SACRED CREATORS

Soulpreneur INTUITION LAB

Day 2: Your Innate Intuitive Style

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Soulpreneur INTUITION LAB

Awareness. Presence. Mindfulness in the everyday moments.
These are the KEYS to accessing your intuition.

The funny thing is, your intuition is talking to you all day long, reading into situations, picking up clues and sending you messages. Like most people, you may be missing the signals because you aren't paying close attention to its subtle voice... or you may not be actively tuning in to the nuances of *your* intuitive way. (We all have our own unique way of accessing intuitive information.)

To flex your intuitive muscle, start paying closer attention to your thoughts, sensations, feelings and little clues that you encounter through the day.

As you do this, you might begin to notice that you receive intuitive guidance more predominantly from one particular sense more than another. You may even receive guidance from more than one sense.

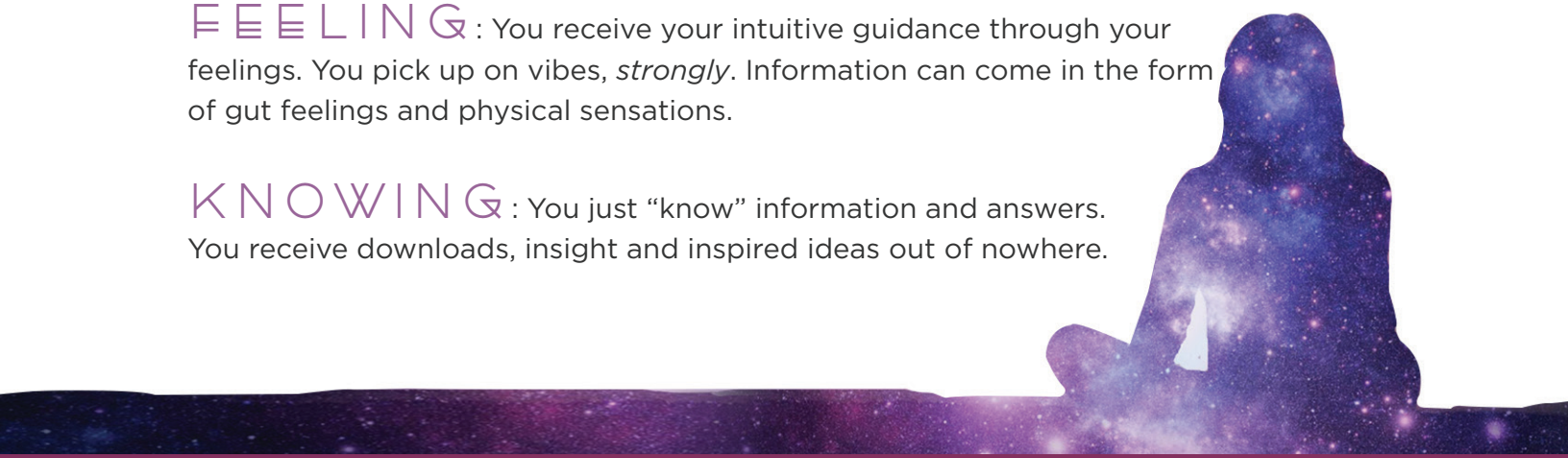
Intuition is generally categorized as being aligned with 4 main senses:

SEEING : You receive your intuitive guidance visually. You easily can picture things with your "mind's eye" and may also see symbols, energy fields and spirits.

HEARING : You tend to hear more than most people. You often hear a little voice inside that speaks to you when you have important decisions to make or are in danger. Messages come to you by way of sound, words or song.

FEELING : You receive your intuitive guidance through your feelings. You pick up on vibes, *strongly*. Information can come in the form of gut feelings and physical sensations.

KNOWING : You just "know" information and answers. You receive downloads, insight and inspired ideas out of nowhere.



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What's your dominant intuitive sense?

We've got 2 exercises for you to play with today as you delve deeper into your intuitive exploration.

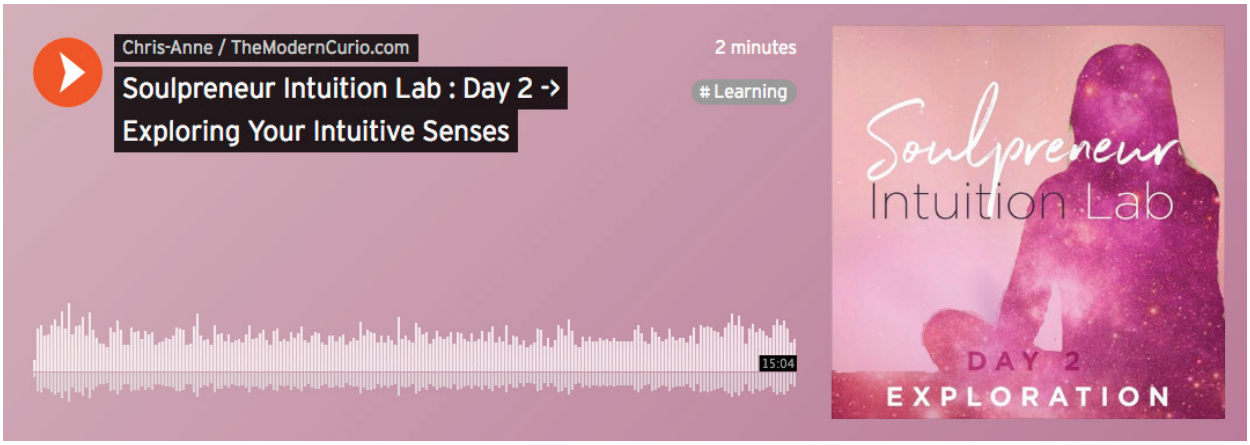
1. Intuitive Sense Quiz

We've designed a quiz to help you find out what your Dominant Intuitive Sense is. You may already have a feeling what your results may be, but give it a shot and see what you come up with!

TAKE THE QUIZ
(It takes less than 2 minutes.)

2. Exploratory Meditation

We've created this Guided Awareness Meditation to help you to explore the different intuitive senses to see what they feel like for you. It's also designed to help you understand how each sense might be speaking to you.



INTUITION LAB *Day 2 Worksheet*

Your visuals, feelings, knowings, or auditory hits

Write down any visuals, feelings, sensations, sounds and/or knowings that became clear for you during today's meditation.

What does a "yes" / "truth" / "positive" feel like for you?

How is it different from a "no" / "false" / "negative"?

INTUITION LAB *Day 2 Worksheet*

What is your Dominant Intuitive Sense?
What sense do you think is a close second?

How could you use this method to guide your business decisions? What other types of questions could you ask?