

## “Enhance Your Intuition” Handout

Below are two additional practices for increasing your level of intuition.

### Exercise 1: People Watching

*Bring a notebook or journal and a pen with you, and find a public spot where you can sit unnoticed and observe the people, animals, and environment around you. Sit back. Allow your mind to relax and allow your breathing to relax. Allow your eyes to have a soft gaze as you gently observe the environment around you. Don't try too hard. Just observe. Notice a person, an animal, or an object, and notice any extra-sensory (intuitive) information that comes through for you. For example, you might see a subtle glow around a person, or even a color. You might get an inner knowing about the person's life or personality. You might feel an emotion. You might see an image in your mind's eye. You might feel an inner sensation, or etc. Be open to what comes. Don't judge it. Some of the information may be very subtle or seem like you are making it up in your own mind. Release any worry or judgment and just observe. You likely won't be able to validate the accuracy of any of the information, but that's o.k. Just practice observing and taking in the information around you. Be sure to jot down your observations in your notebook.*

### Exercise 2: 5 Senses Exploration

- Gather together several interesting items with which you can practice using your 5 senses—sight, smell, hearing, taste, touch. Examples can be trinkets from around the house, a cotton ball, essential oils, a feather, a seashell or stone, a piece of ice, fruit, chocolate, pretzels, etc.
- Set all objects on a plate or tray and sit down in a quiet environment where you can focus undisturbed for about 30 minutes.
- Relax, breathe, get present.
- Pick up one object at a time. Visually observe the first object, then close your eyes and use all your other senses one at a time. (Be sure to not ingest any items that are not safe for consumption.)
- With food items, first notice the touch, sight, and smell, then put in your mouth and observe any sound, smell, texture, taste.
- After completing each item one at a time, go through each item again but this time in your imagination. With your eyes closed, imagine the smell, taste, sound, and what it looks and feels like.

Record your experience and observations: \_\_\_\_\_

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