



Online Courses  
Produced by GlideWing

**Developing Intuition  
Workshop Syllabus**

**Introduction**

Hello and Welcome  
Introducing Robert Monroe and The Monroe Institute  
About the Workshop Practices  
About the Hemi-Sync® Exercises  
About the Monroe Institute's SAM® technology  
The Way of Hemi-Sync®: An Introduction to the Hemi-Sync Audio Technology

**Session One**

Your Workbook for Session One  
What is Intuition?  
Experiencing Intuition  
Using Hemi-Sync® to Quiet the Mind  
Guided Meditation - Quieting the Mind (downloadable audio file)  
Session One Practice

**Session Two**

Your Workbook for Session Two  
The Language of Intuition  
Intuition in Dreams  
Signs and Synchronicities  
Hemi-Sync® Practice Support: Sleeping Through the Rain (downloadable audio file)  
Guided Meditation - Expanding Your Awareness (downloadable audio file)  
Session Two Practice

### **Session Three**

Your Workbook for Session Three

Body Sensations

Hunches

Inner Knowing

Personal Energy Levels

Hemi-Sync® Practice Support: Wisdom in Essence (downloadable audio file)

Guided Meditation - The Language of Intuition (downloadable audio file)

Session Three Practice

### **Session Four**

Your Workbook for Session Four

Using Intuition in Daily Life

Keeping a Dream Journal

Creating a Kinesthetic Signaling System

Ask Questions; Look and Listen for Answers

Meditation

Hemi-Sync® Practice Support: Access Channel Intro (downloadable audio file)

Guided Meditation - Connections (downloadable audio file)

Thank You and Farewell