

Crystal Clear Intuition

The Free Training Series to amplify, expand, enhance and take your intuition to the next level.

Throat Chakra

by Hannah Andrews



Reality Awareness

"Awakening the Consciousness of Humanity"

Dedication

To all of the Beings on this planet, having this Human experience, I see you, I feel you, I am here for you. May you always remember your Human self and your Spiritual self both in existence at the same time, may you always remember who you really are and embrace every experience you have, for that, is what you came here for after all, to experience.

With gentleness, Hannah.
The Life Purpose Queen



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About Me

Welcome Beautiful Soul!

My name is Hannah and I am an Intuitive Healer and Life Purpose Mentor.

I have been working as a Healer, guide, teacher and more for many, many lifetimes. My gifts are strong, deep, very connected and run back a very long way, back through to Ancient times, when practises of magic, mysticism and Earth based spiritual practises were real, very active and accepted on this planet.

These gifts, live in my blood, they are in my DNA and it is here that I activate my awakening again this lifetime, to serve again, to the highest level of evolution to help humanity awaken back to their true nature.



Day #1: Throat Chakra

SPEAKING & LIVING YOUR TRUTH

At the Throat Chakra - it is about speaking your truth. But also? LIVING IT. Anyone can say WORDS. Yet, it is the actions that follow up the WORDS - that either make for truth or lies.

There is a depth you FEEL when someone is just words and speech, or whether they actually live their truth. And how do you know? Because you can FEEL it in your Heart. Why? Because when someone is speaking the truth - you feel it in your Heart. Why? Because - their Heart is below their Throat - just like yours.

And when they speak something - if it is truth, you will feel a resonance in your Heart. If they are lying or speaking thing and then doing something different - you will FEEL it in your HEART. Why? Because you will FEEL the discord between their Throat and their Heart. It won't be connecting. There is a blockage. It isn't flowing. It isn't being LIVED. And this is where it comes in.

Someone is either Speaking their truth and just 'hollow' with empty words or another way to describe this is cut off at their Throat and it isn't able to go down into their Heart and body for whatever reason. That is why when something is 'off' you can FEEL it in your bones.

You FEEL it in your Heart.

And this is where empaths like us, can get confused easily - especially when we bring it up and they either

1. know they have been lying and turn it back around on us
2. don't even realise they are doing it and we are picking up the discord of alignment of actions and words, because we are so darn sensitive and in tune and pick up EVERYTHING that is in their subconscious and about to surface, before anyone else is even aware of it.

(If you haven't seen my live stream on how to be sensitive and 'normal' around others (without being labelled crazy) whom you pick up subconscious stuff and don't know what to do with it, you can watch it here: <https://youtu.be/OLI1GVpPyH4>)

So what do you do when you sense this in someone?



Day #1: Throat Chakra

It is easy to judge and point fingers at others Yet, when we do?

When we point our finger and blame someone else for what is going on, we have 3 fingers pointing back at ourselves. And this? Is the first place you want to look. It is like your sacred beacon that **KEEPS YOU LIVING YOUR TRUTH.**

It keeps you in **ALIGNMENT TO YOUR SOULS PATH.** How? Because it is your sacred beacon that allows you realise why you have attracted a certain situation.

It keeps you in deep connection with yourself.

It allows you to trust your heart and follow what you are **FEELING**, over what the persons words and discords are saying and reverberating to you.

It allows you to stay **CLEAR** and connected to **YOUR Truth** in the situation, rather than swallowing other people's truth's and getting deeply confused and entangled.

So how do we do that?

SHADOW WORK! And that, is what we step into tomorrow.

Where do you say things, and don't follow through on them?

Where do you tell people all your plans and disperse the energy of them, before they can even happen and then it doesn't happen?

Where do you not, honour the depth and the power of the spoken word?

Where do you not, realise how deep words go?

"Words cast spells, that is why it is called **SPELLING.**" - use them wisely, be mindful of what you are saying, to yourself, to those around you and to the world - for the Universe is hearing every single one of them.



Write or draw any revelations, aha moments or messages that you received from Day #1 to ground into reality your new sense of awareness:



Day # 2: Throat Chakra

SHADOW WORK

What is it even?

You know how you can say words and not follow through on them?

You know how others can do the same?

You know how words are powerful?

You know how sometimes you say something and then wish you never?

Shadow Work, comes from a term in Jungian psychology, of 'shadows' 'archetypes' in ourselves, our subconscious - of different parts of our personality.

That part of us that says something in the moment and we wish we didn't - may be coming from a hurt part of us, that hasn't been allowed to express or voice that yet.

The part of us that says something and doesn't follow through on it, because of low self esteem and insecurities and wants to please someone so they don't leave us.

10% of our mind is conscious = the other? Is 90% subconscious. That is A LOT of Shadow parts hiding under the surface!

Seem overwhelming? Where would you even start right?

The thing is - there will always be 90% subconscious going on (or would there?) It isn't that we can dissolve it all (or can we?)

Yet, when you are drawing at crossroads, when you are confused, when you are feeling like there are a zillion different thoughts in your mind going on about something, then you turn away from it all, because, geez, where do you start?! Shadow Work is your answer.

There will always be many parts going on for you.



Day # 2: Throat Chakra

Say you are at crossroads wanting to make a decision. And your brain gives you every scenario under the sun about the possible outcomes. You go to move forward and you feel stuck where you are at.

It is like you are being pulled in two different directions.

Do you know what that is? Is that you already know.

Your Heart already knows. And yet, your brain tells you all the things you can't or won't about what your heart TRULY desires. And this is where speaking to all the parts in your Throat about what is going on is primary key to allow all those brain 'thoughts' (shadows) to be heard (through shadow work) and allow yourself to have full trust.

People tend to think that Shadow Work is all about the dark.

And yeah, there is probably a lot of 'dark' things in your subconscious. But what also lives there? IS YOUR LIGHT PARTS!

Your courage, your Queen, your King - remember - Shadow Work is EVERY ARCHETYPE. Not just some. But ALL of them. Shadow Work helps you reclaim ALL that you are.

Not just heal the trauma you've been through.

It helps you REMEMBER WHO YOU ARE.

Every single part of you.

And integrates whatever part you are needing in the moment - when you go in there and allow your intuition to show you what part of you is wanting to speak right now - it will be the exact part you need, that helps you make the decisions and take action on them - so you stay in true alignment and don't end up living a shadow life of WHO YOU ARE MEANT TO REALLY BE.



Day # 2: Throat Chakra

Of - WHO YOU REALLY ARE.

Remove those masks - or should I say - integrate them and get to know what is REALLY going on underneath the surface.

For when you have the courage to look within and what fingers you've been pointing at others - you'll find the golden key to what you have been asking after this entire time.

Your answer lays within you.



Write or draw any revelations, aha moments or messages that you received from Day #2 to ground into reality your new sense of awareness:



Day # 3: Throat Chakra

WHEN YOU KNOW IN YOUR HEART, YET YOU DON'T LIVE IT EVERYDAY.

This causes major blockages in your Throat!

Meaning your truth, meaning your alignment to your Soul's purpose! Meaning, creates blockages in your intuition!

You know in your Heart, something is off, something isn't right, yet you don't action it?

You may, lose your voice, you may dissolve away, hide away and not want to be your true self.

You wear.... masks... hello Shadow life.

You live your Shadow, instead of dissolving them to the Light and BECOMING THE LIGHT - by integrating the dark right in front of your eyes.

You create FREEDOM when you integrate your Shadow meaning - when you FOLLOW YOUR FULL HEART.

You create DEEPLY CLEAR ACCURATE INTUITION when you FOLLOW YOUR HEART meaning you let your HEART BE YOUR TRUTH.

You are very aware of all the parts in your Throat (Shadow Work) that are 'having a say in the situation' and with this deep connection of what is going on inside, it connects you deeply to yourself and to your Heart, which gives you the strength and courage to continue to walk forward in deep alignment with your truth.

When we listen to others and swallow their truth over what is right for you - you begin to talk like them, act like them, speak like them, be like them.

YOU WEAR THEIR MASK - instead of your own truth!

It is why in my Trust Your Intuition course I am consistently saying, trust your intuition, over anything I am saying or teaching you! Always!



Day # 3: Throat Chakra

Find your own truth - listen to your own truth - but not only speak your own truth - but LIVE IT. EVERY SINGLE DAY. Because when you do?

It becomes your normal. And when something is slightly out of alignment, slightly off kilter - you will feel it deeply.

And you won't be able to ignore it until you come back into deep alignment - because it feels so good over here!

What is out of alignment?

That slight, tiny bit?

If you are unsure - what makes you worry?

What is constantly on your mind, that you haven't done yet, that you know your intuition is tap, tap, tapping you about?



Write or draw any revelations, aha moments or messages that you received from Day #3 to ground into reality your new sense of awareness:



Day #4: Throat Chakra

THE DARK AND THE LIGHT

It all exists.

Whatever you are judging in another - exists within YOU!

Wherever you are blaming someone - or saying 'they did this to me' - you are pointing fingers.

What is it about those fingers?

Three fingers are pointing back at you.

Just like there is no right or wrong - judging exists on a scale.

On the other end of the scale of judging lays DISCERNMENT.

Your level of discernment and your level of judgment, will depend on the depth of awareness of the Shadow parts you have on board and are consciously working with.

We may find we judging something or someone.

Judgement, usually comes from a depth of low self worth and needing to feel better than someone to gain power, as they are cut off from their own power and gain this from someone else - usually the person/situation they are judging.

Discernment on the other hand, comes at the other end of the scale of judgement, and discernment comes from a deep seated knowing of your core values, what is aligned to you, what is important to you, what you want your life to look like, feel like and more, and it comes from a place of utter clarity because you are clear on these.

If you are not clear on these, then yes, you will be at the judging & better than scale more so, because you are not solid within on what is important to you.

Judging isn't wrong - but when we can catch ourselves judging another and pointing those fingers, we can look within, see what Shadow part is wanting our attention - our judgement serves us to become conscious of - what we really want.



Day #4: Throat Chakra

Whatever you are seeing within another, exists within you - the 'good' 'bad' 'right' 'wrong' - so when you catch yourself judging someone else - you can ask yourself:

~ what is it about this situation that is calling my attention?

~ what is the part of me, inside of me, that is trying to get my attention?

~ what does that part of me, want to say to me?

Every time we do this, we re-integrate back to ourselves a part of our subconscious into our conscious self.

And every time we do this?

We become stronger from deep within. We grow our internal self. Our vibration becomes integrated and whole.

We become clearer in our intuition, as our parts of ourselves are communicating and being heard.

Discernment becomes second nature, it becomes our natural state.

Grounded, present and deeply aware.

And when the next part surfaces in front of your face with a situation and person in your life, we again, talk to that part... and return back to the wholeness you ARE.



Write or draw any revelations, aha moments or messages that you received from Day #4 to ground into reality your new sense of awareness:



Day #5: Throat Chakra

OUR CREATIVITY BIRTHS OUR TRUTH

Imagine how many Archetypes there are and how continually limitless that is as we continue to grow and evolve.

Imagine how many pearls of wisdom they have.

Imagine - how much creativity flows - when you give them a teeny tiny bit of focus - you shine the light on them - you shine your conscious awareness on them - you give them a bit of 'attention' and the gifts that flow back to you from doing so? Meaning, the awareness that they give you - like turning a light on in a pitch black room - you can't see much in the dark, but when you turn on the light?

Oh wow, how many things you see.

And not just what you see - but what you are shown deep in your Soul.

For delving into the depths of your Soul aka Shadow Work - where you get to not only meet, but RECLAIM ALL THAT YOU ARE - you reclaim your power, your truth, everything about you is amplified.

You become powerful.

Your vibration is amplified.

And so is your manifestation abilities.

The more you go within and reclaim, the more you have the depth to LIVE your truth.

Not just talk about it.

Because you have all parts of you on board.

You gain an inner strength over time, that grows and grows and becomes who you are.

When something is off or out of alignment, you pick it up quicker and quicker every time.



Day #5: Throat Chakra

And when we do this and stay connected to our truth, that connection - that flow - those inspirations - your INTUITION.

And in that - you birth all those creative ideas, your intuition keeps you connected to your flow, to your truth, to your desires, to your limitless self, to your... reason for BEING ON THIS EARTH.

And that?

Is what you came here for after all isn't it?



Write or draw any revelations, aha moments or messages that you received from Day #5 to ground into reality your new sense of awareness:

