

Intuitive Diary

© Copyright 2015 Paul Fenton-Smith

Listening to your body:

This process can be difficult to master for visual types than for kinaesthetic individuals because feeling people are usually constantly aware of their physical bodies.

Animal intuition (or instinct) registers in the physical body so it pays to become familiar with ways to re-connect with the physical body periodically. To reconnect with your physical body, simply answer the following questions.

- Are you sitting comfortably?
- If not, make yourself comfortable.
- Do your hands feel warm or cold?
- Are you thirsty?
- Is your clothing currently tight or loose around your body? Notice it and then let it go.
- Is there tension in any part of your body? If so, just notice it and let it go.
- How do you feel? Perhaps you feel tired, excited, calm, peaceful, a mild sense of dread, impatient, restless, exhausted, irritable, angry, or numb? Whatever you feel, notice these feelings and then let them go.

Take a few minutes before proceeding with the next questions.

- How are you feeling now?
- Are you comfortable?
- Do your hands feel warm or cold?
- Are you aware of any tension in your physical body? If you are, notice it and let it go.
- Open your eyes and take a deep breath.

Awareness exercise

This is a simple meditation, yet it can bring your awareness away from the past or the future and into the present moment.

It can be completed in two minutes or you can extend it to twenty minutes if you feel particularly uncentred.

If you practice this technique two or three times each day for a month you'll feel more centred and as a result more effective in your daily life.

This is a simple yet powerful way to reacquaint yourself with your physical body.

When someone is trying to sell you something or to convince you to do something, using this technique can help you to access your instinctual insights and improve your decisions.

Process:

In your mind or aloud, state what you are aware of within yourself and immediately around you. You might state

“I am aware of my breathing.”

“I am aware of my posture in the chair.”

“I am aware of how hot it is in this room.”

“I'm aware that I'm thirsty.”

“I'm aware of the sound of a ticking clock on the wall above me.”

“I'm aware of the sounds of leaves rustling in the gusts of wind outside.”

“I'm aware of my tan coloured shoes.”

“I'm aware of the desk in front of me.”

By thinking about or stating aloud what you are aware of you gradually become more focussed on yourself and your immediate surroundings. This process makes you more alive in the present moment. This practice can be done almost anywhere, such as when stuck in traffic on a busy road, waiting in a queue for service, laying n bed at night and unable to fall asleep or walking to the train in the mornings.

If you listen to someone else in your environment state aloud what he or she is aware of, you'll become present too.

Dream record

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Date: _____

Dream details: _____

Feelings during or after this dream: _____

Intuitive Record

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

Date:

People involved:

Details: _____

© Copyright 2015 Paul Fenton-Smith