



INTUITION-Amethyst

Intuition is a *knowing* about something.

Intuition is a gift from God, and we all have this wonderful gift.

There are four different ways that your intuition may come to you, some of us by **hearing** it, **seeing** it in our mind (like a picture in a book that we are reading), **feeling** it in our body with something like goose bumps, and others have just a **knowing** it because you just know it.

In your own words, what is intuition?

Intuition is _____

The four ways that we receive intuition are: *knowing, seeing, hearing, and feeling*. By the end of this lesson or by the end of today, you will know how you received it.

Games to play to see intuition in action: "Show Me" and "Who's the One."

Additional activities for intuition: Intuitive drawing or painting, and intuitive writing are ways to assist in developing intuition as well. Put on calming music for about 10-15 minutes and try not to think about what your hand is doing, but to freely let your hand express the image of art that needs to be created, or the words that need to be put on paper. Afterwards, talk about what you have drawn, the image, colors used or what you have written about and make the connection to something that may be happening in your life.

Did you learn today how you receive your intuition, if so, how?

Daily Affirmation:

G.E.M.S Daily Affirmation

I listen to my heart.
I trust what I feel.

I know myself.
I love myself.

This makes me powerful,
because I am a GEMS girl!

W.O.W Words for Intuition:

W.O.W. words (Walk on With) The W.O.W. words are words to "walk on with" as you leave each lesson, and to use them throughout your life.

The W.O.W. words for the lesson of intuition are, *I trust my heart with how I receive it.*

Ways to practice intuition at home: Imagine who is calling on the cell phone or predict what someone's words may be next in a conversation. Predict what is for dinner or events that happen at home and what the outcome might be. When in school, predict what your teacher might say, or someone's response in class. Go outside to look for shapes, animals, and images in the clouds- use all your senses. Pay attention to animals that you see when you are outside, for example birds, squirrels, rabbits, butterflies, etc. Do you feel or sense anything about the animal? Remember to always pay attention to what is going on around you. Intuitive art or intuitive writing is another wonderful way to develop intuition. Listen to calming music and write or draw or paint pictures. Do not think about what your hand is doing to just let it flow from your body the picture that needs drawing, or painted, or the words that need to be put on paper. This is also a wonderful way to answer a question that you may be struggling with and need an answer to.

Remember, a girl's intuition is her superpower!

