

Nurture Your Intuitive Abilities

We all have intuition, but if you work at it, even just a little, it strengthens. Just like a muscle, if you exercise it regularly, it gets stronger. If you don't, it atrophies.

Some of these exercises may be more effective and fun for you than others. Experimenting with them is part of developing your intuition. So do the ones you enjoy and feel free to tweak any to fit your needs.

Keep an Intuition Journal to enhance your learning. A journal will help you keep a record of what has happened, evaluate your intuitiveness, and you'll also remember which exercises worked best for you.

Below is a list of intuition exercises you can do. Pick the ones that resonate with you and practice daily.

Exercise 1 Breathe

*Find a place to sit comfortably for about five minutes. You may want to sit longer in time.

*Follow your breath by counting to 2 on the inhale and 4 on the exhale. In time, slowly lengthen the count when you're ready to. *Ex. in for 3, out for 6 or 4 & 8*

*When you feel relaxed and still, identify a situation that you'd like more insight about.

*Focus on the situation closely for about 5 minutes or long if it feels comfortable.

*Ask your soul, spirit guides, the Universe or whom ever for a direct intuitive experience about it in the near future. 24-48 hours is a reasonable request.

Exercise 2 Looking for symbols.

*Get a piece of paper and a pen or pencil. Better yet, use a journal of some kind. A simple notebook works perfectly. No computer of any kind. Writing by hand connects you to your inner-self much better.

*Ask yourself, "What does my life need right now?" three times, pausing for a moment in between each time you ask. Imagine you are looking toward a more meaningful answer each time you ask.

*When you've finished for the 3rd time, pick up your pen and draw one symbol on your paper.

*Interpret this symbol. What does it suggest you add, take away from, or enjoy from your life?

Exercise 3 Time to pay attention to the subtle messages.

*Invest in your sixth sense. Imagine that your eyes, ears, hands, skin, emotions, and intellect could stretch out into the invisible world and capture sensations, information, inspiration, knowledge, and wisdom like a cell phone captures invisible waves of sounds and images.

*Let yourself 'walk' through your day sensitive to other dimensions.

Exercise 4 Choose a sense to work with, eyes or ears.

*Make a date with yourself on your calendar and allow 2 -3 hours.

*When the time comes, get in your car for a drive or go for a long walk and go without knowing where you are going.

*Resist the first few 'ideas' you have about where you're going. Wait for the idea that makes your body very relaxed. Your body is your best barometer of what is right if it comes to you intuitively. You will experience inner stillness, silence, and a 'knowing' that it is right.

*When the barometer is correct, go visit the person, place, or event that came to mind.

Your Intuitive Eye

Sit quietly anywhere, any time.

Relax your eyebrows and forehead.

Let the muscles of your face 'melt' into ease.

Inhale and exhale rhythmically.

With your inner eyes, create a vision of you radiating health and happiness to every part of your body and to all those around you.

Your Intuitive Ear

Pretend that you have an inner DJ and invite your DJ to play a song which is relevant for you.

Listen to what you hear. It may be only a few words and ask why your intuition chose that song at this moment.

Exercise 5 Work with dreams and altered states.

Before you go to bed at night or lay down to rest during the day, put a pen and paper next to you.

After you lay down, mentally ask your intuition for a dream or day dream image that will benefit your life and/or the lives of those around you.

Repeat your request as often as possible before you drift off.

When you wake up, even if you don't remember anything specific, write or draw whatever comes into your mind.

Look over and evaluate what you receive. Act on the advice where appropriate.

Repeat as needed.

Exercise 6 Ask a question.

Ask yourself: If I knew I would receive help from my intuition, what is it I am most concerned about or most interested in growing now; relationship skills, rewarding career, personal evolution, financial stability, other.

Formulate a question and ask it internally as often as you can.

Exercise 7 Focus your love.

Find a spot to sit comfortably.

Identify something you love to do or a place you love to visit.

Using your imagination, allow what you chose to be in your heart space and nest there for the duration of the exercise.

Inhale on the count of '1' and exhale on the count of '2' however imagine that it is your heart that is breathing.

Allow your 'heart breath' to gently rest on your thoughts as it moves in, through, and around your heart space.

After 5 minutes of gentle resting on the thing or place you love, invite your thoughts to return to your head area.

Focus on your breathing heart.

Use your intuitive senses to know what gift of understanding has been left or has been born in your heart.

If nothing is there, let it go for the moment.

Exercise 8 Real situations.

On a clear day, the light of a new day comes long before the sun itself rises.

Imagine a question which is like the first rays of light; it is a good question, but the real question has not yet risen.

Observe the first question while you patiently wait for a more valuable and real question to emerge.

Record the real question and begin to work with it.

Exercise 9 Card trick

On three identical blank cards, write: Yes, No & Maybe on one side of each. Turn them over, close your eyes and shuffle them around so you have no idea which card is where.

*Quiet your mind and ask a question that you know the answer to. For example "Is my name is Jody".

*Close your eyes and place your hands over the cards one at a time. Notice the different energy or feeling you receive when your hand is on top of each card.

*Pick the card that you felt the strongest pull to. Keep practicing!

Exercise 10 Advanced card trick

*When you feel you have a good understanding of what your intuitive voice sounds and feels like, you can begin asking questions that you do not know the answer to.

*Is there something that's bothering you? Take three identical blank cards and write down three possible situations, one on each card.

*Turn them over and repeat the exercise, see which possibility you are more drawn to. Think maybe your intuition is trying to tell you something?

Blind Readings are a great way to develop your intuition and to discover what your intuitive voice sounds like. Remember, the more you practice, the sooner you'll become a natural at learning what your intuition is trying to tell you.

One last note, please spend more time in nature. We are all deeply connected to the natural world, our planet. The more time we spend in nature, the more attuned we become to the beautiful world we are deeply a part of. And, the better we are at tuning into our given intuitive powers.

For more fun and games, be sure to check out the book E-squared (as in Einstein) by Pam Grout. It's a book filled with fun energy exercises that will also exercise your intuitive muscle.