

# **Journaling Your Intuitive Experience**

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## 1. EXPERIENCE

*Just Before:* Describe your physical and mental behavior prior to the occurrence of the experience. Recount what was happening with your body and mind just before the insight came. From this you may learn about the circumstances that evoke The Intuitive Self.

*At the Moment:* Describe accurately and thoroughly what actually happened while having the intuitive experience. You cannot explain the logic of the experience, but you can identify the elements of the process and their general qualities. Select and *highlight the one succinct phrase* which captures the essence of your experience. Refer back to this phrase to focus the other paragraphs on the experience. This will keep your Journal entry from going off on tangents away from the central theme.

*Right After:* Describe what you were doing just after the experience. This means the things that you physically did as well as what was going through your mind as you absorbed the insight. This may help you discover what you can do to sustain a of intuitive awareness once you have recognized it.

## 2. OBSTACLES

*Fears/Desires:* Your fears may influence your intuitive experience. Any time you experience anxiety around the object of an intuition, this will distort the content of the message. Your desires also may influence the intuitive experiences. As with fears, any time you experience wishful thinking relative to the intuition, this will distort the intuitive message. Fears and desires conflict with The Intuitive Self.

*Mental Clutter:* The ongoing conversation among the selves that make up your personality represents another of the major distractions to intuitive awareness. One person described this mental chatter as "a thousand birds singing in a tree" and another said it was like "a drunken monkey cavorting about in a cage."

## 3. SOURCE

*Internal/External:* Assume the message originated in part outside you mind. Now distinguish the relative extent to which your internal mind and external sources account for the message. Information may come internally from the conscious or subconscious mind or externally from something you resonate with outside your mind. Distinguish discoveries that you make through your own personal history from those that come from outside yourself from the past, present or future.

*Rational/Intuitive:* Assume the message is a rational/intuitive mix of knowing. Distinguish the relative roles of the rational and intuitive mind in the experience. Understandings that seem solely rational may have a hint of intuitive insight. Even a purely intuitive awareness may have some rational underpinning. This spectrum is clearest for the conscious mind. It is less clear for the subconscious mind and external sources.

#### 4. MESSAGE

*Form:* Describe the message form. Physically, the insight may come as a *body* movement or as a *sensation* in the body. It also may come as an *emotion* to away from or draw nearer to something. (Watch out for fears or desires.) Or the insight may come as a *thought* that states or as a visual *image* that represents the message you received. Finally the insight may come as an *epiphany* that reaches beyond the other five forms.

*Kind:* Describe the message kind. Intuitive insights come in different flavors. The message can come as a course of action to take in a *decision*, a *solution* to perplexing problem, a *suggestion* to follow up on a situation, an *impulse* to do something for reasons you don't comprehend, an *ESP* intimation that something has or is going to happen or an *understanding* of the broader purpose in life.

#### 5. INFORMATION

*Strength:* Characterize the degree of strength for the insight you received. Sometimes you may sense the intuition as a whisper, other times it may come through like a brass band. Or the sense may be somewhere in between. The more compelling the information, the stronger the impression it will make on you.

*Clarity:* Characterize the degree to which the information was a clear impression. Did you have an unambiguous sense of the information or was it difficult to make sense of? Use your usual experience of impressions as a baseline. Compared to the usual clarity of your impressions, how would you characterize this information?

*Accuracy:* Characterize the degree of accuracy of the information. Did it seem to be right on the bull's eye, off target, or mid range? Since you may not know when completing the Journal, make your best estimate of the information's accuracy.

#### 6. EVALUATION

*Use/Benefit:* Describe what you did in response to the information. What action did you take as a consequence of your insight? Be specific about what you did to follow through on the information. If you have not yet taken action, describe what action you expect to take. Since the benefits (losses) may not be realized when you do this entry, estimate what you expect they will be. Be sure to note non economic as well as financial gains or losses that you received or expect to receive.

*Personal Learning:* Describe what you learned about your intuitive process. You may do this by discussing the most interesting or challenging aspects of this experience. Paragraphs with these qualities suggest which dimensions of the intuitive experience are most important for The Intuitive Self. Also indicate what understanding you achieved about broader patterns and larger issues in your life experience.