

10 ways to  
**improve  
intuition**

in easy every day steps



with Denise Litchfield

## These ten tips will be easy.

It's more of a rediscovery. As a child you already knew to kick off your shoes to wiggle toes in the grass and connect. You already knew the shiny lady singing to you at night was a spirit friend.

Consider this a re-introduction to your best and highest self; the one who is always there but may be overlooked among iPhone updates and last week's deadline.

## Try all ten on, wear the ones that fit.

There's even space to write your thoughts under each tip - consider it a road map to rediscovering your intuition.

Come on over to the [Psychic Playground Facebook Community](#) and share your 'aha' moments with us. We are a bunch of savvy intuitive ladies growing our skills.

love,

*Denise*



# *10 ways to* **improve intuition**

## 1. Daydreams are gold.

Do your best ideas come driving long distances, or in the shower? Inspiration, intuition and insight happen in the same place, brain wise. It's a certain bracket of brain waves where your higher self and spirit tune in best. Add the psychic conducting powers of water or a rocking monotonous road and it's the perfect recipe for intuitive messages.

Insights happen when we're not thinking - often doing everyday chores like folding the washing, ironing or even cooking. Anywhere an activity goes on autopilot and your mind is free to roam.

### **Your turn:**

What routine no-brainer chores can you transform into inspiration time? Record your ideas below.



*10 ways to*  
**improve  
intuition**

## 2. Messages are all around

Deep inside we've never forgotten how to receive them. It's the shivers when a friend says something from the soul. It's going eyeball to eyeball with a bird who flies so close and drops a feather just for you. It's the way the wind smells before a storm.

The world is busy talking to you - all you need to do is tune in.

Had some cool co-incidences? Before running to Google for a canned answer, practice turning inward. Notice how the synchronicity felt - what thoughts come up? Begin trusting your wise self. The ultimate answer will always lie with you.

### **Your turn:**

What was your last meaningful coincidence? What senses did it involve? A feeling? An image? Words? Record it here.



# *10 ways to* **improve intuition**

## **3. Your body never lies.**

When searching for an answer, it's the last place we look.

We're taught to go outside ourselves for answers. It begins with our parents, to books at school, to authority figures and the internet. This week, play around with the idea YOU are enough, YOU know the answer, and it's written inside.

### **Your turn:**

Create your mantra: I am enough. How does it feel? What comes up when you say it? Extra points for setting the affirmation as an alarm on your phone or password for your computer.



# 10 ways to improve intuition

## 4. Unplug

In order to increase intuition, you need to be receptive. Put away the ear buds and stare out the window for a while. Enjoy a rare moment of being present and discover what intuitive treasures come your way.

By unplugging, your Spirit Team gets a break from having to cut through the white noise of electronic living and can go direct to you.

Take it one step further by meditating and marinate in your own awesomeness for ten minutes.

### **Your turn:**

Run a bath, or have an epsom salt body scrub. Mix a good handful of epsom salts with your chosen essential oil and scrub all over. The salts will clear your energy field.



# 10 ways to improve intuition

## 5. Nature attunes for free

Get out there - even if it's the local park at lunchtime. Take a moment to come home to yourself. Deep down, we know how to ground ourselves. Sit on the grass, back against a tree, and wiggle your toes in grass or beach sand and let nature do what she does best.

Let the earth's natural rhythms recalibrate you. Beaches are edge-places; not quite land and not quite sea. Use these natural gateways to charge up your energy, and slip off the shoes for a rebalance.

### Your turn:

Set the alarm to watch the sun rise. Enjoy a moment purely for yourself. With no distractions, allow your thoughts roam. Jot your 'aha' moments down here.



# *10 ways to* **improve intuition**

## **6. Use natural sleeping gateways.**

Just as dusk and dawn are energetic gateways for time, and shorelines are gateways for the earth, for us, it's that place between sleep and awake. It's a between time when intuitive receptivity is highest. Drifting off to sleep, some hear voices calling their name, or whispering. Others feel a gentle touch, or a problem is solved when they wake up.

Had a vivid dream lately? This is your Spirit team at work for you. Acknowledge vivid dreams as a natural part of intuition,. Pay attention to the messages bubbling up from your wiser self.

### **Your turn:**

Use this space to record meaningful dreams - keeping a dream journal tracks messages and lets their meaning unfold.



# *10 ways to* **improve intuition**

## 7. Teas and Oils to open psychic centres

Mugwort is a herb used for intuitive work. Brew it as a tea and drink with intent - because, like affirmations, what we focus on, we get.

Clary Sage was originally called, "Clear-eye" sage. It has a sweet, green, grassy smell. One drop maximum diluted in hand cream or a teaspoon of oil and massaged into the body is plenty. If you're feeling adventurous, add ONE glass of wine, but be warned: Clary sage oil works well, but mixed with alcohol, it can bring on nightmares.

### **Your turn:**

If you can't find a source for mugwort, swap out the caffeine for herb tea for a few days. How does it feel to get calmer?



# *10 ways to* **improve intuition**

## 8. Vibe up your food

As you come home to natural intuition, your energy field will change. It rises into a more refined way of working. You may discover a sudden love for green smoothies, or crave other high - vibe food.

It's confirmation of a shift in vibration. Fresh, organic food raises the body's overall frequency allowing it to hum in a new higher way. As you tune into a more sensitive way of being, trips to Mc Donalds just won't be fun anymore.

### **Your turn:**

Make a list of foods you'd like to eat less of. Write them here:



# *10 ways to* **improve intuition**

## 9. Find love

The heart has a sensing capacity like the brain and important decisions get made with the heart over the mind. We feel the right way in our hearts. Hearts break. We make heartfelt pleas. We cross our hearts and make a vow.

At the bottom of all Spirit connection is love. We open our hearts to a higher way of living and connecting and it's done with love.

### **Your turn:**

Find five things to be grateful for every day. If there's a person involved, tell them. Write your first five things here.



# 10 ways to improve intuition

## 10. Find your true self

Back in point 3, we mentioned our habit of searching for answers externally. By finding answers within, we connect to the wisest parts of ourselves, and one of the best ways is meditation. I call it “checking your spiritual inbox.”

Just like Glinda the good witch in the Wizard of Oz said: “You had the power all along, my dear.”

### Your turn:

Set the timer on your phone and challenge yourself to sit in stillness for ten minutes. The goal is to just sit. Notice how you feel after and what happens during. Did the time fly by or drag? Write the results below and compare to the next time to and see if the experience was different.

# Congratulations!

You're on the way to improved intuition! Raising sensitivity to the unseen world is a practice. It's normal to feel more intuitive some days than others. The main thing is you've created space in your day to be mindful of your intuitive side. Well done!

At the beginning there was a suggestion to try them on and wear what fits. What fitted the best so far? What was a challenge?

It's been a pleasure to share 10 ways to improve intuition, and I invite you to share your experiences in the Psychic Playground Facebook Community.

The group is a fun, safe place for women to hang out with other budding intuitives learning to use their superpowers.

Join the Psychic Playground:

<https://www.facebook.com/groups/1711355075747941/>

*Denise*