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# THE INTUITIVE ART AWAKENING WORKBOOK

-Dr. Pranita Rao



Embrace five gentle, reflective  
exercises to recognize your intuitive  
gifts and artistic gifts

# YOUR NO.1 FAN



Who am I?

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Hi, I'm Pranita Rao. I am former dentist, published science author, angel healer, trained artist, and guide for sensitive souls, highly sensitive souls, painters, and spiritual seekers.

I've walked this path myself – feeling everything deeply, sensing more than just the physical reality, creating unique art, struggling to find clarity and soft support, and wondering where my sensitivity and creativity fit in a world that looks different from mine.



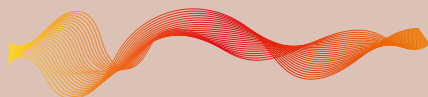
Credits: Pranita Rao

Over time, I discovered that sensitivity or creativity aren't to be managed; rather, they need to be utilized as a compass.

Now, I help other sensitive and creative people turn that inner voice into clarity, purpose, and beautiful self-expression.

I understand that sensitive artists need validation about their intuitive and artistic gifts, which is why I have created this short workbook to help you tap into your creative, reflective, and intuitive self.

Are you ready to listen to your gifts?





Sensitivity isn't a problem. It  
is a compass for the gifted.



Credits: Pexels

Growing up, I was shamed for being sensitive to certain people, clothes, and situations. Today, I realize that it was my sensitivity that was trying to tell me to be soft with myself. I am assured that there are many individuals around the globe who are sensitive, highly sensitive, and intuitive.

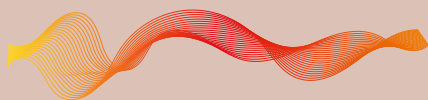
I understand that many of them have discovered art to cope with their challenging and day-to-day life experiences. To them, I would like to say that I am so proud of you for showing the courage to identify as a sensitive soul with artistic and sensitive gifts.

So, cheers to you, my friend!

To those who are just recognizing your gifts, I want you to know that you're on the right path and are doing a great job!

I welcome you to take a few minutes to reflect on your sensitivity, intuition, and artistic skills through this workbook.

Let's begin!



# Reflection Prompts

Please take a pen and paper, as we would be reflecting on your gifts today.

Please remember to be honest with yourself, as this is a non-judgmental space designed for you.

Q. When do you feel guided to paint or be creative? Can you describe a commonality in situations or emotions, every time you felt motivated to pick up a brush or crayon?



Answer:



Answer :




Q. What emotions do you feel pulled to express through art? Could they be emotions such as resentment, sadness, happiness, love, anger, or pleasantness? Please describe.

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Answer:

Q. How could you be perceiving your intuition on a daily basis? Does it come in the form of thoughts, emotions, strong feelings, images, or instincts? Please describe with two examples. Your answer doesn't have to be perfect.



Answer:

Q. Have you felt a strong emotion, feeling, or had a visceral experience while making art? Could you tie that to your intuitive sense, as though something within you was softly trying to guide you to paint in a certain manner? Please remember, intuitive senses must feel safe, gentle, and loving.

Please describe your experience with an example.

Answer:



Answer :




# Guided visualization exercise



I invite you to walk with me through a guided visualization to connect with your inner creative and intuitive radar. We will be listening to the unsaid, tapping into our intuition, feeling our artistic gifts, and embracing relaxation. To access the visualization, I invite you to put on your headphones and [watch this guided visualization video.](#)

Enjoy!

[Please be sure to write down your observations, emotions, feelings, and thoughts that surface during the visualization.]



# NOTES

# PARTING THOUGHTS



Dear sensitive soul,

Thank you for taking the time to reflect on your gifts. I am assured that it would have helped you listen to yourself.

If this workbook awakened something in you and you're ready to invest in your learning, growth, and gifts, I'd love to explore your unique gifts with you in a private clarity session. Click below to book your [free 1:1 clarity call](#).

Love and hugs,

Pranita Rao

Founder, Expressive Sensitive  
Intuitive abstract artist and angelic  
medium

Website: [www.expressivesensntive.com](http://www.expressivesensntive.com)

Reflections can bring up emotions and new ideas. I request that you be gentle with yourself, grab a hot beverage, and immerse yourself in self-love.

## Congratulations!

You have completed the reflective workbook.





# Stay Connected with me!



Instagram: [expressive.sensitive](https://www.instagram.com/expressive.sensitive)



YouTube: [Pranita-Rao](https://www.youtube.com/Pranita-Rao)



Website: [www.expressivesensitive.com](http://www.expressivesensitive.com)

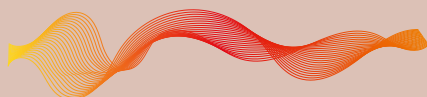


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## Join My Mission!

I am assured that there are numerous sensitive and artistic individuals globally. My mission involves supporting and guiding select sensitive and artistic souls to discover their truth, potential, and gifts. I don't want sensitive souls to stay in a state of frustration, isolation, and neglect. I want them to shine, and I want them to shine, now.

If my message resonates with you, I invite you to join my mission today!



THANK  
you

