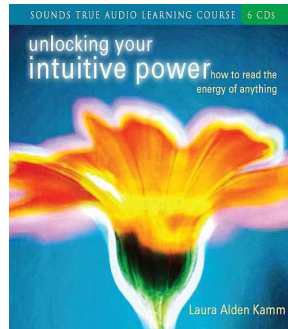


Unlocking Your Intuition Worksheet



Intuition is a skill. We all have it. You can build your intuitive skills to solve problems, and alert you to potential pitfalls and wonderful opportunities. You can use your intuition within any context of your life. The promise I offer you about intuition is that, “Intuition eliminates fear and chaos from your life. When you listen to and act on your inner knowing you will find peace of mind, direction where there was none, and greater understanding.”

Take a moment, print the following worksheet, and answer the questions. This worksheet will help you to build a solid understanding of how intuition works for you. Become centered by taking a few cleansing deep breaths as you begin.

For more information about Laura Alden Kamm visit www.energymedicine.org

Unlocking Your Intuition Worksheet

1. Think back to a time in which you received an intuitive hit or inspiration. Write down what you were doing at the time. What was the nature of the intuitive information?

2. Think about how that intuitive information came to you. Was it a knowing, or a visual impression in your mind's eye? Did you hear a voice that was seemingly other than your own? (It's okay to admit that in this context.)

3. A critical component of using intuitive information effectively is having a high level of trust. Recall a time when you received a strong intuition and you did not trust it. List the thoughts that went through your mind that eventually convinced you to ignore your intuitive hunch?

Unlocking Your Intuition Worksheet

4. Was there a specific time in your life when you closed down your intuitive senses? If so, what happened?

5. Are you aware of certain emotions when you receive intuitive information? What are the most frequent emotions you experience when your intuition comes online?

6. Is there a particular area of your body that becomes agitated or tense when your intuition kicks into gear?

7. In what way has your intuition helped you, or even saved your life?

8. Intuition is a natural skill; yet, you do need to practice using and trusting it in order for it to develop. What level of commitment do you have to increase your intuition?

9. Practices such as meditation or visualizations help to deepen intuition. Write out a statement of commitment regarding the importance of your intuitive practices.

Unlocking Your Intuition Worksheet

10. Take a few deep breaths into your body. Think of a current issue or concern. On the line below, write this question. "What I am to do about...", and fill in the blank. Open yourself to intuitively sense the answer. Write it down. Repeat this question when issues arise. It will assist you in honing your intuitive skills for the purpose of problem solving.

For more information about Laura Alden Kamm visit www.energymedicine.org