



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Passive Intuition

As I mentioned, there are two main ways of using your intuition in your daily-life.

The first way, is in a passive way, where you become mindful of the intuitive insights that your “psychic antenna” is already picking up on. That's what we'll be focusing on this week.

How do we recognize our intuition in our day-to-day life?

Because our intuition is such an integral part of us, we are naturally tuning in to everything around us at all times. It's just that usually we aren't aware of it, because we are in that active thinking state, and because we are taught to ignore our intuition in favor of reason.

The key really, is to become more mindful of what sorts of things are coming through our intuitive senses throughout the day.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Something I've already mentioned that is helpful for this is a daily meditation practice, because you are practicing mindfulness and creating a habit of it. This makes it easier for the brain to naturally become more mindful throughout the day. You want to essentially create a habit of checking-in with yourself throughout the day.

Ask yourself often how your body is feeling. What emotions have you been feeling a lot of? What thoughts have been coming up? Any words in your mind that have been showing up?

I can hear some of you asking now, "But how do I discern between my imagination and my intuition, especially when they feel so similar?" Again, remember that your imagination is not the enemy. Your imagination is actually incredibly important for your intuition.

Your imagination is a tool: a tool your brain uses to create things (active, creative, imagining), and your imagination is a tool through which energy can describe itself (passive, observational, relaxed curiosity). The question is more how do I know what is just random noise made up by my brain, versus what is coming through my intuition? That comes from experience.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

It's important to know that we are all much more intuitive than we realize. We are **CONSTANTLY** picking up on information through our intuition.

Bringing our awareness to it is step one, and really the most powerful part of it. The second most powerful step is writing it all down and acknowledging it all. In addition you want to note what it felt like when these impressions came in, and what you were doing at the time.

This is where journaling comes in. You want to have somewhere to put these impressions that you're getting, so that you can come back to it later and check if what you were perceiving was correct or not.

Now, of course we are sifting through all of our thoughts, not just our intuitive ones. So to recognize the intuitive thoughts, there are two things you can pay extra attention to. The first is thoughts that repeat themselves throughout the day or over several days.

For example, you are going about your day, and you all of a sudden realize that you just thought about your cousin for the 3rd time that day, for no apparent reason. Take note of it, and you might even want to call up your cousin and ask what's going on in their life.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Most of the time, the person will either have something big happening, or they were literally just thinking about you.

The second way you can recognize your intuition is through thoughts that appear out-of-the-blue, with no logical line of thinking leading you there.

An example might be all of a sudden thinking about your grandfather, but you haven't seen or talked to him in a while and there was no logical reason for him to pop up in your thoughts.

A normal non-intuitive thought would have been thinking about your grandfather because you are going to meet him tomorrow and you are wondering what to pack, etc. Or maybe you met a person that reminded you of your grandfather, and so you started to wonder how he's doing. There's a logical line of thought leading up to that thought of your grandfather.

An intuitive thought would have been going about your day, and in the midst of doing something completely unrelated, you all of a sudden start wondering how your grandfather is doing. There was no logical line of thought leading up to your thought about your grandfather.

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a dark, blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

With all your intuitive thoughts, I want you to notice what sorts of things you find yourself wondering about. If your cousin pops up into your mind, notice what you are wondering about your cousin in those thoughts.

Are you wondering how her health is? Or how her love-life is going? Or her work? This too is part of your intuition working, and it is attempting to give you more details about what might be going on.

Now remember, your day-to-day intuition is likely to come through feeling like you are just day-dreaming. In fact, day-dreaming is the perfect state you want to be in to utilize your intuition.

Another great way of phrasing these check-in questions for yourself is what sorts of day-dreams have been coming up throughout the day? What people come up? What are they doing in these day-dreams?

Recognize your intuitive thoughts:

1. Repeating thoughts
2. Out-of-the-blue thoughts

Schedule in a time in your day-to-day life to sit down and check in with yourself, and write your impressions in your journal. Maybe this is in the evening before bed, or before dinner.

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Our bodies as intuitive instruments:

Our bodies are actually fantastic intuitive instruments, because our bodies will try to let us know when anything in our surroundings or in our life is off. You can think of it as a built-in security system. When something is off, we might begin to feel anxious or distracted, or we might tense up a lot. If something is off in someone close to us, we might begin to feel anxiety or sadness out of the blue. And like a security system, our bodies will keep telling us about it until we listen and acknowledge it. Once we acknowledge it, then the body begins to let it go. However, if we don't acknowledge it, that is when your body starts to build up imbalances or pains, as a way to finally get our attention.

Generally, when something is off, or not right, or a “no”, in our life, we will often feel that as a contraction in the body, tension, pain, heavy or cold, slow energy, anxiety, or just feeling off. You might feel it in a certain area of your body.

When something is right and aligned, or a “yes” in our life, we will often feel that as a more expanded energy, high, light energy, harmonious, warmth, positive, calm, or content excitement. Maybe a certain settled groundedness. You might feel your “yes” in a certain area of your body.

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

What a “no” feels like and what a “yes” feels like will vary somewhat from person to person, so we are going to do a little exercise here so that you can get a better sense of what it feels like to you.

I am going to say 2 statements about myself that are clearly right, and 2 statements about myself that are clearly wrong. When I say a statement, I want you to ask yourself or your body if that statement is correct. Then I want you to notice how that answer feels in your body. If you were to qualify that energy in your body, does it feel darker or lighter? Does it feel tense or calm and expanded? Notice everything and jot it down.

And just to clarify, these are statements about me, not about you. And these are not trick questions. They are meant to be obvious.

1. I, Thea, am touching my head right now.

Now relax, close your eyes, and ask yourself if that is true about me.

Notice how your body reacts.

2. I, Thea, am sitting down

3. I Thea, am 1 foot tall

4. I Thea, have blonde hair

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a dark, blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Write down all your impressions. Maybe you noticed a similar pattern to what I described for every yes or no answer, or maybe it was a little different. The key is to notice what it was like for you, and to use that as your guiding post. Your reactions to the first two statements should have been a yes, an agreement from your body, and your reactions to the second two statements should have been a no, a disagreement from your body.

Now I will make 4 statements again, two that are true about me and two that are false about me, and this time in mixed order. This time, the answers are not obvious. I don't want you to figure out by reasoning if the statement is right or wrong. I just want you to relax, close your eyes, and notice what you are feeling and where you are feeling it.

1. I have one biological sister
2. I have family in Seattle
3. I am allergic to bananas
4. I read runes.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

The answers:

1. No, I do not have a biological sister
2. Yes, I have family in Seattle
3. Yes, I am allergic to bananas
4. No, I do not read runes.

It is totally fine if you got some of these wrong. You are learning to listen to your body, after probably ignoring your body's intuition for many many years. It takes some practice.

So how do we use our bodies as an intuitive tool in our daily life?

You are going to be noticing a theme here, but one way is to work on becoming more present to your body and more mindful of how you are feeling throughout the day.

Just like with our thoughts and day-dreams, becoming more aware of your body and everything it is doing, is the easiest avenue into your already working intuition. Once you notice some anxiety, tension, pain, or other emotions spring up out of the blue: feel where in your body you are feeling it, and acknowledge it.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Then take a brief moment to ask your body what this sensation is about. Is there something big coming up in your life that you know of, that you are worried about subconsciously?

Did you recently go through something uncomfortable that you are subconsciously holding on to?

If you can find no logical reason for the tension or off-feeling, ask yourself if this is due to something being off in your life or in your surroundings right now. Or does this belong to someone else entirely (meaning, is someone around you being off). Ask yourself “What is my body trying to bring to my attention?”. Ask your body “What are you worried about right now?”

Allow yourself to observe what thoughts or emotions come up here.

If you feel drawn to a certain area of your body, breathe into that area, and notice if any impressions start to come up for you as you focus on that area. If the energy you feel there had a size, what would it be? If it had a color, what would it be? What about a symbol? A texture?

Take note of it all, and thank your body for bringing it to your attention. Let your body know that it can let it go now.

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a dark, blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Check in with how your body is feeling throughout the day. Tension? Expanded? Contacted? Bring your awareness to those areas, and ask your body, why the tension?

You can also use this technique of intuitive body responses to help you navigate your life better.

For example, Will you get the job that you just applied for? What does your body already know?

You can phrase it as yes or no questions (“Will I get the job that I just applied for?”), and see if your body gives you a yes feeling (light, expanded, calm excitement, grounded) or a no feeling (tense, contracted, anxious). Or you can make different statements out of it as if the thing has already happened and see if your body agrees with you. For example “I am going to get the job that I applied for”, and as you say it, notice if your body agrees with you. Is there a calm expansion, a light feeling, or a feeling of yes, that feels true?

Or is there tension and contraction, and a feeling of no, that isn't correct? Now, make a statement of the opposite: “I won't get the job that I applied for”, and as you say it, notice if your body agrees with you. Is there a calm expansion, a light feeling, or a feeling of yes, that feels true? Or is there tension and contraction, and a feeling of no, that isn't correct?

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Now comes the question: “But how do I discern between my intuition and wishful thinking?!”

When your statement is aligned with the true answer, there is a deep calm, a body's certainty, no matter what the answer means for you personally. Let's say I just applied for a job that I would love to get, and I tested out the statements with my intuitive body. I started with testing out a positive statement: “I will get this job”, and I got disagreement from my body, like tension in my stomach. And then I tested out the negative statement: “I will not get this job”, and I got agreement from body, like this calm openness in my body, even if it means that ultimately I won't get that job that I really wanted.

When we are stuck in wishful thinking, we're often trying to rush through this exercise, and often there's tension in our bodies from trying to force a certain answer to be true (or avoid an answer we don't want).

First, notice if you are rushing through it (for example, if you are skipping getting into a more relaxed state before doing this exercise). Next, notice if there's any tension in your body, as if you are trying to force a certain answer to be true. Those are some warning signs that you might need to take a minute to disconnect a bit from the outcome of this question. You might be too emotionally tied to the outcome. If so, remind yourself that no matter what happens and no matter the outcome, you will find a way to thrive.

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Years ago I was packing for a trip to go back home to Norway where I am from, during the winter time. I was packing two big suitcases, and while packing, I noticed a repeating thought pop up of “what if my suitcases get lost?” I had no real reason to fear this happening, I didn't have anything super important in my bags, and having had luggage get lost before, I knew it wouldn't be a big deal if that happened. However, that thought just kept on popping up in my head. Now, you might have heard of the Law of Attraction before, which in short states that whatever you are thinking about a lot is what you are attracting. So at the time, I thought “well, I don't want to be attracting this situation of losing my suitcases” so I tried my hardest to push those thoughts away, and think about other things, or reassure myself that my suitcases would make it with me just fine on the trip. And being the stubborn person that I am, I put my warm winter jacket and boots in my suitcases, so that I didn't have to carry them onto the plane. I had two layovers, and when I got onto my second plane, and looked out the window to where they were loading the suitcases on, I just knew in the center of my being that my suitcases were not there. And lo-and-behold, when I got to Norway, both suitcases had been left at that first layover. And if you know anything about Norway, you probably know that it gets pretty cold there in the winter. Not somewhere you want to be without a jacket or boots.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

I have nothing against law of attraction, except when it comes to intuitive development. From my own experience and from observing others, I see this tendency in us to try to override our thoughts and intuitions if they are the slightest bit “negative” (meaning, that they are not the outcome we are hoping for).

Though I am not a big fan of certain parts of the law of attraction, I am a huge fan of positive thinking. To me, positive thinking is not about trying to force something positive to happen through your thoughts, but it's about knowing that no matter what happens (good or bad), that everything will be fine in the end, and that everything is still working out in your favor (in the grand scheme of things).

This allows you to accept your thoughts and intuitions, even those that warn you of less desirable outcomes or situations, so that you are then free to prepare yourself for those outcomes and make the best of the situation.

Had I just observed my thoughts, rather than actively pushing them away, I could have accepted what was coming through, and then just trusted that everything would work out even if my bags did get lost.

I also would have then been able to prepare for the possibility of my bags getting lost as best I could, and at least bring my jacket with me on the plane. By being in denial of my thoughts and intuition, I was sabotaging myself.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

If we can get past this habit of labeling things as right or wrong, and good or bad, we can be much more centered with our intuition, and accept the things that present themselves through our intuition.

This takes some trust in the Universe, to believe that no matter the outcome of all this, you will still be alright in the end. It might just look a little different than what you had in mind.

In hindsight, my experience with the suitcases was a good lesson in how my intuition works for me, how I was overriding it by trying to “not think negative things”, and how to allow it work for me.

Now is also a good time to talk a little bit about the role of fate, and whether or not events in the future are set in stone. I believe that while some events in life are destined, I do not believe that everything is set in stone. It seems to me that some of the big things in life are generally mapped out somewhat (like certain people you are supposed to meet, and the general direction or theme of your life), but I do think there is huge room for change if you don't like the direction your life is going.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

This great news, because if your intuition warns you of something coming up, you can always take steps to either prepare for the outcome, or possibly change the outcome.

Just remember that denying your intuition doesn't do anything. Acceptance of what you are picking up on has to come first.

When it comes to predicting future situations, sometimes we are picking up on things that are more likely to happen based on the current energy of our life and where we're headed. Sometimes there's nothing we can do to really change the upcoming situation, but our intuition helps us so we can be mentally and practically prepared for it. For example the situation of my suitcases, or if you are driving to work and you sense your normal route is going to be blocked with traffic, so you choose a different route instead in order to avoid the traffic. Or if your intuition gives you a sense that your grandmother will pass soon. You might not be able to change that, but you can be mentally and emotionally prepared for it.

Sometimes you might feel like a choice you're about to make might not end up working out, but you still feel drawn to go ahead with that choice anyway. For example, I was trying to figure out of some health issues a few years ago, and found a certain type of diet I wanted to try, and when I checked in with my



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

intuition if this particular diet would help my body feel better, I actually got the sense that No, it would make it feel worse. However, I still felt intuitively guided to try the diet. It turned out that through trying the diet, I happened to eat much more of a certain food that my body was already sensitive to without me knowing that yet, and I was able to identify it, and find and shift to the diet that ultimately helped eliminate the things I was reacting to. So even if the first diet did indeed make me feel worse, through that experience I was able to find the thing that did help me feel fully better.

A common question for those developing their intuition, is “How do I learn to trust my intuition” This is a question that often needs some deeper work, as it is connected to issues of trusting yourself and trusting your own decisions in life in general.

We are all unique expressions of the Universe. When we are being true to ourselves, doing the things that light us up the most with joy and passion, that is when we are being the fullest expressions of the Universe.

Trust that! Use your full-body yes as a guiding post for everything, and make sure that you always check in with your body, not just your mind, because sometimes we carry around assumptions about what is right for us, that just aren't right at all. Our body will often have a deeper understanding of what will be right for us.



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Another important factor to this question of trusting yourself is that you have to acknowledge the information that you get through your intuitive senses.

You can't trust your intuition unless you first accept what your intuition is picking up on.

For example, if you experience your stomach tensing up every time you meet your new neighbor, you might not trust that what you are picking up on is actually your intuition talking, but you can't deny that you are feeling that tension.

That is the first step: acknowledge and accept. No matter if this neighbor really is someone you should avoid or not, you still have to acknowledge the fact that your body is feeling this way. It could certainly be due to unconscious biases that we all carry around. Maybe your neighbor has a certain look about him that reminds you of someone who ended up being terrible to you in your past. In that case, it's important to be aware of that bias you carry. We can't begin to explore why we might be feeling this way, without first acknowledging the feeling that we are getting. By acknowledging it, we can then begin to check in with ourselves and our body if this impression we are getting is related to something in our past, or something else. Explore if you might have an unconscious bias getting in the way here. Then maybe take a moment to clarify with your body. Make a statement out of the situation, and see if your body agrees or disagrees.

A close-up photograph of vibrant pink azalea flowers with dark green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Once you begin to make a habit of acknowledging and accepting what you are feeling, you can begin practicing taking action on that intuition.

It is easiest to start practicing with your intuition with low-pressure decisions, and then as you get results from those decisions and build some confidence in your intuition, you can move on to more important ones.