

INT 301 - Basic Intuition

Syllabus

Overview

The INT 301 module is designed to follow a minimum 3-month syllabus. We believe you can and may want to take longer with this material, however we do not recommend you move faster than the timeline we've outlined. While it may feel tempting, this will inhibit your ability to properly integrate the material.

To move through the module in 3-months, use the information below to stay on track.

Month 1

Lessons	Topics	Activities
Introduction	What is Intuition	Intuition Integration Journal
	Intuition as a Superpower	What is Intuition
	Intuition Primacy	Intuition - the light in you that shines meditation
		Living in the intuitive existence meditation

Month 2

Lessons	Topics	Activities
Types of Intuition	Types of Intuition	Sacral Energy Intuition
	Sacral Energy Intuition	Emotional Energy Intuition
	Emotional Energy Intuition	Sacral Intuition
	Expanding Intuition	



Month 3

Lessons	Topics	Activities
Honing Your Intuition	Limitations of Intuition	Receiving
	The Inside Out Game	Reflection
	Honing Your Intuition	