

8 Secrets



To **Ignite**
Abundance,
Passion, and
Purpose
in your
Life and
Business.

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WELCOME TO THE 8 STEPS TO UNMASK YOUR BRILLIANCE

Thank you for downloading your 8 fantastic steps to opening up a whole new world of abundance in all areas of your life.

Your one of a kind unique guide to your brilliance is no other than the secret sauce of life..... your Intuition.

Your Intuition plays such a powerful role in guiding you to your brilliance, your purpose your most powerful and authentic self, whether you are striving to live a balanced life at home, work or play. It's your Inner Wisdom that guides you to create a thriving life and business that is powerful, authentic and free allowing you to live a full and balanced life.



When you are being YOU and living your life in the moment and from within, that is where true freedom is found, that is really LIVING the dream and fulfilling your soul purpose.

I'm Rebecca Fox the Intuitive Ninja. Yes I'm fun, but don't get me wrong I'm not your average spiritual teacher or transformational life coach, I like to get to the core and FAST! Who wants to wait around years trying to figure it all out, lets get down to business uncover the truth, become aware. Let's **EXPRESS, BREAK FREE AND EVOLVE**



I'm pretty straight forward, straight up and if you are ready to get to the core, and take action to propel yourself forward with the tools that took me years to figure out, then I'm the Intuitive Ninja for you!

I'm your down to earth Kiwi girl (New Zealander) Who loves nothing more than to listen (meditate) to super loud music whilst energizing, singing and shaking my body all over the house and office. I tend to have a whoopsie kind of potty mouth when it's time to get real, I love nothing more than to hang out in my yoga pants (not that I do yoga every day) and hang out at the beach with my family.



The way I work is all about allowing yourself to be unapologetically YOU! I like a mix of fun, purpose, freedom, authenticity and abundance in all areas of life....Why? Because you DESERVE it!

I am an Intuitive. A Psychic Medium. A Medical Intuitive. A Core Consultant. A Reiki Master Healer. A teacher and a mentor to like minded heart-centered entrepreneurs showing them how to use the power of intuition and balance to gain clarity, and to create a life and business that's abundant in every area possible.

So let's get started.....



So what is INTUITION and how does it work?

We are all born with this secret sauce called intuition.

As we grow up in this world, it just so happens a lot of us forget to trust in ourselves, it's like as we grow the secret sauce runs out and we start to forget it needs to be nurtured and refilled.

Everyone has it, no one misses out, it really is the universal language of the soul, it doesn't matter who you are or where you're from you can tap into it whenever you choose.

Intuition is that “knowing” something without being able to explain how you came to that conclusion rationally. It's that mysterious “gut feeling” that often turns out being right (even when you didn't listen).

That quirky little urge. A funny little tingle inside. That little voice in your head, or the body shudder that appears from nowhere.



Most of us have experienced the sense of knowing things before we know them, even if we can't explain how. You all of a sudden spin your head around at the perfect time after taking your gaze off the road for a few seconds, only to realize that the car in front of you is almost at a stop.....you sit there thanking your lucky stars “something” made you turn around when you did....mmmmm could that have been your intuition letting you know, that fantastic inner guide who's ALWAYS got your back, being the bestest secret sauce for life EVER!!!

Why yes, yes it was.



If only you could tap into those insights more often, that secret sauce that makes life flow along, right? Turns out you can, especially if you learn to identify which signals to focus on. Those signals aren't super hard to identify either, whether you get that funny feeling in the pit of your stomach or a sudden and inexplicable certainty that something is up. Maybe it's sweaty palms, goose bumps, that uneasy feeling when you meet someone new and their energy feels off for some reason, or you immediately dislike them. These are all fantastic signs from your intuition letting you know.....I got your back!

Your intuition is your internal compass and will serve you by enabling you to take authentic action in every aspect of your life. Whether it's relationships, business or the amazing journey that leads you down the spiritual path, your intuition will open doors to fantastic new and exciting possibilities, solutions and allowing you to bring passion and purpose back to your hopes and dreams like never before.

Imagine the freedom in your life and your business when you begin to trust your intuition. Decision making becomes simple and empowers you to make clear and concise choices that help you expand, grow and excite you. You find it easier to tap into your intuition for guidance on new projects and ideas, creativity explodes onto pages and laptops allowing you to take action and create more abundance in your life.

Rather than being filled with stress, worry and doubt you all of a sudden feel light, someone has your back, someone's got you covered, you're not doing it alone anymore. You step forward in your life feeling empowered, happy and confident that no matter what decision you've made, it will always be in your best interests and for your highest good.



So you say to me....."Well that's obvious" which is true, but you and I both know just how hard this is to achieve, because if you really trusted in yourself and believed in your intuition, would you be here reading this?

Trust is such a hard thing for us as humans. Trust in others when we've been hurt, trust in ourselves to just run with that gut instinct, that knowing inside of us all, that is desperate for us to just breathe, stop listening to others, and call on our own intuition for guidance.

Living an Intuitive, mindful life means that you are capable of knowing and receiving the right answers for YOU that are in alignment with your mind, body and spirit. You know the universal saying "What you think about you bring about" Well what if you listened to your intuition....Do you think it would be positive to help you live a life that's abundant in all areas of your life? Why yes, indeed that's what it would bring and whether a Blessing or a Lesson, it is ALWAYS for your highest good, whether it feels that way in the moment or not.

So I Challenge you, ignite your intuition today. Ask a question that's been on your mind and TRUST. Believe in you, it's all there, just waiting for you to stop, listen and learn to turn up that flame higher and higher each and every day.



Breathing is such an essential part of life and yet do we really breathe and understand the significance?

Breathing mindfully, deeply, slowly, filling up our lungs and then breathing out emptying those lungs of every last bit of air...do it now. How do you feel, did you feel your shoulders drop, your jaw relax, did your whole body just sink into itself? Doesn't it feel good?

Breathing allows you to be in the present moment - not in the future, not in the past, in the here and now. This is the moment that truly matters as you will never get to experience that same moment again.

Whatever you are doing, wherever you are in your day breathing mindfully brings you back to the moment and this is the moment where through your breath you can remove the monkey mind for a moment, focus on the breath and recharge your soul. It connects you back to your intuition, and that's what we are here for right?

Cause we all know just how important that secret sauce (Intuition) is for our lives, for the abundance it can bring, the choices it can help you make. So I challenge you..... Set your alarm on your phone or your clock to go off a couple of times today, as a reminder, for 30seconds to just STOP and breathe.



Did you read this and go ugh or maybe you are a seasoned meditator? Either way it's such a HUGE part of re-connecting with your secret sauce (intuition) within.

Do you know what, you can sit on the floor in the lotus position and meditate, or you can do it soooooo many other ways. No two people are a like, so no two people may ever meditate the same way. Here is a list of some different ways to mediate. My favorite is to dance and sing. Yip that's how I do it. If i'm working hard all day, I have my phone set once an hour to stop whatever i'm doing it and sing at the top of my lungs or shake my body out to my favorite song of the moment, you know that one you just get lost in...no room for monkey mind when your singin it loud, or shakin it proud.

- Meditate in the shower or bath. Did you know water is the best conductor for accessing our intuition? How many brilliant ideas have come to you while soaking in or under water?
- Go for a walk in nature, it's amazing what breathing in that fresh air can do.
- Find a piece of meditation music that works for you on youtube and take a break some time through the day to just relax and listen.
- Don't make it a big deal, just do what works for you, as long as it is something you really will see a HUGE difference in day to day life.
- Focus on your breath for 30seconds, then a minute, then longer it's not quantity that counts, it's the quality.



I promise this is not a tricky one and feels so so good. Grounding is creating that deep connection between you and the earth. This connection re-balances, revives and restores the soul as you allow the grounding of your body to reconnect you with your intuition.

It brings you back to center, allowing you to focus on the present moment and accessing the core of yourself, that place where your very own brand of secret sauce lives.

Being grounded to the earth that is all about abundance and thriving, allows the life force energy of the earth, the flow of the sea or a river to calm you from the inside out. Being grounded enhances your ability to feel, hear and see more perceptively so in turn allows your intuition to ignite inside of you and spill forth from you in a variety of ways.

How often do you take a walk by the sea, walk through a forest, get outside in your bare feet, allow yourself to immerse fully in nature? And how do you feel when you've taken the time to do this? It feels fantastic doesn't it? It brings you back, it clears the mind and allows for more connection with your intuition that in turn brings happiness and abundance to your life.



Grounding yourself is also an AMAZING way to get rid of all the stuff that no longer serves you in your body and energetic field, everything that you're holding on to that just isn't needed.

I challenge you to sit or stand and imagine yourself as a tree. Imagine your legs and torso as the trunk. I want you to anchor yourself into the ground with tree roots. These may flow from the bottom of your feet or from your tail bone. Allow the roots to grow rapidly deep down within the earth, holding you, supporting you. Bring yourself back to the present moment and allow yourself to feel safe and connected. Not only will this help restore balance within you, it will revive you from the inside out.



There are some easy ways to train yourself to use your intuition in everyday life. When we are busy, we get so locked into one direction, we lose the amusement and happiness that bubbles within. We put on horse blinkers and find ourselves becoming narrow-minded and struggling for new ideas or excitement in our day. This doesn't allow for new insights to flow through to us, our intuition gets stuffed to the bottom of the internal busy elevator of life. These could very well be the insights that can lead to new opportunities to transform ourselves, or our businesses, it's time to stop and take off the blinkers!!



So here are some things you can do to have a little fun and test your intuition skills every day.

- Guess who's ringing you. When you hear the ring, stop breathe and see which name floats to you, if not a name maybe a knowing of a female, male, adult, child presence on the other end.
- Grab a pack of cards (I started with just the face value cards) pick one or two when you have a moment and see how many you get right. HINT.....It does get easier and word of advice (from experience) – don't play against children until you are confident, their intuition is generally bang on and it can be a little disheartening to say the least.
- If you are standing in front of elevators, use your intuition to decide which one is going to reach the bottom first.
- If you are someone who gets on the scales every morning, use your intuition before the numbers flick up on the little screen.

All of these little games and i'm sure there are many more, are designed to strengthen that secret sauce of yours (intuition) to super hot and amazing! It allows us to have a laugh, not take life to seriously all the time. I challenge you to give it a go, what have you got to lose?



Synchronicities are people, places or events that your soul attracts into your life to help you evolve to higher consciousness or to place emphasis on something going on in your life, or that you may have asked the universe for (whether it was out loud, in your head or a wish your heart made). We have all heard the expression, "There are no coincidences." This is true. All that we experience is by design, and what we attract to our physical world through our thoughts. Remember that universal saying "What we think about we bring about", so watch your thoughts, because they are making up the events both positive and negative that you are ASKING to attract into your life.

Try keeping a record of the things in day to day life that keep appearing. For instance maybe you are trying to decide between a cat and a dog to live with you. So you get up in the morning and the first thing you hear is a news piece on the radio about how a dog rescues someone from a fire. Driving to work you seem to see dog's everywhere, running past, on billboards. A new client walks into your office at the end of the day. They want you to work on designing the graphics for a new dog food campaign. Do you see the pattern? That's the universe answering your question....maybe it's a dog that will fit your lifestyle at this time.

Synchronicity is life's road map, giving us hints on which direction to take. We just need to take the time to notice.



When your inner voice is nagging at you, there could be a VERY good reason for it. You know the voice I'm talking about don't you? The one that is a non-stop broken record in your head urging you to take action on something. This is your intuition calling, time to start listening because as we know it's ALWAYS for our highest good to do so.

Maybe it's telling you to take a leap of faith in yourself and try something new, take a course, try a new place to go for dinner. Perhaps you hear the nagging as a don't eat that, you are not going to be very well tomorrow. Or maybe you are being told that Dairy is the cause of your itchy skin and to look a little deeper in that direction.

No matter how far out of your comfort zone this new thing maybe, I urge you to take a leap of faith. Take a giant leap of faith in the direction of your intuition, because it will be for good reason and will only benefit you in the long run. So even though that broken record of a nagging voice is constant, breathe and take the leap, you won't regret it, listen and take action.



Journaling is a fantastic creative process that taps in and unlocks your intuition, your true feelings, ideas, and emotions. This can be a creative process or a healing one.

By allowing yourself to free flow your thoughts and emotions onto paper about struggles, situations or deep hurt, you allow yourself to see in front of you exactly what your feeling in your subconscious mind. Sometimes we don't even realize what we are feeling or thinking until we see it in front of us. You will be able to access the areas in your life that need healing or nurturing and those at that particular time that need to be revealed or addressed by you.

By allowing yourself to free flow your thoughts on paper in a creative way, you may just find yourself doodling the design for your new company. A new line of dresses you want to bring to life. Brainstorm the perfect list of ideas (sometimes even a step by step guide) to take your brilliant idea and bring it into fruition.

There are many different types of journaling it doesn't have to be hard, but I would suggest to having a journal to do it in, or a book of some kind. Little pieces of paper everywhere, the back of your hand and envelopes get lost and misplaced, a book well it's much easier to find, just when you need it.



The fantastic thing about each of these 8 secrets is that they don't take long, you could implement them into your day quite easily and not disrupt or take time away from anything else.

BUT just imagine what giving them a go could bring to your life.....

Start with the one's that resonate with you and see how you go. If you only try one of them, that's better than where you were yesterday, and it's one step closer to trusting and growing that secret sauce inside of you to exciting, fantastic, abundant super hot sauce!!!!

Trusting in your inner guidance and wisdom is the key, so follow that internal roadmap and see where it takes you.



If you've given any of these a go, come on over and share your experience with the [Soul Vision Community](#), or if you would like to ask a question feel free to leave me a message. I'd love to hear from you and see if they have made a difference in your life and business. Remember the more you work the muscle that is the Secret sauce of life, the hotter and more on fire it gets!

You have your inner compass guiding you, shining that light to illuminate your path ahead, give it a go. I bet you won't look back, when you realize just how much of a fantastic difference it makes in your life.



The very first step to helping your secret sauce (intuition) make it to Super HOT, is to start using it, become aware of it, allow it to seep into different parts of your day. One of the first things I did was write myself a note and stick it in a place I would see it every day,

as a wonderful little reminder to myself (this was my bedroom mirror and the other place was my computer).

Intuition is a muscle that needs to be worked. While you practice strengthening this muscle with the simple steps i've given you above, think about whether you'd love

an extra boost, a helping hand and support to work this muscle harder, gaining fantastic results in a much shorter time.



If this is you, if you are ready to ditch fear and self-doubt, gain confidence, abundance, passion and purpose in your life and business then sign up for your private, one on one FREE - [EXPRESS, BREAK FREE, EVOLVE](#) strategy session.

In this session, you will have direct access to 8 years of my own intuitive experience mixed in with some Intuitive Ninja advice, business marketing, and building experience. This is your chance to get first-hand information on how to NOT make those annoying mistakes that many entrepreneurs make when intuition is not followed.

If you are serious about getting that Secret Sauce Hot and happening, then let's [connect](#).

It is both a Blessing and an honor to support you on your journey back to the brilliance that is YOU! *Rebecca*

