

Trust Your Gut

July 2025 Insights

Insights (*noun*) – Your list of items - *intuition, silence, and symbols* as you learn to trust your gut.

ENERGY

The Land of Enchantment is unlike any you've ever known—an ancient realm where the air hums with the energy of wisdom and mystery. Towering trees glow softly with an inner light, and the ground beneath your feet pulses with the rhythm of the universe.

Lesson – To learn more about who you are, it's important to connect to the energy of wherever you find yourself. Listen as the magical mysteries unfold.

GUIDES

Merlin and Clio teach that in the realm of intuition, silence is your greatest ally. The external world clamors for your attention, filling your mind with doubt. The answers you seek are already within you—let them rise, like the ripples upon the water.

Lesson – To hear the voice of wisdom within, you must first silence the noise.

MINDSET

The universe speaks in signs. Your intuition will often communicate through images, sensations, and patterns. A sudden urge, an unexplained knowing, a repeating number, these are your guides.

Lesson – The greatest magic of all is trust. If you second-guess yourself, you muddy the waters of inner wisdom. Trust that the energy flowing through you is aligned with your highest good.



My Insights Journal

Journal your experiences for this month below.

ENERGY

GUIDES

MINDSET

