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# Awaken Your Intuition

A Self Guide

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## Introduction

We are energy beings made up of several *subtle bodies*, one of these being our intuitive body. I believe that along with our intuitive body, we have an intuitive mind. Our intuition is the means by which we receive guidance for our life's journey. I like to think that it is how our soul and 'higher self' speak to us. Awakening our intuition gives us access to the soul's guidance which allows us to live our lives with more confidence and certainty.

Learning to trust your feelings and knowing yourself are two key elements for living daily in a close relationship with your intuitive knowing. Intuitive insights are soft, gentle, and often fleeting. Therefore, the quieter our minds are, the better we are able to sense our intuition.

The following are some attributes that I encourage you to develop to increase your ability to recognize and understand your intuitive insights.

## Qualities to develop to help recognize intuition

- **Trust and belief** - what are your existing attitudes about intuition?
- **Mindfulness** - this means slowing down and paying attention; to the physical body, feelings, thoughts, your surroundings and not judging any of it but just noticing it. Make it a daily practice of stopping throughout the day, once an hour or more, and notice. Keep a journal with you at all times and keep track of your observations.
- **Be fully present** - intuition is in the now. The only place of truth and understanding is in the present moment.
- **Receptivity** - this means being in a state of alert, non-judgmental awareness. Allowing.
- **Relaxation** - throughout your day, stop and breathe. Focus on your breath as a means to relax your physical body. Relaxation through breath work opens you and raises your vibration to a higher level, a vibration where intuition resides.
- **Be playful and creative** - there are many ways of being playful and creative; find what is 'your' way. This is valuable for raising the vibration and bringing you more in alignment with the vibration in which intuition resides.
- **Self-awareness** - know yourself. Hopefully, your awakening to intuition brings you to deeper, non-judgmental self-awareness. By being self-aware, you are more able to be true to yourself.



# Five (5) Exercises for awakening intuition

## 1. Psychometry

Psychometry is reading the energy of objects by holding them in your hand. It is best to use small objects, such as jewelry, that you can place in the palm of your hand. Have a friend supply an object. Have pen and paper available to write down your impressions.

Before taking the object, rub your hands together to get the energy moving. Quiet your mind, take a few deep cleansing breaths and place the object in the palm of your hand.

Pay attention to any feelings or sensations in your body. Notice any images that appear. Do not judge anything you are getting, just write it all down as you are getting it.

Pay attention to how the images, sensations, or feelings come to you. Are the images accompanied with physical sensations and where do you get them in your body.

Make sure you write it all down as this is practice. This exercise, as any intuitive development exercise, is meant for you to learn how your intuition comes to you.

When you are done, ask the person who gave you the object to give you feedback for confirmation

## 2. Self-awareness exercise

With your intuition journal and a pen, find a quiet room with a mirror. Sit down in front of the mirror and just look at you. What do you notice? Look into your eyes and notice your feelings. Are you able to look at yourself? Do you easily look at yourself? Do you feel embarrassed, comfortable, silly? Write down how you are feeling.

Ask to speak to your higher self. Look into your eyes and hold the gaze while paying attention to what feelings arise. Or do ideas or thoughts arise? (only loving thoughts will come from your higher self or a spirit guide). Keep gazing into your eyes and ask if there is something you need to know from your higher self and soul. Be patient and let the answers arise within you. Keep probing and asking questions. If you notice you feel uncomfortable ask, "What do I need to know about this feeling?" do the same if you feel joy or happiness. Keep delving into the truth of who you really are.

Do this for ten or fifteen minutes. When you are done write what you experienced in your intuition journal. Over time you will see how you have grown and become more acquainted with who you really are.

You can do this exercise whenever you are feeling disconnected or in need of understanding of some experience.

### 3. Notice everything

Make an effort to notice everything around you. When waiting for a stoplight to change, look around you. What do you notice? When doing habitual or mundane tasks pay attention to how you are doing them. What are you thinking while doing these tasks? What is your posture? Are you relaxed or tense?

Use your five senses to pay attention to all the sensations around you. Take time throughout your day to pause and listen, look, hear and sense the world around you.

This simple suggestion brings you into the present moment, and in the present moment, we are more aware of our intuition.

### 4. Change routines

Take a different route to work and notice how you feel and what is around you. Change your morning routine. Do you shower then have breakfast, change it and have breakfast then shower? Play with this as it is a great way for awakening from the patterns of living your day on “automatic pilot.”

### 5. Meditate

Meditate every day. Taking time to relax your body and focus on your breath is beneficial for the body, mind, and spirit. Meditation teaches the ego-mind to step aside, and therefore, messages and intuitive insights are easier to recognize. Remember that intuitive insights are generally gentle and soft, almost like a whisper.

## Closing

These are some of the tools I use to stay connected to the messages coming from my intuitive mind and body. I hope that these suggestions help you on your journey of self-discovery and enlightenment.

Blessings,

Laurie Stimpson

