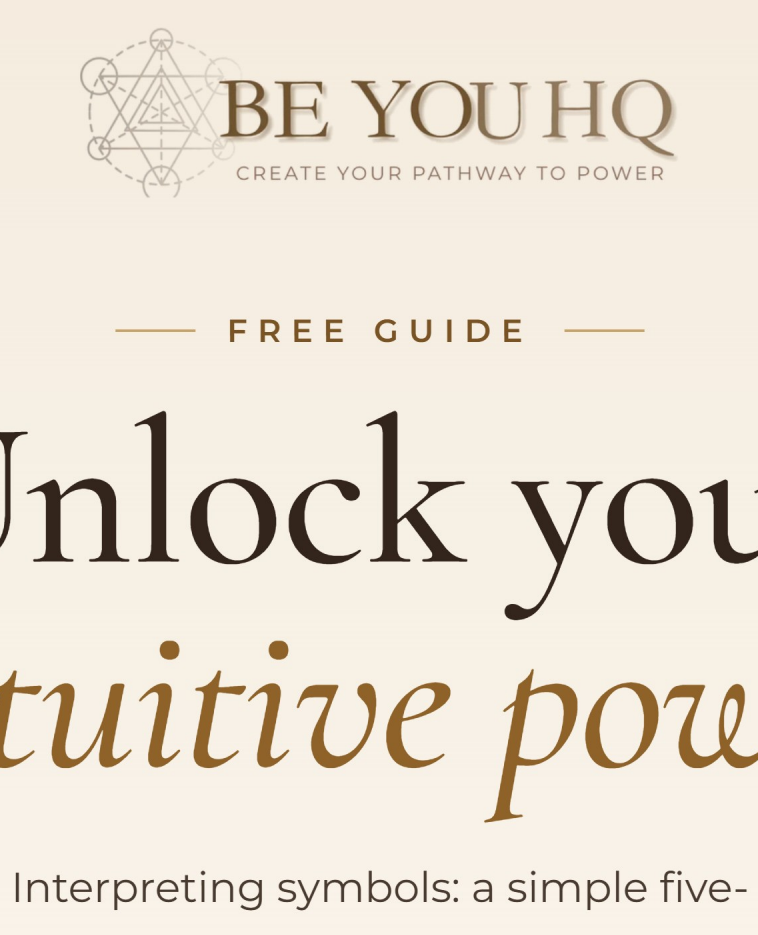
BE YOU HQ

CREATE YOUR PATHWAY TO POWER

FREE GUIDE

Unlock your *intuitive power*

Interpreting symbols: a simple five-step practice to build your intuitive muscle



It starts with you

JULIE BUSUTTIL · INTUITIVE MEDIUM · COACH · SPEAKER

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WELCOME

Hi there, *I'm Julie.*

I'm an intuitive medium, coach, speaker and mother, and I use my intuition every day.

In a practical, everyday way: to make decisions with clarity and confidence, to receive insights and to come home to myself.

Everyone has intuition. Many people just don't know how to use it. In my experience, symbols are the easiest place to start, because your mind already knows how to read them.

This guide walks you through a simple five-step practice for receiving and interpreting symbols. Like yoga, using your intuition is a practice. The more you do it, the more in tune with it you become.

Grab a notebook and a pen, find a quiet spot and give yourself twenty minutes. I won't hype you. I'll help you hear yourself.

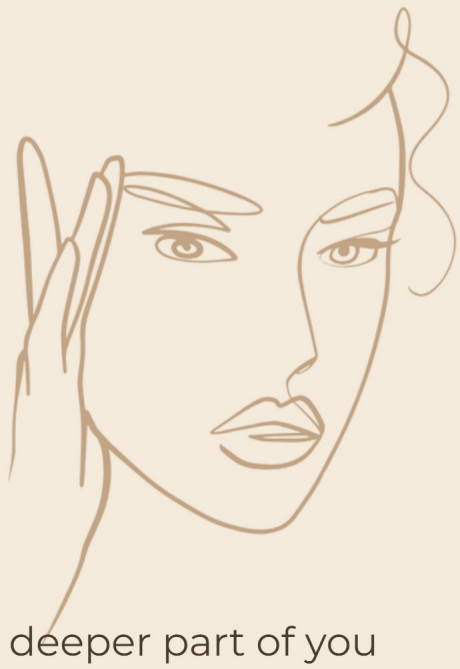
Julie

Julie Busuttil
Be You HQ

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THE BASICS

What is *intuition?*



The ability to understand something instinctively, without the need for conscious reasoning.

Put simply, it's receiving information from a higher source, or from the deeper part of you that already knows. When you apply it, it can powerfully change your life.

It can arrive as...

- symbols
- words
- colours
- feelings, like a gut instinct
- thoughts
- a quiet knowing

Use it anytime, for anything

- guidance on a problem, situation or conflict
- insight into your next steps
- ideas and inspiration
- an objective view of something you're too close to

Your intuition is your innate superpower.
It's free, available 24/7 and connected to everything through all space and time.

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SYMBOL INTERPRETATION

The language of *symbols*

A symbol is anything that represents something abstract, and it's the easiest form of intuition to work with.

A symbol can be literally anything: the Eye of Ra or an ant, a treble clef or a series of numbers.

Each symbol represents the answer you're seeking, if you set the intention and work with what you receive without changing it. To interpret a symbol, simply ask yourself how you would normally interpret that symbol in everyday life. *Don't overthink it, and go with what's obvious to you.*

The ancient Egyptians built a whole written language from symbols, known as hieroglyphs. When you work with symbols, you're using one of the oldest ways people have of making meaning.

FIVE SIMPLE STEPS

01 Set an intention

02 Come into presence

03 Quieten the mind

04 Visualise and receive a symbol

05 Interpret the symbol

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Set an *intention* 01.

Setting an intention is critical. It informs your intuitive self of what you're asking for. It's a simple statement that clearly defines what you wish to receive.

FOR EXAMPLE

"I intend to receive clarity and benefit of this exercise. I intend to receive answers to my questions by receiving and interpreting a symbol that represents the answer to my question."

Next, write down two or three specific questions you'd like clarity on. Be specific about what you're seeking.

FOR EXAMPLE

"I'd like to know about my relationship. Is it in my best interest to stay with my partner, get support, or leave?"

It's always good to include an open-ended question too, such as:

- What am I not allowing myself to see right now?
- What do I need to know right now that serves my highest good?



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TAKE FIVE

Come into *presence* 02.

Presence: *a state of being completely aware and engaged in the current moment, without internal or external distractions.*

To relax your body and quieten your mind, use your senses to bring yourself into the here and now. Take your time with each one.

---

5 **things you can see**

Look around the room and notice five things you can see. Anything at all, like a pen on the table.

---

4 **things you can hear**

Close your eyes and notice four sounds: traffic outside, a neighbour's dog barking, voices in the next room.

---

3 **things you can feel**

The seat beneath you: is it hard or soft, warm or cool? It might be something physical, like a headache, or emotional, like anxiety, peace or joy.

---

2 **things you can smell**

A candle, something cooking, your perfume.

---

1 **thing you can taste**

Salty, sweet, or nothing at all. If there's nothing, notice one thing you know to be true right now instead.

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FIND YOUR STILLNESS

Quieten the *mind*

03.

Allow yourself to move into a natural state of being: a place of stillness.

You might meditate, sit somewhere quiet and reflect, move through a few yoga poses or do some breathwork. If letting go of your thoughts feels hard, gentle music or a warm bath can help.

TRY THIS BREATH

5	5	5
Breathe in	Hold	Breathe out

Count to five for each. Repeat a few times to calm your body and mind.

As you settle, set a gentle intention to relax and release your thoughts, knowing you can come back to them later.

Picture your thoughts as clouds drifting across the sky of your mind. Simply notice them, and let them be.



Like any skill, this takes practice. The more you do it, the easier it becomes.

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ASK AND RECEIVE

Visualise 04.

Imagine you're walking through a forest or along a sandy beach. Let your imagination create the picture. If it helps, think back to a time you were really there.

As you walk, bring to mind the questions you wrote down. Ask each one, then observe the symbol that comes to you.

It may arrive as a feeling, a colour or an object. You might be drawn to something happening around you, like waves crashing against the rocks. Sometimes a symbol appears a moment after you ask.

Don't discount what you receive. It's all information, and because you set your intention, it's the right symbol for you.

TAKE NOTE OF EVERYTHING ABOUT IT

- Is it moving or still?
- Does it have a colour?
- How does it make you feel?
- If it's an animal, how is it behaving?

Repeat this for each question, and write down what you receive.

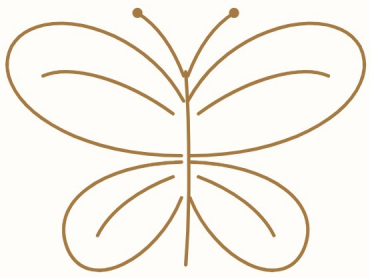
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FIND THE MEANING

Interpret the *symbol* 05.

Every symbol has a logical, everyday meaning. A butterfly, for example, is simply a butterfly.

However, a symbol may have many meanings to you, so intend to be guided to the meaning that represents the truth in relation to your question.



A butterfly could mean...

- **Beauty and grace:** it could simply mean the animal, a butterfly.
- **Peace:** if the butterfly is quietly gliding, it suggests a need for calm, or to be present.
- **Spontaneity or uncertainty:** if the butterfly is flying erratically.
- **Transcendence:** a radiant blue butterfly captures your attention.
- **Transformation:** emerging from the cocoon into something beautiful.

Notice which interpretation you're drawn to, and which feels most relevant to you today.

Write down every possibility. Then assume you already know which one is true for you right now. You'll naturally be drawn to one of them.

Follow your intuitive guidance. That part is critical.
Remember, you are building a relationship with your intuition, and an understanding of how it works with you.

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OVER TO YOU

Your symbol *journal*

Print this page, or copy it into your notebook.

MY INTENTION

Question 1

THE SYMBOL I RECEIVED

WHAT IT MEANS TO ME

Question 2

THE SYMBOL I RECEIVED

WHAT IT MEANS TO ME

Question 3

THE SYMBOL I RECEIVED

WHAT IT MEANS TO ME

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KEEP GOING

Ready to go *deeper?*

Your intuition grows stronger with practice. When you're ready for more, here's how we can work together.

Intuition Practice

Regular, guided practice sessions to build your confidence in reading energy, noticing signs and strengthening your inner "yes" and "no".

Mind Journeys FREE

Guided journeys on my YouTube channel to quiet the monkey mind and give your nervous system a rest.

Intuitive readings

Comfort, clarity and connection. Consider booking in an intuitive reading, either online or in person in Wagga Wagga.

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CREATE YOUR PATHWAY TO POWER

Providing clarity, direction and connection

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