



HOW TO OPEN AND CLOSE YOUR INTUITION SAFELY

So you can stay intuitive
without feeling drained or
overwhelmed

By Pamela Jackson
Spiritual Coach • Healer • Mystic •
Teacher
Serenity Awakened





If you're intuitive, empathic, or energetically sensitive, chances are:

- You're always open
- You absorb emotions that aren't yours
- You feel tired, scattered, anxious, or overstimulated
- You don't know when your intuition is on — or how to turn it off

This isn't a flaw. It's a missing skill.

Intuition is not meant to be wide open all the time.

And being “open” does not make you more spiritual — it makes you depleted.

This guide gives you a clear, safe, repeatable way to:

- Open your intuition intentionally
- Close it completely
- Stay grounded in your body
-

No guessing. No rituals you forget. No tools required.



A CRITICAL TRUTH (THIS IS WHY NOTHING WORKED BEFORE)

*This Isn't a Flaw — It's a
Missing Skill*

What works is clear, energetic
command combined with body
awareness.



MOST INTUITIVE PEOPLE WERE NEVER TAUGHT THIS:

*Intuition Responds to
Authority, Not Effort*

Trying harder doesn't help.
Protecting yourself doesn't work.
Shielding without closure leaves
you leaking energy.





WHAT WORKS IS CLEAR ENERGETIC COMMAND COMBINED WITH BODY AWARENESS.

When intuition is opened correctly:

- *Your body feels calm, not buzzy*
- *Your mind stays present*
- *Your energy stays contained*

When it's closed correctly:

- *The connection is fully sealed*
- *You feel heavier, clearer, and more "here"*
- *The mental noise stops*

Let's do this properly.



WHEN TO OPEN / WHEN NOT TO

OPEN YOUR INTUITION ONLY WHEN:

- YOU ARE DOING A READING
- YOU ARE MEDITATING INTENTIONALLY
- YOU ARE TEACHING, CHANNELING, OR DOING ENERGY WORK
- YOU HAVE TIME AFTERWARD TO GROUND

DO NOT OPEN YOUR INTUITION WHEN:

- YOU ARE EMOTIONAL, TIRED, SICK, OR STRESSED
- YOU ARE AROUND DIFFICULT PEOPLE
- YOU ARE DRIVING, SHOPPING, OR SCROLLING
- YOU ARE TRYING TO “FIGURE SOMETHING OUT”

Intuition is not for problem-solving from fear.

It's for receiving when regulated.

If you've been open during everyday life — this alone explains your exhaustion.



HOW TO OPEN YOUR INTUITION SAFELY

SIT OR STAND COMFORTABLY.
FEET ON THE FLOOR. TAKE ONE SLOW
BREATH.

SAY OUT LOUD OR SILENTLY:
"I CONSCIOUSLY OPEN MY INTUITION
NOW, IN A GROUNDED AND REGULATED
WAY.
I RECEIVE ONLY WHAT IS MEANT FOR ME
AT THIS TIME.
MY BODY REMAINS CALM, PRESENT, AND
SAFE."

NOW NOTICE YOUR BODY



HOW TO OPEN YOUR INTUITION SAFELY

CORRECT SIGNS YOU ARE OPEN PROPERLY:

- CALM EXPANSION (NOT PRESSURE)
- SLIGHT WARMTH OR CLARITY
- A FEELING OF “LISTENING” RATHER THAN SEARCHING

✗ IF YOU FEEL BUZZY, FLOATY, ANXIOUS, OR DISCONNECTED — YOU OPENED TOO FAST OR FROM THE HEAD.

IF THAT HAPPENS:

- PLACE ONE HAND ON YOUR LOWER BELLY
- TAKE ONE SLOW EXHALE
- LET YOUR ATTENTION DROP DOWNWARD
-

THAT’S IT. YOU ARE OPEN.



HOW TO FULLY CLOSE YOUR INTUITION

*THIS IS THE PART MOST
PEOPLE MISS*

Closing is not optional





CLOSING IS NOT OPTIONAL

WHEN YOU'RE FINISHED, SAY:

"I NOW FULLY CLOSE MY INTUITIVE CHANNELS.

ALL ENERGETIC CONNECTIONS ARE COMPLETE AND SEALED.

MY ENERGY RETURNS FULLY TO MY BODY, GROUNDED AND PRESENT."

THEN DO THIS PHYSICAL STEP:

- PRESS YOUR FEET INTO THE FLOOR
- GENTLY CLENCH AND RELEASE YOUR HANDS ONCE SIGNS YOU ARE FULLY CLOSED:

- HEAVINESS IN THE BODY (IN A GOOD WAY)
- MENTAL QUIET
- CLEAR SENSE OF "I'M BACK"

IF YOU DON'T FEEL THIS — REPEAT THE CLOSURE ONCE MORE.

YOU CANNOT "OVER-CLOSE."

CLOSURE RESTORES SOVEREIGNTY.



DAILY MAINTENANCE

2 SENTENCES THAT CHANGE EVERYTHING

If you do nothing else, do this:

Morning:

"I remain energetically closed and grounded unless I choose otherwise."

Night:

"I release all energy that is not mine and return fully to myself."

This prevents unconscious openings and keeps your nervous system regulated.



A FINAL WORD

Being intuitive doesn't mean being open all the time.

It means knowing when and how.

Once this skill is in place:

- Your intuition becomes clearer
- Your body feels safer
- Your energy lasts longer
- Your gifts deepen instead of draining you

This is foundational work.

Everything else builds on this.





If you want help:

- *Strengthening intuitive authority*
- *Reading without exhaustion*
- *Learning higher-level energetic boundaries*

You're welcome to explore my sessions and classes at Serenity Awakened.

Pamela Jackson

Spiritual Coach | Master Healer |
Medical Intuitive | Teacher |
Spiritual Author
coach@pam-jackson.com

