Intuition development exercise: Dream Catcher Journal

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Our dreams can be a rich source of intuitive insights. Try this exercise to tap into your dream wisdom:

Step	Action	Purpose
1	Find a natural setting like a park, beach, or forest	Create an environment conducive to intuitive insights
2	Spend at least 30 minutes walking or sitting in nature	Allow time for your mind to settle and connect with your surroundings
3	As you observe your surroundings, ask yourself a question you've been pondering	Set an intention for intuitive guidance
4	Pay attention to any natural elements that catch your eye	Notice potential symbolic messages from nature
5	Reflect on how these natural elements might relate to your question	Interpret nature's symbols for intuitive insights

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