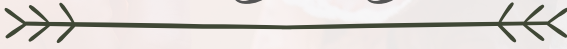


Connecting TO YOUR INTUITION



by Leanne, The Barefoot Medium®

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About the Author



Leanne, The Barefoot Medium®, is an International Medium who has connected and communicated with loved ones who have passed over, Spirit Guides, Angels and Archangels since she was a young child.

She is a Twin Flame who loves supporting others to step into conscious relationships and sacred union with self, partner and the Divine as well as to attract Soul Mate and Twin Flame connections.

Leanne brings together her spiritual gifts and life experiences, with spiritual practices and wisdom from the indigenous Kogi people to fully support you to connect with the Mirror of your Soul to create powerful shifts, transformations and changes so you can confidently manifest what your soul needs, wants and desires – personally, professional and spiritually.

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Welcome



As an International Medium, Transformational Coach and Author, I connect with my intuition on a daily basis to support clients from all over the world as well as to support me with decisions and choices in my everyday life. I am passionate about helping people like you to connect and tap into your intuition and sharing incredibly simple tools and techniques that support you to bring about profound positive changes to all areas of your life. All this simply by connecting into your intuition.

Each of you has intuition and the ability to connect in with it to receive guidance and information to support you in your everyday lives as well as for personal and spiritual development. However, many people who are starting to connect with their intuition often feel frustrated, confused, like they are going around in circles, end up overthinking and doubting the information they are receiving whether it is images, words, thoughts, tastes, smells, a sense of knowing or different emotions and feelings or even physical sensations in their bodies.





I trust, if you have been guided to this eBook and to connect with me then it is for a purpose - that you are ready to connect and work with your intuition, that your soul is calling you to

take a journey of personal and spiritual growth, to learn to connect with your inner guidance system with more clarity, confidence and certainty so you can receive information and discern what fits and feels right for you.

Conscious Awareness



Conscious Awareness



A spiritual practice is more than sitting and meditating, connecting with guides, angels, tarot or loved one's who have passed over, it is a choice to practice looking, thinking, touching, drinking, eating, feeling, acting and communicating. It is in every action, every breath, every step and every choice or decision you make and can help you become more of your true and authentic self. To be able to connect fully with your intuition, it is essential you first become consciously aware of how you may be flowing and moving through your life or blocking yourself from moving forward. To do this you must be present in the moment and be consciously aware. Being consciously aware, essentially means getting into the now, being in the present, aware of the level and intensity of your thoughts, emotions and actions so you can choose whether to engage with, embrace or take action around them. When you are consciously aware you can be your authentic self, are aligned and in integrity with your values, beliefs and choices, see your experiences with compassion and from a higher perspective, are clear and able to speak your truth. When you are not present, you are scattered and unconscious, in a





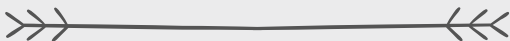
limited, weak state of awareness, can mask or hide things, have no idea what is being shared or taking place. You feel dis-empowered or blocked, focused on the past, reliving old

experiences and holding onto old hurt, pain, un-forgiveness and repeat old patterns. You are also too future focused, over-think, analyse, worry, stress and are fearful, push for things to happen when it is not the right time. Being conscious involves gathering your energies into your body and shifting your thoughts, emotions and actions to a higher frequency, pulling yourself together so you can make smooth and effortless choices.



Activity

AWARENESS: CHECKLIST



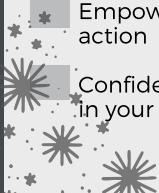
Use the following check-list to reflect on and become aware of whether you are consciously aware and present in your spiritual practice and where it is your energies, thoughts, touch, feelings, communications, actions, steps and choices or decision are directed.

CONSCIOUS

- Completely present & in the moment - grounded
- Aware of where your energy is flowing & in the zone
- Internally focused, thoughts, decisions & actions motivated by love
- Connected to self, needs, desires & authentic self
- Relaxed, clear, easy & light
- Aligned and in integrity with values, goals & desires
- Trust, faith, compassion & love
- Empowered, speak your truth with kindness
- Positive, motivated and uplifted
- Optimistic, look at the higher perspective & opportunities
- Empowered to take guided action
- Confident in who you are to stand in your strength

UNCONSCIOUS

- Not in the moment, focused on the past or future
- Unaware of where energy is, cluttered, scattered & unfocused
- Externally focused, thoughts, decisions & actions motivated by fear
- Disconnected from self, needs, desires & wearing a mask or hiding true self
- Worried, tense, stressed, confused & heavy
- Out of alignment, blocked, disempowered, stuck & limited
- Over-thinking, analysing & problem focused
- Passively sit back & let things happen or push, work hard & struggle
- Repeat old patterns & experiences, holding onto old hurt, pain & un-forgiveness
- Judging, gossiping and talking negatively about self or others





Activity

AWARENESS: LEVELS



It is important to become consciously aware of where you thoughts, emotions, actions and energy are being directed. In the spaces below, reflect on your current level of awareness and write down what you are physically, mentally, emotionally and spiritually aware of as you go about your day:

PHYSICAL AWARENESS

I am aware that

A large, empty grey rectangular box intended for the user to write their reflections on physical awareness.

MENTAL AWARENESS

I think that

A large, empty grey rectangular box intended for the user to write their reflections on mental awareness.

EMOTIONAL AWARENESS

I feel that

A large, empty grey rectangular box intended for the user to write their reflections on emotional awareness.

SPIRITUAL AWARENESS

I understand that

A large, empty grey rectangular box intended for the user to write their reflections on spiritual awareness.



Activity

AWARENESS: ALIGNMENT



It is also important to develop a practice of being consciously aware of whether you are aligned and in integrity with your dream, vision, goals, relationships and opportunities in your life. Use the space below to become conscious and reflect on whether your thoughts, emotions and actions are moving towards or away from what you desire:

DREAM & VISION

GOALS

A large, empty rectangular box with a light gray background, intended for writing reflections on dreams and vision.A large, empty rectangular box with a light gray background, intended for writing reflections on goals.

RELATIONSHIPS

OPPORTUNITIES

A large, empty rectangular box with a light gray background, intended for writing reflections on relationships.A large, empty rectangular box with a light gray background, intended for writing reflections on opportunities.



Activity

AWARENESS: TECHNIQUES

A decorative horizontal line with two arrows pointing outwards from the center, one to the left and one to the right.

It is important that you find a spiritual practice that supports you to become consciously aware and present. Take some time to experiment with the following common techniques and find what works best for you:

- Focus on your breath
- Practice mindfulness & use affirmations
- Journal & write about your thoughts, memories, feelings, actions, environment & relationships
- Eat healthy food, drink water & exercise regularly
- Face & let go of thoughts, emotions and actions from fear
- Surround yourself with people internally focused, positive, uplifting & motivating
- Speak your truth openly & honestly - to self & others
- Acknowledge where you are at, accept the present & take responsibility for releasing what no longer serves you
- Shift your focus to the now through gratitude & appreciation
- Practice focusing internally through visualisation & meditation



Insights



To be able to connect fully with your intuition, it is essential that you first become consciously aware of how you may be flowing and moving through your life or blocking yourself from moving forward. Take some time to reflect on what you have learnt about conscious awareness and write down any insights you received to support you as well as what actions you will take to move forward with consciously connecting to your intuition:

A large, solid grey rectangular area intended for the user to write their insights and actions.

Connecting the Intuition



Connecting the Intuition



Everyone has and can connect to their intuition - instinctive and unconscious knowing without deduction or reasoning - that inner voice, deep sense of knowing or 'gut feeling', hunch or pull that moves you in a particular direction which comes from what is referred to as your Higher Self.

When you first start connecting to your intuition, it is extremely important to be able to recognise the difference between guidance received intuitively (love/heart) versus from the ego (fear/head). Information received intuitively - through the heart from the Higher Self - is consistent, repetitive, rarely makes logical sense, is high vibrational, feels light, motivating, encouraging, positive and appears quickly, often in response to a question or a request for support and help. Whereas information from the ego - through the head from the False Self - is low vibrational, feels heavy, scattered, confusing, is discouraging and negative, appears slowly, feels hard, distant or like you are stuck and brings worry, doubt or uncertainty. When you are in your head space, it clouds, muffles or completely blocks your ability to connect and





recognise when you receive intuitive information. The intuition (heart) and ego (head) each function and serve different purposes in your lives, are there to support you in your learning, growth & success in life. The

heart space is the place where you explore and experience the full range of emotions whereas the head recognises, thinks, plans, analyses, remembers, imagines, understands through thoughts, words, knowledge, wisdom and even judgements. Neither one is better than the other, it is simply important for them to be connected and for the head and heart to work in balance to receive clear intuitive communication.



Activity

THE HEAD



The ego/head recognises, thinks, plans, analyses, visualises, remembers, imagines, understands and it does this through thoughts, words, knowledge, wisdom and even judgements. Take some time to add information below which represents what the ego/head looks, feels and sounds like for you:

Anger Fear Doubt Ego
Stuck Blame Jealousy Low
Blocked Victim Slow Denial
Resentment Confusion
Unmotivated Pride
Stress Drama Inconsistent Judgemental
Hard Anxiety Heavy Past/Future
Insecurity Backward



Activity

THE HEART



The heart/intuition is your innate instinctive and unconscious knowing, that 'gut feeling' or deep sense of knowing which appears quickly in response to a question or request for help and support. Take some time to add information below which represents what the heart/intuition looks, feels and sounds like for you:



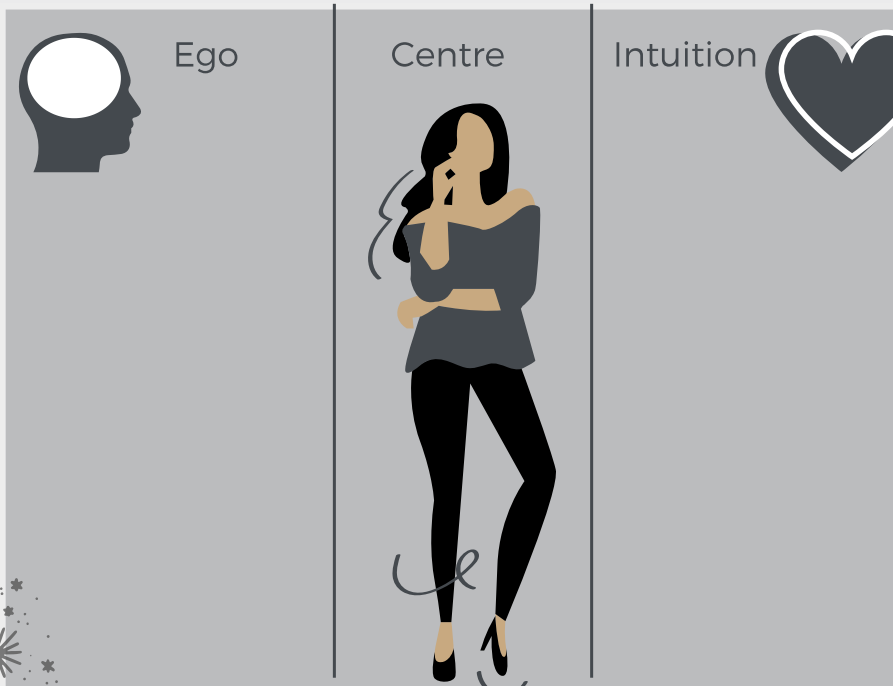


Activity

INTUITION HIGHWAY



To help you understand whether you are connecting and receiving information through the ego or through the intuition, think of a highway. When you are present and conscious you are in your centre (neutral) and aware of if you are in the left slow lane (head/ego) or in the right fast lane (heart/intuition). It is important that you spend some time becoming aware of when you are in your centre (neutral), ego/head space or in your intuition/heart space by taking time to observe where you are on the highway and write details down below:





Activity

AWARENESS



For this activity write down below your thoughts, emotions, situations or experiences you have in your everyday life and whether they are high or low vibration, from your head or your heart as well as the impact this has on your energy levels.

Ego v's Intuition

THOUGHTS

EMOTIONS

A large, empty rectangular box with a light gray background, intended for writing thoughts.A large, empty rectangular box with a light gray background, intended for writing emotions.

SITUATION

OPPORTUNITIES

A large, empty rectangular box with a light gray background, intended for writing situations.A large, empty rectangular box with a light gray background, intended for writing opportunities.



Activity TECHNIQUES



It is important if you want to connect with and strengthen your intuition, that you get the head and the heart working together so you receive crystal clear intuitive insights and guidance. There are a variety of techniques you can use to practice tuning in and connecting including the following:

- Breathing
- Listening
- Asking questions
- Tuning into your feel
- Trusting your hunches
- Walk and exercise
- Journalling
- Mindfulness
- Visualisation & meditation



Activity LIGHTS



A really easy and fun exercise you can work with to help you develop your intuition is called Red-light, Green-light where you imagine a traffic light - red light indicates “no” and green light indicates “yes”. Ask yourself questions or make statements that have true / false or yes / no answers, and notice, in your mind’s eye, what colour you become aware of after each question or statement. Start by asking simple questions, then move to more complex questions or statements as you continue to develop. Once you are confident, try it in situations where you do not know the answers to help you learn to trust your intuitive abilities.



QUESTIONS

STATEMENTS

OTHER

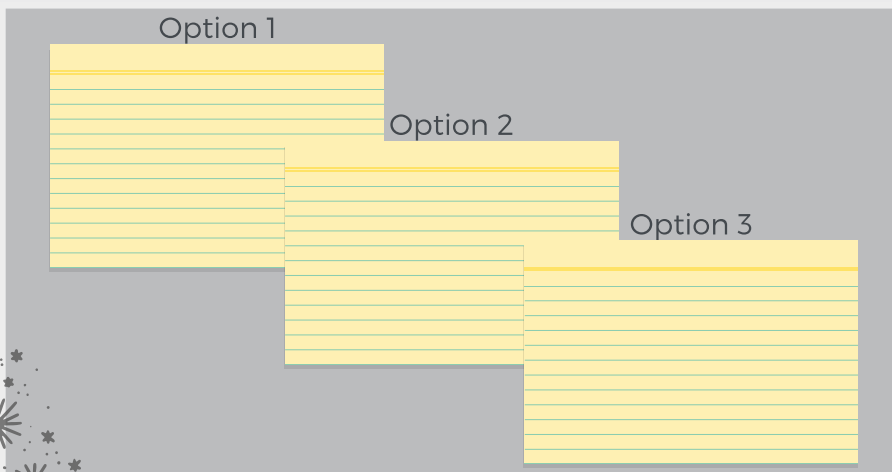


Activity

DECISIONS



Another great way you can begin using your intuition in your everyday life is to ask for help and support in making decisions, whether around job opportunities, friendships, relationships, finances, holidays, at home or with your spiritual practices. Try this Intuitive Decision Making activity, where you sit down with three blank index cards, think about a decision or choice you are currently having to make and write three possible solutions/options, one on each card. Shuffle the cards, place them face-down on the table, place your hand(s) over each card and notice how each one card feels. As you move over each card, assign a percentage to each based on how powerfully drawn you feel that option. Turn the cards over and take note of the answer with the highest percentage





Insights



To connect fully with your intuition, it is essential that you are aware of whether you are connected to your head or your heart as well as where the information is coming from. Take some time to reflect on what you have learnt about the head and heart connection, intuition versus ego and write down any insights you received to support you as well as what actions you will take to move forward with consciously connecting to your intuition:

A large, empty grey rectangular area intended for the user to write their insights and actions.

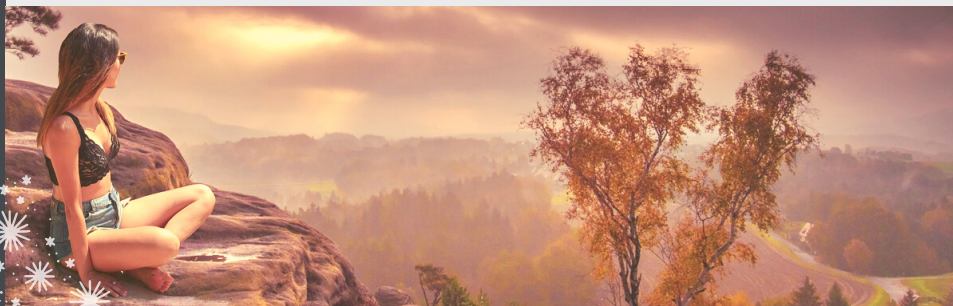
Meditation & Vibration

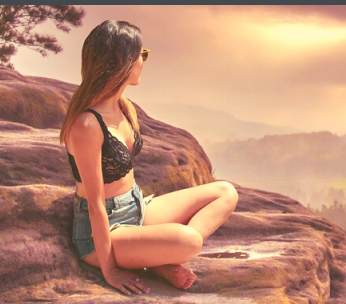


Meditation & Vibration



Meditation is an extremely important aspect of your spiritual practice, whether you want to connect to your intuition for guidance in your everyday life or develop your psychic and mediumship abilities, as it helps to not only raise your energetic vibration, but also increases your conscious awareness. It helps you to be in the moment, stay grounded, clear your mind, let go of emotions, problems or situations in your life, find your spiritual path and gain clarity on questions, make decisions and choices moving forward and to connect with your authentic and true self. When talking about meditation it is simply about connecting with and being conscious of your breath, focusing on the internal, sitting in the silence within and the power of your own Spirit and connecting to source/universe/God/oneness. Even if you spend just ten minutes or longer if possible each day at a regular time in meditation - whether sitting still or moving - it will make a huge difference in your day and to your spiritual development. The purpose is to simply sit and increase your vibration, not seek answers, solutions or guidance, you are simply connecting with your inner be-ing and your intuition





and receiving energy from Spirit so you can receive intuitive information and guidance more clearly and easily. Don't skip right over it!

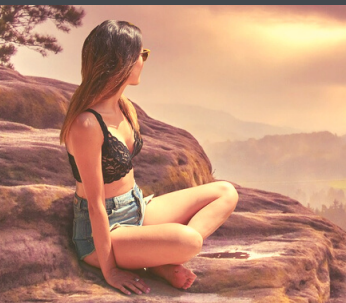
Activity

VIBRATION PRACTICE



To support you in creating a regular meditation practice, lift your spiritual vibration, get your head and heart working together as well as connecting and receiving information through your intuition, take some time to do the Connecting to the Intuition meditation and then write down any insights, guidance or learnings below:

A large, solid grey rectangular area intended for the user to write their insights, guidance, or learnings from the meditation practice.



Activity TECHNIQUES



As the energy of those in Spirit is vibrating at different, higher, rate from the physical world, to connect and become more aware of your intuition, you need to raise your spiritual vibration and open up to Divine energy on a regular basis. There are a variety of ways you can raise your spiritual vibration to make connecting and communicating easier including:

- Meditate (quiet your mind, focus on your breath & listen)
- Purifying your body with fresh fruits & vegetables, whole grains, nuts etc,
- Drink 8 glasses of water
- Exercise (running, yoga, rock climbing, tennis, basketball etc)
- Focus on positive thoughts & emotions
- Surround yourself with uplifting, positive people,
- Place yourself in beautiful, peaceful or happy environments
- Practice gratitude & compassion
- Journal to explore your own personal growth
- Listen to music & dance



Activity

INCREASING VIBRATION



For this exercise, take some time to observe your physical body, thoughts, emotions, people and places, your actions and behaviours and whether they lift or lower your vibration. Also, put some of the techniques to lift your vibration into practice and write down in the space below, which strategies work best for you moving forward.

PHYSICAL BODY

THOUGHTS & EMOTIONS

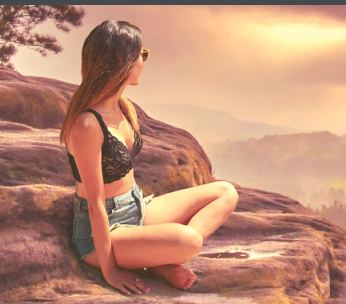
PEOPLE & PLACES

JOY & LAUGHTER

GRATITUDE

COMPASSION





Activity

INSIGHTS



Remember that to connect fully and effectively with your intuition, you must be able to still the mind, commit to a spiritual practice of meditation as well as use techniques to help you lift your vibration. Take some time to reflect on what you have learnt about meditation and vibration, then write down any insights you received to support you as well as what actions you will take to move forward and connect to your intuition:

A large, solid grey rectangular area intended for the user to write their insights and reflections.

Senses & The Clair's



Senses & The Clair's



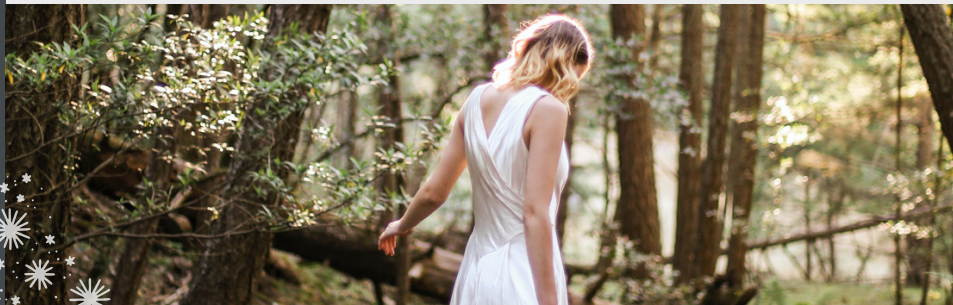
There are two different ways that you can receive intuitive information, externally through signs, feathers, coins, songs and synchronicities or internally through your heightened physical senses, known as the 'Clairs' - sight, sound, smell, feel, taste or knowing. While, one of your senses may be stronger and more dominant, it's important to be open to receiving intuitive information in a variety of ways.

Clairvoyance, 'clear seeing', ability to 'see' or glimpse images, objects, colours, symbols, people, places, scenes etc generally through the 3rd eye or flashed in the mind quickly.

Clairsentience, 'clear feeling' or 'sensing', ability to feel for information through: 1) 'gut feeling', strong emotional response feels almost physical, 2) 'empathy', picking up on other's feelings 3) Physical sensations within your own body.

Clairaudience, 'clear hearing', ability to hear sounds, words, names, dates, songs on physical level or a voice in head that comes quickly and persistently,

Claircognizance, 'clear knowing', ability to communicate directly with the mind often through thoughts or ideas, as in it just "comes to" mind or you just 'know' something to be true or right





Clairscent, 'clear smelling' , ability to physically smell fragrances, odours.

Clairgustance 'clear tasting', ability to physically taste substances, ingredients, flavours etc





Activity

TUNING-IN



You can receive information through the various senses and Clair's, so it is important to take some time to sit in an environment where you are able to Tune Into the location, people and space as well as the senses to observe, listen, feel, smell, taste and know what is around you.

People, Places & Environments

OBSERVE & SAY "I SEE"

LISTEN & SAY "I HEAR"

TUNE IN & SAY "I FEEL"

TUNE IN & SAY "I SMELL"

OBSERVE & SAY "I KNOW"

TUNE IN & SAY "I TASTE"



Activity

CLAIR'S DAY



Allow yourself to connect with your heart space, your intuition for between 20-30 minutes at least once per week and simply receive information through your senses, whether they are images, symbols, colours, feelings, thoughts, sounds, smells, tastes etc and record what you receive.

SEE

HEAR

FEEL

KNOW

SMELL

TASTE



Activity

INSIGHTS



Remember that you can receive intuitive information, externally or internally through your heightened physical senses, the 'Clairs' - sight, sound, smell, feel, taste or knowing. Take some time to reflect on what you have learnt about The Senses and Clair's, then write down any insights you received to support you as well as what actions you will take to move forward and consciously connect to your intuition:

A large, empty grey rectangular area intended for the user to write their insights and actions.

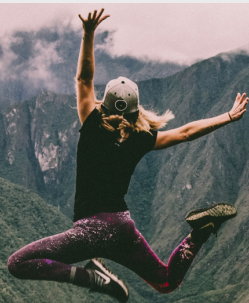
Trusting & Flying



Trusting & Flowing



The process of connecting to your intuition may come naturally and easily to you if you are easily able to quieten your thoughts, get out of your own way and trust the information that is being provided. However, for many people there can be fears, beliefs, doubts and patterns that can block and make it difficult to see, hear or sense the information that is coming through intuitively. For example, fears about getting information wrong or doubts about your abilities or the information can block you from connecting and receiving accurately unless you take the time to heal what created the fear in the first place. If you fear seeing, hearing or sensing too much or intense information that you are not comfortable with, it is important to educate yourself and to know you have the power to say 'yes' or 'no' to what ever energy comes into your awareness and to ask to turn it down, slow things down and give it to you at a pace you are more comfortable with. Also, if you doubt, judge, struggle, question or analyse the information you receive, you create noise, confusion, uncertainty and blocks in the connection, are not flowing with or open to the guidance, reach for answers, create long





scenarios or stories and are in your head space. Connecting with and receiving intuitive information is a two-way process where you can ask for things to be turned up, down, to be made clearer, less intense, more intense,

tune them out completely, ignore them, tell them to go away etc. The more you commit to and practice tuning in to your intuition, you will confidently flow with the information, the more open you will be to receiving, the easier it will become to trust what you are receiving - remember to have patience as you are developing and learning.



Activity

PRACTICE



For this exercise, you will need to work with a deck of playing cards. Start by choosing 5 cards - keep them face down - connect with your heart and intuition, tune into your senses and ask whether the card is "Red" or "Black". You can also work with the same process and ask what suit the card is or what number.

COLOUR

CORRECT?

SUIT

CORRECT?

NUMBER

CORRECT?



Activity

VIEWING



A great activity to help you practice connecting, receiving and trusting the information you gain through your intuition is to ask simply, find yourself a quiet space, take a few deep breaths, connect with your heart space, then set your intention to gain information and guidance - whether through images, symbols, colours, feelings, thoughts, sounds, smells, tastes etc - about what is to come for the day (week, month or even year) ahead. Record the session so that you can talk through what it is that you are receiving while connected and then when you have finished write it down in the space below:

ONE DAY

ONE WEEK

CONFIRMATIONS



Activity

INSIGHTS



Remember that it is important to quieten your thoughts, get out of your own way and trust the information that you are receiving through your intuition. Take some time to reflect on what you have learnt about trusting and flowing with your intuition, then write down any insights you received to support you as well as what actions you will take to move forward and consciously connect to your intuition:

A large, empty grey rectangular area intended for the user to write their insights and actions.

Development



Development



In developing your intuitive and spiritual abilities, whether you are interested for your personal growth or to connect and work further with Spirit using your psychic and mediumship abilities, it is important to remember that you need to engage in ongoing development.

While spiritual development includes understanding that you are a soul in a physical body and always connected with and have a relationship with 'Spirit', 'Source', 'Universe' or whatever you refer to it as, personal development presents you with an opportunity to regularly improve your life mentally; physically and spiritually as well as to experience new things to help you grow as a person. It is about you being open to learning and growing as an individual, healing and shifting old patterns and beliefs, becoming more consciously aware and present of your thoughts, emotions and actions in your everyday life as well as letting go of fears and doubts and reflecting on your experiences to gain the wisdom and understanding so that you improve your ability to connect to your intuition and your psychic abilities.





This is where you may wish to work with a Transformational Coach to help support you in shifting, clearing, healing and transforming all that may be holding you back from being all of who you are,

your authentic self.

If you are interested in continuing your intuitive and spiritual development, you may also wish to work with a Teacher, Coach or Mentor, a person who can guide you, support you and help you in the process of gathering knowledge, wisdom, understanding as well as share various skills, techniques and strategies with you. The role of a Mentor or Coach is to not only share information and understanding with you, it is also to inspire, encourage and support you to take your personal, intuitive and psychic abilities to the next level while receiving help, tools and techniques to refine your skills as well as practical experiences to increase your confidence, connection and trust with delivering information and guidance in ways that are easy and best suited to your personality and how you enjoy being in the world. Once again, there are a variety of methods that Spiritual Teachers and Mentors will offer to support you in your development, whether through in-person or online sessions, courses, workshops, group or individual programs, coaching and retreats. It is essential that when you are looking for a Spiritual Teacher or Mentor you consider



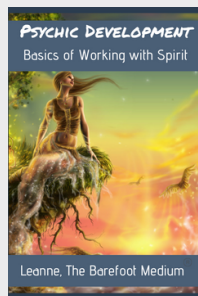
what your specific goals and intentions are with your development, their qualifications, professional and personal background as well as their level of expertise and experience. Remember, this is about

your on-going development, be prepared to invest in yourself, in your abilities and in improving your connection with those in the Spirit realms and they will also invest in and support you!

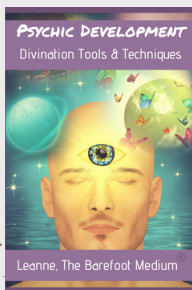
Learn about Leanne's personal or spiritual development or coaching programs or check out the following books available from www.thebarefootmedium.com.au

BASICS OF WORKING WITH SPIRIT

Psychic Development: Basics of Working with Spirit book, is the first in a series providing an in-depth understanding of the fundamental skills and techniques necessary to begin working with energy and Spirit. It is filled with practical easy to follow strategies to help people to build a solid foundation and have all the tools necessary to understand how they can enhance their physical health, emotional balance and mental well-being to work more closely with their intuition in their everyday life as well as in their psychic, mediumship work.



DIVINATION TOOLS & TECHNIQUES



Psychic Development: Divination Tools and Techniques, provides people with easy, simple and practical techniques to help understand more about their intuition, different tools that can be used for divination as well as understand how information is communicated through the various senses. It includes step-by-step processes and activities to help people connect with their Spirit Guides, perceive and read information within the aura and chakra's as well as how to work with different divination tools such as tarot cards, pendulums and automatic writing for guidance into situations, events, relationships and possible opportunities for the future.



READING THE TAROT INTUITIVELY

Psychic Development: Reading the Tarot Intuitively is the third book in the series and will take you on a practical and interactive journey to expand your intuition and psychic abilities by learning to read Tarot cards intuitively and receive guidance and insights for yourself and others. You will gain an understanding of how you can connect with the Tarot cards and intuitively understand the imagery, symbology, colours, numbers, stories, energies and much more so you can begin conducting readings for yourself and others.



CONNECTING WITH SPIRIT

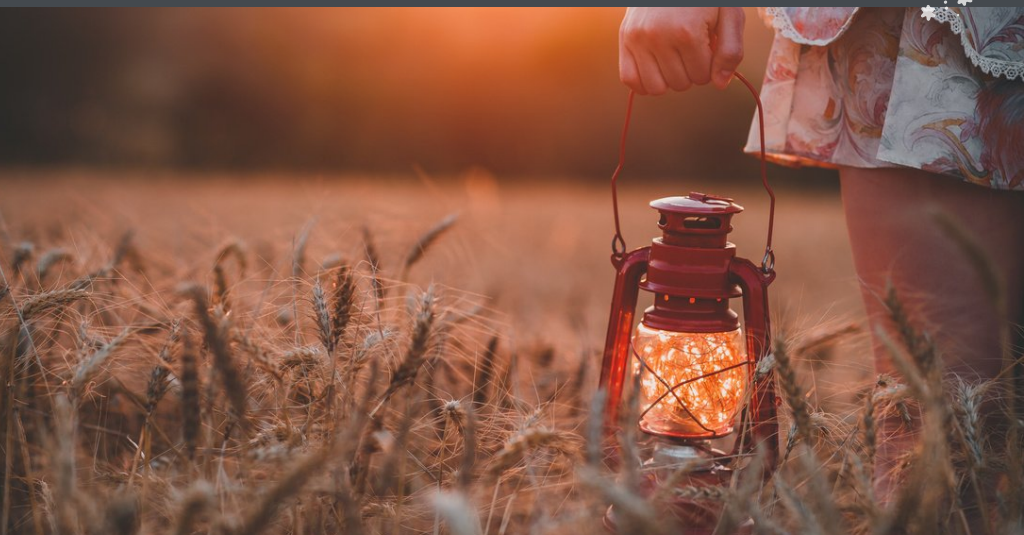


This book Mediumship Development: Connecting with Spirit, provides you with easy, simple and practical techniques you can use to understand more about how to blend and communicate with loved one's who have passed to Spirit through mediumship connections. It is filled with strategies to help you understand the different types of information and evidence that those in Spirit can bring through in a sitting as well as the fundamental skills necessary to be able to deliver clear accurate evidential mediumship sittings to others.



Connect

TO YOUR INTUITION



If you have been guided to this eBook, trust it is for a purpose - you are ready to connect and work with your intuition, your soul is calling you to take a journey of personal and spiritual growth, to learn to connect with your inner guidance system with more clarity, confidence and certainty so you can receive information and discern what fits and feels right for you as well as to start developing your spiritual abilities.



Leanne, The Barefoot Medium® is a highly sought after International Medium & Transformational Coach who connects people with loved one's who have passed over and Spirit Guides to share their messages of peace, support, joy and love. She also supports and empowers people to connect with their intuition, transform and move forward in all areas of their lives by providing guidance, encouragement and practical strategies so they successfully achieve all they desire.