



MINDFUL MAGIC

# INTUITION BUILDING TOOLKIT

DISCOVER THE POWER OF YOUR INTUITION

**Are you ready to develop one of your greatest superhero powers that modern day living suppresses daily?**

Perhaps you sense things about people, places and/or situations a little more than most?

Maybe you are sensitive to light, sound, the feelings of others or global events more than the average person?

Or maybe you feel so cut off from your “gut” feeling & you want to ramp up your inner knowing?

Here are some concrete ways to access & develop your intuition in order to amplify your own power in your life...



# 01

## Discover True Yes & No: Develop Your Intuitive Muscle

Your intuition is like a muscle and the more “reps” you do practicing using it, the more its capacity will grow. In this 8 minute video, you will learn the Intuitive ABC’s which are feeling into what is an authentic “yes” for you and what is an authentic “no.”



Watch Now

# 02

## Automatic Writing: A Practical Strategy to Deepen Your Intuition

In this 8 minute video, I break down the nuts and bolts of this powerful technique that can unlock your intuition and take it to new depths as well.



Watch Now

# 03

## Cultivating Clairvoyance

The word “clairvoyance” means to see clearly and isn’t a skill just a few chosen folks have (or solely for characters in books and movies!). In this 5 minute video, you will learn concrete tips & tricks to develop this capacity.



Watch Now

## Bonus Tip

These practices are, well, practices which are meant to be done again and again. So try picking your favorite one and commit to doing it each day for a full week. To set yourself up for the greatest success, dedicate a certain amount of time to this practice daily even if it is simply 5 minutes per day. Schedule it as a phone reminder and treat it like an appointment. It all adds up.

When we take our relationship with our intuition seriously and put in the time to strengthen it, our life shifts. Our clarity when it comes to making decisions becomes more keen and our authenticity to living the life we want becomes more present. Our intuitions connect us to our clarity, confidence and highest selves.



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## A Little Bit About Kilkenny...

Kilkenny is a modern mystic, psychic medium, podcast host and visionary teacher who seamlessly weaves ancient wisdom with contemporary spiritual practice. A lifelong student of yoga, meditation, and mystical arts, she has been immersed in these disciplines since early childhood, studying under some of the world's most renowned teachers. Her unique lineage includes deep training in psychic development, astrology and meditative tantric philosophy, alongside her role as a Celtic priestess ~ offering a truly unparalleled perspective in her field.

Over the past 20 years, Kilkenny has been training and spiritually mentoring thousands of people, guiding them through transformative experiences. As the creator and host of The Modern Mystic Podcast, ranked in the top 2%, Kilkenny brings together leading voices in spirituality, science, and personal growth.

Kilkenny offers evidence-based psychic medium readings, combining her vast spiritual toolbox which includes accessing people's spirit team, chakra balancing, tantric yoga, Akashic records/past lives, and nervous system regulation delivering messages of healing and clarity. Her one-of-a-kind readings provide not just insight but tangible steps for integrating wisdom into daily life, empowering clients to cultivate deeper meaning, magic, and mindfulness on their own.

Whether through her readings, podcast, or teachings, Kilkenny is devoted to helping others align with their highest, widest & deepest Self and make their spirituality an actuality.