

Maintaining Open Intuition: A Checklist

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When You Need to Make a Decision:

- Feel for your body's subtle truth and anxiety signals. *Do you feel contracted, cold, repulsed, off-center, or dense? Do you feel expanded, warm, bubbly, leaning forward, or perfectly aligned?*
- Trust your "first thoughts" and pay closer attention to events and commentary that arise unsolicited from your own mind and in the environment around you. *What is the slightly cloaked message that's trying to get through to you?*
- Practice "direct writing," pretending to be someone you admire, an expert, an old wise person, or your 5-year-old self. *What do these aspects of you have to say about the situation? How do they feel about various solutions? Ask for their opinions.*
- Think about your need to solve the problem and program yourself before sleep to have a dream that will give you insight. *What does your deeper consciousness associate with a successful resolution and the experience that would come as a result?*
- Use your nondominant senses to find hidden aspects of the issues you're dealing with. Pretend the various solutions are kinds of odors, sounds or music, tastes, textures, or temperatures. *What visceral experience does the response generate in you? Which ones do you lean toward?*
- Invite your colleagues to try any of these techniques with you as a group. When the results are in, ask them to help interpret, too.

When You Need Personal Guidance:

- Practice "direct writing" by phrasing the question carefully, then answering from your Soul's point of view, or imagining a spiritual teacher is addressing you. *What does the higher part of you already know about the issue?*
- Keep a journal to explore and track the meaning of your dreams and waking reality. *What is the deeper meaning in the daily events in your life?*
- Look to your night dreams and daydreams for underlying themes. *Is your inner consciousness preoccupied with something that your waking mind overlooks?*
- Watch for synchronicity and omens as a sign of flow or blockage; learn to correlate your inner and outer realities. *How can you dissolve the boundaries between yourself and the world, and thus become One?*
- Stop trying, shift out of your head and will power, and do something involving your senses. *How do you feel when you let yourself "indulge" in and be absorbed by a physical experience where your mind isn't in control and where you lose track of time? What comes to mind right after that?*
- Ask for help—from the unseen realms, and from those around you in the physical world. *What comes to you soon after you ask?*
- Form a council of people and ask for their first thoughts and gut impressions. *How do they interpret their cluster of answers as parts of a more comprehensive response?*

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When You Need to Stay Open:

- Meditate and practice BEING in the present moment, instead of DOING. Drop into the "feminine mind" and see what's already known and happening. Appreciate, notice, be with, and "feel into."
- Let yourself have some sort of action that is nongoal-oriented and focused on beauty, amusement, appreciation, and enjoyment (F-U-N: ever heard of it???!).
- Look for similarities and connections instead of differences.
- Listen and pay attention ENTIRELY; receive entirely without defense or need for immediate action. Let yourself be affected, even changed, by what comes into you.
- Cultivate surprise; vary your routine.
- Be defenseless; share yourself spontaneously and honestly. Invite others to share safely with you.
- Give without expectation of return or acknowledgement; give for your own pleasure, and to feel your true self in action.
- Eliminate negative, limiting, and ugly language and thoughts.

The Benefits of Working Periodically with an Intuitive Coach:

- It helps to let someone in on your process of personal and professional growth, especially someone who can help you see how the parts of your life are interconnected and how they feed each other.
- It helps to have someone who can ask you the courageous, interesting questions, those that will elicit creative, authentic, unusual, practical answers.
- It helps to have someone remind you to practice being in your body in a compassionate and conscious way.
- It helps to have someone with a good ear for the false notes, who can guide you in rooting out beliefs that might be blocking forward movement.
- It's helpful to have someone who can see places and ways you could experience life more deeply and add greater dimension to what you do.
- It's useful to have someone who can easily see the Big Picture, and add detail to your Vision, help you revise your Plan, and stay aligned with your ever-evolving Purpose and the purpose of your group or organization.

