

Practice Makes Perfect: Two Training Exercises for Honing Your Intuition

Receiving Impressions of Objects

1. Invite a friend to participate in this exercise with you. Each of you brings an object—perhaps a piece of jewelry or a photograph—that has meaning.
2. Quiet yourself by going through the steps described in the press release. (Breathe deeply, relax, and see yourself filling with love. Visualize the subtle shift within you as you move to a higher level.)
3. Hold your friend’s object in your hands and see what images and impressions you receive. Really “listen” to the object by noting body sensations and flashes of images you receive.
4. Share the impressions you receive with your friend and see if they make sense to him or her. Don’t hesitate to share your pictures with your friend. Talk to the image and ask it questions in your mind. Do not judge the value of your pictures. They may have meaning to your friend. While this may seem silly to you intellectually, let your heart do the work. Come from your heart.
5. Now, it’s your friend’s turn. Have him or her go through the same process.

The more you practice this exercise, the more images and impressions you will receive. This is the heart of intuitive wisdom.

Remote Viewing

1. Get a group of people together. Ask everyone to bring a simple object—perhaps an apple, a coffee mug, or a hairbrush—in a paper bag. No one should reveal what his or her object is.
2. Seat everyone in chairs that are arranged in a circle.
3. Place one of the paper bags in the middle of the circle.
4. Have everyone quiet themselves (using the process described in the press release) and focus on the bag.
5. Ask everyone to share the impressions they receive. Have them try to guess what the object is. Again, do not judge the value of your impressions. Take turns sharing the impressions you receive.
6. Repeat the process with another bag.

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