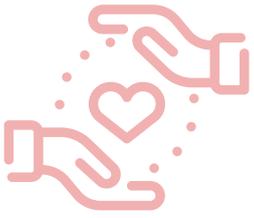


# INTUITION & DREAM SYMBOL EXERCISE

RECONNECT WITH  
YOUR HEART!





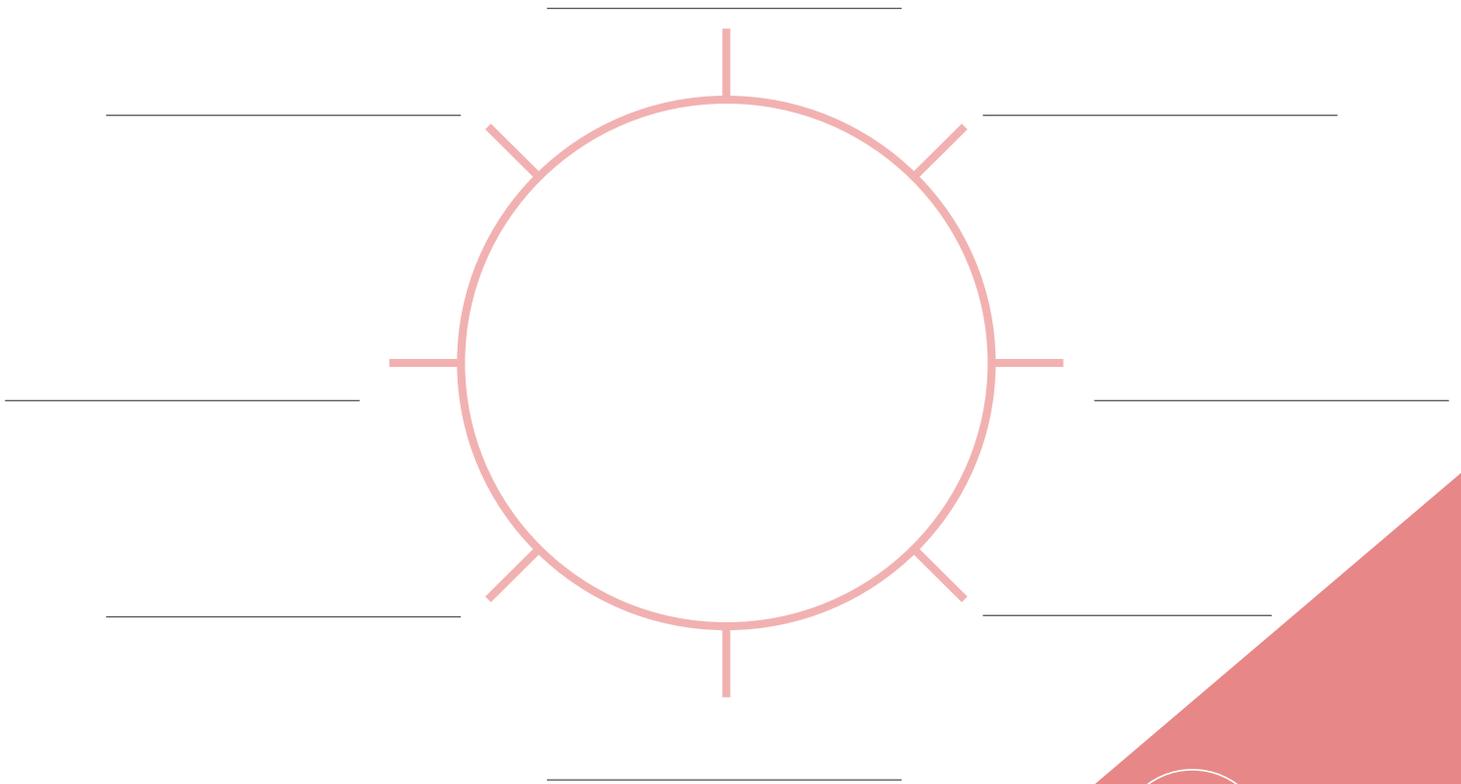
## INTUITION & DREAM SYMBOL EXERCISE

### RECONNECT WITH YOUR HEART!

*Images and symbols are one of the easiest and most powerful ways to access our inner selves. They can help us connect to, and re-experience our inner or subconscious processes. When used imaginatively, symbols help us access our hearts, creativity, intuition, authenticity and assist with spiritual transformation.*

And if an image or symbol comes up in life or in a dream (especially if it comes up repeatedly) this exercise will help you explore it more deeply. So, when you're ready, **turn over for your instructions!**

**TIP:** Analysis jolts us out of our imaginative space. To remain 'in your heart' while doing this exercise, think about and refocus on your chosen image whenever you feel yourself being pulled into judgement or analysis.





# INTUITION & DREAM SYMBOL EXERCISE

## RECONNECT WITH YOUR HEART!

### INSTRUCTIONS:

**1** Either read the 5 minute meditation on page 3 OR take a moment to calm your mind. Once you feel grounded, repeat these affirmations (out loud or in your head) so that you're more open to this exercise:

- "I open myself to inner messages"
- "I am ready to know what I need to know"
- "I recognize that my imagination is a doorway to my heart, intuition and transformation"

**2** Choose to use EITHER an image, symbol or object from your life or a dream OR if you were to imagine a symbol, picture or object that represents a doorway to connect with your heart and intuition, what would it be?

### IMPORTANT:

- You may need to sit for a moment and wait. Allow something to spontaneously arise, don't force it.
- Take the image as you receive it, not as you prefer it - trust what comes up for you.
- Do NOT analyze what comes up, simply ACCEPT whatever arises.

**3** Now have an image, in the centre of the 8 pointed sun on the previous page draw your image. If necessary outline a simplified version of your image or object that represents its essence.

**TIP:** Your artistic skills are unimportant - simply capture the essence of your image.

**4** In a moment, I want you to write an association with the image next to each of the 8 lines around the outside of the sun. But first read these instructions:

- After EACH association you make, RETURN to the original image and let a NEW word or phrase arise.
- Passively listen, see or feel what the image says or brings to you - NO prompting from yourself.
- Don't just describe or define the image or object using alternative names. Instead see what your subconscious mind associates with the image.

Now you're ready to return to the 8 pointed sun and write down WHATEVER associations come up for you - however surprising or unlikely they may seem.





# INTUITION & DREAM SYMBOL EXERCISE

## RECONNECT WITH YOUR HEART!

**5** Finished? Now pick the most striking or surprising phrase or word of the 8 things that have been evoked for you. And quickly turn it into a question or request of yourself (without thinking) in the space below:

Question or Request of Myself:

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**6** Respond IMMEDIATELY, again WITHOUT thinking:

My Immediate Response:

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**7** Return to your original image and evoking its power, take your response above and turn it into a practical action that speaks, seems or feels right to you.

Action I will take:

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**8** Finally, what did you learn about yourself?

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Now that you've completed this exercise, you may like to cut out your 8 pointed sun and put it somewhere you will see it regularly like your fridge or bathroom mirror.





# INTUITION & DREAM SYMBOL EXERCISE

## RECONNECT WITH YOUR HEART!

### 5 MINUTE MEDITATION - PREPARATION

I invite you to take a deep breath and when you're comfortable, perhaps begin to close your eyes.

Maybe you can just enjoy sitting still for a moment, doing nothing but breathing deeply – breathing deeply however this feels comfortable for you.

And just allow yourself to find a rhythm.

So, did you know that water is often a symbol for our emotions?

♥ Well, now that you're breathing more deeply, perhaps you can imagine any remaining thoughts, tasks, nagging emotions, "to do's" etc as a river raging around you.

♥ Perhaps take a moment to experience that more fully. Make sure that everything that's bothering you right now becomes part of that raging river.

♥ Wonderful. So now I want you to take another deep breath and begin to make the river calmer. I wonder if you've already started to notice it slowing and calming around you. Calmer and calmer until it is now a beautiful, quiet, gently flowing stream.

♥ And once it's a gentle stream now imagine it getting even calmer, smaller and trickling into a beautiful, quiet, still pond.

Why not take another deep breath and

enjoy your beautiful, quiet, still pond for a moment. Take in the absolute stillness, the serenity, peace and calm.

In the days and weeks ahead, know that you can use this technique anywhere, at any time to still your mind and in a few simple moments feel completely calm again.

Hmmm. Now I want you to repeat these affirmations after me so that you're in a space to listen and be open to your unconscious mind. Do this in your mind or out loud if you prefer:

- "I open myself to inner messages"
- "I am ready to know what I need to know"
- "I recognize that my imagination is a doorway to my heart, spiritual healing and transformation"





## INTUITION & DREAM SYMBOL EXERCISE

### RECONNECT WITH YOUR HEART!

So, I'm wondering, if you were to imagine a symbol, picture or object that represented YOUR doorway to reconnect with your heart and spirituality, what would it be? What jumps into your mind?

It's very important to take the image as you receive it, not as you prefer it... This is about learning to TRUST your intuition. So, don't analyze what comes up, just ACCEPT whatever arises AS IT IS.

And for some of you, you may need to sit for a moment, and simply wait. We want this to be spontaneous and natural. So, just breathe for a moment and see what arises for you now. It could be anything at all!

So, now that you have your image, I invite you now to take a breath for a moment and begin to move your attention back to the room, listening to the sounds around you and begin to open your eyes.

