

Developing Intuition

A MONROE INSTITUTE ONLINE PROGRAM

SESSION 3: The Language of Intuition, continued

In this session we look more closely at the other ways of obtaining intuitive information:

BODY SENSATIONS
HUNCHES
INNER KNOWING
PERSONAL ENERGY LEVELS

Body Sensations

Our bodies have an innate wisdom that helps keep us safe and moving forward in our evolution. In the form of sensations, guidance can offer direct feedback regarding decisions or choices in our lives. People often report feeling:

Chills, goosebumps
Tingles
Cold or heat in the body
A gut reaction
Blissful feelings

Experiencing Intuition: The Language of Intuition Meditation

Now that you have some experience with quieting the mind and expanding awareness, we can revisit the language of intuition in this guided meditation. As before, return to the previous meditations to reinforce your practice when needed.

Summary of Session Three

- It is important to practice our skills of observing and perceiving when intuition is presenting itself in order to nurture our relationship with it.
- Body Sensations
- Hunches
- Inner or Direct Knowing
- Personal Energy Levels
- Dreams
- Repeating signs and synchronicities

Recommended Practice for Session Three

- Write down in your journal every other day or so, stating which way you would like to experience receiving intuitive guidance. Then when you do receive it, be sure to acknowledge the process in your journal.
- Listen to the guided meditation in this session on a daily basis. The guided meditations in this course incorporate The Monroe Institute's SAM® Technology to help you enter a state of relaxed focus, to support you in your practice.
- Take time to also do a short, daily mind-calming meditation, so that you can easily access this centered calm state anytime throughout your day. You may wish to revisit the Quiet Mind meditation from Session One as an example.
- Return also to the Expanding Awareness meditation from Session Two as needed.
- Tune in to your inner wisdom, your true essence, with a verbally guided Hemi-Sync® exercise voiced by futurist Peter Russell. Russell has been promoting the need for a spiritual rebirth if we are to survive the hurricane of change that lies ahead. Open to your innermost being and guidance to effectively and creatively deal with change as you experience Wisdom In Essence. This is an example of the Mind Food genre of Hemi-Sync exercises with verbal guidance.
- DO NOT listen to Hemi-Sync® or SAM® exercises or meditations while driving or operating heavy equipment, or with other devices that may influence brain-wave activity.

Recommended optional Hemi-Sync® exercises with verbal guidance to further support your practice learning the language of intuition:

- *Chakra Tune Up, from Healing Journeys Support*
- *The Limitless Self from Inner States–Dawning of Awareness*
- *Wave V of the Gateway Experience–Discovering Intuition and Exploring Intuition*

Recommended optional Hemi-Sync® Metamusic® exercises without verbal guidance:

- *Higher*
- *Wisdom of the Heart*
- *Land of Spirit*
- *The Journey Home*
- *Pearl Moon*