time to sit with the guide-book work above if you feel called.

On the second day, meditate again at the start of your practice, and start answering the questions below. Follow the sequence of the prompts, day by day, and notice what happens.

Source for questions

- Reflect on a time when you trusted your intuition and it led to a positive outcome. What were the signs or feelings that guided you? How did it feel to trust yourself in that moment?
- Think of a situation where you ignored your intuition and regretted it later. What were the warning signs you ignored? What lessons did you learn from this experience? How can you forgive yourself if you haven't?
- List three areas of your life where you would like to deepen your connection with your intuition. What steps can you take to nurture and strengthen your intuitive abilities in these areas?
- Pay attention to your body's reactions when you encounter different people or situations. Journal about any patterns you observe and how your body's responses may be linked to your intuition.
- Describe a time when you experienced a physical sensation that seemed to be an intuitive response. What was the situation, and how did you interpret the message your body was conveying?
- Imagine your intuition as a wise mentor. Write a letter to your intuitive self, seeking guidance and advice on a current challenge or decision you're facing.

LAST WORDS + CLOSING THOUGHTS

If you made it to the end of this guidebook, thank you!

If you'd like access to upcoming guidebooks, please sign up for the mailing list for announcements and consider supporting FSO by joining the **Figuring Sh!t Out Together** community.

New episodes of FSO are live every Sunday, available on all streaming platforms.

Thank you for learning about yourself.

You are brave, wise, and resilient.

I hope for you to know that soon, if you don't already.

With love -

Vanessa

