Illuminate Your Intuition

A 30 Day challenge to help you unlock your unique perceptive style, learn to trust your instincts and improve your intuitive practice.

#illuminateyourintuition
There is a voice that doesn’t use words. Listen.

- Rumi

INTRODUCTION

Welcome to the 30 day Illuminate Your Intuition challenge. Because this work can be very individual, complex and involved, I thought it would be most effective to provide a workbook for participants rather than rely on social media for updates and instructions. This way, you have all the information you need and a convenient place to record your reflections.

The challenge itself has been laid out as such. Each day you’re going to to be presented with either an exercise, reflection, share or a combination of all three. Exercises are activities you can do on your own which will serve to highlight the lesson of that day and allow you to put it into practice. Reflections are prompts that you can answer for yourself, record in this guide or write in a journal. Shares are points to bring to a social media space so we can follow along with each other’s journey and progress. Most of the shares involve drawing cards and for this, simply work with the deck of your choosing, shuffle how you normally would, and draw a card to answer the question in whatever manner you see best fit. Keep in mind not all days have shares. Of course, if you would like to highlight something you experienced or learned from that day, feel free to post whatever calls to you!

For each day, I’ve also included a spot for you to record your card. You can use this to write down the name of the card, illustrate it or draw a couple key symbols. In addition, there will be ample white space to make any notes from your reflections, pulls or even the exercises.
A few points for your consideration before we get started:

★ Select a deck that speaks to you! Because we’ll be engaging all of our senses, it may help to have a deck with strong visuals that inspire you.

★ Oracle would be a perfectly fine option for most days, but there are many exercises that require tarot, i.e. Day 4. Feel free to bring in multiple decks or approach this in the way that makes most sense to you - as long as you’re minding the point above!

★ When sharing on social media, please use the hashtag - #illuminateyourintuition so we can find each others posts.

★ None of this is a test. There are no right or wrong answers. There are no hits or misses. Even if you get something “wrong”, there are lessons to take away and those lessons, if you allow them, will lead to growth and development. Do not apply pressure or judge yourself through the process. Your intuition is inherent and it does not need to jump through hoops or pass a series of trials to deem it worthy. Trust it blindly and you will see.

Now that we’ve gotten all that out of the way, we’re ready to begin! While the challenge will officially begin on Saturday September 1, you may of course jump in and out at any time. For this reason, I’ve opted not to include dates on each page but rather days.

Enjoy!
Julia Eve
spiralseatarot.com
DAY 1: Perceptive Styles

**Reflection:** Review the following types of perceptive styles (or clair senses) and ask yourself: Which do I feel come most naturally? Which come least naturally?

**Clear Emotional Feeling:** This will be strong for those who identify as empaths. This is the ability to sense the emotional states of those around you (or even afar).

**Clear Seeing:** The ability to see clearly in the mind’s eye either while awake or dreaming vividly. Individuals with a strong sense of clear seeing may also have a vivid imagination and/or photographic memory.

**Clear Knowing:** Many describe this as a sudden knowing. Thoughts, images or feelings that spring from “nowhere”, but appear to have meaning or even provide certain insights.

**Clear Physical Feeling:** Individuals who have a strong clear physical touch may experience intuitive hunches in their body. These may translate as shivers, hair standing on end, stomachaches, headaches or other pains and sensations.

**Clear Touching:** Though this sense is physical like the previous one, clear touching is more about the ability to perceive facts or information from physical objects. This may mean having a sense of a home’s history just by walking into it or, picking up on the energy of a person by holding an object of theirs.

**Clear Hearing:** The ability to receive messages via inner or outer hearing. Those who resonate with this sense may have a strong connection or love of music.

**Clear Smelling:** To smell clearly in the intuitive sense means you may pick up on messages via your sense of smell. You may find that suddenly, and without explanation, a scent comes through strongly. You may also be someone who is sensitive to smells or has a strong natural sense of it.

**Clear Tasting:** This is the ability to perceive tastes without there being an actual cause. People with this sense may also find they have a heightened sense of taste or taste sensitivities.

See next page for share.
Share: Draw a card to answer the following: “What do I need to know regarding my own intuitive ability as I begin this journey?” Post your draw and response.

My Notes:
DAY 2: Enhance The Strength

**Share:** Draw a card to answer the following: “For the style that comes most naturally (consider the clairs from Day 1), what can I do to continue to enhance this ability?” Post your draw and response.

My Notes:

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DAY 3: Improve The Opportunity

**Share:** Draw a card to answer the following: “For the style that comes least naturally (consider the clairs from Day 1), what can I do to improve this ability?” Post your draw and response.

My Notes:
DAY 4: The Aces

Exercise: Isolate the 4 aces from your deck as you will only be working with these 4 cards today. For the purpose of this exercise, please regard the cards as follows: The Ace of Wands represents passion, the Ace of Cups represents emotion, The Ace of Swords represents thought and the Ace of Pentacles represents physical touch. Shuffle the 4 aces and ask the following: “With which sense does my intuition often speak?” (keep in mind, more than one Ace may come forward for you. Be open to the possibilities and let your intuition lead!)

If you pull the **Ace of Wands**, the Fire element may be the key to your intuition. Listen to the passionate fires within, as an insight for you may feel like excitement bubbling in the pit of your stomach or anticipation of something to come. It may feel like a thrill accompanied by physical sensations such as body temperature rising or increased energy and motivation to act.

If you pull the **Ace of Swords**, the Air element may be the key to your intuition. Pay attention to thoughts that appear or present out of “nowhere”. These may feel like flashes of insight, pieces of conversation out of context or inspired ideas. These downloads may come most naturally when you’re either a) quieting the mind during meditation or b) engaged in mindless tasks.

If you pull the **Ace of Cups**, the Water element may be the key to your intuition. Pay attention to where your emotions guide you, particularly when those feelings appear to “come from nowhere” or can’t be traced back to a particular event or thought. Fear, anxiety, joy, uncertainty, happiness, sadness etc. may all be markers. Feeling deeply may come easily for you and you may even find you’re able to easily sense the emotions that others are experiencing around you whether you’re aware of it or not.

If you pull the **Ace of Pentacles**, the Earth element may be the key to your intuition. For you, connecting to things physically may be an important component to tapping into a deeper sense of knowing. This may mean that you can sense history in objects when held, or may experience physical sensations (shiver, hair standing up etc.) when receiving intuitive information.

See next page for reflection and share.
Reflect: As you move through your day, consider the ways in which your Ace showed up for you. Did you receive any nudges and if so, did you react and what was the result?

Share: Post a picture of the Ace you drew and any impressions you have regarding it.

My Notes:
DAY 5: Sense of Sight

**Exercise:** Today we’re going to be igniting our sense of physical sight by working with The Fool. Remove The Fool from your deck and place it in front of you. Without relying on keywords or what you know of the card’s standard meaning, simply describe what you see in front of you. Consider: Colours, objects, weather, body language, expressions, symbols etc.

**Share:** Post a picture of The Fool card you worked with and share what it was you saw.

My Notes:

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DAY 6: Sense of Touch

**Exercise:** Today we’re going to be igniting our sense of physical touch by working with The Empress. Remove The Empress from your deck and place it in front of you. Without relying on keywords or what you know of the card’s standard meaning, simply describe what you feel in front of you. Consider: Any physical reactions/sensations you have in your own body or textures that can be “felt” in the card.

**Share:** Post a picture of The Empress card you worked with and share what it was you felt.

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**My Notes:**
DAY 7: Emotional Sense

Exercise: Today we’re going to be igniting our sense of emotional feeling by working with The Hermit. Remove The Hermit from your deck and place it in front of you. Without relying on keywords or what you know of the card’s standard meaning, simply describe what you feel emotionally when gazing at this card. Consider: Any emotional reactions/sensations either within you or perceived from within the card.

Share: Post a picture of The Hermit card you worked with and share what it was you felt emotionally.

My Notes:
DAY 8: Sense of Hearing

**Exercise:** Today we’re going to be igniting our sense of hearing by working with The Tower. Remove The Tower from your deck and place it in front of you. Without relying on keywords or what you know of the card’s standard meaning, simply describe what you hear in front of you. Consider: If you were within the landscape of the card, what would be heard? Are there any other audio insights that come to you while contemplating this card?

**Share:** Post a picture of The Tower card you worked with and share what it was you heard.

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My Notes:
DAY 9: Sense of Taste

**Exercise:** Today we’re going to be igniting our sense of taste by working with The High Priestess. Remove The High Priestess from your deck and place it in front of you. Without relying on keywords or what you know of the card’s standard meaning, simply describe what you taste. Consider: Are there aspects of the card that can be described as sweet or salty or bitter or complex? Does a specific flavour profile highlight for you?

**Share:** Post a picture of The High Priestess card you worked with and share what it was you tasted.

**My Notes:**
DAY 10: Sense of Smell

Exercise: Today we’re going to be igniting our sense of smell by working with The Sun. Remove The Sun from your deck and place it in front of you. Without relying on keywords or what you know of the card's standard meaning, simply describe what you smell. Consider: If you were to step into the landscape of the card, what aromas may be sensed?

Share: Post a picture of The Sun card you worked with and share what it was you smelled.

My Notes:
DAY 11: Combining The Senses

**Exercise:** Working with your entire deck, we’re going to pull everything we’ve so far practiced together while activating our senses. Shuffle and ask: “What is it I need to know in this moment?” Without relying on keywords or standard definitions, allow your senses to fill in the blanks.

**Reflection:** Considering what you can see, feel physically, feel emotionally, smell, taste and hear - what is the message for you today?

**Share:** Post the card you pulled and your impressions.

My Notes:
DAY 12: Improving The Senses

**Reflection:** In working with the senses above, which was easiest to perceive? Which one(s) were most difficult to perceive?

**Share:** Draw a card to answer the following: “What can I do to improve the way I use my senses when working intuitively?” Post your draw and response.

My Cards:
DAY 13: Identifying Blocks

**Share:** Draw a card to answer the following: “What blocks are currently in the way of me fully tapping into my intuitive ability?” Post your draw and response.

**My Notes:**
DAY 14: Overcoming Blocks

**Share:** Draw a card to answer the following: “How can I move through the block identified in Day 13?” Post your draw and response.

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**My Notes:**
DAY 15: Feeling Trust

Exercise: Remove the Ace of Wands and Ace of Cups from your deck and place them faceup in front of you. Once you’ve had a chance to observe them faceup, go ahead and flip them so they’re facing downward with only their backs visible. Ask yourself: “Where is the Ace of Wands?” This is not a trick question, and of course you know where that Ace is lying because you just observed it a moment ago. Rather, this is an exercise in feeling what it’s like to know something for sure. Or in other words, trusting yourself wholeheartedly. And, in this moment of certainty, observe what it feels like to truly know something without hesitation; how sure that feeling is - where it shows up for you and how it translates.

Reflect: What does it feel like to know something for sure? How quickly did the feeling of certainty arrive? Was there any doubt and if so, why do you think that was? How does knowing something differ from thinking something may be true?

See next page for share.
Share: Draw a card to answer the following: “How can I increase my ability to trust my intuitive hunches?” Post your draw and response.

My Notes:
DAY 16: Inner Sight

Exercise: Remove the Temperance card from your deck and place it in front of you. Take a minute or so to examine the card. Take in the images, colours, symbols and other impressions. After a minute or so, place the card down and close your eyes. With your eyes closed, see if you can bring to your mind’s eye, as clearly as possible, the card you just observed. See if you can recall the image in as much detail as possible and hold it in your mind for as long as you can.

Reflection: Did recalling the image come naturally or did it require some effort? Were you able to recall both macro and micro details? Was there something that stands out which you missed? What did it feel like to conjure up the image in your mind’s eye, and how realistic did it appear?

Share: Post the Temperance card you worked with and share some of your thoughts and impressions from the reflection above.

My Notes:
DAY 17: Practice Seeing

**Exercise:** Working with your entire deck, we’re going to practice seeing with our eyes closed as demonstrated in the exercise from Day 16. Shuffle and ask any question at all that you’d personally like an answer to. Make sure in your process of shuffling that the card drawn isn’t revealed to you. So, when it’s selected, ensure it stays face down. If you are dealing with a jumper that does somehow reveal itself, you may want to accept that card as the answer to this question, and then go ahead and ask another. Essentially, you want one card, but you don’t want to know what it is - yet! When you have your not-yet-revealed card, place it in front of you (still face down) and then close your eyes. Take a deep breath and try to get into a relaxed position and state of mind. With your eyes closed, see if you can see or sense any impressions from the card you drew. You don’t need to see or sense the actual card itself, but try to call forward images or sensations that may relate. Remain open through this process and don’t judge the information or images that come forward - just allow.

When you’re done, open your eyes and turn the card that was drawn over so you may see it.

See next page for reflection and share.
**Reflection:** Did the images (sensations, thoughts, sounds etc.) that came to your mind’s eye connect in any way to the card that was drawn? Even if not, can you relate those messages to the card in such a way to lend it extra meaning? Combining both your understanding of the card and the images or sensations that came to you, what do you think the ultimate message is?

**Share:** Post the card you pulled and your impressions.
DAY 18: Verbal Stream of Consciousness

**Exercise:** We all communicate differently, so today and tomorrow we’ll be playing with both verbal communication as well as written. Today, we’ll focus on verbal. To do that, you’re going to formulate a question that you’d like an answer to. To address that question, you’re going to shuffle your deck and draw one card. Rather than work with keywords, book definitions or any of the other techniques we’ve so far examined in this challenge, you’re going to simple start talking. The words that come out of your mouth don’t need to make sense. In fact, the less “thought” that goes into your dialogue the better. Just verbal stream of consciousness based on the impressions you immediately get when looking at the card you pulled.

**Tip #1:** If you have your phone handy, you may want to record what you say so you can return to it later.

**Tip #2:** If you’re pausing a lot between words then you’re probably too in your head. No one is going to hear you, so do not judge the words coming out of your mouth. Just speak!

See next page for reflection and share.
Reflection: How easy or difficult was it to engage with this form of stream of consciousness? Did the words that came forward help to answer the question you asked? What was the ultimate message you received?

Share: Post the card you pulled and your impressions.

My Notes:
DAY 19: Written Stream of Consciousness

**Exercise:** Today we’ll be doing a similar exercise to Day 18, but instead of talking it out we’ll be writing it out. To do this, you’re going to formulate another question (a different one) that you’d like an answer to. To answer that question, you’re going to shuffle your deck and drawn one card. Rather than work with keywords, book definitions or any of the other techniques we’ve examined so far in this challenge, you’re going to simple start writing. The words that come forward don’t need to make sense. Again, the less “thought” that goes into the message the better. Just written stream of consciousness based on the impressions you immediately get when looking at the card you pulled.

**Remember:** Pauses are a sign you’re thinking too much. Take a deep breath and relax. You’re not being judged on quality and nothing that you write needs to make immediate sense.

See next page for reflection and share.
**Reflection:** How easy or difficult was it to engage with this form of stream of consciousness? Did the words that came forward help to answer the question you asked? What was the ultimate message you received?

**Share:** Post the card you pulled and your impressions.

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**My Notes:**

[Image]
DAY 20: Setting Dream Intents

**Exercise:** It is possible to receive messages, guidance and other intuitive insights through methods beyond the cards. Today, we’ll be focusing on engaging with our dreams in this way. To do this, we’re going to start by setting an intention. If you do not regularly remember your dreams, your intention may be to simply remember the dreams from the night before. If you are already a person who easily recalls their dreams, then your intention may be to dream vividly, lucidly, to receive a message, or even connect with a loved one. Your intent may also be to receive an answer to a specific question. Make sure your intention meets you where you are and makes sense to you. To cement this intention, write it down on a piece of paper and place it near your bed or under your pillow. Tomorrow we will focus on sharing our experience, but for today, we’ll simply be setting the intent.

**TIP:** Make an effort to relax before bedtime to get your brain and body in the right mode. This may mean going to sleep at a reasonable hour, listening to calming sounds, having a bath or shower or even doing some meditation.

**My Notes:**
DAY 21: Dream Review

**Reflection:** Were you able to recall your dreams from the night before? Did you achieve the intention that you set? What messages or themes presented in your dreams? Was there anything different about your dreams and if so, do you sense your intention had something to do with this?

**Share:** Draw a card to answer the following: “How can I enhance and engage with my intuition through my ability to dream?” Post your draw, response and any takeaways from the reflections above.

My Notes:
DAY 22: Associations

Exercise: For the next few days we’ll be engaging with associations. Associations can be powerful markers that bare significance based on a variety of factors. For example, the number 13 may be regarded as scary, but some may see it as lucky. Associations, while having some common meaning, can also be entirely personal. To begin this exploration, consider the following associations (also known as correspondances) and how significant or influential they are for you when interpreting cards.

Astrology | Numbers | Colours | Symbols | Elements | Seasons | Archetypes

Next, select a card intentionally or at random and observe the way in which these associations make themselves evident. List any and all that jump out to you.

Note: I will not be providing a list of meanings for the associations we’ll be exploring. I would rather not dictate what means what, as I think a lot of this is quite personal and unique. Of course, there are plenty of resources available with standardized information that are just a search away, so you may engage with them, along with your own intuition!

See reflection and share on next page.
Reflection: What associations do you currently look for when reading cards? Are there any that you do not currently look for that you feel you may benefit from?

Share: Post a picture of the card you worked with in the exercise and list all the associations you could find. You do not need to focus too much on meaning, simply note what you can spot.

My Notes:
DAY 23: Symbols

**Exercise:** Similar to yesterday, we’ll be playing again with associations. Today, we’ll be working with symbols (or imagery). To do this, remove The Lovers from your deck and place it in front of you. Look at the card and ask yourself: What symbol(s) or image(s) jumps out to me immediately?

**Reflection:** What symbol or image immediately came most quickly to your attention? How does that symbol or image make you feel? How might that feeling play into the interpretation of this card? Does it match or differ from standard book definitions?

**Share:** Post a picture of The Lovers card you worked with and share any thoughts from the reflection above.

My Notes:
DAY 24: Colours

Exercise: Today we’ll be exploring associations once more, but instead of symbols, we’ll be focusing on colours. Colours can be very telling and may invoke different emotions, thoughts, sensations or even reactions depending on their context and who is observing them. To examine this further, remove The Devil from your deck and place it in front of you. Look at the card and ask yourself: What colour(s) jumps out to me immediately?

Reflection: What colour or colours immediately came to your attention? How does that colour make you feel? How might that feeling play into the interpretation of this card? Does it match or differ from standard book definitions?

Share: Post a picture of The Devil card you worked with and share any thoughts from the reflection above.

My Notes:
**DAY 25: Observations**

**Exercise:** Given what we’ve explored in the last couple exercises, today as you’re going about your day, pay attention to the things that stand out. Maybe it’s a vivid colour that pops. Or a number that repeats. Or a symbol or object that seems to bare significance. At the end of the day, record your reflections.

**Reflection:** What, if anything, stood or jumped out as I moved through the day? What meaning, if any, did I associate with this? Was there a message within the sights, sounds or events that caught my attention?

**My Notes:**
DAY 26: Meditation

Exercise: Today we’ll be exploring meditation as a way to tap into our intuition. To do this, formulate a question that you’d like to receive an answer to. It can be anything at all that is important to you. With your question in mind, you’re going to set aside 5-10 minutes to be in stillness. To do this, you probably want to find a space where you will be undisturbed and can get comfortable. Sitting up or laying down is fine, as long as you are able to relax. When you’re ready, and with your question loosely in mind, close your eyes and allow yourself to drift. There is no right or wrong way to meditate, but as a rule of thumb, you do not want to go seeking the answer to your question in this state, but rather allow yourself to clear your mind enough so that the answer may find you. Consider that in this state, you are not the reader, but the receiver. This means that you’re not required to understand or interpret anything - simply receive.

See next page for reflection and share.
Reflection: When you’re done, open your eyes and consider the following: What messages, feelings, sensations or images did I receive? What insight do these lend to the question I asked? Was my question answered?

Share: Draw a card to answer the question that you posed for the exercise above. Share your card and any parallels you can draw to the insight you received during your meditation.
DAY 27: Learning

**Reflection:** Over the course of this challenge, what methods explored came most naturally or felt most successful?

**Share:** Draw a card to answer the following: “What have I learned about my intuitive style and ability during the course of this challenge?”

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**My Notes:**

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DAY 28: Enhancing

**Reflection:** Over the course of this challenge, which methods felt more difficult or posed the biggest challenge? Do they have a place in my practice and if so, what will I do to work through these barriers?

**Share:** Draw a card to answer the following: “How can I continue to improve the aspects of intuition that are more challenging to me?”

My Notes:
DAY 29: Growth

Reflection: What have I learned about myself and my ability to intuit over the course of this challenge? Do I feel more equipped than I did at the beginning? Have I increased my trust in self?

Share: Draw a card to answer the following: “In what ways have I grown from what I’ve uncovered and practiced over the course of this challenge?”

My Notes:
DAY 30: Moving Forward

We’ve reached the final day of this challenge and you may have noticed the last few have been a bit slower in pace. That is because we’re winding down and hopefully, through this you’re also taking time to process all you’ve learned over the course of the last 29 days. Before we go, we’ll take one more opportunity to consult the cards and our own intuition to gain some guidance on how we can move forward with all we've so far acquired. While interpreting your card, take into consideration the methods we've explored, the strengths you know you possess and all the cues your senses are sending you. The answer is both within the card and within your heart and you needn't look far to find it.

**Share:** Draw a card to answer the following: “What else do I need to know as I take my intuitive development into the future?”

My Notes:
CONCLUSION

You've officially reached the end of the Illuminate Your Intuition challenge, and I hope that through the course of it, you've been able to find new and exciting ways to engage with your unique intuitive centre. While there is much you can take away, my wish is that you've not only improved your practice, but also proved just how gifted you already are when it comes to knowing, sensing, and feeling the energies within and around you.

Even though this challenge is complete, doesn’t mean the work is done. Taking all you have learned and uncovered, and applying it to your everyday life will be the ultimate expression of these discoveries. There is no limit to how you can use these abilities or how far you can take them. This challenge may be a wrap, but your journey is far from over.

With love,
Julia

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

- Kahlil Gibran