

**PISCES SEASON:**

# 5 DAY CHALLENGE: Cultivate Your Intuition

**PISCES/Intution Challenge:**

Cultivating and learning how to trust your intuition is something that we have to practice. Most of us have difficulty telling the difference between our intuition and our ego-mind. Know that we all have non-physical senses that have become dormant. Our 6th chakra, or third eye is where our psychic senses, including our intuition, are located. In addition to doing the 3rd eye meditation everyday- follow with some free writing.

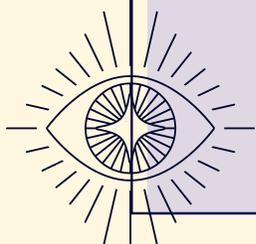
Everyday, do this guided meditation for your 6th chakra (about 15min):

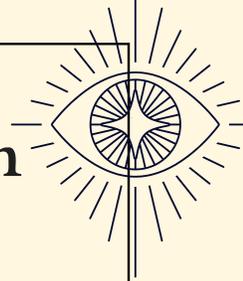
Meeting Recording:

[https://us02web.zoom.us/rec/share/6CIYWn0AqksxIWE4\\_KyTQ\\_iJLAKh1PBScpp46V8nx3q45RGUqFUX\\_RtCIc871uUp.wKvG88wTyw5tHz\\_KAccess](https://us02web.zoom.us/rec/share/6CIYWn0AqksxIWE4_KyTQ_iJLAKh1PBScpp46V8nx3q45RGUqFUX_RtCIc871uUp.wKvG88wTyw5tHz_KAccess)  
Passcode: Intuition6!

**Day 1: Take an adventure, guided by your intuition: either take a drive, a hike, a walk, a bike ride, etc. Begin with a few deep breaths and center yourself- telling yourself that you are now letting go of trying to control any outcomes and trusting that wherever you are lead is meant to be. When you do arrive, take a moment to find a meaning and a purpose for ending up there.**

**Day 2: Visualize something you desire, close your eyes and draw or paint from that vision.**





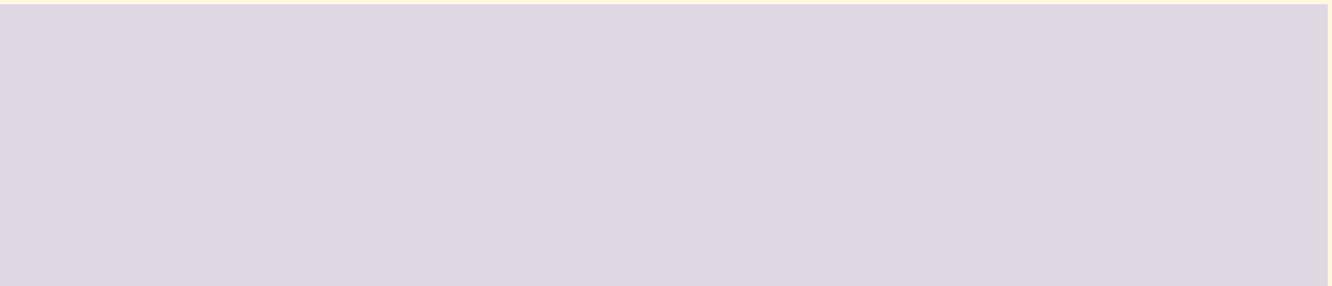
# PISCES SEASON: 5 DAY CHALLENGE: Cultivate Your Intuition

## PISCES/Intuition Challenge:

Day 3: Ask yourself, "What does my life need right now?". Listen and write or draw with eyes closed:



Day 4: Ask yourself a question before your meditation and notice after if there are any insights or answers that day. If not, ask yourself the same question before you go to sleep and in the morning, notice if any insight or answers were revealed.



Day 5: Remember a time when you did not listen to your intuition or "gut". Journal the situation and remember what you felt and why you think you ignored any intuitive guidance.

