

Program for Intuition Retreat

Intuition

Prepare

- Create a playground of experiences for yourself – have a variety of foods, books, activities, clothing options, play tools, music, vibe-setting.

Opening Activity

- (Adapted from a Roxie Jane Hunt exercise) When you are ready to begin, sit or lie somewhere comfortable and breathe in a relaxed way. Start to tune into the 5 senses.
 - Touch - What is your body feeling right now? Clothing, floor, blanket, pillows. What is it enjoying? Would it like any adjustments? Different clothing, adjust your seating? Need to go to the restroom? Do something in response.
 - What are you hearing right now? Breathe a few times to try and notice. Cast your attention in different directions to see what you can pick up. What about your own body – breathing, sighing, heartbeat. What sounds do you enjoy? What sounds can you add to your day? Music, singing bowls, background sounds via phone (ocean, bubbling water, birds).
 - What are you smelling right now ... anything? Perhaps smell your shirt or your arm (sounds funny, but try it). What smells do you enjoy? What smells would you like to add to your day? Candles, aromatherapy, smoke, incense, perfume, cooking...
 - What are you tasting? Anything? Are you thirsty? Hungry? What would you like to taste? What are some of your favorite tastes? What would you like to have today?

Throughout the Day

- After this exercise, spend the day following your body and desires – with each decision, pause, and ask, what does my body want? And/or, what wild idea just popped into my head? What sounds fun? Respond to these desires right away. Cold? Get a blanket or move to the sun. Hot, remove some clothing, get a fan. Want to eat? Do that. Want to read? Look at the books, and pick out the one that sounds fun. If you get stuck, go for a walk (take snacks and water) – move very slowly. Look around you. See what you notice. What pleases your eyes, ears, nose, body, mouth? Or, look around at all the things you brought for play/fun time. Choose one. No matter what, just keep noticing and adjusting, and inviting in pleasure.

End of Day Reflection

- What did you notice? How did you spend your time? Were your body signals strong or faint? Did any desires or new thoughts come up? What would it look like to continue this practice in some way in your regular life?
- In what ways could developing your intuition help you in life and work?
- How can you create a little more time and space in your daily routine to tune in?