

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

EXERCISE: OPENING UP TO YOUR INTUITION

For these next few weeks, I want you to pretend that you are psychic. Give yourself the benefit of the doubt. Stay with me here: Pretending will often loosen up some of your inhibitions and doubts, actually allowing yourself to experience your intuition.

THINK THROUGH THESE QUESTIONS:

How would you act if you were amazingly intuitive?

How would you act on your intuitive insights if you already knew that you were extraordinarily intuitive?

What would you do if you were amazingly intuitive?

DEFINE THE GOAL:

Write a list of 5 things you would use your intuition for, if you were amazingly intuitive.



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WRITE A LIST OF THE LIMITING BELIEFS THAT POP UP WHEN YOU PRETEND THAT YOU ARE PSYCHIC:

For example, you might be afraid of not being “good enough”, and so you might carry around the limiting belief that you are not good enough.

Or perhaps you are afraid that if you embrace your intuitive abilities, others will be freaked out by you. You might carry around the limiting belief that psychics or intuitives are somehow scary or that you aren't lovable if you are different from others.

CREATE SENTENCES THAT STATE THE OPPOSITE OF YOUR LIMITING BELIEFS:

For example, if you feel you are not good enough, you can begin to replace that belief by stating “I am more than enough”. Any time you begin to doubt your own abilities, use this new positive statement as a reminder. Remember, it all comes back to your essence as part of the Divine. You naturally have these intuitive abilities. They are your birth-right. They are a part of you. You are more than enough by default.



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NOW FIND WAYS TO ACTIVELY SUBSTITUTE THOSE LIMITING BELIEFS WITH THE MORE POSITIVE ONES:

For example: Think of the people you admire who are incredibly intuitive, whether these are friends of yours or somebody you've just heard about like a celebrity psychic. Begin to view these people as your intuitive “colleagues”, rather than better or worse than you. No one is better or worse than another; We are all just at different stages of intuitive development. You have just as much intuitive potential as famous psychics.