

GET TO KNOW YOUR

Intuition

LESSON 1



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Intuition Definition: The ability to understand something immediately, without the need for conscious reasoning.

- Oxford Dictionary

Read the blog post on channeling intuition and listen to the intuition podcast episode. What speaks to you? What questions do you have?

Answer following questions. Take time to go deeper and don't rush. I suggest you write down your answers or find a friend to discuss each question in detail.

Think of a time when you had an intuitive sense of something you should do or pay attention to. How did you receive that information? (A body sensation? An inner sense? An inner voice? An image?)

Do you generally follow your intuitive sense or not? Why, why not?

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Can you think of a time when you neglected to pay attention to your intuition? Why? And what happened?

If you tend to neglect your intuition, can you sense what beliefs get in the way of trusting that you have an internal sense of what's best for you? Are there family beliefs, common wisdom etc. that override your inner senses? Write down these limiting beliefs:

E.g. I neglect my intuition since I believe I'm not smart enough. I generally trust experts.

I don't believe in intuition.

Now write a new belief for each old belief. Put your list somewhere where you see it and read the new beliefs (closet door, bathroom mirror?) daily until they feel integrated.

E.g. I neglect my intuition since I believe I'm not smart enough. I generally trust experts.

New belief: I know enough to look out for myself. I consult experts and inform myself, but then I make the decision that resonates best for me. When I trust my intuition I am safe.

i don't believe in intuition.

New belief: I'm ready to change my mind and stay open.

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Are you willing to pay attention to your inner hunches?

Think of how going to the gym will exercise your muscles. The same is true for your intuition. Pay frequent attention to your inner voice and outer synchronicities. This will help you understand what your intuition generally feels/sounds like, and where it gets confirmed. It's usually a quiet voice and it feels calm and clear. High anxiety, fear and deep desire are louder and often feel overpowering. Intuition is subtle and sometimes gives us unexpected insights.

Write down what you are willing to do to work on your "intuitive muscle"

Some of the things that helped me are:

"Playing" with my intuition. Will I find a parking spot?

When my phone indicates a txt coming in - can I intuit who it might be?

When I walk my dog, which street do I "feel" I should walk down?

When I buy groceries, what food can I "feel" my body needs right now?

I work with wisdom card sets (more on that in another lesson). They've helped me sharpen my intuition big time. Are you interested in buying an oracle deck or the Tarot and do a daily spread to help yourself ask questions and tune in?

I often "listen" before I call a friend or family member. Do I call because I'm bored or feel guilty (eg need to check up on them), or do I sense it's the right time?

Write down a couple of action items in how you want to practice sharpen your intuitive sense:

If you find yourself too blocked to access intuition you might find help working with a coach, therapist or intuitive. Trauma and years of being in relationships that undermine our sense of self can limit our inner awareness. However, you never stop having access to your inner voice completely. Think of how a little flame can become a big fire. Nurture your inner voice.

"The intuitive mind is a sacred gift and the rational mind is a faithful servant"

~ Albert Einstein

"To know how to choose a path with heart is to learn how to follow intuitive feeling. Logic can tell you superficially where a path might lead to, but it cannot judge whether your heart will be in it."

~ Jean S Bolen