



Intro to Intuition

In this class you'll learn:

- How you best hear your intuition (what's your strongest intuitive sense)
- Exercises to strengthen your intuition
- Ego vs Soul
- Meet your Higher Self, Guides, and Angels
- How to use a pendulum, muscle testing, and oracle cards

What's your primary intuitive sense? (Quiz by Doreen Virtue) Grab a pen and paper and write down the answer that most sounds like you.

1. When you initially meet someone new, what's the first thing you tend to notice about the person?

- A. The way the person looks, such as clothing, hair, teeth, shoes, or general attractiveness
- B. How you feel around the person, such as being comfortable, amused, safe, and so on
- C. Whether you find the person interesting, or believe this may be someone who can help you out in your career
- D. The sound of the person's voice or laughter

2. Think back on a vacation you took. What stands out most in your memory?

- A. The beautiful sights of nature, the architecture, or something that you witnessed
- B. The peaceful, romantic, restful, or exhilarating feelings associated with the trip
- C. The important and interesting cultural and/or historical information that you learned while travelling
- D. The sweet silence, the crashing surf, the chirping birds, the rustling leaves, music, or some other sound

3. Recall a movie that you truly enjoyed. When you think of that film, what comes to mind first?

- A. The attractive actors and actresses, the lighting, the costumes, or the scenery
- B. The way the movie made you laugh, cry, or moved you in some other regard
- C. The interesting plot, or the life lessons that you or the movie's characters learned during the story
- D. The musical score or the sound of the actors' and actresses' voices

4. Think back to your favourite memory as a child. Whatever memory comes to mind. What stands out about this memory?

- A. Where you were, the clothes you were wearing, the scenery.
- B. How you felt, maybe carefree, light, happy
- C. What you learnt from this experience, your takeaways.
- D. The sound of your moms voice or your friends laughter, the sound of this memory.

Take note of your answers. Most likely you've answered two or three questions with the same letter. Here's what they mean.

Mostly “a” answers signify clairvoyance. Which means clear seeing. You’re a highly visual person and are likely to notice how people, places, and even meals look before you focus on anything else. You’re probably very artistic; or if you’re not creative in this way, you have an excellent eye for putting together wardrobes, interior design, and such. Visual harmony is important to you, and you appreciate anything that’s pleasing to the eye. You probably see sparkling or flashing lights when angels move around you, and you’ve most likely seen a departed loved one out of the corner of your eye before. You have mental visions of possibilities, and you have the ability to put these intentions into action. Your angels and guides speak to you through mental images; signs that you witness with your physical eyes (anything that’s meaningful that you see); repeating number sequences (such as 111, 444, and so on); finding coins; seeing butterflies, birds, and colors around people; and other visual means. Trust these visions—they’re your guides way of speaking to you! You receive your guidance through mental images (visualizations) or dreams. You’ve most likely been doing this your whole life so you probably think it’s normal. You might be a daydreamer and escaping to places in your mind’s eye. To strengthen this sense, practice visualizing. Maybe how you want to decorate a room in your home, visualize your dream vacation, and practice visual meditations. Maybe when you’re chatting with people you will get a visualization of something, share it with them even if it sounds odd. It usually makes sense to the other person.

Mostly “b” answers signify clairsentience. Clear feeling You interact with the world through your physical and emotional feelings. You’re highly sensitive and may have difficulty dealing with crowds, which can include driving on busy streets and freeways. You sometimes confuse others’ feelings for your own. You’re very compassionate, and often feel the pain of those around you (sometimes unknowingly). You may overeat or indulge in other addictions to deal with overwhelming feelings. You want to help others to feel happy, and may become a professional helper or form relationships with people who need assistance. You’ve been teased for being “too sensitive,” yet your sensitivity has made you a delicate receiving instrument for intuitive guidance. Your angels speak to you through your heart and body. You feel joy as an indicator that you’re on the right path; dread as a sign that changes and healing are necessary; and fatigue as a clue that you need to take time for rest, play, and self-care.

you can tell whether a person is trustworthy or not, and your gut feelings are accurate. You feel air-pressure and temperature changes when communicating with the spirit world, can sense the presence of angels or departed loved ones, and sometimes feel angels brushing your skin or hair. Don't write these sensations off as being "just feelings"—they're how Heaven speaks to you! You have a strong "gut feeling" Pay attention to how you feel around different people and places. You can strengthen this clair by noticing how you feel throughout the day and can benefit from clearing your energy regularly. You often know how people are feeling before they do. You can begin to practice using this clair by asking friends and loved ones if they feel ___ when you notice your energy and emotions change around them. Sometimes we hold on to others emotions if this is our primary clair and a good exercise to use is "return to sender with love, light, consciousness, and healing"

Mostly "c" answers signify claircognizance. Clear Knowing. You're an intellectual who receives direct communication through ideas and revelations. You often know facts (both trivial and important) without having read or heard anything about a particular subject before, as if Universe has downloaded the information directly into your brain. You're not comfortable with small talk, and prefer deeper and more profound discussions. You may feel uneasy around people, except in one-on-one situations involving a subject of interest to you. You've most likely been teased for being a "know-it-all." You may be skeptical about angels and psychic abilities, unless you've had a dramatic lifesaving experience that you can't explain away. Your angels speak to you through wordless impressions that you receive in your mind. You're able to mentally ask for information or help and receive it as Divine instructions that suddenly appear in your thoughts. You receive brilliant ideas for inventions, teachings, and businesses that shouldn't be ignored. The "Aha" moments are clues to when you're connecting with your angels. As a claircognizant, you tend to assume that your knowledge is common information. It isn't—it's Heaven's way of answering your prayers and speaking to you! With claircognizance it's an inner knowing, a gut feeling, you don't know how you know but you just do. You may have experienced an I KNEW IT feeling throughout your life, start to notice when this happens and pay attention to these inner knowings, especially when you meet new people, you might think your judgemental but you have a good sense of character.

Mostly “d” answers signify clairaudience. Clear Hearing. You’re very sensitive to noise, and you’re the first one to cringe at off-key notes or other unpleasant sounds. You can remember song melodies in much the same way that someone with a photographic memory can recall material they’ve read. It’s best if you use earplugs when travelling, as sensitivity to noise makes it difficult for you to sleep or relax on airplanes and in hotel rooms. For the same reason, you avoid the first few rows at loud concerts. When you use alarm clocks, you prefer waking to soft music on the radio rather than loud buzzing sounds. Your angels speak to you with words that you hear inside or outside your mind. During emergencies, a loud voice outside of one ear warns you of danger. The voice of Heaven, unlike an auditory hallucination, is always loving, to the point, and inspiring—even when it asks you to do something heroic, or function beyond what you believe are your capacities. You’re likely to hear celestial music and your name being called in the morning. You’ll hear guidance like it’s your own inner voice. Most of the time it won’t be a loud or obvious conversation unless it’s an emergency. To strengthen your clairaudience practice listening, to sounds in your environment, songs, conversations, truly listen. You can receive guidance by asking questions when you’re in a relaxed state like the bath or shower, pay attention to any voices in your head (again that will often sound like your own)

To connect with your intuition, guides, and angels:

Before you begin find a comfortable spot where it's quiet. Take some deep clearing breaths 3x to get centred Set the intention to connect with your Guides (of the highest white light), Angels, .and higher self. Ask for only positive and loving energies to surround and uplift you today. Ask for your ego to be set aside and your angels, guides, and higher self to come through and share the messages you are most needing to hear today easily, accurately, and joyfully. Begin to use any of the exercises below.

Exercises to strengthen your Intuition:

Ask questions - When I connect to my intuition, guides, and angels I find one of the easiest ways is to just ask questions. It's like your having a conversation with your soul but of course it isn't physically in front of you to answer. Instead your intuition comes through internally as a vision (minds eye), feeling, knowing(gut instinct), or hearing (like your own voice talking to you) usually I find it comes through more than one sense and if you're having a hard time hearing your intuition you can ask for it to come through a difference sense or for clarity.

Meditate and bring in questions - Meditation helps quiet the mind to easily receive the guidance you're needing. One of my favourite ways to get guidance is to ask a question or two before my meditation and then receive the guidance during the meditation. One tip I have with this is to let go of the outcome, sometimes I'll get the guidance in that moment, sometimes it takes a day or two. Just TRUST that it's on its way. Again the guidance will come through as a vision, feeling, knowing, or hearing.

Ask the Universe for a sign This is a great exercises for the big decisions you're having a hard time making and can't get out of your head to get clarity. To do this ask the universe if you're meant to __ (insert decision) to see a __ (whatever object comes to mind) by the end of the day. If you see your sign it's a yes, if not it's a no.

Body yes/no - Another great way to hear your intuition is to use your body! Close your eyes take a deep breath, then ask your body to show you what a yes feels like, notice any sensations you feel, then ask your body what a no feels like, again noticing any sensations in the body. With this technique always begin by asking questions that you know are a yes and work your way up to questions you kind of know, you don't know but don't have a lot invested in, and then when you feel comfortable with the process ask yourself the question that you really want to know

Exercises to strengthen your Intuition cont'd:

Automatic Writing - This is one of my favourite ways to connect to my intuition and guides. Grab a piece of paper and pen then begin to ask questions and allow whatever guidance to come through. Write from your heart to your paper, by passing the brain. It helps to close your eyes and just let it flow out.

Ego Vs Soul

Your ego is here to protect you and keep you safe but a lot of the time it gets in the way of you living your souls purpose and dreams. Your ego is the version of yourself that identifies with your roles, things, and how you would describe yourself when someone asks who you are. Your intuition is your soul, the part of you that's wise and ever knowing and your core being. You know it's your ego when you get inspiration for something and then your ego comes in shortly after saying "ya but I can't do that because ___" it may seem logical but it doesn't make it true. Your ego is fear, and your intuition is always love. Even if your intuition says no it will be in a loving way like not right now or something better is on the way. Your intuition usually speaks to you during moments of quiet like in the bath, shower, or before bed. Your ego is always living in the past or the future, while your intuition is in the present. Here are some more characteristics:

Ego

Fear
Judgemental
Victim – blames others
Creates Conflict
Complains
Past/future focused
Feels inferior/superior
Stressed and worried about the future
Head/mind based awareness

Soul

Love
Accepting
Takes responsibility
Forgives
Grateful
Present moment
Knows we are all one
Trusts in the divine
Heart-based awareness

When connecting to your intuition always ask for your ego to be set aside and your higher self to come through. You can also imagine the dial of your ego being turned down.

Ways to increase your intuition:

- Citrus fruits – grow in the sun, connected to source
- Essential oils – calm the mind and open third eye –frankincense, sandalwood, clary sage, rose, chamomile
- Smudge – cleanses your energy use sage, rosemary, lavender
- Crystals – quartz, selenite, merlenite, amethytst, kyanite
- Meditation – quiet thoughts and help you go within to access your intuition.guides, and angels.
- Intention – set the intention to connect to your intuition or higher self and receive the guidance you are most needing today.
- Increased water – more clarity
- Practice! – it takes time to strengthen your intuition and trust your intuition, everyday make time to practice using your intuition. Start small likr using your intuition on what to wear or eat and work your way up.

Ways to decrease your intuition:

- Meat, Sugar, and alcohol can fog intuition
- Questioning if it's right – self doubt, not trusting yourself
- Being in a lower vibration (fear, anger, guilt, worry, doubt)
- Not listening to your intuition. Receiving guidance and doing the opposite.

How to use a:

Pendulum - pull the string to centre it, then hold the top with your dominate hand and place your other hand underneath. Ask the pendulum to show you a yes and notice what way it moves, then ask for it to show you a no, again noticing what way it moves. Begin to ask the pendulum yes/no questions. Trust in the process and be open to whatever comes through. Just like the body yes/no start with questions you aren't too invested in and work your way up.

Muscle Testing -

Stand with your feet hip width apart and your arms straight out. Ask yourself a yes question and push down on your arm. Notice if your arm stays strong or goes weak. Now ask yourself a no question and notice if your arm stays strong, or lowers. (this is best done with a partner)

Fingers - Make a circle with your index finger and thumb on both hands now loop them together. Now ask yourself a yes question and try to pull your fingers apart, they should stay strong. Now ask yourself a no question, your fingers might break apart.

Body swaying - Stand with your feet hip width apart, straight, tall and centred. Ask your body to show you a yes, allowing it to sway in whatever direction it wants to go. Now ask your body to show you a no, again allowing it to sway in any direction it wants. Be careful you don't fall over and you have a clear space around you. Start to ask your body yes/no questions.

Oracle Cards - Choose a deck that resonates with you. (you can find them at health stores, book stores, and online) Begin by knocking on the deck to release any energy that isn't yours. Then put the cards against your heart putting some love and your energy into them. Ask God, angels, guides universe (or whoever you believe in) to assist in your card reading today. That you receive the guidance you most need to hear today and that you hear it easily, accurately, and joyfully.

Start to shuffle the cards and usually they will just pop out or you will be guided to stop and pick one. Don't overthink it just allow them to come out easily and trust the process! You can ask how many to pick or you'll know when to stop. Always flip over the first card you picked and when you're reading it pay attention to any thoughts, feelings, or emotions that come up for you. Also look at the picture as there can be a message there too. Most oracle card decks come with an insert that further explains the message on that card. These are divinely guided and easy to use!

I hope these exercises serve you in hearing your intuition! Remember just like anything it takes practice. Be gentle with yourself, trust yourself, and most importantly have fun! :)

- Ann