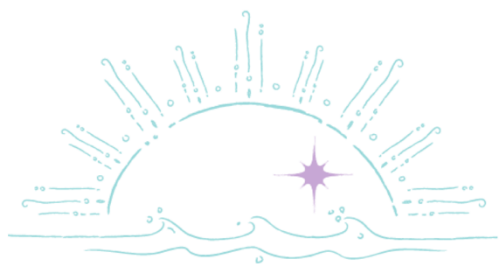


Sparkling Souls



Nurturing your inner

Sparkle

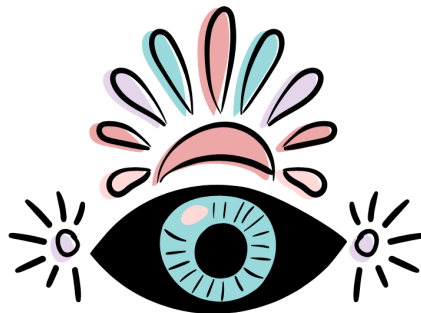
An Introduction to Intuition...

PRACTICAL EXERCISES TO
HELP YOU GET TO KNOW
YOUR INTUITION



Develop your intuition through...

SEEING



Practical Exercise: Visualisation

I have found that when practicing seeing through your mind's eye (where visual messages come through) it is easiest to start with something our brain knows really well.

Close your eyes and imagine yourself in your front yard (or somewhere else you go everyday) visualise yourself looking around. Notice what you can see. As you go along visualise moving around the space. If you're using the front yard example imagine yourself walking down your driveway or down the front path leading to your front door. Visualise all your surroundings noticing as much detail as you can. Once you get to the door take in the details of the door itself, the colour & texture... maybe there are scratches there from your dog (just me?). Whatever detail there is practice noticing as much as you can.

Seeing an intuitive message is very different to seeing something in the physical world. I personally struggle with the visual side of things and find that practicing with something you know well can help you develop this. It's also fun to play around with this exercise so maybe even change it up and use different locations – *my fave is the beach*.

Develop your intuition through...

HEARING



Practical Exercise: Hearing/Listening for Intuitive Messages

Hearing our intuition can be difficult when trying to figure out what is our mind talk and what is an intuitive message. For this exercise I recommend first doing something that helps you calm your mind (i.e. Meditation, Singing, Dancing) Then ask a question to your intuition and notice the first thing you hear. It may not make sense but just go with it (it can be really easy for our mind to dismiss what comes through if it makes no sense). Write what comes up in a journal or use the space below. And *don't forget to have fun with it!*

Develop your intuition through...

KNOWING



Practical Exercise: ‘Knowing’/Having intuitive messages come through without really knowing where they come from

Explaining “Knowing” is the communication method I struggle with the most. The best way I can describe it is that something will just ‘pop into your head’. A great practical exercise to explore this is “intuitive writing” Take a few breaths or blast some music to centre into yourself. You can set an intention for this exercise, but you don’t have to. Grab a notebook and a pen and just start writing. It doesn’t matter what comes out or if you think it’s weird or random just let it flow.

(It can be fun to have a notebook or journal just for this kind of thing)

Develop your intuition through...

FEELING



Practical Exercise: Feeling how our body reacts or receives messages

Our body holds so much wisdom and can be a great way to receive information from our intuition. Understanding how your body reacts or receives messages from your intuition can be a really powerful tool when making decisions (“Feel into your gut” or “What’s your gut instinct” ring any bells...). Take a few breaths then set an intention about what you’d like to feel or ask a question, try to relax and then just notice the feelings in your body. (Example: I have asked before; “I’d like the feeling of unconditional love” and have received a beautiful light feeling in my chest) You might notice a lightness, a heavy feeling, a tingle, an emotion, a slight ache in a certain area. We are all different so whatever comes up for you is absolutely perfect! *Use a journal or use the space below if you’d like to make any notes.*
