

Foundational Basics for Intuitive Development:

- 1) **Ground** - always be grounded to ensure you full embodiment and connection to the earth, prior to connecting to Spirit/Source/Higher Self/God, etc.
- 2) **Center** - be sure to call all of your energy back in and release any 'other' energy that you may be picking up.
- 3) **Shield/Protect** - so that you may reduce any interference in your process
- 4) **Open, curious and non-negative/critical mind** - before you engage with Spirit, you want to be in an open and curious state. A state akin to faith. If you bring an attitude or a fight to this process you may easily attract negative influence and soil your connection with Spirit, a bit.
- 5) **Engage/ask Questions** - of the experience, energy or vibe that you are sensing
- 6) **Gratitude/Thanks** - always show your appreciation even if you don't like the answers that you get
- 7) **Be Directive** - just as you wouldn't open up your windows and screens to allow the bugs and birds into your home, allowing spirit to drive your experiences is out of order. Due to your free will, a universal law -- you get to direct/ask for/be in charge of your skills. Stand in your power with your connection to spirit, always!
- 8) **Action step** - Journal, choose an action based upon your experience if it applies.

