



"Guided From Within:

Harnessing Your Intuitive Potential to Shape Your World"

WHAT TO EXPECT

| <u>WEEKS 1-5</u> | <u>FOCUS</u> | <u>FACILITATOR</u> |
|---|---|---------------------------|
| CLASS 1 "Remembering" | What exactly is intuition? How do you receive intuition? Why should you trust? | Francesca James |
| CLASS 2 "We Are Energy Beings" " | Understanding that everything is energy. Recognizing the signs that are always around you/there to guide you. | Francesca James |
| CLASS 3 "Spiritual Discipline" | Learning which disciplines will assist you in hearing and trusting your inner guidance. | Francesca James |
| CLASS 4 "Interpreting Messages" | Knowing how to interpret the messages you receive. Practice, practice, practice | Francesca James |
| CLASS 5 "This is it!" | Solidifying the learning through deeper practice. Answering any final questions. Further allowing comments and clarity. | Francesca James |
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