



Listening To Your Intuition

"The only real valuable thing is intuition, it's a spark in the awareness that the solution brings, no one knows how or why. It is not about deciding everything logically, but also not completely ignoring the 'felt' ideas rather than 'designed' ones."

-Albert Einstein

Activity 1: Don't keep the good inside, share it!

Often, we will think a nice thought or comment and never share it. Perhaps you think her dress looks nice, or she has a nice smile, or smells good! Why keep these comments inside? They are coming in for a reason. Your intuition is talking to you and it is asking for you to share the good news with whomever it is intended for.

Over the next week, when you think a positive thought about someone else, share it with him or her! Perhaps you are checking out at the market, or in class, online in social media, in a group of strangers watching a game, or even simply in a conversation with a friend, share the good words coming into the forefront of your mind. If it is resonating in your heart, it is there for a reason. You are a messenger, not a storage unit, of positive comments. Honor the message; thank your intuition for bringing it out of your subconscious and placing it on your heart, by speaking the positive thought.

Activity 2: Follow the Flow

Seek Evolution – Live Fully (SELF) by learning something new! Hop onto YouTube and search for a subject you want to know more about. Perhaps there is a subject that interests you such as motivation, ufo's, secret to living longer, the latest trends, or Egypt. It really does not matter what the subject is, within you there is a need to Seek Evolution, so your soul can Live more Fully. Ask the universe to lead you to right videos, so that you may learn and expand your knowledge in an area that will help you continue in flow. Watch one video, see what the suggestions are below and perhaps pick one of those to watch next. Keep watching/listening until you are triggered to write or share about what you have learned. If one video does not resonate with you after giving it a chance with a few minutes of your time, look for something that really lands on your heart. The Universe will communicate with you in various forms ... this might be one!

Activity 3: Listen to the "I should ..."

When the small voice or hunch comes in and asks you to follow up, or go and do – then do it. Perhaps it's double-checking you turned off the stove, or to call a friend and check in, or to send an email, etc. Listen to the, "I should ..." because it is your intuition telling you to go and do something.



Activity 4: Free Write a Thank you letter

Write a letter to those who have your highest good at heart. Start with something like, “Dear Grandma, Universe, God, Angels, etc” believing as if they all want to help make your dreams come true. Then write the thank you letter, with the premise of everything you ever wanted was here already. Every dream, possible great outcome, was already in your life. Thank them for helping to make these events, people, items, etc manifest. Be specific. Finally, sign it with all the “identities” you could ever want tied to you. Read it each morning and make adjustments as your desires change.

EXAMPLE:

Dear Ancestors, God, Higher Self, and anyone else who has my best interest at heart,

Thank you for giving me everything I could ever want or need in my life. I am honored you helped me to connect the dots so I could live a full life.

I have the most beautiful _____, _____, _____.

I am so grateful for the abundance in my life, such as _____. And also _____.

I am grateful you have helped me to see my true purpose of _____.

I am grateful for learning the lessons of my past because _____. The biggest thing I have learned is _____. None of this would have possible if it were not for _____ and _____, which I know you helped bring into my life! Etc. etc. etc.

Forever grateful.

Jane Doe

Mother, Teacher, Friend, Mentor, Pioneer, Motivational Speaker, Author, Change Maker, Idea Generator, Solution Finder, Hope Bringer, Perspective Changer, CEO, Whole, Grateful Heart, Student, Home Owner, Vacation Go-er, Girlfriend, Giver, Philanthropist, One with All, Clear Hearted, Clean Minded, FLOW instructor, Intentional Co-Creator of Joy for Millions.

Activity 5: Be Present in Your Interactions with Others

When we are engaging in conversations with others, practice listening skills. First seek to understand. Put yourself in their shoes, ask questions and refrain from giving advice until you are really clear on all sides of the “the story”. Do not try and “one-up” the other(s) with your own story. Put your phone away and be present 100 percent. Set boundaries if needed (timeframes, subjects you are not ready to discuss, etc) and speak your truth if/when needed. People come into our lives for a reason and often it is to be of service to them or to have them be of service to you. There is an exchange of energy with each interaction, no matter how small or seemingly insignificant. When we Live Open and can Find Value in EVERYBODY and EVERYTHING, we send a message of openness. The Universe will bring in people for you to serve. Give willingly and wholeheartedly to those who you choose to converse with. When/If a judgment comes in, recognize it as such and set it aside.



Activity 6: Keep track of the synchronicities

Write or take pics of the moments or signs of synchronicity in your life. Perhaps you see hummingbirds in the most peculiar of places. Or perhaps your favorite number shows up time and time again. Maybe your favorite song just happens to come on at the most perfect time. These “coincidences” have more meaning than meets the eye. Remember them!! Text yourself, take a picture, or journal about all the synchronicities that happen everyday. You will start to see a pattern. What are the themes? What do you think it means? If you are unsure, ask for help in understanding these moments.

Activity 7: Ask the Universe for help in increasing your intuition

Say out loud and with intent (when you are ready ... and this is just one of infinite ways to ask for more intuition...”), “I am openly asking for all that is in the highest good of all, to bring forth the gift of intuition. I am inviting us to work together for the greatest good. Please, increase my intuition by ___%. And thank you in advance for considering and honoring this request.”

When we ask the universe for help in anything and everything we may want, need or hope for, we are stating our intent to grow. We are taking an action (asking) to help be co-creators and manifest a life of joy for others and ourselves. When we ask for help, we are putting our ego aside and trusting that someone or something out there wants to see us succeed. We are allowing the powers that exist for our highest good, a place at our dinner table. When we start to see the manifestation of our requests come to pass, we will step further into this trusting relationship and our ability to see our own flow will become clearer with each request that is fulfilled.

Activity 8: See a Need and Fill It

There will be moments in your day when you see a need. Be the one to fill that need as often as possible. Perhaps it's simply seeing trash on the ground, which 100 people have walked past, or a person on the phone crying in the ladies restroom who needs a hug. There are needs looking to be met everyday and they are designed for your growth! You are the person to meet them! Put any feelings of “awkwardness” aside and step into the discomfort of the need to fill it!!! You will gain a real deep sense of human connection, purpose, synchronicity, and perhaps a new lifelong friend.

Activity 9: Write down or tell someone your dreams

Your subconscious, as well as the other dimensions, can speak to you in your dreams. Often our dreams seem like disconnected nonsense. Sometimes, they are and sometimes, they are not. The dreams that FEEL REAL and are SUPER VIVID, are meant to be remembered. These



dreams can carry a message. Journal or share these experiences – follow your gut in what to do with the information. There is a message in them for you.

Activity 10: Roll the Dice

Practice guessing what two numbers will come up on a pair of dice you are rolling. Clear your mind, see yourself rolling the dice, what numbers do you see? Roll the dice until those two come up! The more your practice, the less times you will take to roll the dice for those two to show up!

Activity 11: Share your ideas for ways to increase your intuition with others!!!

I am just one person with ideas that fall in alignment with FLOW and helping others recognize their own path and purpose in life. FLOW is one way of organizing the various already existing programs and practices. Think of it as a reorganization of information. Part of this reorganization is that we must all work together to share our knowledge and talents with others.

Therefore, if by reading this you have another idea or hunch to share your own idea on how to increase your intuition, share it with someone!

Hey Friend _____,

I hope all is well! Need a favor, it might sound crazy, buy humor me, hear me out and be honest on feedback....here it goes: I wanted to share with you an idea I had around:

Love,

Me