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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 6 and 7**

**The Voice of Intuition**

**Training 6: Interpreting Your Voice of Intuition**

Over the past couple of trainings, we talked about how accessing your voice of intuition and making the most of this resource within you is a 2-part process: **Gathering and Interpreting.**

Once you’ve received or gathered an intuitive impression, like a symbol or an image, the next step to make it useful is to interpret your impressions into something **meaningful** and **actionable**.

In the last training, we focused on the *gathering* part of the 2-part process. Today, we will look at the *interpreting*part of the process.

When it comes to interpreting the information you intuitively gather, it’s important to keep in mind 2 important keys:

1) Only YOU can interpret your own symbols

2) Your symbols themselves may or may not be literal.

Notes

**Interpreting Your Symbols**

Interpreting your symbols is about developing a logical, problem-solving process to assemble the information you’ve received.

**A few notes to keep in mind when interpreting your symbols:**

* The same symbol can have different meanings to different people (i.e., an open field can mean something negative to someone who loves the energy of a city, and it can mean peace and positivity to someone who loves country life and hates the frantic pace of the city).
* The same symbol can have different meanings depending upon the context (i.e., red can mean blood and death in one context and love in another).
* You must learn your own symbolic language and create your own symbol library. The more you practice, the more you’ll learn the vocabulary of your voice of intuition, and in doing so you’ll start to notice how consistent its meanings are.

**Helpful Hint:** When gathering intuitive data, notice the images that come up for you and the events and emotions surrounding them. Jot them down in an intuition notebook so you can start recognizing your symbols and what they mean.

Notes

**In-Class Activity: Getting in Touch With Your Intuitive Vocabulary**

Take a few breaths, and then jot down some short reflections in response to the following. This can give you some insight into how to interpret your intuitive symbols.

* How do you feel when someone tells you no?
* How do you feel when you are happy?
* What for you is a positive visual image?
* What for you is a negative visual image?
* What smell do you find distasteful?
* What smell do you find pleasing?

**Truth Bomb: Interpreting your voice of intuition is like learning a new language!**

**In-Class Activity: What do you notice?**

**(Note: Don’t go to the next pages to see what question you are answering until you complete the exercise below).**

**Part 1:** In a moment I will invite you to look up from this page and look around your room. Don’t do it yet, but when I ask you to look up, then do so and take the first thing your eye settles on and describe it in detail in your notebook. Pretend that what you see evokes images, feelings, or even a story, and report the impressions and information you receive.

There is no right or wrong way to do this. You’re just gathering intuitive impressions. You are simply allowing the information to be descriptive of the answer to a question I will share with you when you’re done.

Ready? Okay, look up from the screen now. Describe the first thing you notice and allow it to be your impressions in response to the question for this exercise. **Write down your impressions in detail.**

My Impressions

**Part 2:** Look over your response. Are your impressions positive or negative? Did you get a sense of yes or no? Does what you perceive (smell, see, taste, feel, imagine) change for the more positive or the less positive? What other clues did your intuition provide?

**INTERPRETATION TIP:** Allow the images to speak to you. Translate metaphors into something useful. Don’t over think. Have fun with it. Let your imagery tell the story.

Now, write down your interpretation of the impressions you received. Write it down as if it is a story.

My Interpretation

**Part 3**: Now, I’m going to share the question you just answered. The question you just answered was the answer to your Question #1.

Take a few minutes to go back and review your interpretation and how it applies to and answers your question #1. Write your thoughts below.

How My Impressions/Interpretation Relate to the Question

**Interpreting Your Intuitive Information: Weaving a Story**

Your subconscious takes cues from the environment around you. Your impressions are answers to questions. To interpret and use them, we need to weave the impressions together into a story that makes sense, even if it feels like you’re making it up. **And the truth is, we often have to make it up to get to the truth!**

**In-Class Activity: Allowing the Story to Unfold**

**(Note: Don’t go to the next page to see what question you are answering until you complete the exercise below).**

**Part 1:** In just a moment, I’m going to invite you to look away from the page and record your impressions in response to 6 unique questions.

As you do this exercise, simply allow one impression to suggest others, like dominos. This will help you form a story when you interpret the information later.

Your impressions are answering a question. I will share that question when you’re done.

Ready? Look up and away from the page.

* Now, what do you see?
* What do you hear?
* What do you taste?
* How do you feel?
* What do you smell?
* What is going through your mind?

**Part 2**: Now, I’m going to share the question you just answered. The question you just answered was the answer to your Question #2.

**Homework**

Take a few minutes to go back and review your interpretation and how it applies to and answers your question #2. Write your thoughts below.

How My Impressions/Interpretation Relate to the Question

**The Voice of Intuition**

**Training 7: Trusting and Taking Action On Your Voice of Intuition**

**Why don’t we trust our intuition?**

* We have lost the ability to trust what we can’t see. It is scary to trust something you can’t verify with your more developed 5 senses. We had it as a child – it was called “pretend”. We’ll talk more about pretending in a minute.
* It takes guts to trust it, because you may not get feedback for months or years so you often don’t have instant validation.
* Because we were taught to only trust what we can detect with our 5 senses, it means we have to bust through this old conditioning to find that trust inside, and you do that by giving your subconscious a new experience, and that is what all of this practice allows you to do.

**Truth Bomb: Anything unfamiliar must be approached with a sense of faith and trust in order to get to KNOW it.**

**How can you trust your voice of intuition? Here are 5 Keys:**

1. **In order to trust, you must suspend judgment.**
2. **Trusting your intuition doesn’t mean “figuring out” the answer**. Just allow yourself to notice the images or symbols and other impressions a question stimulates in your intuition. And remember, it doesn’t have to make sense but we’re *pretending* it does so we don’t censor it out.
3. **Let yourself be free to pretend.** Pretending often precedes and generates faith. **Hot Tip:** If you don’t feel like you’re getting an intuitive response or knowing how to interpret an intuitive response, make something up! You’ll be surprised how accurate your guesses can be.
4. **Approach taking action on your intuition with a sense of wonder**. As in…“What if it is true? I won’t know until I test it out.”
5. **Your intuition doesn’t make mistakes, but YOU may make mistakes interpreting it and that’s okay**. That is how you build your skill of interpretation and start trusting your intuition.

**Truth Bomb: To start trusting your intuition, you must be willing to make mistakes!**

***If You’re Feeling Frustrated…***

It is okay if you’re frustrated. It takes practice to get the hang of your intuitive style. Be gentle with yourself. You can lessen your frustration if you don’t expect each exercise and each practice to go smoothly. Detach from needing it to be anything other than simply what it is.

**Truth Bomb: Reconnecting with your voice of intuition -- hearing it, practicing interpreting it, and trusting it enough to act on its like learning to ride a bicycle – it takes some practice to get the hang of things, but once you have the knack, it’s not all that difficult and very natural.**

***“You’re tuning an instrument – your intuition – and you should expect some sour notes. They’re all part of the process”.***

***~Laura Day, Practical Intuition***

Getting to know your voice of intuition is fun because it is literally child’s play. It’ a natural, inherent part of who you are. This is the connection back to loving yourself RICH.

Notes

**In-Class Activity: The Apple Exercise**

**(Note: Don’t go to the next page to see what question you are answering until you complete the exercise below).**

**Part 1:** Allow an apple to appear in front of you. Don’t try to see one, just simply allow the image to appear. If something else appears, pretend that you see an apple.

Notice when you can see the apple. Notice what it smells like. Notice how much heavy it is. Notice its color. Allow yourself to perceive its size.

Now, allow another apple to appear beside the first one. Again, if you can’t see your apples, pretend that you can. Make them up.

With the second apple, again notice what it smells like. Notice how much heavy it is. Notice its color. Allow yourself to perceive its size.

Write down your observations.

Now, which apple is larger: your first or your second?

When you’ve decided this, write your answer down, along with anything else you observed as you perceived the first apple and then the second apple.

My Apple Observations

**Part 2: Interpret Your Observations**

The question you were answering through perceiving the apples was “Is the daily high temperature going to be warmer or colder tomorrow than it is today?”

Write your interpretation of your intuitive observations to answer the question above.

My Interpretation

**Truth Bomb: Remember, the information being provided by your voice of intuition is always correct. It is up to you to correctly interpret it.**

**In-Class Activity: Allowing Impressions to Create a Story**

**(Note: Don’t go to the next page to see what question you are answering until you complete the exercise below).**

**Part 1:** Take a long, deep breath and allow yourself to get a visual image. If you can’t see anything, pretend you’re seeing something, and report what you are seeing by writing it down.

Now, allow that image to make up a story about itself. Write down the story as you follow the narrative intuitively.

You don’t have to “try”, just allow the image to lead you. Stay with this for a few minutes, until the story naturally breaks off.

My Impressions

**Part 2: Analyzing the Story**

Now that you’re done gathering your impressions, ask yourself the following questions and write down the answers:

* What did the original image remind you of?
* How did the final image or story compare with the initial one?
* Was there a lot of movement or change between the initial image and the final one?
* What qualities describe that movement?

**Part 3: Interpret Your Observations**

The question you were answering was your question #3. Based on what you wrote in this exercise, what do you now know about the energy and direction of your question? Does your story remind you of any other patterns or situations in your life?

My Interpretation

**Using Intuitive Information in Your Decision Making**

Bringing your voice of intuition into your decision-making can be very useful, however you don’t want to rely on it solely to the exclusion of other types of inputs, like emotional, sensory, or logical data.

In the same way, you wouldn’t want to rely solely on emotional, sensory, or logical data without also incorporating intuitive data into the mix.

the best decisions come from utilizing all of these data inputs and from there, making your decisions.

These data inputs, or sources of information are:

**Knowledge and Memories** - What you *know* about the situation in question

**Judgments and Interpretations** – What you *think* about the situation in question

**Feelings and Emotions** – How you *feel* about the situation in question

**Intuition** – What you *intuit* about the situation in question

When you can tease apart these different data sources that you have access to, it helps you to distinguish intuitive data from the other types of data you use to make decisions. It can help you see how you may override your intuition by leaning on the other types of data so that you can make a shift to giving your voice of intuition a seat in the car on the road to what you want.

You can use it to create a solid decision-making process that looks something like this:

* **Write down what you know about the problem/choice**
* **Write down what the logical decision would be**
* **Write down what the decision would be if you followed your emotional needs**
* **Write down what the decision would be if you used your intuitive perceptions**

This process of clearly separating out these different data inputs and using them in conjunction with each other in your decision making, at least at first when you are just starting to work more with your intuitive data, will help you be more aware of when you are in your mind or emotions or intuitive voice, and lessen the chance of making decisions solely based on errors in your interpretation of the intuitive information.

**Homework: Analyzing Information for Your 3 Questions**

For each of your 3 questions, write down:

1. What logic and your intellect tell you the answer is and include your justification.
2. What you feel the best answer is.
3. What you have intuited thus far to be the answer through the exercises we’ve done across all of the voice of intuition trainings. Some questions to consider as you look at the answers you’ve received where you’ve done multiple readings:

* Do your readings agree? If not, does the disagreement illuminate other options or lead you anywhere else?
* Do your answers address the question directly or do they address other areas of your life more?
* In which ways are the untranslated readings similar? What do your interpretations have in common (names, places, feelings, etc.)
* What do they tell you about the outcome of your question?
* Do they give you any perspective on your question?
* What new questions do they bring up about your original question?

1. Then look at all of these data sources together. In which ways do your intuitive interpretations agree with or differ from your emotional or intellectual assessment of the question?
2. Based on your review, what options/answers/direction is/are being pointed at for each of your 3 questions?

My Homework Notes and Conclusions About My 3 Questions