

INTUITION EXPERIMENTS

michele
sammons

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

INTUIT WHO IS CALLING YOU ON THE PHONE BEFORE YOU ANSWER

ASK YOUR BODY WHAT IT WANTS FOR BREAKFAST

ASK A QUESTION.
OPEN A BOOK TO A RANDOM PAGE & PLACE YOUR FINGER ON A LINE.
READ THE MESSAGE.

DAYDREAM FOR 15 MINUTES

TUE

CREATE SOMETHING.
ANYTHING-JUST FOR THE FUN OF IT.

LOOK AT AN OBJECT. CLOSE YOUR EYES. RECREATE THAT OBJECT IN YOUR MIND'S EYE.

MEDITATE FOR 20 MINUTES

HOLD AN OBJECT IN YOUR HAND. WHAT CAN YOU SENSE ABOUT THAT OBJECT?

WED

MAKE A DECISION TODAY FROM YOUR HEART INSTEAD OF YOUR HEAD

KEEP A RECORD OF YOUR INTUITIVE HITS. THE ONES YOU FOLLOWED AND THE ONES YOU IGNORED.

FIND YOUR NEUTRAL ZONE.
PRACTICE STAYING NEUTRAL SEVERAL TIMES TODAY.

LISTEN TO THE SOUNDS CLOSE TO YOU. LISTEN TO THE SOUNDS FAR AWAY. LISTEN IN BETWEEN THE SOUNDS.

THU

BREATHE. BREATHE INTO YOUR WHOLE BODY. SEE IF YOU CAN FEEL THE BREATH ALL THE WAY TO YOUR TOES.

SEE THE ITEMS CLOSE TO YOU. SEE THE ITEMS FAR AWAY FROM YOU. HOLD FAR AND CLOSE ITEMS IN ONE FIELD OF VISION.

ASK.
ASK FOR ASSISTANCE TODAY FROM YOUR VIBE TRIBE.

NOTICE SYNCHRONICITIES

FRI

RELAX YOUR BODY. WHEN YOU HOLD STRESS IN THE BODY IT LIMITS YOUR ABILITY TO INTUIT.

PLACE A DECK OF PLAYING CARDS FACE DOWN. INTUIT THE COLOR OF THE CARD YOU WILL TURN OVER NEXT.

SAY THANK YOU FOR EVERY INTUITIVE FLASH.

FEEL FOR THE ENERGY IN YOUR BODY. THIS IS A SENSATION THAT YOU CAN NOT CREATE. YOU RECEIVE IT. CHECK YOUR HEAD, HEART AND GUT.