

Positive and Negative Physical Sensation and Intuition:

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Write down one occasion when you experienced a positive physical sensation. (For example, floating, butterflies in your stomach, hearing bells chime...)

1. What exactly happened

2. What did you feel?

3. What can be concluded from that?



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Write down one occasion when you experienced a negative physical sensation. (For example, nausea, trembling, stomach ache...)

1. What exactly happened?

2. What did you feel?

3. What can be concluded from that?



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My Intuition:

When was the last time that you followed your intuition?

1. What happened?

2. How was your intuition expressed? How did you feel about the experience?

3. In what way did you follow your intuition?

4. What was the result?



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