



Five Ways to Build your Intuition

What is intuition? Intuition is an inner knowing. It is the voice of your spirit containing the wisdom of divinity. This voice does not scream or yell; it is quiet, yet honest and powerful. There are a few requirements before you can learn how to work with your intuition better.

1. Trust: You must trust and believe that you are intuitive. Every person contains an inner voice that is connected to an enlightened and all-knowing source. Believe that you, too, can access this.
2. Open Your Mind: You must keep an open mind throughout this process and do NOT compare your experiences to others. Remember, everyone's journey is specialized- the universe has a

curriculum for you and it will always look different. Trust that what is happening to you is real and designed perfectly for you.

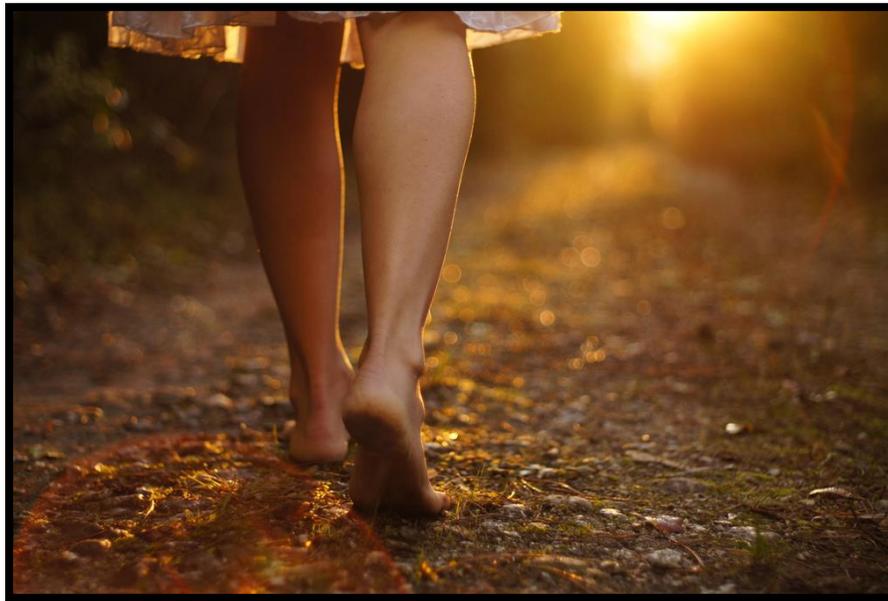
3. Be positive: By remaining positive, you increase your vibration and thus, increase your intuitive experiences! Do NOT doubt.

4. Meditate: As you already well know, meditation is your intuitive gateway. Technically it's your personal stargate and you can unlock this by closing your eyes, relaxing, breathing deeply, and meditating.

5. Intuitive equipment: Here are some tools you will want to invest in to complete these short exercises:

- a) White Candle (any kind will do)
- b) Sage bundle (to clear your energy before and after you complete each exercise)
- c) Sea Salt (to bathe in or use a salt scrub- salt is an energetic cleanser)
- d) Oracle Cards (yes, that's right. You will want to invest in a deck you like. It does NOT have to be Tarot; it can be anything you like- if you prefer Angel cards or Jesus cards you can use those too!)
- e) 5 different stones or crystals
- f) Paper
- g) A Bowl
- h) Imagination - You will always need this along your journey.

Day One



- All intuitive work requires having an open mind and tuning into your own heart, where all answers reside
 - Light your sage bundle and clear your energy.
 - Find a quiet place to sit and turn off all electronics.
 - Close your eyes and breath in and out deeply 7 times and place your hand on your heart.
 - Begin your meditation: Focus Meditation
 - <https://www.youtube.com/watch?v=EciCivGKtnc>
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- This meditation will help you focus on hearing and feeling your heart
 - Recommended: Sea Salt bath. Salt has been recognized as one way to clear your aura and your energy field. If possible, take a sea salt bath today or as often as possible.

Day Two



- Light your sage bundle and clear your energy.
- Find a quiet place to sit and turn off all electronics.
- Complete the following meditation: **Grounding Meditation**
- <https://www.youtube.com/watch?v=OjIJYtwxOi8&t=82s>
- Day Two Oracle Card Exercise:
 - Grab your oracle deck
 - Knock on it three times
 - Ask one question aloud and mix the card deck.
 - Pull three cards, but do NOT turn them face up.
 - Close your eyes and place your hand over your heart
 - Take a Deep Breath and ask the question again
 - Listen closely to the first answer you get- You will hear one word or a sentence
 - Turn over the cards! At least one of your cards will reflect the message you heard in your heart.
 - Practice this exercise as often as you like.

*Recommended: Sea Salt bath to clear energy

Day Three



- Light your sage bundle and clear your energy.
- Find a quiet place to sit and turn off all electronics.
- For this exercise you will need a bowl, 7 small white pieces of paper and a pen
- Close your eyes and breath in and out deeply 7 times
- Imagine a shower of white light run down your head, neck, shoulders, arms, hands, spine, chest, torso, waist, hips, legs, and feet.
- **Day Three Exercise:**
 - Write the following words on small pieces of paper: Trust, Have Faith, Patience, Inner Strength, Peace of Mind, Kindness, Believe in yourself.
 - Fold each piece of paper and place them all in a bowl
- Close your eyes and place your hand over your heart and breathe deeply for one min
- Ask yourself one question out loud and take 5 deep breaths
- Now, reach inside the bowl and pick one piece of paper. Before opening it, state out loud your first thought as to which piece of paper it is. Open the paper and see if it matches.

Day Four



- Light your sage bundle and clear your energy
- Today you will be tuning into your intuition to complete an intuitive writing exercise.
- For this exercise you will need a white candle, paper and pen.
- Find a quiet place to sit. Turn off all electronics. Light your white candle
- Close your eyes and breath in and out deeply 7 times.
- Imagine a shower of white light run down your head, neck, shoulders, arms, hands, spine, chest, torso, waist, hips, legs, and feet
- Open your eyes
- Day Four exercise: Today you are going to be writing a letter to yourself to solve a major or minor problem you've been dealing with. You are going to be tapping in to your intuition for the answer.
- Begin by writing: Dear _____(place your own name there).
- Next you will write: "I know that you have been struggling with _____(write problem here) for _____(days, weeks, years, months) and it has made you feel _____(fill in the blank). Next write: "Although this time has been difficult, I am here to reassure you that you will overcome _____(put situation here).
- Next write: "Trust that this situation already has a solution."
- Now, ask your intuition for the solution and write it. Trust what you hear.
- The rest of the letter will contain ONLY words of encouragement from your intuition. Listen to the words you hear and don't question the rest of the message. Finish writing your letter and then read it to yourself. If you notice any negative words then you know it was NOT from your intuition but from your doubting ego. Be careful not to succumb to doubt throughout this process.

Day Five



- Light your sage bundle and clear your energy
- Find a quiet place to sit. Turn off all electronics. Light your white candle
- Close your eyes and breath in and out deeply 7 times.
- Imagine a shower of white light run down your head, neck, shoulders, arms, hands, spine, chest, torso, waist, hips, legs, and feet
- Today you will be doing an exercise to learn to trust your intuition
- **Day Five Exercise:**
 - Grab 5 different crystals or stones
 - Close your eyes
 - Mix the stones in your hands
 - With eyes closed place the stones or crystals in front of you
 - Place one hand on your heart and breathe deeply and feel the beating of your heart for one minute
 - With eyes closed and one hand on your heart reach for one crystal
 - Breathe deeply and ask yourself which color crystal it is
 - Listen to the first word you hear and trust it
 - Open your eyes and look to see if it matches your guess
 - You can repeat this exercise as often as you like to build your intuition

*Recommended: Sea Salt bath to clear energy