



AN INTRODUCTION TO
INTUITION

HOW TO RECONNECT WITH YOUR OWN INNATE WISDOM

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A Note From Lily

Hey there!

I'm so glad you downloaded this little gem. I made this PDF because I found myself coming back to intuition again and again with my clients. It's the foundation for all of our work together. The goal of this workbook is to reintroduce you to your intuition: the "inner guide" that you always have access to, but may have lost touch with over the years. Using this connection, you will be able to negotiate moving, eating and living choices with more wisdom.

WHAT TO EXPECT

There is a short intro with some vocab review, followed by a guided meditation with an accompanying journal prompt. We'll talk about what came up for you in the first exercise, and then use a second guided meditation and visualization to go deeper. We'll finish up with a final journal prompt that will help to carry these exercises into the rest of your life.

This work requires a willingness to be playful and curious. If you find yourself wincing or sighing at some of the prompts, be compassionate towards that judgement, then let it go.

I encourage you to give yourself an uninterrupted forty minutes to go through the following exercises. Keep in mind the infinite love for yourself that is possible through this work.

Go slow and get curious about what resources the Universe has available for you. Good luck!

With **love** and gratitude,

Lily



"When you reach the end of what you should know, you will be at the beginning of what you should sense."

— Kahlil Gibran

What is Intuition?

As a little baby, our lives are run by our intuition; everything we sense is immediately expressed. We have no concept of “project management” or “diet guidelines”—our thinking mind has very little impact on how we act. As adults, our thinking mind seems to govern everything. What time should you go to bed, or get up? What should you have for lunch? What should you wear to work? All of those questions are answered by a complex series of calculations and thoughts.

IMPULSES

Every yoga teacher, mindfulness coach and eating expert has said “listen to your body.” But what does that even mean? My body wants to eat a big plate of french toast and bacon. My body wants to lay around in bed all day. My body wants sweatpants and baggy flannel shirts. It seems like if I listen to my body for too long, I’m going to end up fat, lazy and swaddled in terry cloth. Let’s call those kinds of bodily desires an **impulse**: noun, a sudden strong and unreflective urge to act.

Try this Meditation

The intention of this exercise is just to recognize when impulses flash through you, and what they may be. Don’t worry—there’s no good or bad here.

One way to get a really close look at your impulses is to meditate. You can either read this next section and meditate afterwards, or [listen me read it to you while you sit](#).

Sit quietly, with your back straight and your eyes closed. Consciously smooth the edges of your breath. Allow your body to settle into your bones: your shoulders drop, your chest rises, your head is a balloon loosely attached to your neck. Your mind is a beautiful ceramic vase, thoughts and impulses flow in and out of the vase, unhindered. Notice physical impulses: the need to re-adjust your legs or scratch your ear. You may respond to these physical impulses by shifting your weight, swallowing, moving your hands, without putting importance on doing so. Your only job right now is to name these impulses. There is nothing else to do. Respond to their urgings, or not. Just notice and name your physical impulses.

Come out of your meditation just enough to pick up your pen and notebook. Make some notes on the physical impulses that you noticed.

Now, return to your meditation. Let your body rest on your bones, and your breath settle into a smooth rhythm. Envision your mind as that beautiful vessel, allowing your thoughts to flow through. Be a peaceful, blank space for your thoughts to wander across. Notice your thoughts and mental impulses. They may show up as an urge to “move on to the next thing,” or do something “useful.” The mental impulses may urge you to avoid being seen as a fool, as lazy, or helpless. Fear, irritation or anger may appear unbidden in the vessel of your mind. Acknowledge this impulse and let it flow past you. When you are ready, express your gratitude to your body for the insight you have gained from this meditation, and open your eyes.

Journal Prompt

1. In your notebook, make some notes on the mental impulses and thoughts you noticed during your meditation. Name them so you can recognize them in the future.
2. Give voice to any fears, judgements or resistance that came up for you.

These impulses that you noticed are okay, even valuable. You'll always have them and this work is not about extraditing your impulses to make room for your intuition— there's already plenty of space. Recognizing your impulses allows you to be more proactive in your choice-making, rather than reacting, well, impulsively.

Meet Your Intuition

What's deeper than your initial urges? Underneath the impulses, fears and judgements, what does your body really want from you?

My body wants to move, stretch, breathe, lay in the grass on a sunny day, love and be loved. My body wants to feel light, fast, free and powerful; my body wants be adored and honored like the sacred space that it is. My body wants me to look in the mirror and go, "Yeah baby!" My body wants to wake up feeling lithe, spiritual and connected, and to fall asleep feeling safe, proud and connected.

My intuition also wants all of those things.

Intuition: noun, ability to understand something immediately, without need for conscious reasoning.

The word intuition comes from late Middle English, denoting spiritual insight or immediate spiritual communication. Intuition is the wise, ageless, timeless part of you who simultaneously exists in this moment, and every other moment of your life. She is the immortal part of you that knows from personal experience that there is more than just this one lifetime.

She has stood with you at the end of your life and looked backwards, and so she knows, completely and without a doubt, that everything will always be okay. She has seen that everything "bad" that has ever happened to you is helping you towards some future enlightenment and fulfillment.

Visualization

Let's try another meditation, with your intuition in mind. Like before you can either read this next section and meditate afterwards, or [listen me read it to you while you sit.](#)

Sit quietly, with your head suspended lightly on top of your spine. Feel the lightness of your arms connecting to your shoulders, and the heaviness of your legs rooting into your hips. Focus your energy on your intuition, and notice where she lives in your body. Some women feel her in their pelvis, stomach, or chest. If you sense that your intuition resides in your head, keep listening. This is possible, but it's more likely that your thoughts are in your head, and your intuition is in your body. Having named your impulses in the last exercise, listen now for your intuition, the deeper understanding inside of you. What does that energy feel like? Do you get a visual?

Maybe your intuition is a small, glowing light in the pit of your stomach, or maybe she has a human form: the oldest, wisest form you will take. Visualize her standing, facing you. She puts her hands on your shoulders and smiles. She touches your heart or your belly, and you know that she is always there. She has words of support and encouragement for you. Like a tightrope walker, keep one foot grounded in her presence, and reach for your pen and notebook.

Write for your intuition now. Speak from her place of deepest knowing and wisdom. What does she have to tell you? What does she know, that you may be ignoring or forgetting? Write and listen until she is satisfied. Thank her for providing this insight, and gently return to your body.

Journal Prompt: Final Reflection

1. How can you apply what you've experienced during this exercise to your ways of eating?
 - a. Which of your food choices are already guided by intuition?
2. How can you apply what you've experienced here to your ways of moving?
 - a. In what ways do you already move intuitively?
3. How can you apply what you've experienced here to your ways of relating to yourself?
4. How can you apply what you've experienced here to your ways of relating to others?
5. What, specifically, would it look like to let your intuition guide your eating habits?
6. What, specifically, would it look like to let your intuition guide your movement routine?
7. How will you allow your intuition into the choices that you make **today**?
8. Is there anything else she has to tell you?

Now that you have access to this part of yourself, you are never alone. Begin to build a relationship with your intuition. How? Like you build any relationship: share with her. Ask her for help. Respect her by listening when she speaks to you. Connect with her regularly—daily, every half an hour if you can. Come back to this exercise any time you have trouble finding her.

Comments, Questions, or Feedback?

I hope you enjoyed this exercise! Please [reach out to me](#) with feedback or questions. I'd love to hear about your experience.

If you're ready for the next step, check out the [Introduction to Self-Love](#) and all of my other products at www.lilylovesyou.com.

*lily
loves you*

SELF-LOVE + NUTRITION