

DISCOVER THE KEY TO INTUITIVE GUIDANCE



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WHEEL COME



In a world often driven by facts, figures, and logical reasoning, there exists a unique group of individuals who navigate life with an entirely different compass—an intuitive mindset.

These individuals possess a remarkable ability to tap into their inner wisdom, decode the language of their emotions, and harness the power of subtle energies.

They embrace a reality beyond the tangible and the rational, trusting in the whispers of their inner knowing.

An intuitive mindset isn't a mystical power possessed by a select few; rather, it's a way of engaging with the world that we all have the capacity to cultivate.

By embracing our inner wisdom and trusting ourselves, we can unlock the incredible potential of intuition in our lives. It involves a deep sense of trust in one's own intuition and the ability to use it as a valuable tool for decision-making and problem-solving.

People with an intuitive mindset often have a heightened awareness of their own emotions and an ability to pick up on subtle cues from their surroundings.

Imagine you're faced with a difficult career decision. On one hand, all the logical facts and figures point toward accepting a well-paying job offer at a prestigious company.

It seems like the sensible choice based on societal norms and financial stability. However, your gut feeling, that intuitive nudge, tells you something different. It whispers that this job might not align with your true passions and values.

In this scenario, an individual with an intuitive mindset would listen to that inner wisdom, trusting their intuition as a valuable tool.

They might decide to turn down the well-paying job offer and pursue a career path that feels more authentic, even if it involves some uncertainty. Over time, they might find that this decision leads to greater fulfillment and a sense of purpose.

Those with this mindset understand that intuition is not a random occurrence or mere coincidence. It's a wellspring of guidance that flows from within, offering insights that often escape the grasp of the rational mind.

Welcome to the world of intuitive guidance, where developing an intuitive mindset holds the key to transformative decision-making and personal growth.

Today we're diving into the remarkable Intuitive Guidance Program powered by the Align/Ask/Allow Framework, a three-step process that has been proven successful in a clinical setting for over 20 years.

This programs guided meditation version works on the subconscious level to develop your intuition effortlessly, like putting it on autopilot. You'll notice your intuition getting stronger like a muscle each time you use it.

You're invited to join us for a **10-Day Intuitive Guidance Challenge**, where you can dive into the magic of this simple formula and experience the guided meditation beginners version for yourself. Just click "***Get Started***" found at the end of this guide.

But before we go any further, let's meet the visionary behind this simple, yet, incredible approach.



THE ORIGIN: A PSYCHIATRIST'S QUEST FOR ANSWERS



Dr. John Thornton

M.D. F.R.C.P.(C) Psychiatrist.

Dr. Thornton, a visionary psychiatrist and physician with over 50 years of experience, witnessed countless patients struggling with various challenges from anxiety and depression to relationship issues and financial stress and medication alone was not enough.

They were looking for answers, but they just couldn't seem to find them. That's why he developed an Intuitive Guidance Program; THE PRAYER WHEEL™ Program. He wanted to give people a tool that could help them tap into their subconscious mind and inner force.

The best part is that it can be used by anyone, regardless of their background or beliefs.



Mary L. S. Vachon, RN,RP, PhD
Psychotherapist in Private
Practice

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Both personally and as a clinician, I found the Prayer Wheel very helpful. It provides a time of meditative reflection, connection, can provide direction and can even be prophetic, as I found on more than one occasion. Clients found it very helpful for centering and connecting with the transcendent element of life. I highly recommend trying the Prayer Wheel



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Currently, as a practicing clinician, Dr. Thornton's PRAYER WHEEL™ Program helps those I serve as a practical and meaningful bio-psycho-social-spiritual tool in helping to bring hope and healing. The PRAYER WHEEL™ Program has been an effective therapy tool for individuals, couples, children, and youth in assisting them to cope, manage, and navigate life's challenges.

Introduction

Welcome to the fascinating world of intuitive guidance, where the **Align/Ask/Allow** Framework serves as tool to unlocking your intuitive potential by developing an intuitive mindset.

This transformative three-step process empowers you to connect with your inner wisdom and manifest your dreams effortlessly. By *aligning* yourself with gratitude, love, and forgiveness, *asking* the universe for guidance with clear intentions, and *allowing* the divine flow to unfold, you can tap into your intuition and receive profound insights and guidance.

In this guide, we'll explore how the **Align/Ask/Allow** Framework acts as a roadmap, leading you towards clarity and an intuitive mindset.

You'll become an intentional creator, setting clear intentions and seeking guidance from your higher self or the universe. Through consistent practice of the framework's principles, you'll build resilience and trust in your intuitive abilities, allowing you to confidently navigate challenges.

Are you ready to co-create your reality and experience a life filled with meaning, fulfillment, and abundance? Let's embark on this transformative adventure together and discover the magic of intuitive guidance through the **Align/Ask/Allow** Framework.

EMBRACING TRANSFORMATION

Dr. Thornton's Intuitive Guidance Program (The PRAYER WHEEL[™] Program) operates as a comprehensive framework designed to develop intuition and enhance the ability to receive intuitive guidance. It works by systematically cultivating the three key aspects of *alignment*, *asking*, and *allowing*, which together create a fertile ground for intuitive insights to flourish.

Align: The first aspect of the program, alignment, focuses on creating inner connection and harmony. Practices like gratitude, forgiveness, and self-love help clear mental clutter, open channels of communication with your inner self, and create a receptive environment for intuitive guidance. Alignment facilitates the tuning of your energy to a frequency where intuitive insights can easily come through.

Ask: The asking phase involves setting clear intentions, seeking guidance, and being open to receiving answers. This phase encourages you to articulate your desires and questions, whether to the universe, your higher self, or a higher power. By actively seeking guidance, you engage in a two-way dialogue that enhances your intuitive receptivity. The act of asking signals your readiness to receive intuitive insights.

Allowing: Allowing entails surrendering control, embracing patience, and trusting the process. This phase teaches you to let go of attachment to specific outcomes and to trust that the universe has your best interests at heart. By releasing resistance and doubts, you create space for intuitive guidance to flow naturally and unfold in its own time.

When you consistently use the **Align/Ask/Allow** framework, you will develop an intuitive mindset and gain valuable insights through its application.

1. **Enhanced Sensitivity:** Through alignment, you become more attuned to subtle energy shifts and inner sensations. As your intuition develops, you may notice heightened sensitivity to your surroundings and the energy of people and situations.
 2. **Heightened Awareness:** The asking phase hones your ability to pay attention to signs, synchronicities, and intuitive nudges. As you actively seek guidance, you become more adept at recognizing these cues in your daily life.
 3. **Intuitive Listening:** Both alignment and asking cultivate your skill of intuitive listening. This involves tuning into your inner voice, instincts, and gut feelings. With practice, you become better at discerning the difference between genuine intuitive insights and mental chatter.
 4. **Trust and Faith:** The allowing phase reinforces your trust in your intuition. As you witness intuitive guidance manifesting through the program's practices, your confidence in your intuitive abilities grows. This trust in turn strengthens your openness to receiving further guidance.
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A SIMPLE 3-STEP FRAMEWORK



Align

You're the source of your own power, and when you're aligned with your inner being, you invite the power to endure, overcome and manifest.



Ask

Asking is the process of deciding what you want. The magic happens when you consciously set your intention from an aligned perspective.



Allow

You can't be resisting and receiving at the same time. Intuition and manifestation is a creative process of getting out of the way to allow for new possibilities.

Align:

The Path to Inner Connection and Harmony

The Align aspect is like the fertile soil in which the seeds of intuition are sown and nurtured to grow into flourishing insights. It's all about creating a harmonious connection within yourself, setting the stage for intuitive insights to emerge. By cultivating practices like gratitude, forgiveness, and self-love, you create a strong foundation for intuitive guidance.

Gratitude: Expressing genuine gratitude for the blessings in your life opens your heart to the abundance of the universe. Gratitude shifts your focus from scarcity to abundance, allowing you to attract more of what you appreciate. In this state, you become more receptive to intuitive insights, as your heart is open to receiving guidance.

Love: Embracing self-love and extending love to others creates a positive and compassionate outlook. Love fosters a sense of trust in yourself and the universe, dissolving self-doubt and fear that may hinder intuitive receptivity. When you approach life with love, you become more attuned to the subtle messages from your inner guidance.

Forgiveness: Letting go of past resentments and forgiving yourself and others clears emotional blockages. Forgiveness releases stagnant energy, allowing intuitive guidance to flow freely. By releasing old hurts, you create space for new perspectives and insights to emerge.

Protection: Creating a sense of inner safety and protection fosters a feeling of security and trust in the universe. When you feel protected, you are more willing to explore the depths of your intuition without fear. This sense of safety allows you to open up to intuitive messages without holding back.

As you embark on this journey of alignment, you'll begin to notice subtle shifts in your awareness and connection with your inner being. The practice of aligning yourself daily with gratitude, love, forgiveness, and protection strengthens your intuitive muscles, making you more receptive to intuitive insights.

Ask:

The Gateway to Manifestation

Having laid a solid foundation through the Align aspect, the Ask aspect empowers you to start seeking and receiving intuitive guidance. It's like a bridge that connects you with the vast reservoir of intuitive insights that the universe has to offer.

Setting Clear Intentions: The Ask aspect encourages you to articulate your desires and intentions clearly. When you define what you truly want and align it with your heart's desires, you send a powerful message to the universe. By being specific and intentional about what you're seeking, you activate the law of attraction and open the channels for intuitive insights to flow to you.

Inviting Guidance from Higher Self or Higher Power: Asking for guidance isn't limited to seeking answers from external sources. In the Ask aspect, you also learn to tap into your higher self, the wise and intuitive part of you that transcends the physical realm. Connecting with your higher self allows you to access profound insights and inner wisdom.

Embracing Intuition in Decision Making: The Ask aspect empowers you to make decisions from a place of intuition rather than solely relying on external factors. As you pose questions and seek guidance, you learn to listen to your inner voice and trust your instincts. This process fosters a sense of self-assurance and confidence in your intuitive abilities.

Embracing Synchronicities and Signs: When you ask for guidance, the universe responds in mysterious and synchronistic ways. As you become more attuned to the signs and synchronicities around you, you'll notice how intuitive guidance shows up in your life. Pay attention to meaningful coincidences and subtle nudges, as they often carry profound messages.

Developing Trust and Patience: The Ask aspect teaches you the value of patience and trust in the manifestation process. Sometimes, intuitive guidance unfolds gradually, and it's essential to remain patient and open to receiving insights in unexpected ways. Trusting in the divine timing of your intuitive revelations is an integral part of this aspect.

Practicing Intuitive Listening: Asking for guidance goes hand in hand with intuitive listening. The Ask aspect encourages you to practice deep listening, both to your inner voice and to the responses and signs you receive. Intuitive listening enhances your ability to interpret intuitive insights accurately.

Through the Ask aspect, you're not merely seeking answers from an external source; you're also honing your ability to connect with your inner guidance and trust your intuition. The process of asking, seeking, and receiving intuitive guidance becomes a beautiful dance of co-creation with the universe.

Allow:

Letting Go, Surrender and Trust

With a solid foundation laid through the Align and Ask aspects, the Allow aspect takes you one step further, showing you the power of releasing resistance and embracing the unfolding of intuitive guidance. It's like a gentle stream that carries you effortlessly towards intuitive insights and manifestations.

Letting Go of Resistance: The Allow aspect encourages you to release resistance and surrender control over the outcome. Often, we hinder the flow of intuitive guidance by trying to force things to happen or clinging tightly to specific outcomes. By practicing the art of allowing, you free up space for intuitive insights to flow effortlessly.

Embracing Patience and Trust: Allowing is not about being passive; it's about cultivating patience and trust in the process. The universe works in mysterious ways, and intuitive guidance may not always come in the exact form or timing we expect. By trusting in divine timing, you remain open to receiving intuitive nudges when the time is right.

Recognizing Divine Synchronicities: Allowing involves being attuned to the synchronicities and serendipitous events that occur around you. These are often signs from the universe, guiding you towards your desires. Embrace these divine coincidences, as they hold valuable clues and insights on your intuitive journey.

Staying Open and Receptive: Allowing requires an open and receptive mindset. As you stay present and mindful, you become more aware of the subtle messages and intuitive whispers that surround you. Cultivating this openness enhances your ability to receive intuitive guidance.

Releasing Attachment to Outcomes: When you release attachment to specific outcomes, you liberate yourself from the grip of fear and uncertainty. Intuitive guidance may lead you down unexpected paths, but when you allow without attachment, you embrace the beauty of the journey.

Surrendering to Higher Wisdom: The Allow aspect teaches you to surrender your ego's desires and align with the higher wisdom of your intuition. By relinquishing the need to control every detail, you allow intuitive guidance to flow from a place of profound inner knowing.

Through the Allow aspect, you step into a state of graceful surrender, trusting that the universe has your best interests at heart. As you allow the intuitive guidance to unfold, you'll witness the magic of manifestation and experience a profound sense of alignment with your higher self.

Allowing is about finding harmony with the present moment and relinquishing the need to force or control outcomes. By embracing the beauty of the journey and having faith in the wisdom of the universe, you become a magnet for intuitive insights and manifestations that align perfectly with your desires.

WHAT'S NEXT?

BUILDING INTUITIVE HABITS FOR LASTING TRANSFORMATION

Embracing an intuitive mindset and tapping into your innate ability to manifest with clarity is the essence of our Program.

Although the program appears simple, its true power lies in its exponential growth. As you engage with the programs guided meditation version on a regular basis, you're exercising your intuitive muscle to reach new heights.

Our program helps you develop skills and habits that let you think intuitively in every part of your life. Imagine the possibilities when you cultivate an intuitive mindset. Your relationships get better, your career improves, you grow spiritually, and you feel happier and more balanced.

By consistently using the program, you cultivate a habit of intuitive thinking and decision-making. You go beyond theory and into the realm of practical application, bridging the gap between knowledge and action. This way, intuitive guidance becomes seamlessly woven into your everyday life.

Click below to get started . . .

EMBARK ON AN INCREDIBLE 10-DAY INTUITIVE GUIDANCE CHALLENGE!

Join us for a transformative journey where you'll explore the Align, Ask, Allow framework and Dr. Thornton's proven PRAYER WHEEL™ Program.



The Amazing PRAYER WHEEL™ Program

10 Day Intuitive Guidance Challenge

- Based on a Clinically Proven Formula
- Align:** Thankfulness, Love, Forgiveness, Protection
- ASK:** Intention Setting, Request spiritual Guidance
- Allow:** Listening, Letting Go, Surrendering, Trust

[Get Started](#)

Kickstart Your Inner Wisdom!

Thank you!
