

What is Intuition?

Activity

Introduction

Honing your intuition is all about internalizing intuitive awareness. This gets complicated when we're not real sure what intuition is, where it comes from, or what it means to us.

In this activity, you'll be guided to get clarity regarding all of these pieces. After watching the Introduction videos and sitting with the material, please create a quiet, reflective space to feel into these questions. First sit with the questions without trying to respond. This is a powerful exercise to do over the course of a few days. Absorb the questions into your awareness and allow your intuition to speak to you without feeling pressure to complete the activity.

Tips:

Practice quieting your mind and sensing the response instead of thinking about it.

Stay aware of anything that happens in your body while you gauge your responses to these questions.

Exercise

When you're ready to record your reflections, create a reflective space and feel into the preferred method of recording them. You can use a pen and paper, type on a device or record them via audio or video. Regardless of the method you choose, pay close attention to any shifts in your energy as you start the response process. Record your observations also.

Once you complete the process, if you choose an alternative method for responding, type up the responses for submission. Use this process to further observe any thoughts, feelings or movements in the body and record those, as well.

Questions

What is intuition?

Where does intuition come from?

Why do I want to hone my intuition?

What can I do when obstacles come up that prevent me from relying on my intuition?

What benefits do I expect to experience as a result of honing my intuition?