

Intuition Exercise

Your intention is to be an empty space for the intuition and wisdom to come through. It is important not to project your ideas, thoughts; or even good intentions on to the person because they will get in the way.

"Any investment creates distortion."

Allow, don't do.

Directions:

Have your partner get into a comfortable position lying down. They don't need to do anything, they can even fall asleep if they like, it doesn't matter.

Sit facing you partner, close your eyes and allow yourself to "get out of the way." Allow your mind to become calm and empty.

Allow yourself to get in touch with the essence of your partner.

Receive an image of a flower. **Write a description of or draw the flower.**

Ask the flower the following questions, giving it time to respond and recording its answers through word or pictures:

- **How do you feel?**
- **What do you need?**
- **Is there a block that keeps you from getting what you need?**
- **What is needed to move through the block?**
- **Is there anything else you would like to say?**

"Wake up" your partner. Tell them what you received. This is not a time for analysis or discussion. Your partner may ask clarifying questions.

Then switch partners and repeat the exercise.

You may want to write any initial thoughts or associations that you have about the image/ answers your partner received for you. Look at the image/answers again later, in a few days perhaps, after you have had some time to integrate the information.