

AWARENESS & INTUITION Workbook

--Tap the wisdom within you--

Name: _____

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save time
improve awareness
make fewer mistakes
have more laughter and fun
develop courage, trust, faith
solve problems faster and easier
clarify meaning, purpose, essence
access solutions and decisions easier
improve life quality, health, wealth, dreams
enhance abundance, growth, love, fulfillment, connectedness

We highly recommend you request the daily email support. It offers more tips and inspiration to support your completion and success in developing intuition. Click this link and fill out the form to request your support emails. <http://www.higherawareness.com/linksintuition.shtml>

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1. Guidelines for completing the workbook:

If you are serious about getting benefits from this workshop, it is vital that you do the exercises. Before we can really tap intuition, we need to expand our awareness, and this only happens with practice and with intention and concentration.

You may work directly from your computer screen or print the lessons. We recommend that you record your notes in a journal (a scribbler or 3-ring binder) so you will be able to refer back to them over time.

You may complete the entire workshop in one sitting, but we have found that you will receive the most benefit if you complete it over time, for example, one lesson per day.

Some of our exercises ask you to work quickly. This is to help you connect with your intuitive knowing rather than get caught up in your typical thought patterns. Our thinking often gets stuck, so play with working quickly and experiment with letting go of your habitual mental focus.

When you review what you have written, or when you review a list of words, be sensitive to any intuitive sensations that are alerting you to what is most important for you. Circle words that you find resonate with you.

Okay! Let's get you started on your journey to connect with the wisdom within you. Enjoy!

2. Our Five Senses, Our “Extra” Senses and Intuition

“Our ability to know things in a way that leaps over ‘normal’ cognition and perception and just shows up as a sudden intuition or a pop of psychic awareness is an altogether logical, natural, and predictable human skill. ...the sixth sense is simply standard-issue equipment, along with our eyes, ears, tongues, noses and skin. It is only as magical and as ordinary as they are—which is plenty magical enough—but no more and no less.”
--Belleruth Naparstek, *Your Sixth Sense*

Since the time of Aristotle, western society has come to depend solely on rational thinking and the scientific method as the way to understand our world and ourselves. We have been taught that if something can't be explained, it doesn't exist. Unfortunately, with this belief system, we have denied, discredited and lost access to a valid and highly valuable source of knowledge that lies within us.

Our rational, objective thinking comes from the left side of the brain and our cerebro-spinal nervous system. The right side of the brain is part of our sympathetic system of nerves, which gathers information on the subjective sensations of life. In addition to regulating our body's functions, this system gives us access to intangibles such as instinct, intuition, creativity, inspiration and spirituality. Information gathered through the sympathetic system bypasses our rational brain and goes straight into our subconscious. It is the input from this system that routinely gets ignored or denied.

To maximize our potential as human beings, we need to utilize both sides of the brain and draw information from both systems so we achieve a balance between reason and feeling, between the objective and the subjective, between the conscious and subconscious.

How might we identify information that comes through the sympathetic system? This input comes through feeling or knowing, not through thinking. Furthermore, the feelings come as impressions or sensations, which differ, from the feelings of our emotions. They are often described by people as gut feelings, hunches, “ah-ha!” flashes of insight. It is our sixth sense or inner guidance system. It's knowing something without knowing how you know it. And there are no boundaries to our knowledge; we can receive readings of worldly affairs over any distance. For example, we might detect a warning not to travel a certain route by feeling resistance to moving in a particular direction, or we might just know that a friend or relative is in need.

How can this work? As we have been expanding our understanding of the differences between our two nervous systems, we have also begun to understand ourselves as energetic beings, of which our physical form is just one dimension. We do not have just five senses; we have multiple senses. Our five physical senses are capable of perceiving within only very narrow limits. As we have defined “reality” based on the input from

these senses, our concept of reality has been correspondingly limited. By developing our higher senses as vehicles of consciousness, we can purposefully tune into a wider range of stimuli that helps us comprehend more about the cosmos and about ourselves.

In his book *Seat of the Soul*, Gary Zukav writes that the multi-sensory human soon becomes aware that he or she is not alone, that sources of wise and compassionate guidance continually surround us all. He perceives insights, intuitions, hunches and inspirations to be messages from the soul, or messages that assist the soul in its evolutionary journey. With a willingness to open to this higher guidance, the multi-sensory individual can learn life lessons much more quickly than can those limited to five senses. And as those lessons are learned, we also come to trust in this being a loving universe.

Accessing knowledge through our extra senses is available to us all. It's not a gift possessed by some people and not others. In fact, we perceive through our "extra" senses all the time but most of us are unconscious of doing so. Those that consciously access information through these senses are often called psychic.

What, then, is intuition? Intuition is generally understood as those perceptions that are received apart from the five senses through the sympathetic nervous system. Some esotericists, however, distinguish intuition as being messages of truth received from our higher selves or souls, as contrasted with lower levels of psychic awareness where the information may be distorted by the agendas of our ego or inappropriate subconscious belief systems. It is important that we understand that extra-sensory input is not always accurate. It is highly subjective and can be tainted with personal bias.

To review, then, intuition is:

- spontaneous, direct knowing
- appropriate guidance
- accessed through love
- accompanied by the energy needed to take action
- beyond the mind, non-rational
- connected with the subconscious and so is often obscure, symbolic, nonverbal, faint, unexpected, illogical
- connected to the soul.

Why should we tap into our intuition? It helps us to:

- survive, by warning us about what is dangerous
- open doors to creativity
- reconnect with instinctive action
- have more laughter and fun
- access solutions and decisions more easily
- save time
- improve life quality, health, wealth, dreams

- enhance abundance, growth, love and fulfillment
- clarify meaning, purpose, essence
- develop courage, trust, faith
- connect with others and with life.

Our aim is to develop our inner awareness, examine our experiences in depth and learn to discern whether information is rooted in ego qualities or in higher truth, so we can begin to trust in our own inner guidance.

EXERCISE:

Answer the following questions in your journal:

1. Have you had experiences of having hunches, or of knowing something even though there wasn't any rational basis for it? Write about some of them.
2. Do you remember a time when you had an intuitive flash and you acted on it? What happened?
3. Do you remember a time when you had an intuitive flash and you did not act on it? What happened?
4. How much do you connect with your intuition?

“Everyday enlightenment requires full use of both sides of our brains, integrating the logical and the intuitive, the conscious and the subconscious, science and mysticism, to form a full representation of reality.” --Dan Millman, Everyday Enlightenment

2. What Blocks Intuition?

Because the messages of intuition tend to be subtle, many conditions can interfere with our ability to pick them up. Here is a list of some of the most common factors that block our intuition. Quickly scan the list and note the ones that catch your attention.

- addictions
- fatigue
- drug use
- stress
- chaos, disorganization
- no self time
- external influences

- fears (of responsibility, the unknown, success, failure, etc.)
- anger
- depression
- being reactive
- attachment
- rigid beliefs
- moods
- desires
- no direction, goals or focus
- heavy predominant thinking
- control, attachment to results, expectations
- negative self talk, e.g. I'm not creative
- judgment, "shoulds"
- rules
- low self worth
- no quiet reflective time
- no purpose
- unbalanced chakras, the energy centers in the body

Looking at a long list overloads the mind and tends to bring intuition more into play. Which of the above blocks resonated with you? How did you experience "resonating"? Feeling? Knowing? Sensing? Which blocks connected with you most strongly? How did they strike you differently than the others?

Now list your top five blocks in priority for your attention. This process is more logical, more rational and left brained. How did your experience of setting priorities differ from your intuitive scan of the list?

For a more extensive list of blocks, see 100 Blocks to Personal Growth at <http://www.higherawareness.com/lists/index.shtml>

3. Awareness Exercises

To develop our extra senses, we must first believe they exist. Then we need to begin experimenting so we can learn how to connect with them and what kind of information they bring to us. Finally, we need to practice using these new senses to enhance our ability to read them.

Tuning in to deeper levels of awareness is like learning a new language. Our challenge is to open our minds and our feelings to experience messages in new forms. Through these explorations, we can discover amazing new gateways to knowing about and interacting with our world and ourselves.

When we are just beginning to explore our intuition through awareness exercises, our normal reaction is to say that we don't know what we feel. Dan Millman recommends that we ask ourselves, "What if I knew?" and see what happens. If you don't have an answer to some of the questions below, take a guess at what the answer might be. More often than not, our guesses are correct. Write about your experiences. Where did your answer come from? Was it intuition or a rational deduction of your mind? How do you know?

EXERCISES:

Before we do any exercises, let us ground and center ourselves. Close your eyes and breathe deeply. Breathe out tension, anxiety, worry, etc. Breathe in through your head and out through your feet into the ground. Write about what you sense.

See yourself as complete and whole and balanced and in harmony. How does this feel different than before you started? Write about it. Now feel your connectedness to a higher aspect of yourself. Stay with that sensation and write about it.

Do this for a week or more and set up some reference points for yourself being grounded and centered.

Pick a few of the following exercises and do them. Remember that we only expand our awareness through actively working with it. Establish a discipline and a habit for continually developing your awareness now.

1. Practice deepening your experiences through your five senses.
 - When you are out in nature, close your eyes and count the number of different birdcalls you hear.
 - Do blindfolded taste and smell tests.
 - Spend a few minutes to really feel different textures in your surroundings.
 - Sit quietly, and with your awareness, scan your body to sense areas of tension in your body. Using your mind and your breath, consciously relax those areas of stress.
 - Sense colours with your eyes closed. How would you describe the different colours?
2. Explore your perception of different energies:
 - Hug a tree and sense its energy, then hug different types of trees and sense their unique energies.
 - Sense the different energies found in a bar, a church, a graveyard, and a park.
 - Sense the life energy of foods you eat. How does eating fresh fruit feel different than eating cooked vegetables? How does your body feel when you eat manufactured products like bread? How do you feel when you eat sprouts?

3. Explore the power of your imagination. Sit quietly, and think of doing something you detest. Note how your body feels as you imagine yourself doing this activity—be aware of your breathing and your muscles. Now, take a few deep breaths and then imagine yourself doing something you love. Once again, monitor how your body feels. Where did you feel sensations? How intense were they?
4. Have fun by regularly asking yourself questions and opening your awareness to detect the answers. Remember that with awareness and intuition, the answers are not necessarily generated in your head. Open up to new ways of knowing, feeling, sensing.
 - Which elevator will arrive first?
 - Which route shall I travel today? Where will I find a parking space?
 - Who wants to get in touch with me today?
 - Who is in need of a call or letter from me?
 - Are these my feelings or someone else's?
5. Attune to animals, plants, friends—anyone or anything. Before you meet someone, become aware of yourself. Center and ground your energy and attention. Then take a few deep breaths, relax and then bring their awareness into your mind and sense what they feel.
6. Sense fear and write about it. What are you afraid of? Is there a deeper source of your fear? Always challenge yourself to find deeper meanings for the experiences in your life.
7. Write about some of your dreams. Attempt to understand the symbols and the inner meaning of the dreams. It may be like making it up and that is okay. Be sensitive to how you feel and what you think as you review your dreams.
8. In the last week, what has been on your mind (the gnawing feeling, your predominant thoughts, your conscience or any life-long urges reappearing)? Often, our intuition gnaws at us and we do not pay attention.
9. Sense the essence of music, books, virtues.
10. Sense the message or meaning behind a meeting, event, coincidence.
11. Sense within yourself when messages are coming from a higher aspect of yourself as compared to your ego or subconscious patterns.

Physically, emotionally, mentally and spiritually, we have needs. Intuition works best around our needs rather than our desires. Intuition works best when we are in action and allow synchronicity to happen. Intuition needs peace of mind so you can hear and sense more easily.

4. Intuition Tools

“Oracular tools are training wheels we use until we no longer need them and can directly unlock our subconscious wisdom. In other words, the power, mystery, and magic is not in the tool, it is in you.” –Dan Millman

We are very fortunate in having access to tools that help us to explore our subconscious minds, and to find answers to questions that cannot be answered by rational thinking. We know that the subconscious prefers to use a language of symbols, and many of the tools available to us use symbols and guide us in their interpretation.

Many of the intuition tools also connect us with deeper essences, truths, archetypal energies, universal laws, divine principles and natural symbols. These get us beyond the subconscious.

It is important to understand that the tools often work because they provide a means for us to read our own projections from our subconscious. It is the meaning we derive from our reading of the tools that has value. Even when we call on the counsel of others to read the tools for us, the value comes from the meaning we ourselves draw from the readings of others.

In our experience, using intuition tools can be powerful in helping us build belief and trust in our intuitive knowing. This belief in turn helps us more easily access our intuition. If the tools are used with a sincere intent to learn more about who we are, they are invaluable for providing insights.

Here are some of the tools we have found most useful:

4.1 MEDITATION

Meditation is the process of setting up a quiet, still environment, without distractions, and then working towards creating a quiet, still inner space. It is the technique that enables us to become aware of how we think, and gradually get control of our thinking. It is an essential step for fostering awareness at deeper levels and connecting with our higher mind. Different forms of meditation include prayer, guided meditations, walking meditations, visualizations, concentration, contemplation, illumination, chanting, and toning.

References we recommend:

- Lawrence LeShan, How to Meditate
- J. Donald Walters, Superconsciousness – A Guide to Meditation

4.2 JOURNALING

Journaling is one of the easiest and best tools for developing awareness and intuition. Journaling is a process of thinking in different ways and quickly writing down our

thoughts. By writing things down we capture our flighty thoughts. (You think about 60,000 thoughts per day. How many are you aware of?) Journaling causes information to be anchored more deeply in the subconscious because we can see it, some people sub-vocalize it and we become kinesthetic through our writing. More importantly, our minds work at about 1000 words per minute, but when we write, the mind slows down to about 100 words a minute, allowing thoughts to be recorded more deeply and allowing a more focused, creative thinking process. Use tools such as metaphors, lateral thinking, dialogue, channeled writing and smart questions. For more guidance on using powerful journaling tools, try our Journaling – Accessing Your Inner Wisdom program at <http://www.higherawareness.com>

References we recommend:

- Christina Baldwin, Life's Companion
- Ira Progoff, At a Journal Workshop
- Joyce Chapman, Journaling for Joy
- Kathleen Adams, Journal to the Self

4.3 ORACLES

Many systems are available: Tarot and other sacred cards, runes, amulets, the I Ching, Mind Jogger, Angle Cards, palmistry, tea leaves, crystal balls, etc.

References we recommend:

- Angeles Arrien, The Tarot Handbook – Practical Applications of Ancient Visual symbols (uses the Thoth deck)
- Vicki Noble, Motherpeace – A Way to the Goddess through Myth, Art and Tarot
- Jamie Sams & David Carson, Medicine Cards – The Discovery of Power through the Ways of Animals
- Hal Zina Bennett, Mind Jogger – A Problem Solving Companion

4.4 DREAMS

Our dreams give us direct access to the images and symbols of our subconscious mind. Keeping a dream journal can help us reap insights from this state of being.

References we recommend:

- Jean Benedict Raffa, Dream Theatres of the Soul

4.5 NUMEROLOGY and ASTROLOGY

Numerology and astrology are both founded on the belief that our character is greatly defined by universal energies present at the time of our birth, and that life unfolds in cycles of influence.

References we recommend:

- Matthew Oliver Goodwin, Numerology – The Complete Guide

- Dan Millman, *The Life You Were Born to Live*
- Marcus Allen, *Astrology for the New Age*

4.6 KINESIOLOGY and DOWSING

The subconscious mind can deliver simple “yes” or “no” messages through our bodies. With kinesiology, which is also known as muscle testing, the muscles stay strong (yes) or go weak (no), when resistance is applied to them. Dowsing refers to the process of intuitively seeking answers through interpreting the movements of a swinging pendulum. Before working with a pendulum, each individual needs to find out what signs represent yes and no for him/her. These two tools are powerful for getting feedback on our health, and also for getting answers to any question that has a “yes” or “no” answer. The challenge here is to watch the wording of your questions carefully. The quality of your answers depends on the quality of your questions.

References we recommend:

- Sig Lonegren, *The Pendulum Kit*
- D. Jurriaanse, *The Practical Pendulum Book*

4.7 ENNEAGRAM

The Enneagram is an ancient system of defining nine personality types, which are distinguished by specific mental and emotional qualities and characteristics. The enneagram helps us understand what drives us and others to behave as we do.

References we recommend:

- Books by Don Richard Riso and Russ Hudson
- Helen Palmer, *The Enneagram*

Some general references we recommend on intuition:

- Lee Coit, *Listening – How to Increase Awareness of your Inner Guide*
- Torkom Saraydarian, *Breakthrough to Higher Psychism*
- Belleruth Naparstek, *Your Sixth Sense*

5. Ways to Enhance Awareness and Intuition

THE 6 A's

We find it helpful to remember that there are six steps to deeper connection with our intuitive knowing. To help us remember the steps, we have described them as the 6 A's:

5.1 Attitude

Believe and trust in intuition. It does work. Call on it often. Become more aware and open many times through out the day.

5.2 Alter state

Relax, empty your mind, calm the noise, meditate. Seek stillness and solitude daily. Rid the daily chaos and noise so the inner voice comes through.

5.3 Ask

Have clear intentions and focus. Make your request with feeling. Focus on the question and then let it go. Allow the universe to answer. Listen for insights, symbols, urges, etc.

5.4 Awareness

Let go, open and listen. Rid yourself of expectations of what the answer/outcome might be. Use awareness to connect with the answers or direction and then use awareness to ground your answer.

5.5 Action

Be in motion. Do something different. Have courage and risk. Have fun and celebrate your participation in the process. Be open to new opportunities.

5.6 Acceptance

Give thanks often. Know that the answer is coming or has come. Be grateful for the guidance and support that is there for you always.

5.7 More Intuition Tips

Within the framework of these six steps, there are many ways that you can foster deeper awareness of yourself and your world.

- Look after yourself physically:
 - Eat a nutritious diet, get sufficient fluids and exercise.
 - Fast or lighten your diet to fresh fruits and vegetables.
 - Undertake nutritional cleansing periodically to remove toxins from your body and take supplements to strengthen your health.
- Sing, chant, dance.
- Listen to classical music.
- Joke around and have fun in life.
- Play with ideas without a specific goal in mind.
- Practice guided imagery.
- Open up your thinking by discussing topics with friends who think differently than you do.
- Use creativity and lateral thinking techniques - Check out our Creativity workbook at <http://www.higherawareness.com>
- Insist on a creative pause before you make a final decision.
- Drop the problem and return to it later.
- Immerse yourself totally in a single issue for up to 3 days.
- Challenge yourself to do things differently and do different things.

- Clear your mind often. Bring yourself into the present moment.
- Practice awareness exercises regularly.
- Keep a journal.
- Seek quiet time and solitude and be aware of what's happening within and around you.
- Follow up on hunches.
- Tune into internal reactions to external stimuli and take responsibility for those reactions.
- Have a support group so you can talk about important issues in your life.
- Study and read uplifting materials.
- Create a personal and spiritual growth plan.
- Monitor your progress and life events closely.
- Set intention, say affirmations, use imagination intentionally and constructively to see a bigger picture for yourself.
- Tell your subconscious to be open.
- Practice tolerating ambiguity and accepting lack of control.
- Practice openness and flexibility to unknowns as they appear.
- Practice concentration.
- See your vision and get started on bringing it to life.
- Orient to your big picture timing--sometimes we must be patient till the time is right.
- Focus on bringing the following qualities to the fore in your life: non-attachment, acceptance, forgiveness, love, courage, openness, trust, honesty, intention.
- Value your intuition and nourish it.

Slow down and let the moments teach you.

Answers are available every moment. Just listen.

We hope you have enjoyed this introductory exploration into awareness and intuition. We encourage you to carry these ideas into your daily lives so that you will increasingly experience more of the richness that exists within and around you.

We invite your feedback on this workshop. If you have comments or questions, please share them on the member's forum or email us at [Mailto:john@higherawareness.com](mailto:john@higherawareness.com).

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