

# Café Observations

GYP Module 3



This exercise works with perception of energies, personalities, and the like. It will flex your observational abilities for identifying and getting to know Spirit energies in different settings. It is almost like viewing someone's first date and then guessing what they are saying and thinking.

For this exercise, you don't need to find people on a date. Go to a café, public library, park, store or just pick a busy street corner. Next grab some coffee and get comfortable. You will want to position yourself there for a little while to people watch. Take your intuition journal and pay attention to peoples' energy first and personality second. Do they feel rushed, deliberate, peaceful, anxious, etc. As you are doing this, look for nuances and follow your hunches. The more this power of observation of peoples' energy is observed, the more readily it will translate into recognizing/describing Spirit and messages.

When you move this back into the Spiritual realm, you'll find that often, especially in the beginning, Spirits have clear energy fields – they'll present as 'Angelic' meaning light, strong, bright, good feeling. Or as learned, loving and kind as in Kwan Yin. Or as powerful and you'll feel their presence of power, as in Shiva. The better we become at discerning the subtle differences and shifts, the better we'll feel at discerning Spirit Messages.