

## Improve your Intuition – Exercise

### Want to improve your intuition? 🙏

Here's an intuition development exercise you can use to improve your intuition, and to understand how it speaks to you!

#### Preparation

Write the words “positive” and “negative” on 20 pieces of paper and fold them up. Ensure you split them 50/50, so 10 pieces of paper should say the word “positive” and the other 10 should say “negative”.

Put the folded pieces of paper into a bowl or a hat.

#### The Exercise

Select one of the folded pieces of paper and, without opening it, ask your intuition to show you the word that's written down. Write down how many you get right and wrong. Anything over 50% is considered good.

Each time you run the exercise, try to mix it up a little – sometimes you could try to ‘see’ the word in your mind’s eye (which is also called your ‘third eye’), and other times you could try to hear the word. You could also try to feel the word, using your body. Do this by noticing if your body feels light when you pick up the paper, or heavy. Do you notice any subtle movements in your body? Does your body rock gently backwards and forwards? If so, is that telling you the word is ‘positive’? Does your body move slightly from side to side at other times, to tell you the word is ‘negative’? Make a note of how you feel when you do this exercise, and how many times you got the answer right or wrong.

Try doing this exercise at different times of day, try doing it with distractions, and in silence. Try doing it when you have some gentle music playing in the background. Try it first thing in the morning, and last thing at night. Play around with it and always make a note of your circumstances, how you feel, how your day has gone etc, so you can see which conditions impact your intuition the most

#### What to do with the results

After you've had a few attempts and recorded the outcomes, you can start your analysis – when did you get your best results?

Also check to see if you were using sight, hearing or feelings to get your best results. This tells you which is the strongest way for you to connect to your intuition! Psychics and mediums tend to predominantly work with one of these ways more than the others.



This is what is referenced as 'clairvoyance' (clear seeing), 'clairaudience' (clear hearing) and 'clairsentience' (clear feeling). There are other ways to connect too, using smell, taste and 'clear knowing' but for this exercise it's best to focus on one of the three main ways to connect.

Once you know how you most naturally work with your intuition, you can hone in on that skill whenever you want an intuitive answer to a question ♡