

# Into the Flow

## Cultivate Your Creative Essence with Liesel Rigsby

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### Writing Invitation #2 – Ignite Your Intuition

Lesson 3 is all about learning how to access your intuition. So in preparation let's take a look at your past experiences with your inner knowing or 'gut feelings' about things so you can get a sense of what you already 'know'.

1. First of all, what does the word 'intuition' mean to you? What are your beliefs about your ability to access it within yourself?
2. Think back to times when you felt like you were tapping into your intuition – when you felt you had a sense of inner knowing about something or someone.
3. Separate each experience into two columns. One where your intuition turned out to be "right" and one where it turned out to be "wrong".
4. For each "right" and "wrong" intuitive experience, write down how you felt in your body, what sensations you were having, what your nervous system felt like. Pay attention to anything that might give you insight into the experience. Notice where fear may have come into play.
5. Are there any patterns between how you felt and what the outcome was?