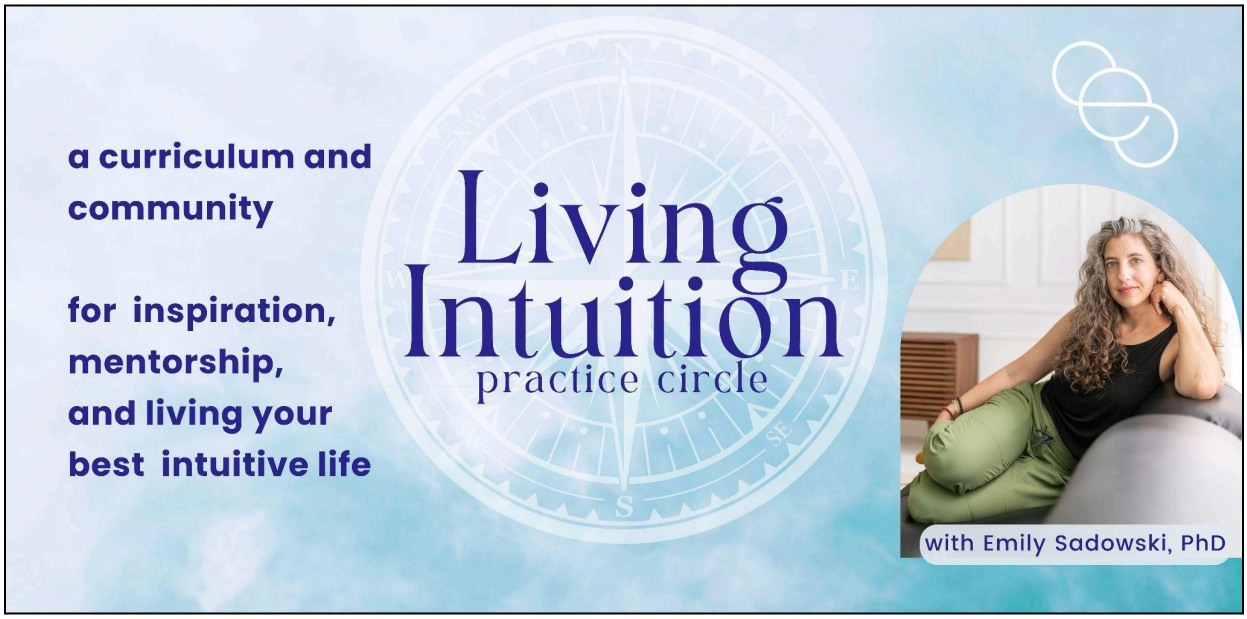
Develop a deep, reliable relationship with your intuition;
***without* anxiety spirals or endless self-doubt.**

~ The Living Intuition Practice Circle ~

a curriculum and community for cultivating intuitive connection & unshakeable self-trust



For spiritual practitioners who know the right thing to do but still get in their head about it all.

If you've been DIY-ing your spiritual & self-development journey,
& you're ready for mentorship, accountability and community with fellow seekers
as you cultivate intuition, self-awareness, & self-trust...

YOU'RE IN THE RIGHT PLACE.

Welcome!

💜 Be in the room for direct coaching & support, energy activations, and high-level transmissions.

💜 Access regular inspiration, mentorship, and accountability to support your personal development and spiritual life.

💜 Connect with other smart, sensitive creatives who –like you– want to feel more confident and connected to their intuition.

What do I mean by "Living Intuition"?

An *intuitive life* is a life lived in flow; connected to Source, guided by ease and clarity, and having *unfuckwithable* confidence in the choices you make, and how you live your life.

It's where you **understand yourself so deeply** that you naturally follow the guidance of your inner wisdom, without self-doubt or getting in your own way,

The Living Intuition Practice Circle is where seekers gather to anchor their connection to their intuition to learn and to integrate what it takes to become more intuitive.

We meet online for intuition development workshops, practice sessions, mentorship, and fellowship in service of cultivating intuition, self-awareness, consciousness, and spiritual growth.

Learn tools, rituals, and routines to cultivate a nourishing, reliable relationship with your intuitive self. In the process, you'll come to trust your own rhythms and needs; uncover gifts and strengths, and experience your intuition ~daily~ as a source of power and authority.

SAY NO MORE. I'M SOOO IN!!

WHO is this FOR?

Living Intuition is for you if you are:

💜 ALREADY INTUITIVE (or suspect you are)

You're being called to deepen your connection with your inner knowing, your Self, your highest good. You're innately sensitive (even if you had to shut that down over time). And you're ready to be intentional about this part of your life.

You already know that a trustworthy relationship with your intuition helps stave off stress, reducing indecision & doubt. It restores joy to your everyday life; letting you be more confident, have better boundaries, and stop looking outside yourself for answers.

You recognize that when you're in touch with your unique intuitive nature, you can trust yourself to live in a full and connected way, able to discern whether you're being motivated by fear, anxiety, or a deeper purpose.

💜 SPIRITUALLY ORIENTED

You're drawn to, even ambitious about, self development. You're curious about inner arts, parapsychology, and holistic well-being; you've been 'seeking' & experimenting for years.

You've read the books, taken the workshops, got the certifications, and have a collection of oracle decks, crystals or singing bowls. This stuff isn't brand new to you, but you're ready to go deeper.

Maybe intuitive knowing runs in your family. Over the years, people have told you that you have a knack or natural talent for it, but you don't really do anything with it. Now, you know it's time.

💜 SMART

You're used to being the smartest in the room, and you want to be among people who *get it*. You want to know that all the weird and wacky things that come out of your mouth are actually welcome.

Even though you've done all this work, you still feel like a mess half the time. (Join the club.) Maybe you're an over-thinker and it gets in the way of sensing your intuitive awareness.

You have all the information (or know where to get it) but you want personalized guidance and practices to enhance your innate ability to connect & access intuitive wisdom.

💜 SINCERE

You've had a string of teachers, mentors, and therapists over the years, in real life & on insta. You're mostly self taught but maybe not consistent with any one practice or routine. You long for a morning ritual, or some routine that will keep you motivated to do the practices you know you need to do.

You *need* your intuition now. You're ready to be a bit more intentional about your life, and there are important decisions to make.

You identify as a creative, scholar, artist, activist, gardener, storyteller. You're engaged in making the world a better place.

You're craving community and a sense of belonging. You know it's time to invest in a bigger version of yourself so you can be a strong leader, a healthy partner, a connected parent - and honestly, to just feel better.

OKAY, OKAY
Let me in!

Living Intuition Practice Circle INCLUDES:

* **monthly workshops** (theory + practice) to inspire and bring perspective to the lifework

* **monthly coaching circles** to help you integrate your practice & connect with others on the journey

* **access to a growing library** of workshops and masterclasses to enjoy on your own time

* **membership in a community of practice** to grow your network of like-minded & like-hearted people

* **Join for 6 months and then stay on** as long as you'd like (we've got members in their 2nd and 3rd years)

💜

WHAT's in the CURRICULUM?

Over 6 months, you can expect to:

- Reclaim intuitive sovereignty by excavating unhelpful beliefs about intuition, developing conscious awareness, & cultivating trustworthy discernment;

- Identify your unique intuitive style, so you can know what's right (& wrong) for you, access helpful information in advance, develop energy awareness; connect with a wider perspective;
- Explore your relationship with creativity, contemplation, inner practice, and rituals as you develop intuition as a relationship-with-self;
- Expand your experience with vibes, the energy body, and resonance; titrate your sensitivity & learn tools for energy hygiene;
- Develop confidence in your intuitive capacity so you can be done with self doubt, once and for all;

The Living Intuition curriculum is emergent & will be responsive to what arises.



The COMMUNITY

As good as this curriculum is, the real juice is in the community. Accountability and inspiration for cultivating a personal practice is what truly leads you home to your intuitive self.

This program brings together a stellar group of creative, interesting, compassionate, and generous seekers. We uplift and celebrate each other, learn from each other, and the practice circle becomes a sanctuary of support and integration. It's what keeps people re-enrolling.

We keep the cohort small enough that every person gets to be seen for who they uniquely are; themselves. Even though the Living Intuition Practice Circle meets online, each session feels like a real, live gathering (because it is!).

"Being in community with like-minded folks gave me much needed support during some difficult life transitions this year." ~Judith, artist & counsellor

"I was skeptical about doing this kind of inner work with other people (strangers!). But this program has been a safe, gentle, loving space to become more myself. The connection between the participants, and the ability to learn from one another, exceeded my expectations." ~Justine, project manager

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Why now? Why this program?



Hi! I'm Emily:)

I have dedicated my life to this idea: It's possible to develop such unshakable trust in your intuition that you stop doubting yourself and instead move through the world with confidence and flow.

Whether you're naturally sensitive and shut your intuition down as a child just to function in this world, or you're an intellectual type with a habit of waiting for evidence and proof before you act, learn to let intuitive wisdom lead you towards the best right decisions in career, relationships, and creative expression without looking everywhere else for guidance, or getting stuck in indecision.

As a life-long educator and energy-sensitive, my purpose in developing *Intuitive Life Practice* has been to support myself and others to reclaim and cultivate our intuitive wisdom. To that end, I have done 16+ years of study, coached and mentored dozens of clients, and even wrote a whole dang book about intuition.

My recipe for transformation includes evidence-based research *and* woo-woo magick shit. I keep it real, don't shy away from politics or culture, and have a sense of humour about the world … and spiritual practice.

There are so many ways you could invest in your intuitive, spiritual life. You've probably tried some of them already. But a community program that includes live meetings and direct access to its teacher… that's rare! The people I gather are smart, sensitive, ethical, & *interesting*. Here's my invitation to you: Trust the intuitive hit you're having right now and give yourself permission to be in the room where this happens.

I'm so excited to share this curriculum and community with you because I know it works. You will learn to recognize your unique intuitive style, and gain a relationship with your intuition that can guide your whole life to have more purpose, more confidence, and more ease.

💜

Here's what some former participants have to say:

*"This has been one of the most important and **life changing experience**s. I've developed abilities I did not know were humanly possible … I am a better person, a better mom, a better worker and therefore attract better relationships and opportunities." ~Justine, project manager, Montreal*

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*"I have experienced a lot of personal development modalities. I wasn't sure if this program would be too surface-level. But the workshops were great! They were in-depth and backed with research – beyond woo woo. This program has helped me bring discipline into my intuitive life, making it into a daily practice. It's **deeper than other personal development programs**" ~Aadita, Toronto*

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*"What impressed me most about the Living Intuition program was how thoughtful the community and care was. I was worried about showing up for sessions after a long day of work, but we were always welcome to show up in our jammies, or with our dinner. The regular sessions **helped me nurture the connection to myself** and my inner practice. I've started connecting to my inner self to guide me for decisions I need to make, whether big or small." ~Andraya*

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*"This past year, I moved into self-employment which came with a lot of increased anxiety. This program has been **a foundational piece of my self care and development**. In this well-facilitated and safe community, I have learned to listen to the cues from my intuition (as opposed to external pressures). **I trust myself so much more now**." ~Judith, artist & counsellor*

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*"This is an **incredibly enriching** experience!!! It will stretch your knowledge and broaden your view about intuition, yourself in relation to your life, actions, choices, and the world in general. I have come to appreciate my own intuition, and gained greater clarity and being-in-the-world." ~SV, lawyer*

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*"This program reminded me about **the calm that can still exist in my life** if I make space for it. Thank you for helping me re-focus on my intuition and learn how to listen to it." ~MR, Vancouver*

Ready to Register?

The Living Intuition Practice Circle offers a tiered pricing scale. Read below to find the payment option that suits your situation:

✅ Our tiered pricing model* aims to be financially sustainable for all. Thank you for being honest about your financial capacity.

*Following the Green Bottle Sliding Scale model developed by community healing practitioner Alexis J. Cunningfolk, this model is inclusive of different financial experiences, and offers payment options based on access to resources. Read more about this model at http://www.wortsandcunning.com/blog/sliding-scale

✅ All prices are in CAD.

✅ Pay-in-full or pay monthly.

Supporter Tier: $195 CAD/month

This is the true cost of the program.

- I am comfortably able to meet all my basic needs
- I may have some debt but it does not prohibit attainment of basic needs
- I own my home or property OR rent a higher-end property
- I own or lease a car
- I am employed or do not need to work to meet my needs
- I have regular access to health care
- I have access to financial savings
- I have an expendable income
- I can always buy new items
- I can afford an annual vacation or take time off

If this sounds like your current experience, please sign up as a **SUPPORTER**.

🛒 **SUPPORTER month-to-month ($195/month)** 🛒

🛒 **SUPPORTER pay-in-full ($1170 one time payment)** 🛒

Sustaining Tier: $125 CAD/month

- I may stress about meeting my basic needs but still regularly achieve them
- I may have some debt but it does not prohibit attainment of basic needs
- I own or lease a car
- I am employed
- I have access to health care
- I might have access to financial savings
- I have some expendable income
- I am able to buy some new items & I thrift others

- I can take a vacation annually or every few years without financial burden.

If this sounds like your current experience, please sign up as a **SUSTAINER**.

🛒 **SUSTAINING month-to-month ($125/month)** 🛒

🛒 **SUSTAINING pay-in-full ($750 one time payment)** 🛒

Supported Tier: $55 CAD/month

- I frequently stress about meeting basic needs & don't always achieve them
- I have debt and it sometimes prohibits me from meeting my basic needs
- I rent lower-end properties or have unstable housing
- I do not have a car and/or have limited access to a car but I'm not always able to afford gas
- I am unemployed / underemployed
- I qualify for government assistance
- I have no access to savings
- I rarely buy new items because I am unable to afford them
- I cannot afford a vacation or have the ability to take time off without financial burden

If this sounds like your current experience, please sign up as **SUPPORTED**.

🛒 **SUPPORTED month-to-month ($55/month)** 🛒

🛒 **SUPPORTED pay-in-full ($330 one time payment)** 🛒

💜

FAQ

How does this program work?

The program takes place online. Every month, there are 2 live integration circles and 1 live masterclass. You'll also have the option to stay connected with fellow practitioners through a whatsapp group.

When you sign up, you're committing for a minimum of 6 months. Then, you can stay on, month-to-month, for as long as you want.

How much time will this take up each month?

Expect program offerings to add up to about 5 hours/month for the scheduled meetings. Most of the recommended practices are done in a way that's integrated into your regular life.

Keep in mind: This program is an opportunity for you to make time for personal and spiritual development. You can participate as much or as little as you want.

When are the sessions? What's the schedule?

Twice monthly practice/integration circles are held on a Tuesday @7pm ET and Sunday @10:30 am ET. You're encouraged to come to both, if you can.

Monthly masterclasses will typically be on a Tuesday evening (7pm) as well. You'll get the most out of these if you come live, but they will be recorded, so you can catch up any time.

Once we receive payment, you'll receive an orientation email with all the links and dates, plus your next steps.

Is this psychic development training?

Kind of? It's *intuition* development, which is broader than, and somewhat different from, psychic ability. Though you can expect your psychic capacity to expand, alongside other forms of intuitive experience, that will be because you will learn to know yourself as intuitive through deepening your relationship with your unique way(s) of being intuitive.

Think of Living Intuition as a complement to other healing arts, mediumship, self-development, etc. It's perfect if you have any training in healing or other intuitive modalities, but don't feel as confident as you want to be.

The curriculum is emergent, and responsive to participants' needs & interests. We'll be focusing on accessing intuition in all aspects of our lives, and allowing it to enrich our lived experience in general.

Does the program include 1:1 coaching?

Our integration circles typically include time for you to ask questions and receive individual guidance and mentorship within the group setting. If you're looking for more personalized support, Living Intuition participants are welcome to book unlimited 1:1 coaching sessions while actively enrolled.

Can I cancel my subscription anytime?

There are no refunds available for the pay-in-full option. We encourage you to commit for the whole 6 months, however if emergencies or unforeseen circumstances come up, we can accommodate by deferring your payment for up to 4 months.

Other questions? Let's talk about it! Message me on IG @dr.emilysadowski or email hello@emilysadowski.com

Ready to sign up? CLICK HERE to return to the payment links and complete your registration..

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