

## INTUITION EXERCISE WORKSHEET

# SELF

1. Centre and give yourself your full attention. Without talking, simply notice how you feel being with this person. Being receptive, allow this person into your awareness.
2. With eyes either opened or closed, notice what images come to mind when you are given the following suggestions and write them on your paper. If nothing comes to mind, simply guess and go with your first thought. Just notice the answer and allow whatever comes to be okay.

3. If you were:

a. A plant \_\_\_\_\_

b. An animal \_\_\_\_\_

c. A landscape \_\_\_\_\_

d. A body of water \_\_\_\_\_

--how deep \_\_\_\_\_

--how clear \_\_\_\_\_

--how much movement \_\_\_\_\_

e. A light \_\_\_\_\_

--what colour \_\_\_\_\_

--what intensity \_\_\_\_\_

--other qualities \_\_\_\_\_

f. A type of music \_\_\_\_\_

g. A tool \_\_\_\_\_

h. A food \_\_\_\_\_

4. Describe the energy field—the quality and characteristics (e.g., rhythm, pattern, colour, images).

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