



# MoveChallenge

## *Intuition*

21 days to connect with your intuition

Prepared by Ouassima and Candice

# Summary

- P 1: Summary
- P 2: My truth about The MoveChallenge: what is it?
- P 3: What is intuition, Authors' words
- P 4: Day 1 - Your perception
- P 5: Day 2 – Remember
- P 6: Day 3 - Intuition and trust
- P 7: Day 4 - Distinguish Mind and Intuition
- P 8: Day 5 - Listening to the heart
- P 9: Day 6 - Distinguish emotion and intuition (the path of the heart)
- P 10: Day 7 - Listening to the body
- P 11: Day 8 - Combining Reason, Emotion and Intuition
- P 12: Day 9 - Listen to your need
- P 13: Day 10 - I listen to the sound
- P 14: Day 11 - The magic hand
- P 15: Day 12 - I make an order
- P 16: Day 13 - Listen to others
- P 17: Day 14 - My intuition and the others
- P 18: Day 15 - I find the words
- P 19: Day 16 – Feeling stuck
- P 20: Day 17 – Adventure
- P 21: Day 18 - My intuition today
- P 22: Day 19 - Sugar and salt
- P 23: Day 20 - Dialogue with my intuition
- P 24: Day 21 - Review
- P 25: To go further
- P 26: A Bonus from Nicole Cloutier
- P 28: Acknowledgments
- P 29: Who are we and where to find us

**This workbook is yours to fill at your own pace.  
Add your colors and ... your intuitions.**

## My truth about...

Is a unique show that presents several visions of a subject per month. Without judgment or criticism, the goal is to find one's own truth by returning to oneself, while drawing inspiration from different people with respect and kindness. You can find this french show on my YouTube channel: Ouassimagik.

## MoveChallenge, What is it?

MoveChallenge is a 21-day challenge to work on yourself.

Created in 2017, it consists of performing small daily exercises to get to know yourself and find the keys to advance your life.

### *Please have FUN with the MoveChallenge !!*

In our modern life, we have many concerns and we do not have enough time to work on ourselves concretely.

*MoveChallenge is the ideal solution*; it offers short and quickly achievable exercises, whatever the time you have in the day. Whether you have a few minutes or want to take an hour a day, it's up to you.

*MoveChallenge is a challenge for everyone*. Different exercises are offered to you: meditations, rituals, spreads, etc.

You will be able to move forward with the MoveChallenge even if you do not have tarot or oracle decks or if the simple word "meditation" gives you hives :)

*The MoveChallenge is also friendly*. We all know that sometimes, being alone can be demotivating. While in a group, we support each other, we stimulate ourselves. This is why you will have access to a private Facebook group, where you can share your impressions of the day, your experiences, your feelings with the people who will also make the challenge.

Throughout the workbook you will find in addition the exercise of the day, tips, bonuses or personal experiences that we will share.

**So, ready to start ?? GO !!**

## Bonus...

- To make a change happen, focus on the small effort and regularity. Allow yourself to have 5 minutes a day for it.
- Do not focus on the process, but enjoy the experience. The intuition is fluid and needs relaxation, a calm mind to be heard, so forget the pressure and the performance. Have fun!
- The rituals are proposed in a simple way. You can do all the stages, or only the heart of the ritual / the message / the prayer.

# What is intuition ?

## *A note from Ouassima*

Intuition for me is not a goal in itself, it is a “way” to contact to universal consciousness.

It is a path (or several paths) to know, accessing universal knowledge becomes easy.

As the universal consciousness is inner before it is external, it is important to begin this path of intuition inward through several tools. Determination and trust are some of them.

It is with this vision in mind that we Candice and I created this notebook to share with you our secrets and our practices.

They will help you throughout the next 21 days, to access your consciousness in a natural and automatic way.

## *A note from Candice*

Imagine a perfect world that

Only belongs to you

Everything is possible and achievable in this world

A unique place of peace, love and kindness

Imagine that all your dreams, your desires are realized

Your will realizes the least of your requests, your voice is heard

Imagine how wonderful it is to get up every day and know, to know everything

Open the doors of this world

Do not wait because this world already exists

This perfect, idyllic world is already there, in you, and guides you every day:

it's called intuition.



Day 1

# Your perception

Before going further in this challenge, it is important to develop listening at different levels.

For this day, listen to your perception of intuition, what is your relationship with it, how do you see it? What is the impact of your culture on your perception?

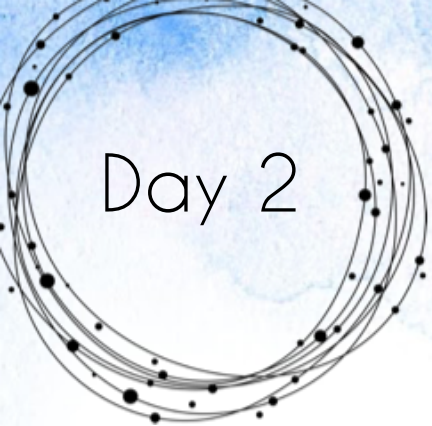
**Bonus :** Spread  
Draw a card, do not look at the meaning in the companion book.  
Just write down how you feel.



## Tip

Sometimes, we feel a card differently from its basic meaning, it simply means that what speaks to you will not necessarily speak to your neighbor, because you are Unique.

**My experience:** "I grew up in a culture that saw intuition / the sixth sense as a gift to 'predict the future', to know where to go, to avoid 'misfortunes and the evil eye' but also a handicap because the intuitive people are considered to be charlatans or for Djinns! This vision prevented me for several years to openly express my intuition despite the fact that I moved away from the country. It was necessary to free myself from this perception; thanks to personal work, I regained confidence in my intuition, in myself and in MY perception ". Ouassima



## Day 2

# Remember

There are times when you say to yourself: I suspected it, I felt it, I should have listened to my first idea.

There are also times when we meet someone and for no particular reason, we say: we will get along well or I do not feel it.

Try to remember and write these events, in details, but also to describe what you felt when you had this intuition and whether your intuition has proved right or not.



**Tip**  
Be exhaustive.

**Example:** one day on the highway, I thought “I’ll get off soon”, but when I got to the exit in question, I said “no, what an idea”. I passed the exit, and 100 meters away, I found myself stuck in traffic for over an hour. I should have listened to my first idea because it pissed me off and wasted my time!!! Candice.



Day 3

### **Affirmation**

I allow myself today to listen to my intuition. I know that my heart / inner wisdom already has all the answers. I allow myself to trust in my Truth.

# Intuition and confidence

*I took the train once and said to myself « I hope my train trip will go well » with confidence. I used breath to ground this intention/wish in my total being, and my trip by train went perfectly well.*

*Candice*

\*\*\* Take a moment and write a sentence here starting with : I would like ..., I wish that..., I hope....., I am not able to..., I do not know if ....

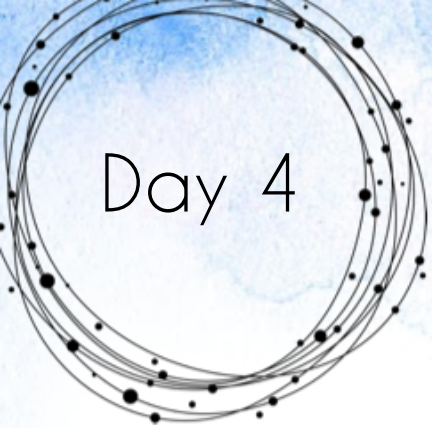
Close your eyes, take three great inspirations. When you blow or exhale, try to get as much air out as possible. You want your belly button to touch your spine when you breathe in.

Keep focusing on your breathing and return to natural, fluid breathing.

If an idea passes, listen to it and refocus on your breathing. Continue for about 5 minutes.

### **Tip**

Start your sentence with "**my intuition tells me that**" to make strong your intention of being attentive to your intuition.



## Day 4

# Distinguish the mind from intuition

Note the situations that concern you in the present moment, or the things you think about, without judgment: It may be an exam, moving away, looking for a new job, etc.

Take your time.

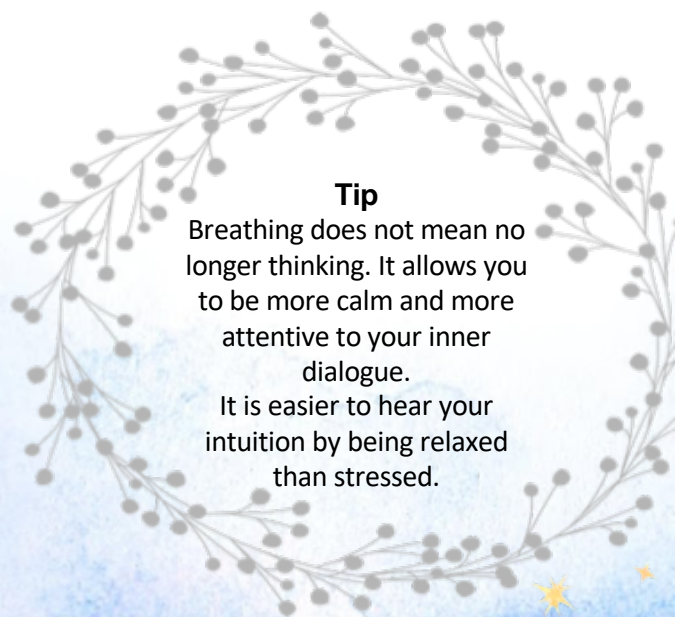
Close your eyes, take three great inspirations. When you blow or exhale, try to get as much air out as you want your belly button to touch your spine.

Keep focusing on your breathing and return to natural, fluid breathing.

If an idea passes, listen to it and concentrate again on your breathing. Continue for about 5 minutes.

Take back your list of »concerns » and note what comes to you without thinking, Let it flow...

See if there are similarities and differences.



### Tip

Breathing does not mean no longer thinking. It allows you to be more calm and more attentive to your inner dialogue.

It is easier to hear your intuition by being relaxed than stressed.

**Example:** I think a lot about the exams that I have to go through and any questions I will have to revise. After breathing, I feel motivated to succeed and immerse myself in my work with ease and an inner peace. Candice





## Day 5

# Listening to your heart

The heart is the BIG HOUSE of intuition, consciousness, or if you want... your divine essence.

To listen to your intuition, it is essential to activate this energy center (called by some Chakra of the heart) to access your essence and to have correct answers for YOU that are essential to fulfill your life mission. You will have access to your own TRUTH .

### Ritual / Meditation

- ★ Prepare the room and move your animals away to make sure the space is safe (a candle will be lit later).
- ★ Put some music if you prefer.
- ★ Focus on its sound or simply breathe.
- ★ Light a candle.
- ★ Call upon Mary, the archangel Mary and the Archangel Christiel, or your magical beings to accompany you: Angels, God, the universe, mother earth, ancestors, fairies, elves, sirens, etc. Those with whom you work, or who you trust.
- ★ Relax...
- ★ Put your hands at the level of the heart as if you are holding a beautiful white flower, with delicacy and attention.
- ★ Breathe while focusing on this flower.
- ★ Send each breath to your the flower.
- ★ See how your heart / flower turns bright white with each breath, as if it it was reborn, its petals opening quietly and expanding.
- ★ With every breath, a petal expands and brightens.
- ★ Feel / see / hear the flower's strength, sweetness, light.
- ★ Be in the moment and breathe this energy.
- ★ Know that you're this flower is your radiant heart, you have access to it when you want.
- ★ Thank the magical beings and ask them to help you keep your heart / flower in the light and love.



### Tip

Buy flowers or a plant today to celebrate this beautiful opening.



## Day 6

# Distinguish the emotion of intuition

It is important to differentiate between the voice of the heart (intuition) and the other voices (emotion, mental ...).

Intuition is the little voice that tells us that even if we are sad, everything will be fine. On the other hand, intuition can be communicated to us through an emotion, for example:

- A sadness, the fear of a person because intuition suggests to us to be wary of him.
- Contentment, joy because we are certain of having a way out, etc.

### Bonus

Take a step back and

Remember :

- ★ A decision based on an emotion:
- ★ A decision inspired by intuition:
- ★ A decision inspired by reason / logic:

An intuition brings us to an action whose origin we do not understand. But emotion brings us to an action that is not necessarily right but rather to let off steam sometimes.

Hence the importance of taking time to breathe, refocus and decide the appropriate action.

Write down your emotions in the present: I'm happy because, I'm sad because, I'm angry because ...

Repeat the breath exercise seen in the previous days.

Take back your list of emotions and note what comes to you without thinking, beginning with "my intuition tells me that ..." as an answer to this emotion.



### Tip

Practice, every day, some deep breaths. This will quickly become a habit and will allow you to sleep better, and to be in better shape.

**Example:** I feel worried because I'm afraid of failing my exam, and I feel angry because if I fail, I would have to go back and wait for a month before I can take the exam . After breathing, my intuition tells me that I must be the best version of myself and so, I will be successful. (I had my exam). Candice



# Day 7

## Bonus – Spread :

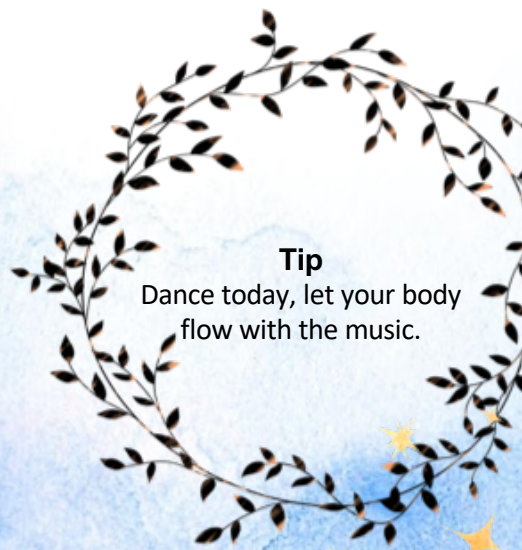
- 1st card: How can I develop listening to my body?
- 2nd card: What regular activity could help me listen to my body?

# Listen to your body

The body has its own language and can give us specific answers to everyday practical questions: What am I eating today?  
Or on more delicate questions: am I comfortable with this person? How do I feel in this house?

To understand this language one must come into contact with the body:

- ★ Center yourself
- ★ Examine your body as if you were passing a scanner: which parts are loose? which parts are tense?
- ★ Breathe and relax the parts in tension, feel your body, your shoulders, your legs ... relax as if you are anchored to the ground.
- ★ Ask yourself a simple question to start for today.
- ★ Observe the reaction of your body.



## Tip

Dance today, let your body flow with the music.



## Day 8

# Combining reason, emotion, and intuition

It is always recommended to listen to intuition, emotion, or reason, as if an inevitable choice must be made, or that one goes against the other. But with practice, we can combine the three.

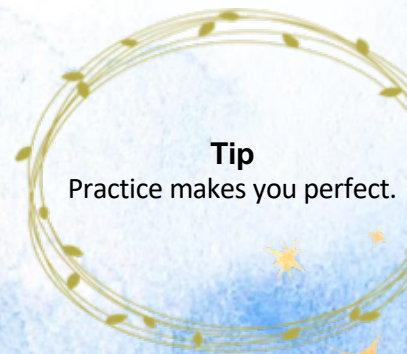
Intuition by definition is an inner voice- it sometimes has no words, so it seems uncertain, distant, it's hard to trust it completely.

In this case, you can ask for confirmations. The universe will send you various signs to confirm your answer or show you a new path.

Have you had an intuition, an emotion about a decision lately? Ask for 2 signs of confirmation and write them here at the end of the day / week.

### **Bonus – Spread :**

- 1st card: represents my reason
- 2nd card: represents my emotion
- 3rd card: represents my intuition
- 4th card: what is the link between the 3 cards



### **Tip**

Practice makes you perfect.



Day 9

# Listen to your Needs

Ask yourself: What do I need today?

Be careful, this request is personal and should only concern you.

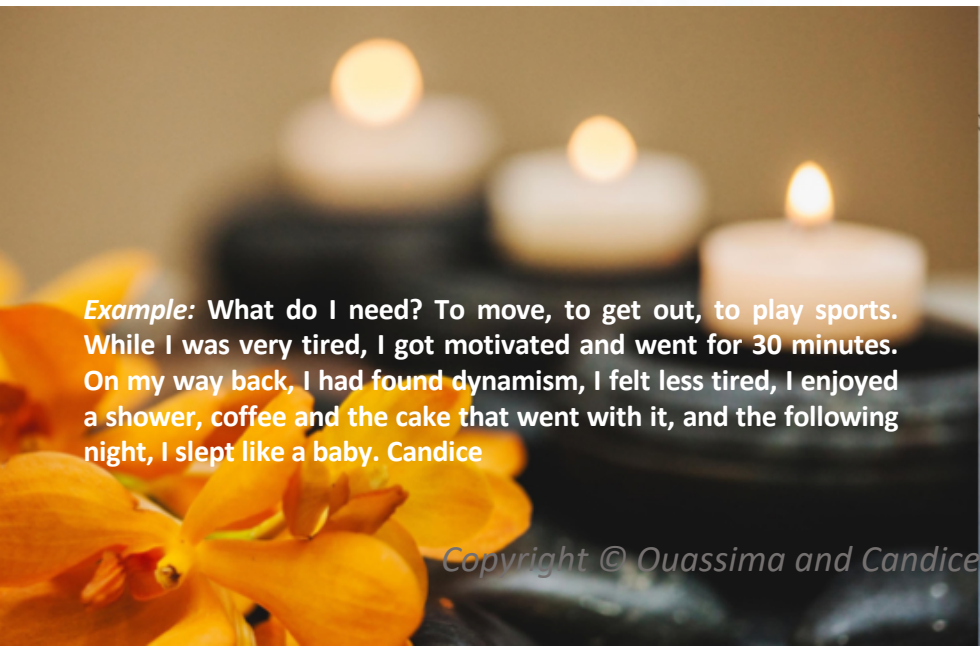
Write down the answer. Find a moment to do this action and satisfy your need. Once done, write down your feeling: I feel ...



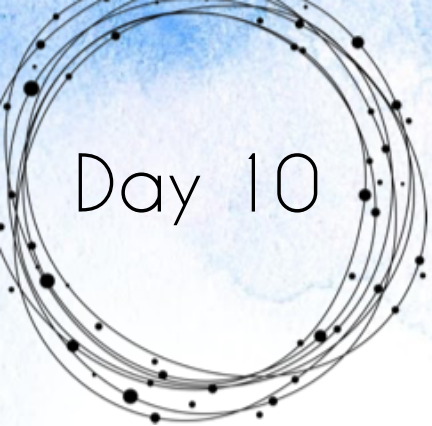
## Tip

A salt bath, a meal, going out, playing sports, watching a movie, reading a book ....

Your body, your mind, your heart, your soul, know what you need - listen to them.



*Example: What do I need? To move, to get out, to play sports. While I was very tired, I got motivated and went for 30 minutes. On my way back, I had found dynamism, I felt less tired, I enjoyed a shower, coffee and the cake that went with it, and the following night, I slept like a baby. Candice*



# Day 10

## I listen to the Sound

Listening is not only about people, but any element that produces sound or silence! Sometimes it is through sound that emotions and intuition are transmitted.

- Identify 5 sounds that you heard today or yesterday that are pleasing (or not) to your ear.

It can be birds, water, music, the sound of the clock, the siren, a car in the distance, etc.

- Add next to each sound what it symbolizes for you in one word

### Bonus- Let's play

- If your phone rings, don't look at the phone and try to guess who is calling you instead.
- If you are calling, try to guess if the person is going to pick up or if you are going to find the answering machine.
- Write down your results.

The sound	Symbol

### Tip

Remember to be in gratitude.  
I am grateful to be in tune  
with my intuition today.





Day 11

# The Magical hand

Writing with my hand allows the intuition to manifest itself with magic, one uses the hands also to offer energy care, to caress the other, to greet others.

The magic is born from our hands, links are woven with the things that surround us, with the other, but also with our heart, our intuition, certain meridians whose heart is found at the end of the fingers. It's not for nothing that automatic writing becomes popular!

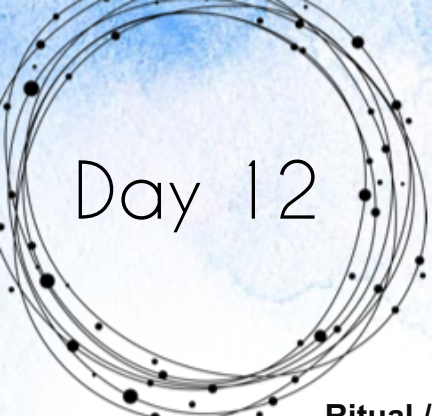
So today, write at least one word, one sentence- let yourself go, even if it seems ridiculous. This workbook is yours, no one else other than you will be able to access it, so let go. If you have not printed this workbook do it, or write on a sheet, a notebook, a subway ticket, a receipt from the grocery store, and put it in your drawer.



## Tip

Come back at the end of the challenge.


**Example:** After several days of uncertainty and anxiety over a conference I had to give, I decided to take 10 minutes to sit down with myself and have a moment of truth. To make the process easier, I took out my diary and started writing quickly, without any order and without worrying about mistakes (a craze for writing!) :). In the end, I had not only emptied everything I had on my heart but I had just intuitively created a new workshop to better manage my emotions. Ouassima



Day 12


# I make an order

## Ritual / Meditation

- 
- ★ Prepare the room and move your animals away to make sure the space is safe (a candle will be lit later).
  - ★ Focus on music, meditation, or simply breathe. Spread some essential oils (the ones you like, see instructions for use according to the essential oil, because they are not all good to be in the diffuser)
  - ★ Choose a crystal of your preference to memorize your request and help you develop your intuitive channel. Some examples: Clear quartz for a clear vision, Amethyst for a high connection, pink quartz to connect to your heart, etc.
  - ★ Call upon your magical beings to accompany you: Angels, God, the Universe, mother earth, ancestors, fairies, elves, sirens, etc. In short, those with whom you work, or who you trust. Light a candle, hold your crystal in your hands, at the heart and make your order:

*Dear (to be magical / God / etc.), I pledge to listen to my intuition, in all its forms in the best way for me and for others. I make the command that only the divine messages for my divine plan be communicated to me in a fluid and easy way.*

- ★ Write your order on this page and add in a different color:  
"Order delivered and in process »

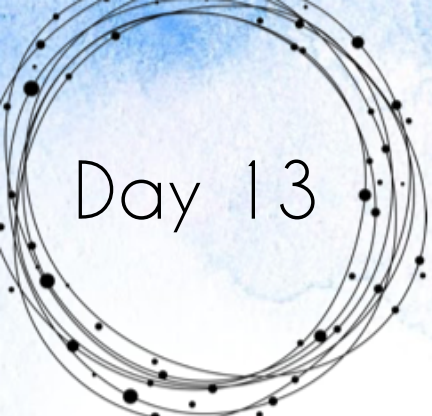
- 
- ★ Thank your magical beings. Trust in and advance toward your next exercises with serenity and confidence.



## Tip

Repeat this mantra throughout the day: I trust, I'm sure everything is done.





# Day 13

## **Bonus**

Trust and detach from the result.

# Listen to others

In your car, the bus, the subway, the train, at work, at the supermarket ... observe the people you meet and ask yourself, how does this person feel?

Write down your impressions: this person feels ... or I do not know how that person feels.

Sometimes you cannot read or feel with some people, that's normal; we vibrate each one at a frequency and are therefore more receptive to some people than others;)



## **Tip**

Why do this exercise when you probably will not have confirmation of your intuition? The goal is to learn to trust yourself and also to detach you from this notion of result (you are not in school receiving the good and bad points).



Day 14

# My intuition and the others

Sometimes we have intuitions but we do not listen to this little inner voice. Have you ever had an intuition and not followed because another person tells you the opposite?

Have you ever been able to tell you later, I felt it and have this desire to say: « you see, I was right! »

Try to remember these moments and write them down, but also ask yourself: why did you listen to this other person rather than your own voice?

## **Bonus** : The envelope

- You can do this exercise alone or in a group, with your friends, work colleagues, your children.
- Put 5 different images in 5 opaque envelopes.
- Mix the envelopes.
- Throughout the day, pull an envelope and ask yourself or ask the other, what image is inside?
- Write down your results.

**Example:** The other day I wanted to go to the restaurant. I proposed a restaurant that is certainly a little further from home but it called to me. The other person did not want to go there and offered me another, more convenient restaurant. I was not excited about the idea, a little voice was telling me no, it was not a good idea. However, wanting to please, I agreed to go and postpone my desire to another time. Result: a wait of 30 minutes in the entrance, then an endless waiting to be served and finally my meal was very disappointing. The lesson I learned is that in wanting too much to please, I forget myself and my intuition knows what is good for me. Candice

## **Tip**

Here is the magic formula that will allow you to be perfectly at ease and listen to your intuition: **TRAINING**



## Day 15

# I find the words

It is sometimes difficult to express your intuition directly with others, especially in the professional field with skeptical people who do not believe in their own intuition. So how do we do this?

Here is a simple tool to develop: Today, choose one or two words to communicate your intuition in an accessible and professional way ;)

### **Bonus : Spread**

- 1st card : What is my link with my intuition?
- 2nd card : In which area can I express my intuition?
- 3rd card (optional) : What will be the benefit?

★ I wonder if ... .. (It's going to rain today, if the road is closed, the provider is sick, etc.)

★ I thought yesterday of an idea and ....

★ It would be wise to check that ... (The appointment is still held for example)


★ I'm brainstorming ...

★ And if more affinity: My feeling is ...I have the feeling that ...

★ Now it's your turn.

### **Tip**

The person who knows you best is YOU, trust yourself.



# Day 16

## Feeling stuck

Take a look at the previous exercises. Which ones were easy? Which ones were difficult?

Ask yourself, what was my physical, mental, or emotional state of those days?

Write down your thoughts



### Tip 1

Doing it every day for a few minutes gives you excellent results. To be wrong is possible, do not get angry, but see why you were wrong (the phone rings, you thought of something else ...)

### Bonus : Spread

- Take a deck of 32 cards (or 54 cards).
- Breathe and take one card at a time. Is it red or black?
- Do not think, just try to follow your first idea or impression.
- Write down the results.



### Tip 2

To be able to listen to your intuition is to listen to yourself and therefore to know yourself. "Know yourself, and you will know the universe," said Socrates.

**Example:** One day, while doing the exercise of the 32 cards, I was making mistakes. Reflecting, I realized that I was absolutely not in the moment but rather rehashing my day and considering the future. I put aside the exercise by telling myself I will come back when I have cleared my thoughts. When I returned a few hours later, the exercise went much better and the success was multiplied by 3 or 4. Candice



Day 17

# The adventure

Do not plan anything today, just keep one idea: I let myself be today, I will follow my desires 😊

Listen to your intuition and at the end of the day, make notes.

## **Affirmation**

I am grateful for this day and  
I welcome the opportunities  
that come my way.

## **Tip**

Maybe you will have a day filled  
with unexpected surprises,  
maybe you will have a typical  
day, no matter because in  
reality, every day is an  
extraordinary day.



Day 18

# My intuition today

When you get up, get ready, take a shower, then ask yourself the question: how will my day be?

Write down your intuition.

At the end of the day, quickly describe your day, and compare with your morning intuition.

## **Affirmation**


Today, I have a great day, I  
let go any fear or welcome  
positive impressions



## **Tip**

Starting your day by asking  
yourself the question also  
allows you to consider your day  
and therefore react  
accordingly.

**Example:** one morning, I told myself, live today, without any particular reason. By having this intuition in mind, I acted accordingly by telling myself, do what you have to do and stay a little in your bubble. Indeed that day, there was a lot of pecking around me, and instead of being involved, I found myself in the position of the listener, away from these tensions. Candice



Day 19

# Sugar and salt

Take two identical cups. Pour sugar into one of them, and salt into the other.

Be sure to pour in equal amounts.

Mix the cups so you do not remember where you poured the sugar or the salt. Leave the cups aside for an hour (the time your memory erases the memory of what the cups contain).


Throughout the day, have fun coming back to these cups and say: I have the intuition that the sugar is there and pointed to the cup.

Taste and write down your results!



### Tip

Just like the exercise of the cards, do not forget that it is a game, you must have fun.



Day 20

# A talk with my intuition

Take two pens of different colors.

The first represents you, the second represents your intuition.

Write a dialogue between you and your intuition, making sure you change your pen each time.

Do not think about your answers, let yourself be inspired.



### Tip

Sometimes we ask ourselves the question: But is it real or just in my head? Do not forget that just because it's in your head does not mean that it's not real.

**Example:** Hello, today I got up, rested and fit. I wanted to take my time. Changing the pen: taking the time is savoring every moment. Change of pen: yes but unfortunately these days are rare, I would like to have more. Pen change: what's stopping you ... ..Excerpt of Candy's conversation with her intuition





Day 21

# Final point

Check back on the past days and see what you have accomplished. Allow yourself to celebrate your efforts. Congratulate yourself.

## **Affirmation**

I use my intuition daily to make my projects a reality. I am more and more intuitive each day.



## **Tip**

When you finish a task, be it a challenge, a job ... congratulate and thank yourself, it will make you feel good and make you aware of the progress made



## To Go Further

### Bach flowers and intuition

- ★ Aspen, to face the fear of what we feel or see: When opening our intuitive channels, it is possible to perceive what is happening on subtle levels without understanding what is happening (just like horror movies!). So Aspen's Elixir (trembling aspen) will take us back to the center, to trust, and dislodge apprehensions and fear of the unknown.
- ★ Cerato (Plumbago), to free yourself from doubt and trust your intuition. With this elixir, you find your inner wisdom and leave it space to manifest.

*I have always felt close to trees and flowers, and I feel like I have made giant strides since I integrated them into my work on myself. Ouassima*

### What is my best intuitive channel?

We offer you this spread:

- ★ 1<sup>st</sup> card: What is my best intuitive channel?
- ★ 2<sup>nd</sup> card: How can I develop this channel?
- ★ 3<sup>rd</sup> card: What Can Hinder This Channel / Constraints / Limitations?
- ★ 4<sup>th</sup> card (optional): What will be the result if I develop this intuitive channel?

### Intuitive drawing

Sometimes I scribble without special ideas, and I see symbols appear. Draw without specific ideas and see where your intuition leads you.

For more practice, here are some references:

Intuitive Art by Rachel Archelaus

Art From Intuition: Overcoming your Fears and Obstacles to Making Art by Dean Nimmer

## The bonus By Nicole Cloutier



*"When I wrote my book on Dr. Bach's Floral Elixirs, I first started in a fairly traditional way, sorting the name of each flower alphabetically. I found it long and painful.*

*Then, one day, I decided to ask Dr. Bach to accompany me and dictate what I had to write. From that moment on, I started with a voice, as if dictating to me what to convey. However, there was no consistency in receiving the message and I knew I was missing something.*

*That morning, I was about to write, but I was not comfortable continuing to describe the products following the method I had adopted. I took the package of photos of the flowers and I stopped on one in particular because I found her beautiful and her image inspired me. From that moment she began to talk to me. She said to me: "Look at my shape ... what do you perceive, etc ..." I said to myself, "Well let's see Nicole ..." and I laughed ....*

I did not discuss. I felt excited, happy, etc. I watched the image intensely, I saw her name "Impatiens" inscribed on the photo and I vibrated intensely on this name. I examined the picture at length, I entered her heart, (yes, the heart of the flowers speaks to us ...), I felt intensely her vibration. Continuing to write, I realized that I had become "Impatiens. »

Then, the flower began to talk to me about "I", describing her discomfort and how she helps to harmonize humans. Throughout the writing, the flowers spoke to me and Dr. Bach completed the information. Imagine for a few moments ... I received the messages of the 38 floral elixirs ... I felt their vibrations, their emotions and their accompanying force. Each one expressed to me their discomfort and their divine quintessence.

I woke up sometimes at night to write, I got up in the morning with "flash" answers to my questions. Whether at home or elsewhere, I felt the presence of Dr. Bach and I received messages. So I used to train pencil and notebook to take notes. I realized it was the thing to do because without it, I forgot what I intuitively received. I learned that I had to receive the messages when they came ...

I have had many intuition experiences, but this is the most remarkable experience I have ever had. What a beautiful adventure. I am thankful! » Nicole

## A bonus from Nicole Cloutier



### To develop your intuition, you need to:

1. **BE CONVINCED THAT YOU HAVE INTUITION**, even if you have not listened to it much up until now. This first point is **ESSENTIAL**, and believe me many people fail in their research precisely because they have the false belief of "with me, it does not work, I do not believe it". If you're sure your sixth sense is not working, why ask it questions? All the answers will be tainted by your disbelief. You will only get twisted answers full of your negative beliefs about it.
2. **REALLY WISH TO DEVELOP IT**, that is, be prepared to spend time practicing.
3. **HAVE A NOTEBOOK OF INTUITION** on which you will note every day everything related to the exercises (well, do not be rigid, if you forget a day from time to time, it will not be the end of the world - but the regularity greatly helps). A journal or diary will allow you to see your progress
4. **BE READY TO FALL. This is a FUNDAMENTAL** point. You are fallible, I am, everyone is. So, if the answers are not correct, **THAT'S OK**. The important thing is to continue. It will be difficult, especially at the beginning, to know if the answer is mental or intuition. Hence the errors but it is a normal process. How many times did you fall when you were little? You do not remember it anymore. Well with intuition it's the same. You will fall a few times and then you will stand up.
5. **ACCEPT THE ANSWERS YOU RECEIVE**, even if they are not what you expected or wanted.
6. **ALWAYS HEED THAT INTUITION DOES NOT JUDGE**. She does not say that this person is nasty or bad, she only tells you "attention". Judgment does not suit her. The energies are simply not compatible. She can tell you **DANGER** under certain circumstances or if something is wrong. As soon as you have a question that begins with "because" and "but" it is your mind that speaks.
7. **BE PATIENT AND DO NOT DISENGAGE**: Sometimes you will get very quick answers and sometimes you will have to wait a bit. Do not immediately question your intuition under the pretext that you do not have the answer immediately.
8. **ACT WITH DISCERNMENT**. When intuition gives you an answer, be ready to take action but do it with discernment. If you tend to be too impulsive, or if it involves a radical change in your life, use your emotional intelligence, weighing the pros and cons, and study the ins and outs. The information given does not necessarily mean that you have to turn your life upside down **IMMEDIATELY**. Go to your heart and listen to all your senses.

And finally... **PRACTICE, PRACTICE and PRACTICE**.

Find Nicole here : [www.nicolecloutier.ca](http://www.nicolecloutier.ca)

She wrote a french book : *Bach flowers, I am an alchemist*



# Thank you

We have become accustomed to turning to others for answers, now we are learning to turn inward for the rest of the way.

Thanks to Ouassima for this collaboration that was full of teaching, but also for her good, communicative humor and her benevolence.

Thanks to Candice for this great achievement, another proof that we can work together with our wealth and our differences.

Thanks to Nicole for her contribution to this challenge and the generosity she showed, her time, and her smile.

Thank you to you who participated in this challenge.

Thanks to our guides who inspired us.

Thanks to life for teaching us a little more every day.

Thank you to us for this work done.

Thanking yourself is important, do not forget, because you are the star of your life :)



## Who is Ouassima?

Ouassima, with kindness, transmits her knowledge and life experience to bring more awareness and help you progress and understand the teachings of the New Planet.

Creative and deeply attached to nature, she is author of French books "Trees speak to you », « Understand your intuitive drawings » , as well as several oracle cards that you can get on her website.

Ouassima is also a Youtuber and shares on her channel thoughts and guidance.

find her on: [www.ouassimagik.com](http://www.ouassimagik.com)

[info.ouassimna@gmail.com](mailto:info.ouassimna@gmail.com)

YouTube : Ouassimagik



## Who is Candice ?

A young french woman who takes improving her daily life to heart. Through her curiosity, her openness, and her generosity, she shares the various tools and practices she has discovered and personally tried.

Her love of cards led her to create her own french YouTube channel where thousands of people follow her for guidance.

You can contact her on : [aupaysdecandiceb@gmail.com](mailto:aupaysdecandiceb@gmail.com)

Facebook: opaysdecandice

Youtube: Au pays de Candice

Find more goodies on our website :

**[www.ouassimagik.com](http://www.ouassimagik.com)**