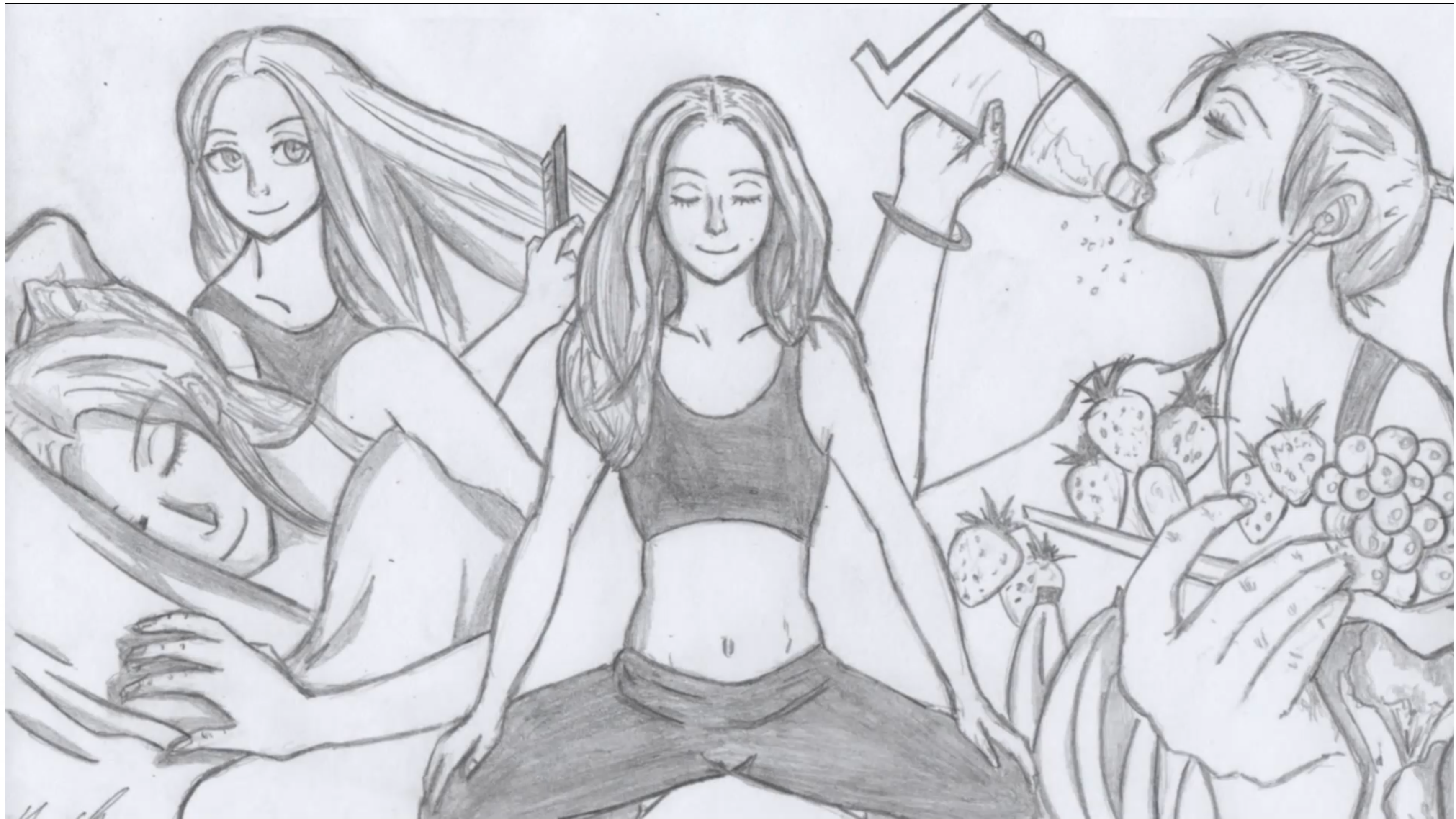




Living in Harmony.

5 Key Practices to Boost Your Intuition
and Learn to Flow with Life

by
Boyan Milouchev



Art by You Chi



1. WHAT DO I REALLY WANT TO DO NEXT? :

Asking this question helps to let go of societal expectations, conditioning, and self-imposed pressures and instead allows you to tune into your heart and follow your true desires.



.....



Step 1: Find a quiet and peaceful place where you can center yourself without distractions

Step 2: Place your hands on your heart and spend 2-3 minutes repeating the question
"What do I really want to do next?"

Step 3: Take a few moments to write down everything that came up for you in response to the question
(without judgement)

Step 4: Repeat this practice again once or twice



...
When you feel complete, choose the activity from the list that you've just created that you want to do most, and do that next!



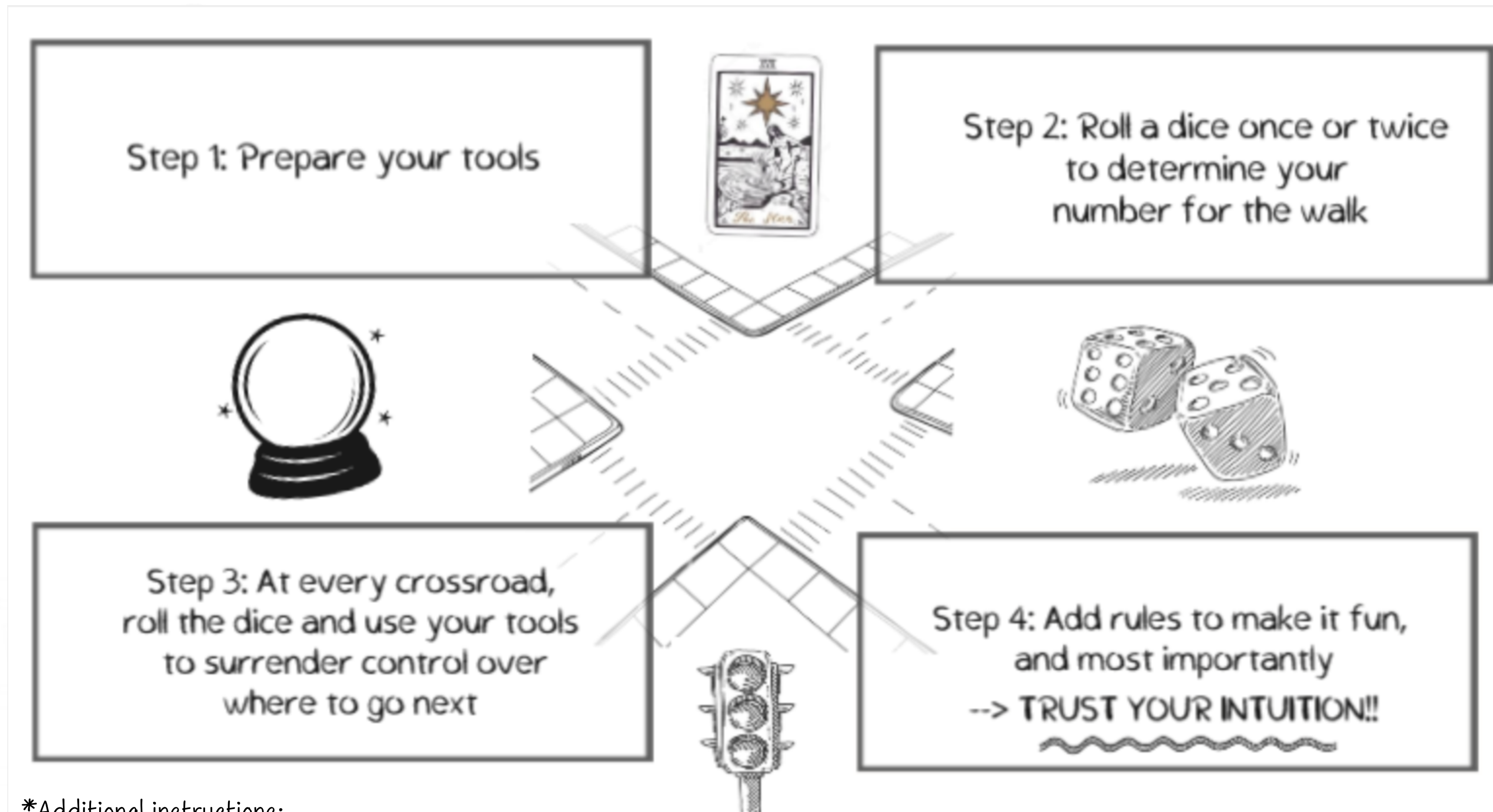


2. SYNCHRONICITY WALKS:

When you find yourself with a spare hour or two, do a synchronicity walk and see what the Universe wants you to learn or focus on in this moment!

PURPOSES:

- ★ Find an answer that you've been looking for
- ★ Go out of your comfort zone
- ★ Surrender completely and be open to life's wonders



*Additional instructions:

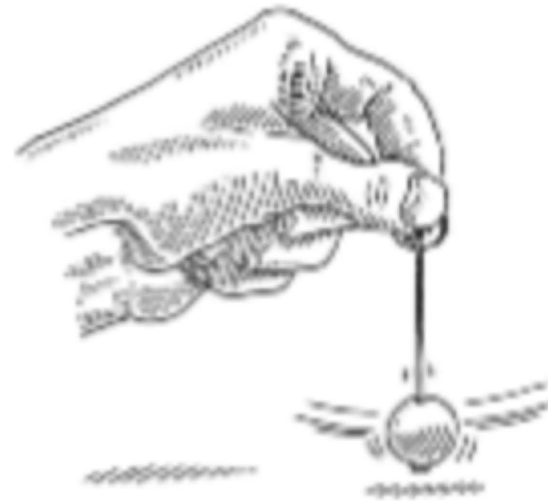
- The first dice tells you for how long to do the next activity, and the second one tells you where to go or what to do.
- Follow the white rabbit means following someone who looks like a white rabbit or like a person or something else from a tarot card that you have drawn
- Random acts of kindness means doing something kind for someone nearby (it could be something as simple as saying "I love your bag").
- The tarot card app that I use is called "Tarot Sampler"



"Great to have our own 'Good Cup of Coffee' Guide
out in these parts."

Art by Andrew Toos

3. DOWSING.



Dowsing tools are another great way
surrendering control learning to trust
the Universe more deeply.



If you don't have dowsing tools yet, don't worry!
You can create your own out of everyday materials
such as a pendant that you can use as a crystal
or by turning an old hanger into dowsing rods.



*Additional instructions to create your own tools:

- For dowsing rods, you can give this one a go: <https://www.wikihow.com/Make-Divining-or-Dowsing-Rods>
- For a pendulum, you can try this website: <https://moonofgemini.com/how-to-make-a-pendulum/>

PRACTICE:

Find your "yes" and "no" answers by asking your tools:

Show me a "yes" and show me a "no".

It is as simple as that!

*And once you know how to receive these two answers,
the possibilities are endless!*

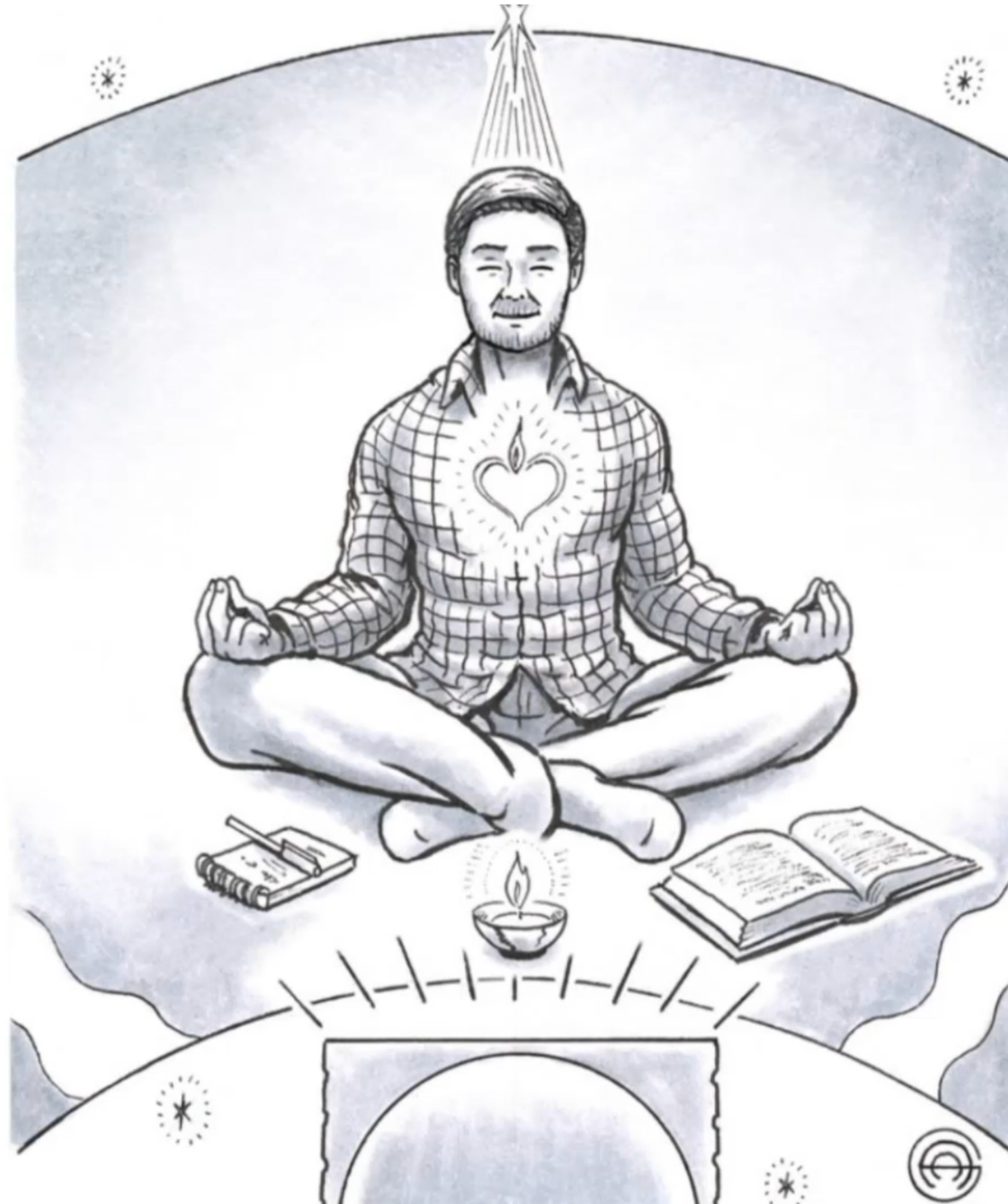
EXAMPLE USES:



Ask your dowsing tools what to have for lunch
(is it a salad, spaghetti, a sandwich?)



Go on a walk with dowsing tools, asking them
where to go next (left, right, to that tree over there?)



Art by Alberto Agraso

4. WHAT WOULD LOVE DO?

Asking this question puts you in touch with your Higher Self that remains non-judgemental and always knows the most loving and compassion action to take.



... ————— ...

PRACTICE:

When making an important decision or facing a challenging situation, instead of determining pros and cons with the mind, ask "What would love do" and connect with the wisdom of the Heart



5. FORGIVENESS PRACTICE

When another person triggers resistance in us, instead of reacting we can choose forgiveness and bring about profound transformation and healing



PRACTICE:

Find a quiet place &
bring to mind an individual
who has triggered resistance
within you

Repeat the following phrases:
I see you I understand you
 I'm sorry
I love you Thank you

I see you



I understand you



I'm sorry



I love you



Thank you



••—————

Find a quiet place to practice the following phrases:
When you feel complete with the practice,
verbally say, "I forgive you" as an act of conscious intention
to let go of any remaining negativity
attached to person or situation.

Thank you for watching!
I look forward to hearing all about
your experiences with these practices!

