



INTUITIVE LIVING SERIES

—  Volume Two  —

EVERYDAY *Intuition*

HOW TO LIVE WITH YOUR INTUITION
every single day

FREE EDITION

Complimentary Chapter

Chapter Four

Trusting Your Body's Wisdom

BRIDGET BATES

HEALING BY BRIDGET





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FIRST EDITION
May 2026



A NOTE FROM
BRIDGET

You're not here by accident.

Dear Friend,

If you're reading this, something in you is ready.

Ready to slow down. Ready to listen. Ready to finally trust the quiet wisdom you've always had within you.

Everyday Intuition was created to help you remember that your intuition isn't something far away or mysterious. It's something very natural, very human, and very much a part of you.

It speaks in small moments, in gentle nudges, in body sensations, in feelings, and in quiet knowing. And when you learn how to listen, it becomes one of the most loving guides you will ever have.



This complimentary chapter is an invitation to explore one beautiful doorway into your intuitive world—*your body's wisdom.*

Take your time. Try the practices. Notice anything that feels true. There's no right or wrong way to connect with your intuition. There's only your way.

May this chapter support you in feeling more present, more grounded, and more connected to yourself.

I'm so glad you're here.

With love,

Bridget ♥



To explore the rest of the full book and deepen your intuitive journey, visit the **Awakening the Heart Membership**.

Scan the QR code on the last page to learn more.



A woman with long, wavy brown hair is shown from the chest down to the waist. She is wearing a white, long-sleeved, V-neck dress with a gathered waist. Her right hand is resting on her upper chest, and her left hand is resting on her lower belly. She is wearing a thin gold necklace with a small circular pendant. The background is a soft, warm light. There are small white and pink flowers in the bottom left corner. The entire page is framed by a thin gold border with decorative leaf motifs in the corners.

CHAPTER FOUR



Trusting Your Body's Wisdom



*Listening to the messages
your body has always
been sending.*



*Sometimes your body
notices something before
your mind has found
the words for it.*



CHAPTER FOUR

Your Body Is Always Communicating

Often, we experience something in our body before we consciously understand what we're feeling.

You might notice...

- ❧ A softening in your shoulders.
- ❧ A deeper breath.
- ❧ A sense of expansion.
- ❧ A knot in your stomach.
- ❧ Tension appearing in your chest.
- ❧ A feeling of leaning toward—or pulling away from—something.
- ❧ A sudden sense of ease.

**Your body's response
isn't a verdict.
It's information.**

Many things can influence how we feel—stress, past experiences, excitement, fear, exhaustion, and more. Your body is simply offering you one more place to listen.

*What am I
noticing right now?*

Ease, Tension & Everything Between

When something feels expansive...

You might notice:

- ✿ A deeper breath.
- ✿ Softening.
- ✿ Curiosity.
- ✿ Warmth.
- ✿ A sense of openness.

When something feels constricted...

You might notice:

- ✿ Tension.
- ✿ Holding your breath.
- ✿ Heaviness.
- ✿ Restlessness.
- ✿ A desire to pull away.

Neither response
automatically tells you
what decision to make.

Instead, your body gives you
another place to become curious.

Three Questions to Guide You

- 1 What am I feeling?
- 2 Where do I feel it in my body?
- 3 What might this sensation be asking me to notice?

*Listen without
immediately interpreting.*

CHAPTER FOUR

The Body Wisdom Practice

A Gentle Practice: Listen Before You Explain

When you notice a physical response to a situation, conversation, decision, or thought, try this:

- 1  **Pause**
Don't immediately decide what the sensation means.
- 2  **Locate**
Ask: Where am I feeling this in my body?
- 3  **Describe**
Without judging it, notice:
Warm or cool? • Heavy or light?
Tight or open? • Still or restless?
- 4  **Breathe**
Give the sensation a little room.
- 5  **Ask**
What am I noticing right now?
Is there something here I want to pay attention to?
- 6  **Stay Curious**
You don't need an immediate interpretation.
Let what you noticed become one piece of information among everything else you know.

*Your body doesn't need
to give you all the answers.
Sometimes it simply helps
you know where to listen.*

Your body can be part of the conversation.

Remember This...

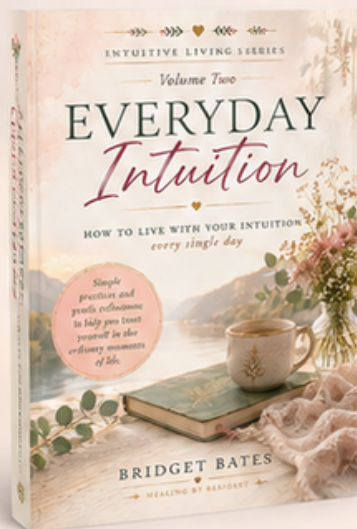
Your body is wise.
Your body is always talking.
When you listen with
curiosity and care,
you begin to hear the
messages that have been
there all along.

CONTINUE YOUR

Journey

You've just explored one beautiful doorway
into your intuitive world—*your body's wisdom*.

There is so much more waiting for you inside
Everyday Intuition.



EVERYDAY INTUITION

How to Live With Your Intuition
every single day

A complete 10-chapter guide to help
you deepen your connection, trust
your inner knowing, and create a
more intuitive, heart-led life.

Continue your journey with all
ten chapters, gentle practices,
reflections, and more.



YOU'RE NOT MEANT TO DO THIS ALONE.

Awakening the Heart Membership

A nurturing space for women like you.

Exclusive resources ♥ Guided practices ♥ Live support

New content each month ♥ A heart-centered community

YOUR NEXT STEP

Scan the QR code
to learn more and
join today.



YOUR INTUITION IS ALWAYS WITH YOU.

Keep listening. Keep trusting. Keep coming home to yourself.