Intuition development exercise: The Silent Observer

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This exercise is about cultivating mindfulness and learning to tune into your subtle inner cues.

Step	Action	Purpose
1	Find a quiet place where you won't be disturbed for at least 10 minutes	Create a conducive environment for introspection
2	Sit comfortably and close your eyes	Prepare your body and mind for the exercise
3	Take a few deep breaths to center yourself	Calm your mind and focus your attention
4	Observe your thoughts, feelings, and physical sensations without judgment	Practice non-reactive awareness of your inner experience
5	If you notice your mind wandering, gently bring your attention back to the present moment	Develop the skill of refocusing and maintaining awareness
6	After 10 minutes, open your eyes and jot down any insights or observations you had during the exercise	Reflect on and record your experience for future reference

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