

THE SAFE UNKNOWN

CONNECTING TO AND TRUSTING YOUR INTUITION

Intensive Workbook



noreasternerb.com/intuitive

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Hey there, welcome to The Safe Unknown 10 day intensive!

I'm overjoyed to be sharing this energetic space with you while we find and foster the divine relationship with our intuition.

Over the next 10 days we will explore your relationship with your intuition.

This will be informed every day by our burning questions:

Day 1 - What is intuition?	Day 6 - How can I be playful with my intuition?
Day 2 - How can I create space for my intuition?	Day 7 - What don't I know about intuition?
Day 3 - Why develop a relationship with our intuition?	Day 8 - Am I making progress?
Day 4 - Why do we distrust our intuition?	Day 9 - How do I stay connected to my intuition?
Day 5 - When does our intuition show up?	Day 10 - What's next?

To access the daily content, visit your student dashboard: noreasterherb.com/student-dashboard

I'm so excited to walk this path together and I cannot wait to see what's aligned for us along this journey!

With a big intuitive hug,



PS - If at any time over the next 30 days you have questions, please reach out via email:

hello@noreasterherb.com

You can also DM me over on instagram: [@noreasterherb](https://www.instagram.com/noreasterherb)

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My 10 Day Roadmap

Let's get you set up for success! Take a few moments and chart out the next 10 days:

Today's Date	Today's Focus	Today's Checklist
	Enrollment and Day 1 - What is intuition?	<input type="checkbox"/> Welcome & Orientation Module <input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts <input type="checkbox"/> Bonus Intuitive Exercise
	Day 2 - How can I create space for my intuition?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
	Day 3 - Why develop a relationship with our intuition?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
	Day 4 - Why do we distrust our intuition?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
	Day 5 - When does our intuition show up?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
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	Day 7 - What don't I know about intuition?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
	Day 8 - Am I making progress?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
	Day 9 - How do I stay connected to my intuition?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts
	Day 10 - What's next?	<input type="checkbox"/> Daily Content <input type="checkbox"/> Intuitive Exercise <input type="checkbox"/> Countdown Breath <input type="checkbox"/> Journal Prompts

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Countdown Breath Guidance

- To begin countdown breathing, find yourself a comfortable position.
- If seated, consider placing your hands on your knees palm down or palm up.
- You can also place your hand on your chest or rest your hand comfortably in your lap.
- Once settled, decide on your goal number of breaths.
- 10 breaths is a wonderful practice; however, 5 or 3 may be a more manageable place to begin, gently increasing with time.
- With your goal breath number in mind, 3 for example, take a deep breath and with your eyes closed, visualize the number 3.
- Release your breath and allow the image of the 3 to fade as well.
- With your next inward breath, visualize the number 2.
- Again, release your breath and allow the image of the 2 to fade.
- With your next inward breath, visualize the number 1.
- Again, release your breath and allow the image of the 1 to fade.
- With your countdown complete, you can conclude your breathing exercise here.
- You also may choose to keep the rhythm of breath continuing, focusing only on your breath instead of the countdown.
- Continue until you feel you have finished or until it no longer feels comfortable.
- When you are finished, gently wiggle your fingers and toes, slowly open your eyes, and return to your space.

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What do I need to know today? | Intuitive Message Log

When beginning your day, find a quiet moment where you will not be interrupted.

This might be before you get out of bed, while you are getting ready for the day, or even parked in your car before heading into work. Take a deep breath and out loud ask your intuition 'what do I need to know today?'

The answer you receive may be a sentence, phrase, single word, image, sensation, or something else in your intuition's language. Honor this message and hold it in your heart throughout your day. Consider doing this daily and briefly making note of the message you receive. Log your messages and impressions below.

Day 1 - DATE:

Day 2 - DATE:

Day 3 - DATE:

Day 4 - DATE:

Day 5 - DATE:

Day 6 - DATE:

Day 7 - DATE:

Day 8 - DATE:

Day 9 - DATE:

Day 10 - DATE:

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Day 1: What is intuition?

Intuitive Exercise - Make a connection!

Connecting with nature and the natural world is a great approach for aligning with the natural rhythms all around us. Take a few quiet moments today and simply observe. Maybe it's the gentle hop of birds outside your window, the breeze through the leaves of a familiar tree, or simply the passing clouds ever so slightly shifting along their journey. Work to find a focal point in nature that is accessible to you and comfortable. Consider multiple ways to engage your observations; what you see, hear, smell, taste, and feel are wonderful perspectives to consider. Additionally check in with your physical body and notice any sensations you may be experiencing. Lastly, check in with yourself emotionally and be receptive to what emotions, thoughts, or feelings may be present or noticeably missing. Be sure to journal or record your experience.

Countdown Breath - Today's countdown breath goal is 3.

Journal Prompts

What are some ways or places you recognize your intuition showing up for you?

What areas of your life would you like to incorporate your intuition into more?

What would it mean to you to have a stronger connection with your intuition?

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Day 2: How can I create space for my intuition?

Intuitive Exercise - Take a break!

If you were in a large crowd, trying to talk on the phone, you probably couldn't hear the person on the other end. What would you do? Probably relocate to eliminate the noise and distractions so you could have a meaningful conversation. That's what we're doing today! The objective for today is to step out of the crowd of social media.

For those who are not active with social media, this may seem at first not relevant to you. I would ask you instead to consider if the space you have now from social media noise and chaos is intentional and what impact it has. Reflect on if you are utilizing this space and how you could best optimize that lack of social media influence on your personal practices.

Countdown Breath - Today's countdown breath goal is 3.

Journal Prompts

What decisions have you recently made based on the information and images you interact with on social media? This might include something positive, such as a healthy dinner recipe or something negative, such as an impulse purchase of a trendy item.

When making decisions, what parts of social media and technology are helpful to you and what parts are a hindrance?

How does it feel mentally, emotionally, and physically to limit your access/interactions on social media and through technology?

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Day 3: Why develop a relationship with our intuition?

Intuitive Exercise - Make time to be still!

Meditation can be a wonderful tool in clearing the path between you and your intuition. Taking a 3 minute personal time-out to engage in meditation can be a helpful reset button or path back to center at any time, anywhere. One meditation tool that is helpful is a body scan. For today, work through this mini body scan. For those with limited meditation experience, a mini body scan is a great place to begin as it is quick and focused. Those with more meditation experience will find the simplicity of the mini body scan a great building block for a more robust practice.

Mini Body Scan Guidance:

- Find a comfortable position to sit, ensuring both feet are flat on the floor.
- Using your dominant hand, gently tap your other hand.
- Slowly close your eyes and feel where on your hand you tapped.
- What sensations do you feel?
- Can you feel the spot you tapped?
- Is the sensation getting weaker, stronger, or staying the same?
- Move your attention through your entire hand and feel all your fingers, your palm, and the back of your hand.
- What sensations do you feel?
- Move your attention to your dominant hand.
- Can you feel the finger you used to tap your other hand?
- What sensations do you feel?
- Move your attention through your entire hand and feel all your fingers, your palm, and the back of your hand.
- What sensations do you feel?
- Allow your eyes to slowly open and return to where you are.

Countdown Breath - Today's countdown breath goal is 5.

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Day 3: Why develop a relationship with our intuition?

Journal Prompts

What role could meditation play in developing your relationship with your intuition?

What impact would a daily/weekly/monthly meditation practice have for your wellbeing?

How does being in touch with your body and the sensations you experience impact your relationship with your intuition?

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Day 4: Why do we distrust our intuition?

Intuitive Exercise - Talk to yourself!

It may sound or seem silly, but talking aloud to ourselves can be a great way to hear our intuition out loud. This act can also help us in identifying what is our intuition and what is our Ego. Take a few moments in front of a mirror where you feel most comfortable. Take a breath and verbally ask yourself a question you have been pondering. Keep eye contact with yourself in the mirror as you speak. Allow your mind to work and your intuition to speak right back to you. What we often call stream-of-consciousness can also be our uninhibited intuition. Speak to yourself in the mirror as if you were having a conversation with another person. Allow the thoughts and words to naturally come and resist any temptation to edit or censor yourself.

If you find yourself speaking unkindly, stop, take a breath, and come back to yourself (this could be your Ego). While it can be easy to speak to ourselves from a place of criticism or unhappiness, this is not your intuition and you are not deserving of any unkind or unhelpful words from yourself or others.

After you finish your discussion with yourself, make some notes about how it felt and where your words seemed to come from. If this exercise is difficult to complete, take a break and come back to it.

Countdown Breath - Today's countdown breath goal is 5.

Journal Prompts

What did it feel like mentally, emotionally, and physically when your intuition was speaking directly to you?

What did it feel like mentally, emotionally, and physically when your Ego tried to enter the conversation?

What clues are present to inform you if your intuition or Ego are speaking?

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Day 5: When does our intuition show up?

Intuitive Exercise - Ask your intuition to help make a decision!

Asking your intuition yes or no has both assets and drawbacks. You may get a very clear answer but it could also be lacking context. With limited response, you may also find doubt and distrust are easily present. It is advised to ask open ended yet focused questions for the highest benefit.

Before you go to bed, write out on a piece of paper a question you are trying to answer. In your mind and body ask your intuition to speak to you while you dream. As you close your eyes hold the thought that you are open to receiving guidance from your intuition. You may or may not remember your dreams but you will likely wake up with a knowing feeling about what next is best for you. Examples of your question may include:

- What do I need to know about...?
 - This is my recommended starting place and the question I use most in my own personal practice.
- What should I do about...?
- What do I need to consider...?
- Which option should I take?
- How can I be happiest?

Upon waking, make notes or journal any dreams you remember, emotions you may be experiencing, or innate knowledge that has surfaced. You might have a clear answer right away or the pieces your intuition gave you may come together as the day progresses. Be patient and receptive, always with an open heart.

Countdown Breath - Today's countdown breath goal is 7.

Journal Prompts

As you connect more deeply to your intuition, what sensations are you experiencing in your physical body when you hear your intuition speak?

In what ways do you find yourself doubting the messages from your intuition?

Think back to the last song you had stuck in your head. Did it reflect something happening, an emotion you were experiencing, or feelings that needed to be addressed?

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Day 6: How can I be playful with my intuition?

Intuitive Exercise - Guess the card!

Grab a deck of playing cards and shuffle them. Before you turn over the top card, ask your intuition if that card is going to be one of the follow variables:

- red or black
- number or face
- which of the four suits

Hear the first thing that comes up! When we second guess, that is our Ego taking over and we begin to feel doubt. The point of this exercise isn't to guess each card 100% of the time, it is to learn to trust the voice you are hearing.

Because this is a nonconsequential activity, there is nothing seemingly at stake for an incorrect answer. Do this daily for a week or so and see if your accuracy improves. Journal your success rate and watch it improve as you spend more time tuning in and releasing judgment of being right or wrong.

Countdown Breath - Today's countdown breath goal is 7.

Journal Prompts

When was the last time you had a gut feeling but chose another option only to realize you should have stuck with your gut?

When was the last time you had a gut feeling and chose to honor that voice?

What is most enjoyable to you in having a connection with your intuition?

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Day 7: What don't I know about intuition?

Intuitive Exercise - Find where it's coming from!

Identify a recent thought that feels troubling to you. Place one hand on your belly button and one hand in the center of your chest. Repeat aloud the thought/message and open yourself to the physical sensation. If your body feels tight, uncomfortable, or uneasy, this message is likely not coming from a place of love and is not your intuition. You can repeat this process while also holding yourself in a gentle embrace. Again, repeat the thought/message aloud and receive the physical cues from your body.

If you are still unsure, place your hands on your head, one hand on either side, as if putting a helmet on. Speak your thought or message aloud and pay attention to how your head feels.

Going through these steps will help to attune your awareness to where in your body messages are coming from. Our intuition lives in our bellies and travels through our heart making this a natural, comfortable, and desirable place to give and receive from. Our ego lives in our minds.

Countdown Breath - Today's countdown breath goal is 10.

Journal Prompts

What does your intuition look like? Draw or describe the way your intuition looks to you. Size, shape, color, form, and texture may be factors to consider.

What is holding you back from freely connecting to your intuition?

What concerns or worries do you have about your connection with your intuition?

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Day 8: Am I making progress?

Intuitive Exercise - Write it out!

Intuitive writing can be a great exercise to put actual words to what you might be feeling or sensing. Set a timer for 5 minutes and sit with paper and pen. Allow your hand to move freely over the page, drawing or writing, for the entire duration. When the time is complete, take a deep breath and look at what you have drawn and written without any expectation or judgment. Open yourself to sensing any messages or communication in your work. Consider journaling about how this process felt and if your intuition was present.

Countdown Breath - Today's countdown breath goal is 10.

Journal Prompts

Think back to a big decision you recently had to make.
How did you make that decision and what were your feelings about it?

Was there part of you that disagreed with what you did?

Do you feel like you received any signs about your choice?

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Day 9: How do I stay connected to my intuition?

Intuitive Exercise - Make the call!

Has there been someone on your mind? Perhaps a friend or family member you have been meaning to call or reach out to? Today is the day to do it! Whether it's a phone call, text message, or email, reach out to the person who has been on your mind. Chances are you've been on their mind too! Maybe there is something exciting they have been wanting to share with you or something difficult they need your support with. Chances are if a person has been occupying your thoughts, this is your intuition telling you to reach out.

If the person on your mind is deceased or someone you do not have contact with, consider what other emotions are coming up when you think of them. Perhaps your intuition is drawing you to them in an effort to convey a message, reflect on a current situation, or heal a wound.

Countdown Breath - Today's countdown breath goal is 15.

Journal Prompts

Why was it important to you to participate in this intensive?

How did you know this intensive would be beneficial to you?

What things, other than connecting to your intuition, have you gained or released through this intensive?

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Day 10: What's next?

Intuitive Exercise - Validate your intuition!

In the moments when things 'just click', take a breath and thank your intuition for speaking to you. Say it out loud, place your hands on your belly, take a deep breath, observe a quiet moment, or do what feels best to honor your deeply divine connection.

Countdown Breath - Today's countdown breath goal is 25.

Journal Prompts

Look back across your journal entries for the last 9 days.
What common ideas, themes, or thoughts are present?

How do these themes impact you?

Are these themes you want to continue and deepen or release and dissolve?

How has the way you speak to yourself shifted?

In what ways has your decision making process shifted?

Notes and Reflections

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