



## LEVEL 1 AND 2: YOUR INTUITION AND ENERGY

A teaching in how to develop your intuition and your inner knowledge about yourself and your life

Intuition is your inner knowledge, a person's capability beyond the rational. One uses this capability in everyday life to know about oneself and the things they do. Intuition is mostly used without direction or intention. However it is possible to develop your intuition in such a way that it is a reliable and valuable resource for knowing oneself intimately and becoming conscious. It is not difficult to develop this skill but it requires the willingness to explore fixed ideas about yourself, others and the world around you, and if necessary to let them go. Developing your intuition will give you insight into the way you function and move through your life on earth. It will further bring you into contact with pleasure, joy and humour.

### **Level 1: Your intuition and energy**

During the 12 lessons you will develop your intuition, be guided on how to follow your intuition and make decisions that are right for you. Through experience-based-exercises you will discover how energy works and the most effective way to manage your energy. You will learn how to ground yourself, let your energy flow and to be present in the 'I am'- the here and now. Just you 'being'. As we do not move through the world alone, you will also learn about your aura and the distinction between your energy and the energy of others. You will learn how to stay centred with yourself when you are in contact with others. Step-by-step you will start developing and maturing your inner knowing. By learning to recognize whether something is right for you or not, you will become more authentic and will naturally start to take leadership over your life. During this course we will be using different methods like visualisation, movement, drawing and self-massage to grow and establish contact with your own energy, inner sense and knowledge.

### **The Intuition year consists of Level 1 and Level 2**

After Level 1, you can continue to develop yourself and deepen your inner knowledge within the 7 main chakra's and the 7 themes in life which are: confidence, feelings & emotions, your own goals, love & affection, communication & relationships, insight, consciousness, own knowledge & autonomy. After Level 1 and 2, the Intuition year, you will receive a Certificate of Completion.

**Teacher:** Annelita Reinders, S-Sent ([www.s-sent.nl](http://www.s-sent.nl))

**Investment:** € 360,-/ \$ 435,- incl tax/vat. Payment is via Paypal and you can pay in monthly terms.



# PROGRAM SETUP 1 ON 1 THEMES

## PROGRAM SETUP

### One-on-one session:

- To give you a good idea of what this program can mean for you, you will receive a reading via Zoom before we start.

A reading is a description of your energy. At essence level it gives insight into yourself and your life right now. In this reading we also look at what is important for you and what your goals are for the program. This reading is for free, so you can easily explore whether this program will suit you.

- During the course you will also receive a reading on your essence qualities.
- The week after the course you will get a reading on your growth thus far. This is a reading on the new energy you attained and what this new energy is changing in you and in your life.

## THEMES TO GET IN CONTACT WITH YOURSELF, YOUR INTUITION AND YOUR ENERGY

We have lessons covering the following themes:

- grounding;
- feeling connected to the earth, yourself and your goals;
- aura, own space and the difference between your own energy and the energy of others;
- flowing earth and cosmic energy, feeling and flowing your own authentic energy ;
- attention and being in the here and now ;
- letting go and learning what blocks your energy from flowing;
- fixed ideas, perfection and letting go of ideas, effort and expectations ;
- being yourself, how growth works and ownership of your life and vitality;
- recognising if something is true for you or not and following your intuition.
- the influence of humour and enthusiasm on your energy
- the difference between thinking and intuition, getting out of your head and into your heart.

## TIME AND DATES

**Level 1:** the course consists of 12 weekly Zoom-lessons of 2,5 hrs on Tuesday, 19.30 – 22.00 hrs.

**Dates:** April 13th (first lesson) till July 6th.

**Number of participants:** maximum 8

**Language:** the lessons will be in English

**Intake/registration:** to make an appointment for the intake reading, mail to: [a.reinders@s-sent.nl](mailto:a.reinders@s-sent.nl)