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**Love Yourself RICH**

**Unleash Your True Voice and Finally Create the Rich Life You’re Here to Live**

With Jill Hope

**The Voice of Intuition**

**Sessions 4 and 5**

**The Voice of Intuition**

**Training 4: Understanding Your Intuitive Faculty**

Notes

**12 Keys of Intuition**

1. Your voice of Intuition is speaking to you all of the time, but it is only useful if it is interpreted and used
2. Intuition can tell you about ANYTHING you want to know.
3. It is your 6th sense
4. It’s a simple, human process
5. It is knowing without knowing WHY
6. It speaks to you symbolically rather than literally
7. Is not limited by space or time
8. It does not follow logical steps but arrives as flashes of info in the form of symbols.
9. It is set in motion by a question. The question focuses your voice of intuition and tells you what you need to notice.
10. Doesn’t replace facts. It provides *new* facts beyond the reach of traditional methods such as logic.
11. It should add to your good judgement, not replace it

**In-Class Activity: Open the Door to Your Voice of Intuition and Get In Touch With Yourself**

**Part 1**

Go through the following series of 13 short questions and write down your first, most immediate response next to each number. Your answers will be brief, often just a single word.

1. In this moment….what do you want?
2. In this moment….What do you need?
3. In this moment….What is your greatest fear?
4. In this moment….What is your dearest wish?
5. In this moment….What do you need to be happy?
6. In this moment….What is your ambition?
7. In this moment….What is your greatest talent?
8. In this moment….What is your most formidable obstacle?
9. In this moment….How are you your own worst enemy?
10. In this moment….With what part of your life are you most satisfied?
11. In this moment….What is missing in your life?
12. In this moment….In which area of your life would you most like to see change in the coming year?
13. In this moment….What is your mission?

**Part 2**

Review your answers to the preceding questions. Now this time, prepare to reflect on each of the following questions for a moment before responding. Your answers will be longer this time, but you should still try to be concise. If you get stuck, it is okay to look back at your initial responses.

1. Upon reflection….what do you want?
2. Upon reflection ….What do you need?
3. Upon reflection ….What is your greatest fear?
4. Upon reflection ….What is your dearest wish?
5. Upon reflection ….What do you need to be happy?
6. Upon reflection ….What is your ambition?
7. Upon reflection ….What is your greatest talent?
8. Upon reflection ….What is your most formidable obstacle?
9. Upon reflection ….How are you your own worst enemy?
10. Upon reflection ….With what part of your life are you most satisfied?
11. Upon reflection ….What is missing in your life?
12. Upon reflection ….In which area of your life would you most like to see change in the coming year?
13. Upon reflection ….What is your mission?

Notes

**Asking the Right Questions**

Notes

**3 Keys:**

1. Specificity is important
2. Simple rather than compound questions are better
3. Each question should be directly relevant to the issue you want to know about

**In-Class Activity: Ambiguous Question Exercise**

The following are examples of questions that are ambiguous, and therefore not great questions to ask of your intuition if you want to get at the essence of the answers you’re looking for. Why are these questions ambiguous? How would you rewrite them to elicit more specific answers?

1. **Will I have enough money?**

* Why is this ambiguous?
* How could you rewrite this?

1. **Will I be happy?**

* Why is this ambiguous?
* How could you rewrite this?

1. **Should I take the new job?**

* Why is this ambiguous?
* How could you rewrite this?

1. **Should I become an artist**

* Why is this ambiguous?
* How could you rewrite this?

1. **Will I get married and have children?**

* Why is this ambiguous?
* How could you rewrite this?

**Homework: Your Three Magic Genie Questions**

Imagine you discovered a magic genie that would grant you the answer to 3 big questions you have. What would you ask? (Refer to the training for more details and context around how to formulate your 3 questions).

You’ll want to have your 3 questions handy for the remainder of the Voice of Intuition trainings.

**My Three Questions**



**Training 5: Gathering Intuitive Information**

Accessing your voice of intuition in a meaningful way is a 2-part process:

1. **Gathering** the intuitive data through active observation and then recording your impressions, either verbally or in writing
2. **Interpreting** and **integrating** what you gather

The **gathering** part is typically the easiest for most people, but it is also where people tend to judge themselves, like they aren’t getting anything. And judgment can create blocks – not real blocks, but artificial blocks that close you off to the info. We’ll talk about the gathering part more in a minute.

The **interpreting** part is where most people need the most practice. And really the only way to improve your interpretation skills is doing it -- practicing gathering and interpreting intuitive information, and then assessing your results based on what shows up so you can see how accurate or inaccurate your interpretation skills are, and then make tweaks from there.

**IMPORTANT! Being inaccurate does NOT mean you are not intuitive! It means you just need practice.**

Notes

**Gathering Intuitive Data**

Two Keys:

1. Become aware of what you’re noticing
2. Pretend that everything you’re noticing has meaning

When gathering intuitive data, it is most effective to either:

1. Speak it out loud, or
2. Write it out

Notes

**Your Intuitive Language**

Often, we don’t recognize our intuition because it speaks in a different language, often symbolic and fragmentary. It often *won’t* make sense, so we train ourselves to dismiss it.

So how do we tell the difference between our *mind* and our voice of intuition?

* Intuition expresses through metaphors and symbols
* It perceives in whole vs linear or logical fashion
* It is detached from its perceptions, meaning there are no feelings or expectations attached to it.
  + If you feel fear or anger you have shifted to reasoning or are calling in limiting beliefs.
  + If your internal dialogue shifts to using the word “should” you’ve moved out of intuition and into your reasoning mind.

**Activity: What Are You Sensing?**

Take a few deep breaths and just simply notice what you’re sensing. Now allow your senses to go out of focus and you focus in on your breath.

Next, allow your senses to begin to wander. Follow one of your senses anywhere it wants to go. Notice what you are sensing. Notice what your senses are inviting you to pay attention to. Don’t jot anything down yet. Just continue noticing what you’re sensing for a few minutes. I’ll cue you when to start writing down what you are noticing.

Now, write down everything you’re sensing, feeling, thinking, reporting everything you notice. Don’t keep anything out. Write continuously until you are complete. If you slow down or pause, your reasoning mind will kick in, so don’t stop until you truly are finished.

Notes

Notes – *Continued*

**Noticing What You Notice**

Why do you notice what you notice? Not everyone notices the same things. You notice what you notice for a reason. When it comes to specifically your intuition…everything you sense, remember, feel, dream, intuit, and notice has *meaning*.

So the key to gathering intuitive information is pretending that everything has meaning and letting go of logic while you get the impressions. And then look for application of the meaning.

Remember: There are NO coincidences in what you’re happening to notice!

Notes

**Activity: Intuitive Associations**

Take a few deep breaths and notice what you’re sensing. Now allow your senses to once again go out of focus so that you’re not sure what you’re sensing, and just focus your attention on your breath.

In a moment, I’m going to state some trigger words where you will want to write down **the first relevant thing** that comes to mind. By relevant, what I mean is that if one of the triggers says to name a number, but a flavor comes to mind, wait until a number comes into your view.

Spend no more than a **few seconds** on each trigger. If you’re not getting a response to one of the triggers, **make one up** and write it down. Don’t think or try to come up with an answer or hold back on what is coming to you. If it is relevant to the trigger, write it down.

Here are your triggers:

* A man’s name
* A woman’s name
* The name of an animal
* The name of a river
* A location
* A length of time
* A food
* A color
* A weapon
* A cure or remedy
* A wish
* A fear
* A memory

Save your responses. I’m not going to tell you just yet what you’ve just done. But I will tell you later in the training. So just hang onto what you did here and make sure you have it with you for the future trainings this month.

**Note: Don’t peek ahead in the homework section before completing this activity!**

**Activity: Getting to Know Yourself More Deeply**

Last week you came up with 3 questions that you really want to ask your magic genie, aka your voice of intuition.

Now, I’m going to ask you to perceive some memories. You’ll be writing down what you perceive. I’ll tell you more specifically what you’re doing when you’re finished.

Take a long, deep breath, and allow your mind to relax back to the places in yourself where you hold memory. Trust that your unconscious will generate memories that provide the information you need to answer the question you’ve asked.

Allow yourself to get all of the components of what is meaningful about the question you’re answering. You don’t know what these components are, but your intuition does. Set that intention that you access these components.

Now, allow yourself to stop every time your perceptions hit a memory. **Write down the memory or feeling.** When your perceptions want to travel, allow them to until you hit another memory.

Don’t worry about whether it is a real memory or you’re just making it up.

Keep going until you’ve come up at least 4 memories. When you feel complete, please look up and set your pen down.

Notes

**Homework:**

1. Update your 3 questions, if necessary, to most correctly reflect the essence of what you want to know
2. Related to the trigger exercise we did earlier today…tune into your responses from the trigger exercise – Because you gave yourself a reading! You were answering the question **“How will my life be different one year from now?”**

Given that you now know the question, spend some time in quiet contemplation around what your responses mean to you. Just allow anything that wants to come, to come. No judgement, no expectations. Just sit with it. Your answers will unfold over time, some may come immediately, and others more slowly. Just notice. Spend some time with this over this coming week. Write down anything that comes to you as it shows up.