

Intuitive Magic

Workbook
By Susana Cortes

The Intuitive Magic Workbook

You, the woman who lives in harmony with her inner and outer nature. Who desires to awaken all her gifts as an intuitive healer and medicine woman.

This is a self-discovery guide to recognize & regain your magic. You will learn practical tools of intuitive healing and knowledge from different ancient traditions. All easy to understand and useful for our everyday lives.

We will go through key concepts like awakening the third eye to reignite your intuition, how our energy systems works, understanding the five elements as forces of nature, guides/power animals, lunar cycles, dreamwork, and sacred sexuality.

Although these concepts may seem unrelated, there is one thing in common. Everything is energy, and we can use it in different ways. When we understand how to use our energy, we understand the patterns of the universe in a tangible way.

Get ready for a magical journey filled with fantasy, creativity and alchemy.

During each week, we will work with different archetypes or information from the unconscious that will allow us to access the hidden parts of the psyche.

We will also use energetic methods from ancient traditions, oracle readings, meditation exercises, creativity, and other intuitive tools.

Each part of this journey has been created for you to awaken the magic that lives within and learn how to use your innate gifts.

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The awakening of the medicine woman.



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ORACLE RESULTS



WEEK 1

Initiation: The awakening of the
medicine woman.





Initiation: The awakening of the medicine woman


We will focus on energetic exercises to reconnect with the Medicine Woman who lives within you.

We will talk about what it means to be a medicine woman connected with her inner and outer nature. You will learn how to create an altar to honor your ancestors and reconnect with your inner magic.


• ARCHETYPE •

 Hecate

• MEDITATION •

 Honoring the medicine woman


• TOOLS •

 Meditation

 Oracle reading

 Altar

• EXERCISE •

 Creating my altar of power



The Witch

Woman connected with the dark side of the psyche, the intuition, the unconscious.

Alchemy

Alchemy or transformation occurs when we attain insights and bring what we wish to change into the light, creating consciousness and observing what we are without judgment.

WAYS TO ACCESS THE UNCONSCIOUS



These tools allow us to enter different states of altered consciousness:

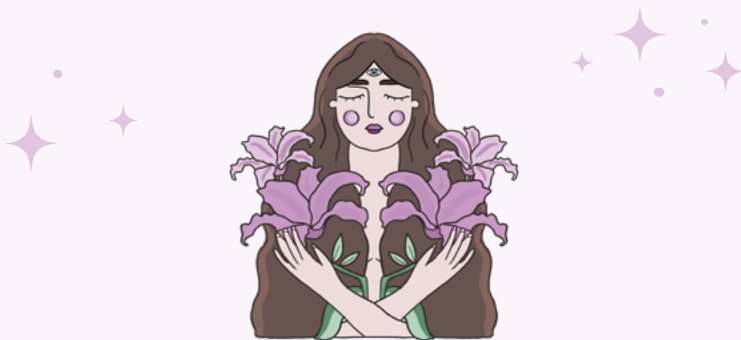
- Dreams
- Art
- Oracles
- Meditation
- Sound / Vibration
- Breathing



During this program, we will work with what allows us to communicate with our intuitive side.

WHAT ARE ARCHETYPES, AND HOW TO WORK WITH THEM?

Programs / Packages of information that live in the collective unconscious and represent different aspects of our being.





Archetype Hecate

When Hecate appears in our lives, she's telling us it's time to develop our intuitive and inspired side. Intuition and knowledge are some of the abilities many women fear and have hidden. We need Hecate's help to accept that they sometimes go far beyond what we call "common sense", that they can be used in creative and healing ways, and that we can put them into practice without fear.



Associated with:

- The dark phase of the moon Goddess
- Mother Goddess
- Goddess of the unknown, that what terrifies us
- Goddess who connects us to the dark side of the Psyche
- Intuition Goddess
- Goddess, Sorceress, Witch



“ I am your wild side, your sixth sense, the cause of your hunches, premonitions, and dreams. I am the immortal priestess. My face is threefold: young, old, and fully mature. I am your primary Goddess”.

Integrating the 3 aspects of Hecate

The Maiden
The Mother
The Wise/Crone



PICK A CARD

Hecate: The Triple Goodness



1



2



3

VIEW THE RESULTS AT THE BACK OF
THE BOOK

The Maiden



Also known as The Huntress or The Virgin. The Maiden comes first in the three faces cycle of this Goddess. She is usually portrayed as young and innocent and seen in springtime. The Maiden is often used in magic related to new beginnings such as new jobs, a new living space, pregnancy, birth, etc. She is symbolized with the color white and the crescent phase of the moon.

Archetypes: Persephone

QUESTIONS FOR THE MAIDEN:

1. Am I connected to my feelings?

2. Am I connected to play and fun?

3. Am I curious about life?

4. Am I curious to explore?

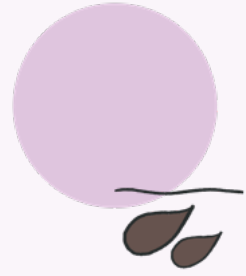
5. Am I expressing my creativity?



6. Am I exploring the opportunities the world offers me?



The Mother



She is the Matron, the Teacher. She represents the turning point of summer, the climax, the fulfillment in all areas of life and sexuality. The Mother is the best for magic related to childbirth, fertility, marriage, and other important life decisions. She has no specific color associated with her but is generally represented by rich colors. The full moon symbolizes her.

Archetypes: Isis, Tellus, Kwan Yin, Pachamama.

QUESTIONS FOR THE MOTHER:

1. Do I succeed in holding enough space for my projects to flourish?

2. Do I succeed in taking care of myself and others?

3. Am I free to make my own choices?



4. Do I feel personal power?

5. Do I know how to nurture my body, mind and spirit?

6. Am I present with my emotions?

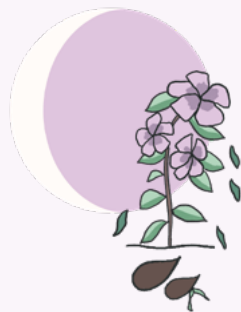
7. Can I stand firm in my beliefs?

8. Do I take care of my surroundings?



9. Do I give myself sacred spaces?

The Wise / The Crone



Also known as The Dark Mother or The Wise One. She is often described as a “witch”. She has lived a long time and has a vast amount of wisdom to share. The Witch is also associated with death, winter, deep mysteries, and darkness, for life must always come full circle. Her color is black, and the waning moon symbolizes her.

Archetypes: Kali

QUESTIONS FOR THE CRONE:

1. Can I channel my inner wisdom?

2. Do I share my inner knowledge with others?

3. Do I fully follow my intuition & wisdom?

4. Am I comfortable being alone?



5. Am I comfortable with getting older?

6. Am I aware that my body needs more space to slow down?

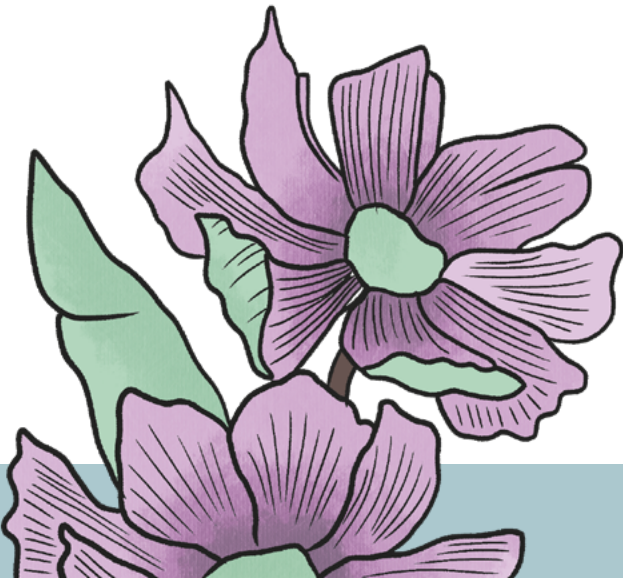
7. Am I authentic with my emotions?

8. Do I know how to transmute my own shadow?



9. Am I authentic?

10. Am I not afraid of being wild like a hurricane?





The medicine woman

**“Powerful, free, autonomous,
wild, untamed women, forces
of nature in harmony with
their internal and external
environment”**



Meditation

Honoring the medicine woman

1. What information came up?

2. Did any physical sensations come up?

3. What emotions came up?

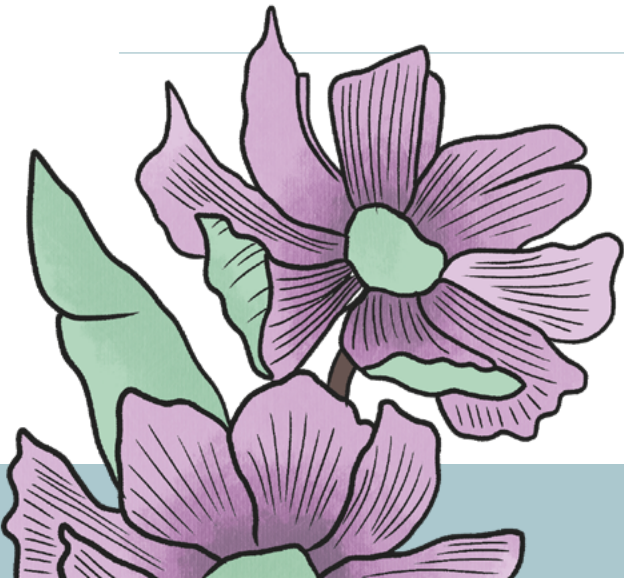




4. What visions came up?

5. What was the energy like?

6. Where in the body was this information located?





Exercise

Creating my sacred altar

- 1 Find a place in your house where you can place a small table.
- 2 Bring your elements of power: stones, crystals, jewels, offerings, candles, oracles, etc.
- 3 Find 5 objects that represent the 5 elements.
- 4 Place each of these magical objects with intention.
- 5 Each week we will place a new object to call the archetype of the week.