

6 Quick and Easy Intuition Exercises to Help You Focus on Your Own Truth

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We are currently living in a period of great stress and, for many people, tremendous fear. We're also living in an information age – or perhaps that should be more accurately characterised as a mis-information age. Misinformation is everywhere, from well-meant but untrue social media memes to obfuscation, confusion and downright lies from governments and authority figures.



Lewis Carroll's White Queen may have prided herself on her ability to believe six impossible things before breakfast, but these days we find ourselves often asked to believe – and act in accordance with – multiple conflicting and rapidly changing statements and instructions on a daily basis. Add in the undercurrent of fear and mistrust, and it's very easy to lose sight of your own intuitive truth amid all the misinformation.

Next time you find yourself wondering what – or who – to believe, whether on a personal matter or a global crisis, try one of these quick and simple exercises to put you back in touch with your own higher knowledge and intuitive truth.

Three of these exercises work with direct intuition – using nothing but your own higher consciousness to receive direct answers. The other three work with indirect intuition, or symbolic intuition, using a tool of some kind to help you discover and interpret an answer. Some of these exercises require you to have a question in mind before you start; with others you do not ask a question, you simply remain open to whatever your soul most needs to know in that moment. Some of these ideas will work better for you than others, so just experiment with whatever feels right to you.

Ask a Book – Any Book

Bibliomancy is the art of divination via random passages from random books. Here, however, we're not looking to divine the future, but to strengthen your intuition. Form a question in your mind – anything you need to know an answer to, from the deeply profound to the entirely trivial, it doesn't matter. Then, wherever you are, pick a random nearby book and open it to a random page. Close your eyes and run your finger up and down the page until you feel you should stop.

Pay close attention to the sentence you have stopped on. What does it tell you about the question you asked? Depending on the book you chose, it may well have no obvious connection whatsoever – most likely you will need to read between the lines, looking for the symbolic meaning behind the written words. If you can't work with the individual sentence, expand it and use the paragraph instead. There are answers if you look hard enough for them.

Go on a Meditative Journey

This method works with your direct intuition. Sit calmly and quietly and ease yourself into a light meditative state. Then take yourself on a journey, to a place of your choice – you might want to visit a cave, a forest glade, a beach, a city park, a mountain top or wherever else appeals to you in the moment. Take your time on this journey, noticing as much detail as you can. When you arrive at your destination, look for a box, a chest, a bag or a container of some kind which will be waiting for you. Open it and take out a piece of paper from within it. What is written on the paper? This is a message directly from your higher consciousness; read it, absorb it and learn from it.

Doodle Your Answer

Sit quietly and calm your mind. Have a question in mind. Write it down four times, one underneath the other, on a piece of paper. Each time you write it down, ask your higher self for guidance. When you've written it the last time, immediately clear your mind and start to doodle on the page for sixty seconds. Don't consciously try to draw anything or answer your question. Just doodle.

When you've finished, look at what you've done. How can you interpret these lines and symbols with regard to your question? What answers do they hold for you?

Choose a Card or Image

If you have a deck of tarot cards or oracle cards, this is easy to do. If you don't have one, you can use random photos or images cut from magazines, although obviously that's not a spontaneous thing and will need considerable preparation. Anyway, once you have your source of cards or images, shuffle them or mix them up in any way which appeals to you, face down.

Select a card or an image, while holding a question in your mind. The process of selecting one is up to you; you could just pick one at random, or you could choose a specific number and count deal out that many cards, choosing the 8th or the 17th or whatever number matters to you. Alternatively, sort the face down cards or images into two alternate piles; discard one and sort the remaining ones into another two piles; discard one and continue doing this until you have only two cards left – discard one, and the remaining one is your image.

Look at the image or card. If you read tarot or are familiar with the oracle deck, try to put the normal interpretations out of your mind. Look only at the image itself and try to interpret what that has to say in relation to your question.

Listen to Your Stream of Consciousness

This is another way of accessing your direct intuition. Clear your mind and set a timer for five minutes. Then start to write on a blank page. It doesn't matter what you write; write the first words which come to your head even if those are 'I don't know what to write' and continue from there. It doesn't matter if you repeat yourself. Don't censor what you're writing or even think about it consciously, just write out the thoughts which occur in your mind. At the end of your five minutes, stop. Read what you've written and assess how it could possibly relate to what you might need to know right now.

Hide the Answers

Have a question in mind which has no more than three potential answers – for example, something regarding what you should do about a career issue. On three small pieces of paper, write the three answers (for example: bide my time in this job, re-train as X, look for a new job in my current field). Put each piece of paper inside an envelope and seal the envelope. Some time later that day, pick up the envelopes and shuffle them around. Spend five minutes sitting with them, handling each one but allowing your conscious thoughts to drift wherever they will. At the end of five minutes, choose the envelope you feel most drawn to and reveal the answer.

All of these exercises will help to strengthen your intuition, but the thing which strengthens intuition most of all is when we use it. There's no point gaining answers or information if you're then going to ignore it. So, try to act upon the answers or information you received – be brave and just do it. The more you use your intuition in a practical, everyday sense, to guide your decisions, the stronger it will become.

About the author:

Nikki Harper is a spiritualist writer, astrologer, and editor for Wake Up World.