

THE 4 ACES METHOD

A FAST-TRACK GUIDE TO UNLOCK YOUR
INTUITIVE POWER AND RELEASE ANXIETY

BY LUCY LOPES

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INTRO

This e-book aims **simplicity**.

It's not designed to provide an exhaustive exploration of the body-mind-soul complex, which may be intrinsic to many different fields of studies. As often the Universe speaks with us with **minimalism**, I aim to handover a way of looking into ourselves in a manner that can be **easily grasped** by anyone.

By giving you a brief understanding of the nature of ourselves and by guiding you through a method that creates access to the answers that are rested within, my sole intention is to help you connect with your **inner wisdom** so to then be able to release anxiety symptoms and find the inner peace that exists inside.

It may be important to acknowledge that most of what you are about to read came to me as (what I can only call) a gift from the Universe—emerged from my personal intuitive exploration and combined with a decade of delving into various spiritual and psychological standpoints. I am though committed to convey what I've discovered with **thoughtful responsibility**, as my very soul requests me for so.

I'll briefly walk you through my journey and how I arrived at this approach, as I know it may foster your journey too. I'll also show you an easy, and yet profound, way to understand the **body-mind-soul relationship** and the root of our mental imbalances. Finally, I'll guide you through the 4 Aces Method.

It is responsible for me to also acknowledge that accessing our awareness and integrating the shadow side of our personality will surely aid you into a deeper connection to the truth and help with anxiety release. And I'm here to give you a hand on this journey too if you are ready to embark on this together!

I wish you a great reading, my friend!



MY JOURNEY INTO A MORE INTUITIVE LIFE

ANXIETY AS MY TEACHER



I've dwelled on anxiety for as long as I can remember. After burning out not just once but twice, a moment arrived in my life when my inner voice stopped its whispering—it began to scream.

This journey of transformation wasn't immediate, nor was it linear. In fact, I don't believe it is even possible to have any sort of linear journey in life. The only straight line in nature is the horizon, which is an optical illusion! But with a good level of persistence and willingness, I learned to listen, **really listen**, to the nuances of my emotions.

As I ventured further into the inner work, I embraced mindfulness practices and learned to hold myself in awareness, using my breath as my anchor and my ally. Moreover, I learned to **ask for help** and let those a bit ahead in their journeys give me their hand. I truly invested in myself and the more I did, the more the Universe rewarded me.

Following extensive inner work and shadow integration, the anxiety I had long battled wasn't anymore an enemy or an illness in need of curing. Instead, it transformed into my **greatest teacher**—a compass and a catalyst for change towards a more mindful life. And it was through this lens that I began to see my struggles not as a battle or as personal failings, but merely a **sign of disconnection** to the truth of the *higher-me*.

THE GREATEST LOVE OF MY LIFE

Will always remember the day, after a profound meditation session, when I saw her— Her! My soul. My Goddess. My Higher Self. My own angel.

As clear and bright as I could see anything else. She was perfect; serene, patient, kind, stunningly beautiful. It felt almost as if source energy, God, or however you may name it, had personified itself in an eternal and perfected version of myself, or at least how my subconscious would represent it. I call her *Alma*, which means Soul in Portuguese. Alma has an **all-encompassing knowledge**; she simply knows anything about everything. Yet, there isn't a trace of pride or arrogance in her whatsoever.

It is simply her natural state, as if having access to universal knowledge and unconditional love was not a special ability but an intrinsic quality. Just as naturally as dogs bark and birds sing, she holds all the answers.

I was punched with disbelief when I saw her first time! Long tears of deep gratitude flowed from me. I immediately fell in love, and she swiftly became my ultimate role model. Since that day, she never ever left me. In fact, she had always been there, I just wasn't ready to access her. And although there were moments when I've neglected the connection, she **always remained there**. There. Always. And because pride is not an attribute that she holds, she would never ever resent me for not accessing her. My *Alma* is the **greatest love** of my life. And I'm the greatest love of her life too.



MINDFUL NOTE

Although the primary goal of this e-book is not to detail how meditation and mindfulness can aid in accessing our intuition, I must emphasize its crucial importance in the journey towards self-awareness. There are still many misconceptions around meditation, which may lead you to **believe** you can't practice it if you find yourself entangled in the myths about what it truly involves.

Moreover, if you have not yet immersed into acknowledging the shadow side of your personality, is good to know that bringing it into the light of awareness will help you distinguish what is **Intuition** and what is **fear dragged as wisdom**.

After almost a decade of practice and teaching, my soul purpose remains to be a hand for those who need clarity to make the journey of self-awareness and intuition mastery as **gentle and simple** as possible.


On your end, it just requires willingness to **keep moving**.


Let's follow the baby steps without **judgment and celebrate** them together along the way! Know that our life can always be truly transformed and if you're ready to embark on this path, we go together!

Feel free to send me a DM on Instagram or an email titled as The 4 ACES Method and we'll see jointly if and how I can support you!

HOW CAN I HELP YOU?

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OUR INTRINSIC WISDOM

THE ACCESS TO OUR INNER VOICE

Call it intuition, gut feeling, inner voice, the Higher Self, or the divine whisper of God. Or perhaps name it as the brain's capacity to leverage internal and external cues, to light up neural pathways with a compassion that reveal us the answers to make decisions that will serve us best.

Whatever the name, we know that within us all lies an **extraordinary power**. An access point to an innate wisdom, a knowing that transcends the ordinary and can illuminate the path ahead.

All human beings share that connection to a deeper level of consciousness, yet few of us truly master the ability to access it. The capacity to let our soul do the talking requires two elements that have seemingly become scarce in our society: **silence and pause**. As the often-unnecessary noise of the external world grows louder, it drowns out the most potent voice of all—our own.

Moreover, it seems that for most of us, moments of true silence and pause are not simply rare; they are often actively **avoided**.

Our avoidance of stillness stems from a deep-seated fear of confronting what lies within us. It is in the quietness, when the distractions withdraw to the background, that we are left with nothing else but our thoughts and feelings, confronted by some truths of our lives that we may not be willing to face.

Nonetheless, it is also within the transient moments of silence and within the vast space of awareness that we discover the gateway to a deeper understanding and a stronger connection with our **true self**, the higher-you. Your *Alma*.

In these quiet moments, free from external noise, we begin to hear the whispers of our own soul, guiding us toward insights and understandings that may liberate us from the unconscious prison of our own making. One constructed from unexamined habits, **fears**, and societal expectations. This liberation opens us to the vastness of our own potential, inviting us to explore realms of existence and thought previously fortified by our own unawareness. And this experience is far **too magnificent** to be missed!

For those who avoid the silence - I promise, it is not nearly as daunting as you may fear it to be! In fact, the guidance from our Higher Self is filled with **compassion and simplicity**. The kind of messages that can only nurture our lives and the lives of the people we love and care about.



THE KINGDOM

THE QUEEN, THE GUARD & THE MEMBERS

Imagine a Kingdom of perfect harmony, a realm where every element synchronizes in an exquisite dance of unity, collaboration, and constant evolution of all its members.

This Kingdom thrives under the rule of a Queen, filled with mercy, **compassion**, wisdom, and an encompassing kindness and love for all its members. (For simplicity, we'll refer to this ruler as a Queen, though the title could just as easily be King or any figure symbolizing the ultimate authority to you.)

However, imagine that millennia ago, this beautiful Kingdom faced threats from predators. To keep the Kingdom safe, a Guard was appointed with a sole duty to **protect** the realm and its members. The Guard had free will to do his job and all members of the Kingdom would follow the Guard's every command. And at the pace that the Guard gets forceful, the quieter the Queen remains, as both voices don't coexist

In his mission to ensure protection, this Guard became overly fearful and started to exceed his responsibilities, working **relentlessly**. He began to perceive threats where there were none, all because he believed this would keep the Kingdom safer. Furthermore, he aspired to be the ruler, convinced that mere compassion and patience were insufficient for the Kingdom's **safety**.



The Kingdom's members, unable to discern real threats from **false alarms**, followed the Guard's directives, leading to widespread stress and unease. The Queen, in her infinite and unconditional mercy, let the Guard continue his duties, understanding that he is striving to do his best and recognizing the **free-will** that was granted to him. She is also aware that, in time, the Guard will get tired and acknowledge that he could never be Queen, simply because this wasn't his job to take. After all, the Guard's purpose is to safeguard the Kingdom, **not to govern** it.

THE HIGHER SELF, THE EGO & THE BODY

Although the complexity of the body-mind-soul configuration can belong to an immense curriculum of different fields of studies, it can be helpful sometimes to keep it simple. An overall grasping of the intricacies of our human condition can be as undemanding as a children's story.



In this layered metaphor, the Kingdom represents the entirety of the human being, a complex and dynamic entity where various components work in **harmony** to sustain life and consciousness.

At the heart of this Kingdom is the Queen, which symbolizes our **Higher Self** or the eternal consciousness that resides within each of us. This aspect of our being is all-knowing and ever-present, made of **wisdom**, compassion, and an unwavering sense of love and union. It is the true ruler of our internal world, always guiding us with a gentle hand, and encouraging us toward expansion.

The members of the Kingdom—representing our **body**, organs, and the numerous systems that keep us functioning—are the subjects of this benevolent ruler. Just as the citizens of a Kingdom carry out their daily tasks, contributing to the overall welfare and prosperity of the realm, our bodily systems work tirelessly to maintain our health and vitality. This harmonious operation is a testament to the incredible wisdom with which our bodies are designed, each part playing a crucial role in the textile of our physical existence.

The Guard, on the other hand, represents our **ego**. Much like the guardian in the story who becomes obsessive in his duties, our ego often operates from a place of **fear** and self-doubt, trying to protect us from perceived threats, both real and imaginary.

It's important to recognize that while we often associate the Ego with traits like arrogance, pride, and vanity, the concept of the Ego encompasses much more. The Ego operates within a world of duality, distinguishing and controlling based on its perceptions of Self/Other, Good/Bad, Right/Wrong, and most importantly, Safe/Dangerous. It's this very nature of duality that diminishes unity and creates control.

When the Ego encounters what it **perceives as threatening** realities, its response is to **protect** you. Thus, understanding its protective role allows us to understand that also behaviors such as excessive humor, shyness, and isolation are manifestations of the ego, just as much as arrogance and pride are.

While its intentions may stem from a place of wanting to safeguard our well-being, the ego can sometimes overstep its bounds, which creates the well-known **fear-based** symptoms, such as stress, anxiety, and imbalance. Recognizing the ego's role is essential, but it is equally important to understand that it is **not the ultimate authority** within us. The Queen is always there!

THE GUARD'S COMMAND

The stress inflicted on the body when it operates under the ego's (the Guard's) command is profound. As the ego attempts to anticipate and mitigate every conceivable threat—real or imagined—the body's natural state of balance is disrupted.

This constant state of alertness and readiness to respond to the ego's commands can lead to chronic stress, anxiety, and a host of physical ailments. The body, **unable to distinguish** between genuine threats and the ego's false alarms, may be kept in a potentially perpetual state of tension. This not only wears down the physical systems but also obstructs the wise flow from the Higher Self, leading to a disconnection from the intuitive power that is our **birthright**. In this strained state, the body's ability to heal, regenerate, and thrive is severely compromised.

Because we frequently identify with the ego, and consequently endure the stress that its overprotective mechanisms inflict on the body, recognizing the existence and wisdom of our Higher Self—the Queen—and choosing to follow its compassionate guidance, is the key to navigating life more **smoothly and fostering healing**.

Moreover, central to grasping our human experience is the recognition that we are fundamentally steered by two primal forces: **Love and Fear**. Everything else is ramifications and physical manifestations of the balance between the two. These forces act as the underlying drivers of our thoughts, actions, and decisions, shaping our interactions with the world and ourselves. Love, with its expansive and unifying nature, will always encourage openness, connection, and growth. While fear-based thought, aiming to safeguard us from perceived threats, leads to contraction, separation, and stasis if we allow it to dominate.



Yet let's remember that everything the Ego does comes from a place of guaranteeing that life continues to exist. And that's **beautiful** too!

Also important to keep in mind that we can't control the Ego. Remember, it is the Ego's role to create control. Therefore, who wants to **control the Ego is the Ego!** It is its way of trying to outsmart the process.

The only way to bring back harmony is by bringing the **awareness back to the Queen**. But how to connect back to our Higher Self? How to bring back our inner wisdom and let it rule our life? This is what the 4 ACES Method is all about.

THE 4 ACES METHOD

A FAST-TRACK TO INTUITION

Despite the undeniable significance of mindfulness and other intentional practices for accessing awareness and tuning into our intuitive power, my years of exploration have led me to develop a direct approach to this profound connection. I realized that very few people genuinely understood how to actively connect with their inner voice, and how much they are missing out.

Having been granted the ability to access mine as a gift from the Universe, I felt compelled to decode this process so others could experience it too.

I've hacked what could be described as a shortcut, a fast-track to the gateway that leads to our **intuitive power** —a method that allows us to unlock and engage with our Higher Self whenever we seek deeper insight or clarity on our path forward.

I've named this approach the 4 ACES Method. And although this method bears no relation to the aces found in a deck of cards, we use them as memory aid to encapsulate the essence of the technique through a series of symbols to personify the inner wisdom. Intriguingly, accessing our intuition through this method blends a **logical** approach with the **intuitive** process itself.

The method involves **personifying** your Higher Self by assigning it four distinct elements: a **Face, a Place, a Pace and a Grace**. Therefore the 4 aces. Each element is designed to create a more tangible connection with your intuition, transforming it into an accessible and responsive ally in our journey of self-discovery and inner guidance, whenever the need for deeper insight or direction arises.

This visualization process is not just about creating an image but about connecting deeply with the aspect of yourself that is infinite and wise. By giving a face, a place, a grace and a pace to your Higher Self, you begin to make this abstract concept more tangible, facilitating a stronger, more **personal connection**.



BEFORE WE START

Before we delve into the 4 ACES METHOD and explore how to visualize your Higher Self, let's take a moment for some quiet and stillness.

Ensure you're in a **comfortable**, tranquil space. Perhaps play some inspiring, **calm music** softly in the background. Relax your shoulders and jaw.

Breathe deeply a few times in and out through your nose. Consider having a piece of paper and a pen close by.

As you read through the upcoming pages and I guide you through each element, capture the **first thing** that comes to mind.

Avoid overanalysing, as it won't help in this process. Just for now, kindly ask your Guard to go to sleep and tell him **you are safe!** Remember, as you follow the instructions, there are no right or wrong responses.

Focus on how the imagery you are visualizing **feels within your body**. When you sense that feeling of alignment, a resonance in your chest, you've found it!



THE FACE

Imagine now the version of yourself that encompass your version of divinity. How does it look? Observe all the details of its face and their entire body.



CLOSE YOUR EYES

AND LET IT COME TO YOU.

WHATEVER SHOWS UP FIRST.

FEEL IT.

FIND YOUR RESONANCE.

After that, keep reading.

Now here are some aids that you might want to consider bringing to further crystalize a clear image of your higher-self.

Consider whether it **mirrors your appearance** or if there are distinct differences, such as hair colour, skin tone. What is it wearing? Observe the eyes—what do they convey? Reflect on the physique; is this being bigger, taller, or does it hold itself differently than you do in your day-to-day life? The more details you cultivate and allow to surface to your awareness, the clearer and closer you become with it.

THE PLACE

Envision where your Higher Self is in the present moment.



CLOSE YOUR EYES

AND LET IT COME TO YOU.

WHATEVER SHOWS UP FIRST.

FEEL IT.

FIND YOUR RESONANCE.

After that, keep reading.

This could be a **serene landscape**, a cozy room, or even a place entirely of your own creation. What elements make up this space? Is it outdoors, surrounded by nature, or indoors, filled with warmth and light? Consider the feelings of safety that this place brings.

It is in this special, consecrated space that you can **commune** with your Higher Self, away from the distractions of the external world. Here, in this place, the dialogue with your divine self flows freely, offering clarity and insight.

THE PACE

Hold the concept of pace as the way it stands or moves. This movement (or lack thereof) reflects its unique approach to engaging with the Universe.



CLOSE YOUR EYES

AND LET IT COME TO YOU.

WHATEVER SHOWS UP FIRST.

FEEL IT.

FIND YOUR RESONANCE.

After that, keep reading.

Is it **dancing** with fluidity, celebrating the rhythm of life? Does it **stand still**, embodying calmness and stability, observing the world with a serene and unshakeable confidence? Perhaps it floats, effortlessly gliding above daily concerns, symbolizing a perspective that transcends the mundane. Alternatively, it might exhibit the fierce **determination** of a warrior, engaging challenges with courage and resolve, or it could be running, embodying the purpose of pursuing new dreams.

This represents the essence of how your Higher Self navigates through existence. By visualizing this movement (or lack thereof), you gain insight into the attributes and energies you are encouraged to integrate into your daily life.

THE GRACE

Embrace the concept of grace as the quality that your Higher Self embodies and extends to you. Grace here is understood as its state. What is its vibe? And more importantly, what is it saying to you, and how does it do so?



CLOSE YOUR EYES

AND LET IT COME TO YOU.

WHATEVER SHOWS UP FIRST.

FEEL IT.

FIND YOUR RESONANCE.

After that, keep reading.

Regardless of whether the grace of your Higher Self manifests as **serene or vibrant**, steadfast or whimsical, sweet or formal, it's crucial to understand that **patience, simplicity, and compassion** are inherent and unwavering qualities of any soul. Should an image of your Higher Self arise accompanied by judgment, blame, or anger, recognize this as your **ego attempting to outsmart** the process. In such moments, seek to cultivate a more peaceful state of being and kindly request your inner judge to rest, allowing you to proceed without its influence.

EVER CHANGING

In the infinite space of consciousness, there is very little that we know as humans. But maybe there is an unquestionable and undisputable truth; nothing ever stands still; the entire Universe is in constant movement.

This applies equally to the dynamic nature of our inner selves. It's essential to remember that these 4 elements are not static. As we evolve, so may the image of our soul and the representations we associate with our Higher Self—its appearance, the spaces it inhabits, the pace at which it moves (or not), and the grace it exudes—also undergo continuous metamorphosis. This **fluidity** is a testament to our growth and adaptability as spiritual beings.



It happens to me often that Alma, my Higher Self, sometimes asks me permission to excuse herself and invite another figure to stand there. Usually a man, which embraces better the masculine energy that I **may need at the moment**. It may sometimes be that an animal shows up. So, understanding the unconscious **symbols** that these figures may embody is also part of the exercise for a more mindful life.

NO RUSH

Your higher self is always there! There's no need to rush the process or force connections. Sometimes, insights may come quickly; other times, they may require patience and quiet reflection.

Respecting this natural rhythm is key to developing a sustainable and rewarding relationship with your Higher Self. The whole idea is that this spiritual dialogue enriches your life **without overwhelming** it, allowing you to grow at a rate that is both comfortable and transformative.

By accepting that some **revelations may take time**, you allow yourself the space to absorb and integrate these insights fully, so rushing or forcing this process can be detrimental to it. This patience with your spiritual journey not only respects your current state but also acknowledges the **transformative power** of time and readiness. In embracing the natural pace of your spiritual path, you open yourself up to a richer, more meaningful dialogue with your innermost self, the one that promises continuous expansion.



WE STAY CONNECTED

I sincerely hope this reading has awakened the deep compassion within you, **enhancing your awareness** as you navigate the complexities of mental imbalances. However, I understand that, for some people, simply reading the 4 ACES METHOD might not be the best way to connect with it and you may need an extra hand. It's not that the steps themselves won't resonate, but rather that reading alone **may** not fully convey the depth or facilitate the connection needed for all individuals.

If you've found it challenging to forge that connection, or if you're seeking additional support to harness your **intuitive** abilities and accessing inner peace, I'm here for you. I promise to offer **gentle, kind** guidance on your journey inward.

For those interested in delving deeper, a comprehensive course on this method is available. With advanced teachings around what we've covered here and guided meditations. Additionally, I'm more than willing to offer personalized 1-1 support.

We are together on this journey!
That's how we create a more beautiful world!

With all my love,
Alma

