

**Julie Doherty – Health Transformation
Brilliant Mind
Worksheet for Develop& Enhance your Intuition**

Developing and enhancing your intuition is about following your instincts, being a great way to staying on the right path. Intuition can be referred to as instinct with higher self, subconscious, spirit, or gut feeling.



8 Areas to Develop and Enhance your intuition.

You will find in doing these exercises that keeping a journal is helpful

Exercise 1. Direct intuition, also referred to as literal intuition

This area of your intuition is used to harness, clarity. When you ask yourself a specific question about a decision, activity or change that you need to make.

- Make yourself comfortable.
- Sit down in a quiet place and focus your breathing until your body feels relaxed.
- Identify a situation you would like insight on.
- Now let go
- Bring Focus back to positive actions you can implement

Great times to do this is last thing at night before going to sleep and first thing in the morning before you get up.

Exercise 2. Indirect intuition is Symbolic

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Is supportive in helping you to interpret the answer from exercise 1. In your Journal that you have started.

- Ask yourself, "What does my life need right now?" Ask this question three consecutive times, pausing between each time you ask this question. Breathe deep, closing your eyes and visualize a positive answer with more clarity each time.
- Remain relaxed with your eyes closed for a few minutes, keeping this clear picture of what your life needs right now. Gently open your eyes and in your journal right down what has come to you and draw a picture if this helps. Explaining how this will bring enjoyment and positive outcomes to your life.

Exercise 3. Pay attention to the Gut Feelings you are Experiencing

Pay attention to your gut feelings, [sixth sense]. sensations, thoughts, and emotions that you are experiencing.

- Imagine that your eyes, ears, hands, skin, emotions, and intellect are reaching out to the invisible world, capturing sensations, information, inspiration, knowledge, and wisdom. Like how cable connects television, the internet and mobile phone. How this captures all the invisible waves of sounds and images bring them into your life and home.
- Allow yourself 'walk' through your day sensitive to your Inner Gut Feelings: your Intuition.

Exercise 4. Activating your Intuition to improve your day

Dedicate time each day to listen to your intuition. Your intuition will speak to you through your senses. To see, to hear and to feel. If you have come across a person who is deaf, their seeing and feeling senses will be heightened. A person who is blind their hearing and feeling senses will be heightened. You may have noticed when you were a child these senses were heightened. Yet as we grow up with all the different aspects of life, sometimes these senses become dulled, for want of a better word. The good news is that you can activate these senses once again, it just needs a little work and some subtle changes.

- **Visualization to enhance your Intuitive seeing:** You have learnt in your previous lessons the importance of visualization and building a vision board. How it works is that you visualize a goal, or activity or change that you want to implement as you want it to be. The picture that you are planting in your mind is the seed that will lead to your future success. It will also help you to put the necessary steps, actions, and activities in place to achieve this.
- **Intuitive hearing:** I see intuitive hearing as your mind talking to your soul. It can be described as you could be driving somewhere, and you hear something not you're your physical ears, but as an inner voice, saying "Stop"! Instinctively you stop to find that if you had have kept going you would have been in a car accident.
- **Intuitive feeling:** This is felt or experienced as a strong sensation in your body. This can be a situation where your body feels a deep push or stop sign as to a decision that you are about to make now or in the future.

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Exercise 5. How Dreams support your Intuition

Your dreams and quiet moments allow intuition to speak to you. Intuition is well-known for providing people with insight or solutions during altered states of consciousness, such as in the dream state or in meditation.

- Before you go to bed at night or lay down to rest during the day, have your journal next to you.
- After you lay down, mentally ask your intuition for a dream or daydream image that will benefit your life and the lives of those around you.
- Repeat your request as often as possible whilst you are drifting into your relaxed, meditative state.
- When you wake up, even if you do not remember anything specific, write or draw whatever comes into your mind.
- Look over and evaluate what has come to your mind. Take action on the positive advice that it is showing you.
- Repeat as needed.

Exercise 6. Ask a question

- Ask yourself: If I knew I would receive help from my intuition, what are my main concerns and areas I would like to work on to improve and bring about positive outcomes. Is it your health, building positive relationships, career, personal growth, financial, emotional, or mental stability?
- It is important to realize that this is a step-by-step process taking one thing at a time. As you do this it will have a snowball effect where you will see other positive changes happening.

Exercise 7. Focus on Love, Balance and Commitment

I like to refer to this as emotional intelligence. Emotional intelligence is the secret behind success in each area of your life. Whether it be – intimate relationships, friendships, happy families, career, your level of happiness with your life. This is about restoration, whenever you are feeling lost or unbalanced with connecting with your intuition.

- Find a spot to sit comfortably and breath with the intention of connecting to your inner self. The place where you feel at peace.
- Identify something you really love to do or a place that you love.
- Using your imagination, visualize, allowing what you have identified to 'fall into' your heart moving it out of your mind.
- Inhale on the count of '1' and exhale on the count of '2' Allowing these breaths to come from your heart.
- Allow these breaths from your heart to caress your thoughts enhancing with love, balance, and commitment to positive change.
- Spend 5 to 10 minutes caressing these thoughts to a place of love, balance, and commitment, now return these new loving thoughts back to your head.
- Releasing all negativity embracing the breathing from your heart.

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Exercise 8. Practice these Exercises Everyday

Implementing these exercises every day, to develop and enhance your intuition will bring balance, harmony into your day, also to your life. Remember, one step at a time and Practice: Practice: Practice. Not to be Perfect but to be Balanced and Happy. These two things together will bring success into each area of your life.

What inhibits your Intuition

- Poor Diet, that provides inadequate nutrition
- Cigarette Smoking
- Drugs, also some prescription medications
- Excessive alcohol
- Unhealthy living habits
- Lack of sleep
- Busyness
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What enhances your Intuition

- Healthy fresh food such as lean meat, chicken, fish, vegetables, fruit, nuts, seeds
- Clean, Healthy living
- Engaging with positive activities and friends
- Taking time to rest and recuperate
- Getting 6 to 8 hours sleep per day
- Exercise, especially out in the fresh air, swimming in the ocean
- Keeping Life Simple
- Engaging with fun activities – swimming, fishing, camping, skiing, surfing, catching up with family and friends

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