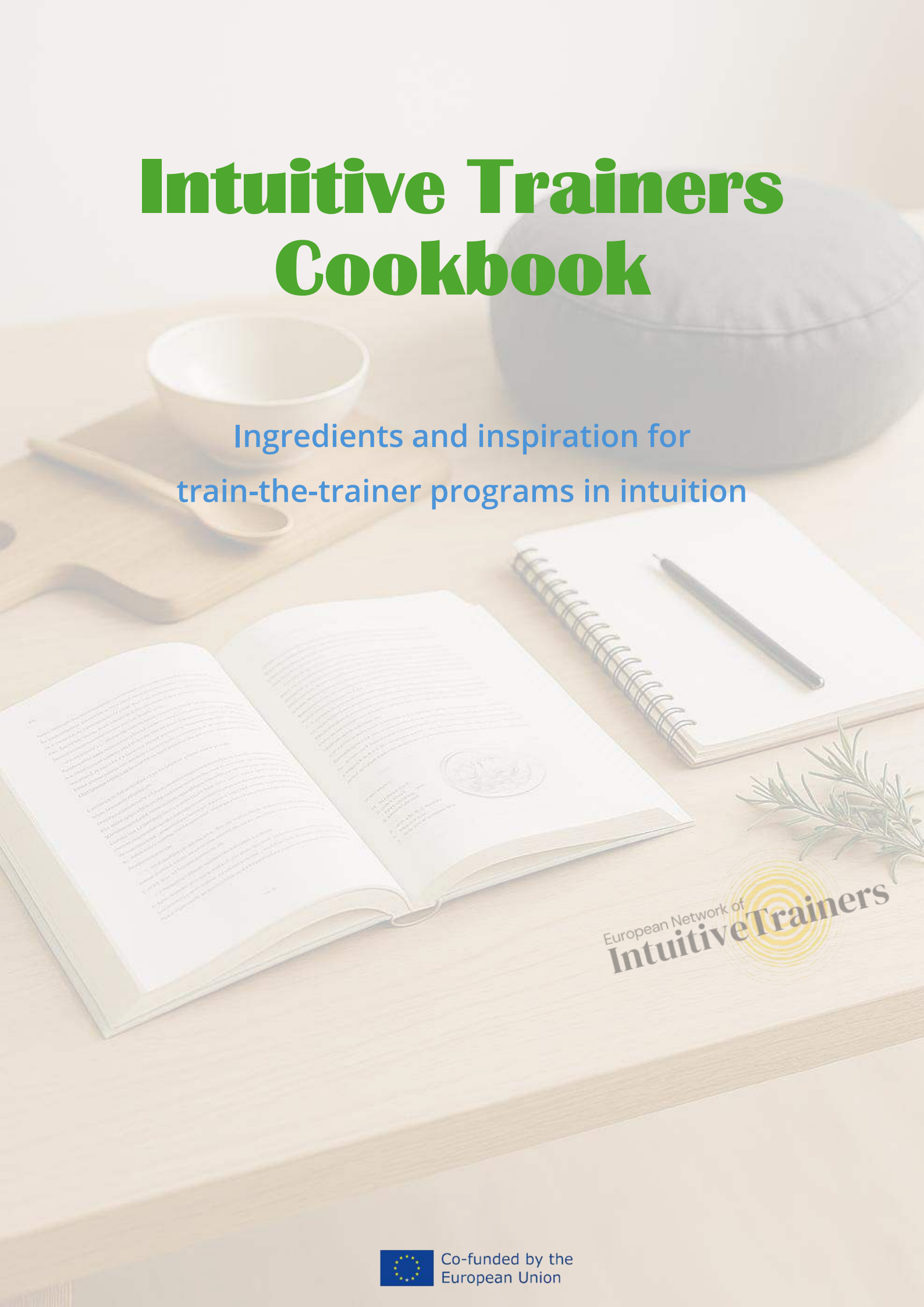
Intuitive Trainers Cookbook

Ingredients and inspiration for train-the-trainer programs in intuition



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Intuitive Trainers Cookbook

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Introduction: Purpose and Concept - The Cookbook Mindset

Why a Cookbook?

This cookbook is one of the outcomes of the **European Network of Intuitive Trainers (EUNITA)**, an Erasmus+ project. Alongside this cookbook, the network has created webinars, trainer labs, the *Open Book of Intuition*, and a growing **Resource Library**. Together, these elements support trainers across Europe in bringing more intuition into adult education, especially for learners who do not thrive in traditional systems.

When we started, the plan was to create a set of ready-made training modules for trainers who want to train other trainers in using their intuition more in trainings. The idea was simple: trainers could pick up a module and deliver it step by step. However, in our work with ambassadors of the network and other experienced trainers, we found that this approach didn't work.

Intuition is not something you can transmit through fixed recipes. It cannot be standardised into a set of instructions. Each trainer brings their own background, style, and way of connecting with participants. Each group of trainers you teach brings its own energy, needs, and challenges. What works in one context may not work in another.

Instead of recipes, we needed a framework that invites creativity, ownership, and adaptation. That's when the metaphor of a cookbook emerged. Not a cookbook full of rigid recipes, but one that offers ingredients, techniques, and inspiration so each trainer can create their own dish.

This approach reflects intuition itself:

- It is personal.
- It unfolds differently depending on context.
- It becomes stronger when we experiment and learn by doing.

How to Use This Cookbook

This book is designed to support you in developing and delivering intuitive trainings, especially in train-the-trainer settings. It does not give you fixed modules. Instead, it offers:

- The dishes: the seven steps of Rick Snyder's intuition pathway (with the added step of Embodying Intuition). These are the outcomes or goals you want your learners to experience.
- The ingredients: the resources from the EUNITA Library. These are the exercises, processes, and materials you can bring into your training.
- The cooking techniques: methods such as constellations, visualisation, breathwork, inquiry, narrative work, and rituals. These are the ways of working that bring the resources to life.

As a trainer, you decide how to combine these elements. Just like a cook chooses which ingredients to prepare, which techniques to apply, and how to present the dish, you select what fits your learners, your context, and your own style.

What This Cookbook Requires of You

To use this book well, the most important ingredient is you. Your presence, openness, and inner stance make the difference between going through the motions and creating a real intuitive learning experience.

That is why we begin with a chapter on the inner stance of the intuitive trainer. Before you dive into the steps, ingredients, or techniques, take time to reflect on your own relationship with intuition. This is the mise en place, the preparation that allows you to work confidently with everything that follows.

What You Will Find in the Following Chapters

Chapter 2 – The Cooking Techniques

An overview of the main methods used in the Resource Library, explained simply so you can apply them without needing to be a specialist.

Chapters 3–9: The Seven Steps (The Dishes)

Each step of Rick Snyder's pathway is presented as a dish. For every dish, we describe its purpose, how to guide learners through it, and how to apply the resources across five elements of a training session:

1. Creating safety
2. Experiencing
3. Delivering theory
4. Practicing
5. Reflecting and transferring

Serving It Forward

A reminder that this cookbook is not about following recipes, but about creating your own. The real power lies in experimenting, adjusting, and trusting your intuition as a trainer.

Key Message: This cookbook is not here to tell you what to do. It is here to give you inspiration, structure, and confidence to create your own intuitive training modules , in your way, for your learners, in your context.

Chapter 1 – The Inner Stance of the Intuitive Trainer

Why the Trainer Matters

In every training, the trainer is more than a facilitator of exercises. Your presence, attitude, and openness shape the atmosphere in which participants can connect with their intuition. You are like the cook in the kitchen: the same ingredients can taste completely different depending on who prepares them.

This cookbook is not about following recipes, but about creating dishes with your own flavour. That requires more than knowing the steps or techniques. It requires an inner stance that allows intuition to unfold.

Qualities of an Intuitive Trainer

An intuitive trainer does not try to control every outcome. Instead, they bring qualities that invite intuition to appear:

- **Openness** – welcoming whatever arises, without judgement.
- **Humility** – recognising that the wisdom lies in the group as much as in yourself.
- **Courage** – being willing to follow intuition even when it feels uncertain.
- **Playfulness** – using lightness and creativity to bypass fear or resistance.
- **Presence** – being fully here and attentive, modelling what it means to listen to intuition.

These qualities are also described as competencies in the *Open Book of Intuition*. Together, they form the ground from which intuitive training can grow.

Principles of Behaviour

From these qualities flow certain behaviours that support learning:

- **Create basic safety** so participants feel free to explore.
- **Hold the space** rather than steering it, allowing everything to be present.
- **Normalise mistakes** as part of the process of learning to trust intuition.
- **Model intuition** by sharing your own experiences, including doubts and failures.
- **Stay light**, avoid overexplaining or forcing experiences, and let participants discover for themselves.

By embodying these principles, you create a container in which participants can experiment and develop their own intuitive intelligence.

Preparing Yourself

You can only bring participants as far as you have gone yourself. That is why preparation is not just about reading materials or planning exercises. It is about walking the seven steps of Rick Snyder yourself.

Before using this cookbook, take time to explore:

- What does each step ask of me?
- Where do I feel strong, and where do I hesitate?
- How does my intuition show up in each step?

You can use playful intuitive methods to do this self-check-in:

- Lay seven papers on the floor (one for each step) and stand on them one by one, sensing what these steps want to say about your current state.
- Choose seven songs and listen: what does each song tell you about you and the steps?
- Use seven herbs or scents, and let them evoke what each step means for you at this moment.
- Pick seven intuition cards at random and reflect on their message to you for the steps.
- Or invent your own method.

This kind of preparation is like mise en place in the kitchen: setting out your tools, checking your ingredients, and making sure you are ready to cook.

Pitfalls to Avoid

Even with good preparation, there are traps to watch out for:

- **Going too deep too quickly** – intuition often connects with personal wounds or trauma; be careful not to open what you cannot hold.
- **Being too directive** – avoid turning intuitive training into a set of instructions. The point is to awaken, not to prescribe.
- **Overexplaining** – intuition needs space; resist the urge to fill silence with words.

- **Forgetting boundaries** – hold the space, but also know when to close an exercise and bring participants back to the here and now.

Awareness of these pitfalls helps you stay grounded and use the cookbook responsibly.

The Impact of Your Stance

Your inner stance is the secret ingredient. The same exercise can feel mechanical in one trainer's hands and transformative in another's. When you are open, present, and prepared, the participants sense it. They feel safe enough to experiment, brave enough to follow their hunches, and supported enough to reflect honestly.

This is why we start the cookbook here: before touching any ingredient or technique, we begin with you, the trainer.

Reflection: Are You Ready to Cook?

Take a few moments to reflect on these questions:

- Am I willing to allow everything to be, without forcing outcomes?
- Do I model openness by sharing my own experiences, including mistakes?
- Have I walked the seven steps myself? What did I discover?
- How do I prepare my inner stance before guiding others?
- Which quality, openness, humility, courage, playfulness, presence, do I most need to strengthen right now?

Write down your answers, or discuss them with a peer. This reflection is your mise en place, the inner preparation that makes every dish you prepare with this cookbook more authentic and nourishing.

The Open Book Of Intuition

In the EUNITA project, we have also created the Open Book of Intuition. You can use it to prepare yourself as a trainer. Explore your own intuition, check the competencies needed for an intuitive trainer, and find some reflective questions that help you connect with your intuition.

You can find the Open Book of Intuition on our website.

Key Message: Before you use the cookbook, prepare yourself. Your stance as a trainer is what turns exercises into experiences and ingredients into meaningful dishes.

Chapter 2 – The Cooking Techniques

In every cookbook, ingredients only come to life when combined with the right cooking techniques. The same is true here: the resources in the EUNITA Library are your ingredients, and the techniques described in this chapter are the methods you can use to prepare them in training.

You don't need to be an expert practitioner in these techniques. The resources offer accessible formats that you can apply directly in your work. What matters most is your inner stance as an intuitive trainer, this is the foundation that allows you to use any method with care and confidence. That is why we recommend reading Chapter 1 first.

For each technique, we describe:

- Roots of the Technique – Where this cooking method comes from
  The origins and traditions behind the technique. Gives trainers context, like knowing where a cooking style (grilling, steaming) was first used.
- Essence of the Technique – The craft behind it
  What makes this method unique? What it does in the "kitchen of training", its effect, flavour, and role in shaping the dish.
- Using the Technique in Training – Working with it at the stove
  Practical guidance on how to apply it in safe, accessible ways. Tips on what to pay attention to, and how to avoid "overcooking" or misusing it.
- Effects on Learners – How it lands at the table
  What this method can do for participants: possible positive outcomes, as well as challenges that may arise. How the trainer can balance or respond if reactions get too strong.

This chapter is designed as a reference. When you encounter a resource, you can look back here to understand the underlying technique and how to apply it responsibly in your training.

Body Awareness & Movement

1. Origin & Background

Across traditions, the body has always been seen as a doorway to intuition. Martial arts, dance, and somatic practices all use movement and physical awareness to cultivate presence and sensitivity. Modern bodywork, somatic coaching, and expressive arts also draw on this principle. In intuitive training, simple movement and body-awareness practices help participants drop out of the head and into the body, where intuitive signals are often clearer.

2. Essence of the Technique

The body speaks a language of its own. By moving, touching, or tuning into bodily sensations, participants access non-verbal information that often carries intuitive insights. Movement helps loosen habitual patterns, while body awareness grounds participants and makes intuition tangible. Sound and music, as extensions of vibration and rhythm, can also open the body to intuitive resonance.

3. Applying it in Training

Use body awareness and movement in light, accessible ways:

- **Grounding:** simple centering exercises, shaking off tension, or focusing on feet on the floor.
- **Embodiment games:** intuitive dance, mirroring movements, or “energy matching” in pairs.
- **Touch-based awareness:** self-touch or gentle partner exercises to feel presence and connection.
- **Sound & music:** humming, resonance circles, or moving with music to awaken intuition.

Pay attention to:

- Adapting to comfort levels; not everyone feels safe with touch or expressive movement.
- Framing exercises playfully, without pressure to “perform.”
- Keeping activities short and inclusive.

4. Possible Effects & How to Work with Them

- **Positive effects:** participants feel more grounded, alive, and connected with themselves and others. Movement often unlocks joy and spontaneity, creating a playful opening for intuition.
- **Challenges:** some may resist, feel self-conscious, or disengage. Strong emotions can surface when the body is involved.
- **Trainer's role:** normalise every reaction, invite rather than demand participation, and provide grounding afterwards if emotions arise.

☑ Trainers don't need to be dance or bodywork experts. Using simple grounding, movement, or sound-based exercises from the Resource Library is enough to connect participants with their body as a channel of intuition.

Inquiry & Reflection

1. Origin & Background

Inquiry has deep roots in both philosophy and spiritual traditions. From Socratic dialogue to Zen koans, the art of asking questions has always been a way to uncover truth. Reflection practices such as journaling, free writing, and paired dialogue became popular in modern psychology and education, offering structured ways to process experience. In intuitive training, inquiry and reflection help participants slow down, notice subtle signals, and connect inner experience with conscious awareness.

2. Essence of the Technique

Inquiry is about asking the kind of questions that open space rather than close it. Reflection allows learners to digest their experiences and see patterns. Together, they create awareness: intuition is not just felt, but also recognised and integrated. The essence lies in curiosity and openness: asking, noticing, and making meaning.

3. Applying it in Training

Inquiry and reflection can be woven in lightly and flexibly:

- **Journaling:** invite participants to write about their intuitive experiences without censorship.
- **Free writing:** set a timer (5–10 minutes) and let words flow.
- **Paired inquiry:** partners ask each other a simple repeating question like *"Who are you?"* or *"What does your intuition say?"*
- **Group reflection:** circle sharing about what was noticed or learned.
- **Pay attention to:**
    - Keeping prompts open-ended.
    - Encouraging curiosity, not "right answers."
    - Allowing quiet time for inner reflection before sharing.

4. Possible Effects & How to Work with Them

- **Positive effects:** participants discover personal insights, notice intuitive patterns, and gain clarity. Writing and sharing can deepen learning.

- **Challenges:** some may get stuck in overthinking or self-criticism, or feel pressure to produce something “clever.”
- **Trainer’s role:** normalise all responses, emphasise the value of process over product, and create a non-judgmental atmosphere.

☑ Trainers don’t need to be expert coaches. Using simple reflective prompts and journal methods is enough to help participants explore and articulate their intuition.

Visualization & Meditation

1. Origin & Background

Meditation practices go back thousands of years in spiritual traditions across Asia and beyond, from Buddhist mindfulness to yogic concentration techniques. Visualisation, though often linked to modern psychology and coaching, also has roots in shamanic journeys and ritual imagery. Both approaches are ways of quieting the mind and opening inner space. In intuitive training, they help participants shift attention from rational thinking to subtle perception, allowing intuitive images, feelings, and insights to surface.

2. Essence of the Technique

Meditation and visualisation bring participants into a state of presence and receptivity.

- **Meditation** works by stilling the mind, focusing on breath, body, or silence.
- **Visualisation** activates the imagination to access intuitive symbols, metaphors, or inner guidance.
  The essence lies in creating a doorway: a simple practice that helps learners tune into intuition beyond everyday chatter.

3. Applying it in Training

Use these techniques in short, accessible formats:

- **Silent meditation:** a few minutes of silence at the start to settle and open the space.
- **Guided visualisation:** invite participants to recall a moment when intuition guided them, or to meet their "inner guide."
- **Imagery prompts:** suggest simple images (a tree, a light, a path) and let participants explore what arises.

Pay attention to:

- Keeping instructions simple and neutral.
- Avoiding overly directive scripts, leave room for personal experience.
- Allowing time afterwards for sharing or reflection.

4. Possible Effects & How to Work with Them

- **Positive effects:** participants feel calmer, more centred, and more connected to subtle intuitive signals. Visualisations often yield surprising personal symbols or images.
- **Challenges:** some may find it hard to sit still, become restless, or feel "nothing happens." Others may encounter strong emotions.
- **Trainer's role:** normalise every response, remind participants there is no "right" way, and keep the process light. Allow grounding time if emotions arise.

☑ Trainers don't need to be meditation teachers. Short, simple meditations or visualisations are enough to help participants enter a receptive state where intuition can emerge.

Narrative & Storytelling

1. Origin & Background

Storytelling is one of the oldest ways humans have shared wisdom. Long before books and theories, people used myths, parables, and personal stories to pass on knowledge and guide behaviour. Narrative methods in training build on this tradition. They connect with archetypal patterns, collective imagination, and personal experience. In intuitive training, storytelling is not about polished performance, it is about listening deeply, noticing what emerges in the moment, and allowing the story itself to become a doorway to intuition.

2. Essence of the Technique

Stories create meaning. They activate both imagination and emotion, opening channels beyond rational analysis. When someone tells a story, listeners don't just hear it, they *feel* it, often recognising themselves in the narrative. This mirroring effect awakens intuition and builds connection. Storytelling can be used both ways: trainers telling stories to model intuition, or participants sharing their own experiences to discover intuitive patterns.

3. Applying it in Training

In intuitive training, keep storytelling light, authentic, and experiential:

- **Personal stories:** trainers share moments where intuition guided them, both successes and mistakes.
- **Story circles:** participants take turns telling a short story of intuition in their lives.
- **Associative storytelling:** one person tells a story, and another shares the images, feelings, or memories that come up.
- **Poetry or archetypal tales:** invite participants to create short poetic or symbolic stories, even with just a few words.

Pay attention to:

- Creating enough safety so participants dare to be personal.
- Keeping stories short and accessible.
- Listening for images, metaphors, or emotions rather than facts.

4. Possible Effects & How to Work with Them

- **Positive effects:** storytelling builds connection, awakens imagination, and makes intuition tangible. Participants often feel inspired and validated.
- **Challenges:** some may share stories that are very rational or long-winded; others may feel shy.
- **Trainer's role:** model openness with your own stories, invite conciseness, and frame storytelling as an experiment, not a performance.

☑ Trainers don't need to be master storytellers. Using simple narrative formats from the Resource Library can open space for participants to discover their intuitive voice.

Constellations & Systemic Tools

1. Origin & Background

Constellation work comes from systemic therapy and family constellations, developed by Bert Hellinger in the 1990s. It is rooted in psychotherapeutic, systemic, and phenomenological traditions. Over time, constellations have been adapted beyond therapy into organisational settings, coaching, and training. In the context of intuitive training, constellations are used in a simplified way: not to solve deep family issues, but to reveal hidden dynamics and allow participants to sense information beyond rational thinking.

2. Essence of the Technique

A constellation is a way of making invisible dynamics visible in space. Participants or objects are positioned to represent elements of a question or situation. By moving through the space, people sense new perspectives and intuitive insights emerge. The power of constellations lies in their embodied, spatial quality, the "knowing field" created when elements are placed in relation to each other.

3. Applying it in Training

In intuitive training, constellations can be applied in light and accessible forms:

- **Simple representations:** one participant stands as "me" and another as "my intuition," exploring their relationship.
- **Group sensing:** the trainer or group "steps into the shoes" of a participant or of the group as a whole.
- **Mini constellations:** using chairs, papers, or small objects to represent elements.

Pay attention to:

- Keeping it simple, you are not doing therapy. Just ask 'What are you experiencing?', "Do you recognize that?', 'How do you relate to the other elements?'
- Guiding participants to sense bodily feelings and subtle signals when they step into a representation role (e.g. on a piece of paper), not to overanalyse.

- Closing the exercise gently, inviting participants to step out of their representation roles.

4. Possible Effects & How to Work with Them

- **Positive effects:** participants gain surprising insights, feel more connected to intuition, and notice hidden dynamics in themselves or their group.
- **Challenges:** emotions can arise unexpectedly, or participants may feel overwhelmed by what is revealed.
- **Trainer's role:** normalise these reactions, keep the exercise short, and remind participants it is about experimenting and sensing, not fixing problems.

☑ Trainers don't need to be constellation specialists. Using **basic, safe formats** from the Resource Library is enough to let participants experience the systemic dimension of intuition.

Breathwork

1. Origin & Background

Breathwork has roots in many traditions, from yogic pranayama in India, to martial arts practices in Asia, to modern therapeutic methods such as Holotropic Breathwork. Across cultures, the breath has always been seen as a direct connection between body, mind, and spirit. In training, breathwork is used as a simple but powerful way to shift awareness, calm the nervous system, and open access to intuition.

2. Essence of the Technique

The breath is the only physiological process we can consciously influence while it also runs automatically. This makes it a bridge between the conscious and unconscious. By changing the rhythm, depth, or focus of breathing, participants can become calmer, more present, or more open to subtle intuitive signals. Breathwork is a gentle way to quiet the "thinking mind" and the nervous system and invite intuition to surface.

3. Applying it in Training

When using breathwork in intuitive trainings, keep it **simple and short**. You don't need advanced methods, just enough to help participants connect with themselves.

Practical options include:

- **Slow, deep breathing** at the start of a session to create presence.
- **Square breathing** (inhale–hold–exhale–hold, 4 counts each) to calm and focus.
- **Detox or energising breaths** if you need to shift group energy.

Pay attention to:

- You do not need to be a specialist, but you do need **basic knowledge** of how the nervous system can react (e.g. dizziness, tension, or emotional release).
- Even short or simple breathing exercises can bring up **unexpected restlessness or emotions**.
- Prepare beforehand how long (or how many cycles) you will use, so you avoid overstimulation.
- Know how to **stay present yourself** when emotions arise, and be ready to support participants.
- Always frame breathwork as an invitation, not an obligation.

4. Possible Effects & How to Work with Them

- **Positive effects:** participants feel calmer, more grounded, more present, and more open to intuition.
- **Challenges:** some may feel dizzy, emotional, or unsettled. This usually passes if they return to their natural breathing.
- **Trainer's role:** Reassure participants and remind them they can always stop. Allow space for emotions if they surface, without needing to fix them. Include a **short grounding exercise afterwards** (e.g. feeling feet on the floor, stretching, or gentle movement) to ease the transition back into group dynamics.

☑ Trainers don't need to be breathwork specialists. With basic knowledge of the body's possible reactions and a grounded presence, you can safely use short, accessible breathing techniques to prepare the ground for intuition.

Rituals & Symbolic Practices

1. Origin & Background

Rituals have been part of human life across cultures for millennia, marking beginnings, endings, transitions, and moments of meaning. From lighting a candle to elaborate ceremonies, rituals provide structure and invite presence. Symbolic acts, such as using objects, gestures, or simple ceremonies, help people connect with deeper layers of themselves and the group. In intuitive training, rituals and symbols are used in simple, accessible forms to create focus, open or close a session, and connect to the unseen.

2. Essence of the Technique

Rituals and symbolic practices set the tone. They signal that something special is happening, moving participants out of the ordinary and into a learning space where intuition can emerge. A small symbolic gesture can anchor an experience, helping participants feel connected to something larger than themselves. The essence lies in creating meaningful moments through simplicity and presence.

3. Applying it in Training

In intuitive training, rituals are best kept simple and authentic:

- **Opening ritual:** light a candle, ring a bell, or invite a short shared silence to mark the start.
- **Closing ritual:** invite each participant to name one thing they take with them, or blow out a candle together.
- **Symbolic acts:** ask participants to choose an object that represents their intuition, or place papers/objects in a circle to represent the group's learning.

Pay attention to:

- Keeping rituals short and meaningful.
- Explaining the purpose lightly, without heavy symbolism.
- Allowing participants to engage in their own way, never forcing participation.

4. Possible Effects & How to Work with Them

- **Positive effects:** rituals create focus, shared connection, and emotional resonance. Symbols often unlock intuitive meaning without explanation.

- **Challenges:** some participants may find rituals uncomfortable, artificial, or too "spiritual."
- **Trainer's role:** frame rituals as optional invitations, keep them grounded and light, and normalise different reactions.

☑ Trainers don't need to be ritual specialists. Even a small symbolic act, done with intention, can transform the atmosphere and invite intuition.

Overview of the 7 Steps – The Dishes

We have taken the **6-step Intuition Pathway** from Rick Snyder's book *Decisive Intuition* as the foundation for our dishes. Instead of discussing the model in theory, we did a constellation with the steps. Each participant chose to represent one of the steps. From that position, they spoke, sensed, and moved, not as themselves, but as the step. Their words revealed the qualities, tensions, and hidden aspects of the pathway. What began as six steps unfolded into seven, as embodiment emerged as an essential part of the process. In the end, what we discovered was not a straight line but a spiral of deepening awareness.

This brings us to **seven steps - seven dishes** in our cookbook. Each one represents a stage in the journey of connecting with intuition. Together, they form a pathway trainers can use as a quick reference before exploring the detailed chapters that follow.

Step 1: Be Aware of Your Intuitive Intelligence

Rick Snyder describes awareness as the starting point: being attentive to subtle cues, bodily sensations, images, or impressions that may carry intuitive meaning. It is the moment we notice that something is happening beneath the surface of rational thought.

In our constellation, no one chose to represent awareness at first. The absence itself became powerful. "We all assumed it was there," one participant reflected, "but without someone embodying it, everything felt ungrounded." This showed how often awareness is taken for granted. Later, when someone did step into the role, they noticed how fragile it felt, as if awareness could disappear at any moment. The group concluded that cultivating awareness requires active practice.

Trainers can help learners experience this by starting with grounding exercises or asking simple questions like "What do you notice right now in your body?" Even such a small act makes awareness concrete.

Step 2: Acknowledge Your Intuition

For Snyder, acceptance is the willingness to acknowledge the signal as real, without explaining it away or discarding it. It is giving intuition the right to exist before we know its meaning.

The representative of acceptance reported a strong shift: "My body relaxed when I took this place." Others felt a stabilizing influence radiating from them, as if acceptance

allowed energy to flow. In conversation we noticed how often intuitive signals are dismissed with “it’s just nothing.” Acceptance your intuition, interrupts this habit. It does not require certainty, only permission.

During our conversations we realized that *acceptance* did not fully capture what was happening in this step. Acceptance felt like a result: you either accept or reject something. What we experienced was more active: the need to notice and give recognition to the signal. As one participant said, “Acknowledging is actually acknowledging that it has happened, that you have listened, that you know.” Another added, “With acknowledge, it’s more like inviting.” For this reason we chose to rename the step from Acceptance to Acknowledging. We saw that once acceptance was embodied, the other steps felt safer and more connected.

Trainers can work with this step by inviting participants to pause after a hunch arises and simply hold it in silence. We saw that once acceptance was embodied, the other steps felt safer and more connected.

Step 3: Listen to the Guidance of Your Intuition

Listening goes deeper: it means opening ourselves to hear what the intuitive signal is saying. Snyder emphasizes that this is not rational analysis but a kind of inner hearing. Listening extends the pause of acceptance and brings curiosity into the space.

The representative of listening described their experience vividly: “Something is happening with me and I can’t place it. My worldview is opening up. That’s scary.” Another added, “Here you have to let go of control.” The group recognized this as a threshold: listening invites transformation, which is why it can feel frightening. We also noticed how listening connected strongly with trust. Without trust, listening risked collapsing back into doubt.

Trainers can help learners explore this step by guiding short inner listening practices: asking a question, closing the eyes, and waiting for what arises without forcing it.

Step 4: Trust the Intuitive Information You Are Getting

Trust is the decision to believe in the intuitive signal and give it weight. Snyder calls it the “bridge” step, where we choose to lean on what we sense even in the absence of rational evidence. Trust requires courage, as we cannot predict the outcome.

In the constellation, two people independently stood as trust. For some this felt excessive, for others comforting. The doubling itself revealed that trust recurs again and again. “Every time I act on intuition, I have to trust again,” one representative said, “and afterwards I can trust more the next time.” The group realized that trust does not appear once but circles back repeatedly, strengthening each time. We also saw how trust acted as a hinge: it turned listening inwardly into acting outwardly.

Trainers might practice this with learners by creating safe spaces where small intuitive choices are honored, speaking the first word that comes, drawing a symbol, or choosing a movement, reinforcing that trust grows through repetition.

Step 5: Act Upon This Information

Acting is where intuition meets the outer world. Snyder describes it as taking the step, however small, that intuition points toward. It is the moment of risk and expression, where intuition takes form.

The representative of acting voiced hesitation: “Should I move forward or stay back?” This captured the familiar uncertainty that often accompanies intuitive action. The group noticed that when trust was close, action felt natural, almost effortless. Without trust, acting became shaky and hesitant. We also saw that acting was not an endpoint but part of a cycle: each action fed back into new awareness and listening.

Trainers can emphasize this by framing action as experimentation, trying a small step, noticing the result, and then circling back. This helps learners build confidence without the pressure of perfection.

Step 6: Embody Your Intuition

In our constellation, a new step appeared between acting and teaching. Snyder’s original model did not name it, but it arose so strongly that we added it. Embodiment is living intuition in our posture, tone, and presence.

The representative said: “Everything you want to teach, you must embody first. Then people resonate with you, beyond explanation.” This landed deeply in the group; many reported goosebumps. Embodiment meant intuition was no longer an occasional act but a way of being. It became clear that without embodiment, teaching risks being hollow.

Trainers can cultivate this step with body-based exercises, such as walking slowly while holding an intuitive question, or practicing breathing into the gut and speaking from that place. These practices anchor intuition in the body and make it accessible to others.

Step 7: Teach Others Using Their Intuitive Intelligence

Snyder's pathway ends with teaching others to use their intuitive intelligence. It's about sharing intuition so that others may experience their own.

The representative noticed how teaching fed back into self-awareness: "When I teach, I accept it more myself." Teaching became not just giving knowledge but radiating presence. The group reflected that this step is less about instruction and more about modelling. We also saw how teaching closes the circle by bringing awareness back into the system.

Trainers can use this step by inviting participants to share their own intuitive exercises with the group. In doing so, they both deepen their own learning and spread it to others.

A Spiral, Not a Line

What became clear is that the steps are not linear. Loops and spirals appeared everywhere. Trust, acting, and embodying formed a repeating cycle. Listening stretched back into awareness. Teaching resonated with acceptance. As one participant said: "Every step is in every step."

The pathway is best seen as a spiral, returning again and again, yet each time with more depth and resonance.

For trainers, this journey shows that intuition cannot be taught as a straight sequence. It is a living process that unfolds in spirals. The seven steps, awareness, acceptance, listening, trust, acting, embodying, and teaching, offer both a framework and an invitation: to experience, embody, and share intuition so that others may step into their own journey.

Chapter 3- Step 1 – Be Aware of Your Intuitive Intelligence

Explanation of the Step

The Step According to Rick Snyder

Rick Snyder describes awareness as the foundation of connecting with your intuition. It begins with recognising that intuition exists as a natural form of intelligence and that it is part of you. Awareness means paying attention to your inner signals and learning to notice when intuition is present. Without awareness, the other steps cannot unfold.

Our Interpretation and Reflections

For us, Step 1 is about being open and sensing without acting. It is playful and light, inviting curiosity and recognition. Participants discover that intuition is already present in their lives, often in small, ordinary moments they hadn't labelled as intuition before. We noticed that awareness is not passive, it requires attentiveness and willingness to look closely.

This step is also about giving language to intuition: what it is, how it shows up, and how it differs from other signals like fear, desire, or enthusiasm. By naming and framing intuition as a form of intelligence, participants start to see it as legitimate and valuable.

- A central insight: intuition is not the same as fear, desire, or enthusiasm. These feelings can mimic intuition but have a different quality. The non-intuitive feelings appear more intense in your body, while intuition feels more cal and grounded. Part of awareness is learning to make these distinctions.
- Awareness is also playful: curiosity, surprise, and even humour are ways into this step. Participants often discover: "Oh wow, I didn't know it was there."
- Historically, society has valued rational thinking over intuition. Awareness of this cultural background helps participants understand why their intuition may feel unfamiliar or undervalued.

Application Across the Five Training Elements

1. Creating Safety

In this step, only basic safety is needed. Participants don't go deep into the subconscious or confront fears, but they do need to feel free to speak openly without worrying about being wrong. A light, welcoming atmosphere is enough to allow sharing and curiosity.

2. Experiencing

The goal here is to spark curiosity and surprise. Participants should leave this step thinking: *"Oh wow, I didn't know intuition was there."*
Ways to let them experience awareness:

- Invite them to recall a moment when they "just knew" something without evidence.
- Ask them to pay attention to first impressions or gut feelings.
- Encourage them to listen to each other's stories and notice how varied intuition can be.
- Story circle: share a personal story of intuition.

3. Delivering Theory

In Step 1, theory plays an important role. It helps participants understand intuition and normalises it as a legitimate form of intelligence.
Key points to cover:

- **What intuition is** – a natural form of intelligence, alongside rational and emotional intelligence.
- **How it shows up** – through different channels such as sensing, seeing, hearing, or knowing.
- **What it is not** – distinguish intuition from fear, desire, or enthusiasm.
- **Context** – rational thinking has been privileged for centuries; reconnecting with intuition restores balance.
  Theory itself creates safety: when participants understand what intuition is and isn't, they feel more at ease to explore it. Trainers can use resources from the library that provide background theory.

4. Practicing

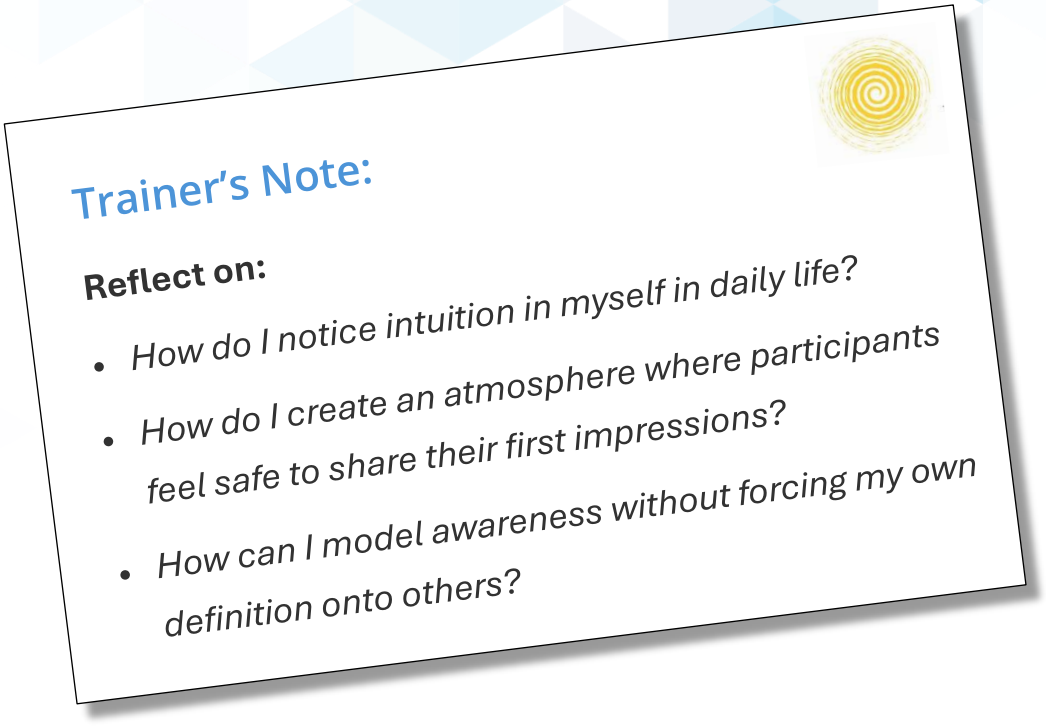
Practice in this step should be light and playful. It's more experiencing then really practicing. So we have some extra examples how to experience intuition. These are not complete methods, but small exercises to make awareness tangible. Refer to the Resource Library for more elaborate versions.

- Quick writing: complete the sentence *"For me, intuition is ..."*
- Drawing intuition: sketch what intuition looks or feels like.
- Word association: collect words connected to intuition on a flipchart.
- Mini-exercise: one person represents "intuition" and another "myself," simply noticing the relationship.
  These tasters help participants realise intuition is present, without going deep or heavy.

5. Reflecting & Transferring

Reflection is essential in Step 1. It allows participants to integrate what they noticed and begin to make meaning.
Possible reflection prompts:

- *"What did you discover about intuition today?"*
- Invite each person to write their own working definition of intuition.
- Ask: *"How could this new awareness influence the way you design or deliver your trainings?"*
  This step is about forming a personal and professional relationship with intuition.



Resources to Use

We recommend the following resources for this step:

- What is intuition? A practical guide: This practical guide introduces a series of exercises designed to help individuals develop and refine their intuition. https://intuitivetrainers.com/what-is-intuition-a-practical-guide
- Psychology and philosophy of intuition: This article provides a thoughtful exploration of the philosophical and psychological dimensions of intuition. https://intuitivetrainers.com/psychology-and-philosophy-of-intuition/
- My Stroke of Insight: This book describes the stroke that neuroscientist Jill Bolte has had. She explains how the right hemisphere connects with intuition and a collective field. https://intuitivetrainers.com/my-stroke-of-insight-about-becoming-one/
- Moving Questions, opening up to a deeper layer: In her book Moving Questions, Siets Bakker describes how you can open yourself for connecting on a deeper layer. https://intuitivetrainers.com/opening-up-for-a-deeper-layer-moving-questions/
- The boxes: Each participant receives a shoebox and materials for drawing and collaging. The task is to design the outside of the box to represent how they believe others perceive them and the inside to reflect their true inner selves. https://intuitivetrainers.com/the-boxes
- Who is the viewer: This exercise helps you step back and observe your own thoughts. Instead of getting caught up in them, you learn to watch them as if they were passing clouds. https://intuitivetrainers.com/who-is-the-viewer
- Grounding by cleaning: Grounding Through Cleaning is a mindfulness practice that helps trainers prepare for a session by creating a calm and focused environment. https://intuitivetrainers.com/grounding-through-cleaning/
- Types of intuition scale: The Types of Intuition Scale is a validated questionnaire designed to measure three distinct types of intuition: holistic, inferential, and affective. https://intuitivetrainers.com/types-of-intuition-scale/

In the Resource Library, you'll find more resources that you can use for this step.

To Give This Step Extra Flavor

- Keep it light and playful, curiosity is the best entry point.
- Avoid overexplaining; give enough theory for clarity but leave space for discovery.
- Share a personal story about how you became aware of your intuition. By modelling, you show participants that intuition is normal, valuable, and part of everyday life.

Key Message: Awareness is the starting point. Step 1 invites participants to notice intuition, name it, and recognise it as a natural part of their intelligence.

Chapter 4 – Step 2 – Acknowledge Your Intuition

Explanation of the Step

The Step According to Rick Snyder

Rick Snyder describes this step as the moment when you **accept** intuition as a real and trustworthy source of information. It is about recognising the signals you notice and giving them a place in your awareness, instead of ignoring, dismissing, or rationalising them away.

Our Interpretation and Reflections

For us, Step 2 is about saying *yes* to intuition. It's more about acknowledging than about accepting it. It is not enough to notice intuitive signals (Step 1), now participants explore whether they can acknowledge them as meaningful and valid. This step involves building a relationship with intuition, acknowledging its voice, and admitting: *"This belongs to me."*

- Acknowledgement requires **courage**: many participants feel doubt, shame, or insecurity when intuition shows up.
- It is also about **permission**: creating space internally to allow intuition, and externally in the group to try, fail, and explore.
- Acknowledgement is often **blocked** by fears of being wrong, fear of judgement, or cultural conditioning that privileges rationality.
- We see this step as a first act of **trust**, a gentle commitment: *I am willing to listen*.

Application Across the Five Training Elements

1. Creating Safety

Here safety becomes more central. Participants may feel vulnerable acknowledging intuitive impressions, especially when they differ from logic. As a trainer:

- Emphasise that all impressions are welcome; there are no wrong answers.
- Encourage curiosity rather than performance.

- Create external permission through group agreements and your own modelling, so participants can build internal permission step by step.

2. Experiencing

The aim here is to let participants feel what it is like to say *yes* to their intuition, even when it feels uncertain. Experiences should create moments of recognition and acceptance.
Examples:

- Invite them to recall a moment when they followed their intuition and something shifted.
- Ask them to notice subtle signals in the body, then voice them without editing.
- Paired dialogue: *"Can I say yes to my intuition?"*

3. Delivering Theory

Some theory helps normalise this step and explains why acknowledgement matters:

- Why people tend to ignore or suppress intuition (fear of mistakes, cultural bias).
- The importance of distinguishing intuition from other inner voices, so acknowledgement is grounded.
- How acknowledging intuition strengthens awareness and opens the path to trust.
  Resources in the library offer background theory that trainers can weave in here.

4. Practicing

Practice here involves **simple exercises** that help participants experience acknowledgement. They are tasters that make the process tangible. More extensive versions can be found in the Resource Library.
Examples:

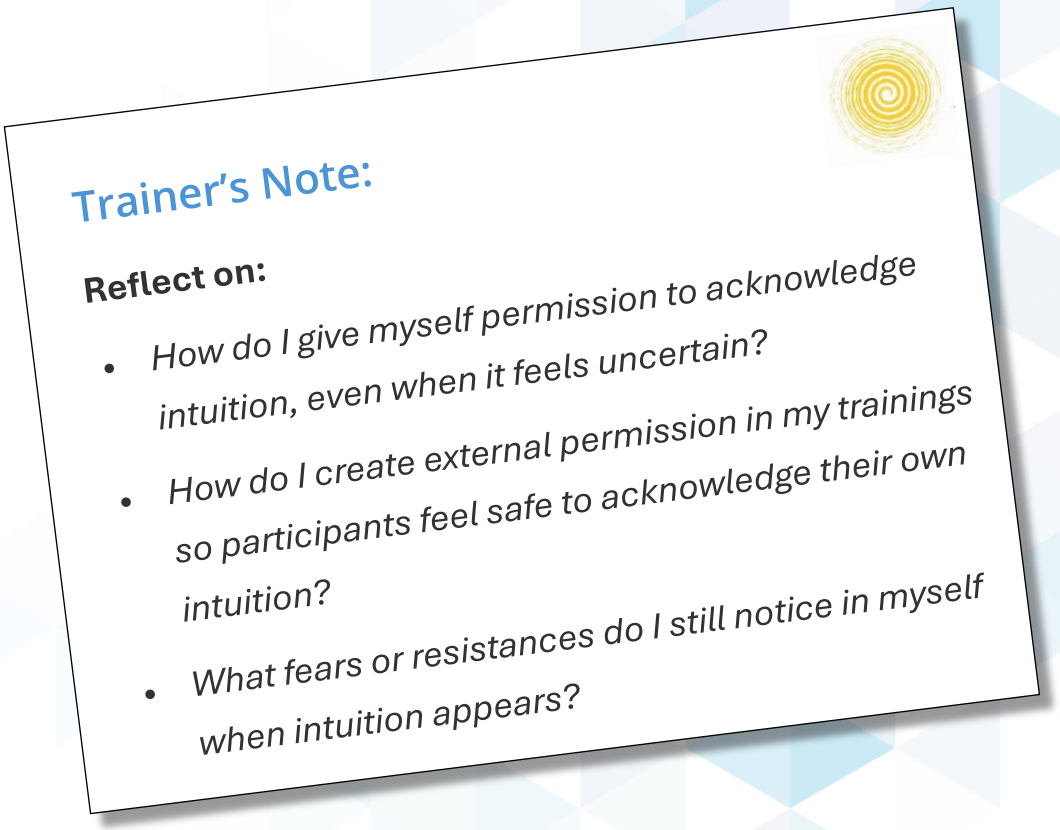
- **Constellation in pairs**: one person represents "intuition," the other "self." Explore the relationship: Can I face it? Can I say yes? Where do I feel resistance?
- **Dialogue with intuition**: write a short dialogue between "me" and "my intuition."
- **Voice it aloud**: when you sense something intuitively, simply speak it, without justification.

- **Small body gesture**: notice how the body responds when you acknowledge intuition with a nod, a breath, or a smile.

5. Reflecting & Transferring

Reflection helps participants integrate what it means to accept intuition as part of themselves. Possible prompts:

- *"What happens in me when I say yes to intuition?"*
- *"Which doubts or fears show up when I acknowledge it?"*
- *"How could I give my learners permission to acknowledge their own intuition?"* This broadens reflection from personal insight to the trainer's professional role.



Resources to Use

We recommend the following resources for this step:

- Webinar Intuitive Sensing: In this webinar, you'll learn more about how intuition works and experience different ways of intuitive sensing. https://intuitivetrainers.com/develop-intuitive-sensing/

- Webinar Stress to clarity: This webinar offers a practical exploration of how sound and vibration can regulate the nervous system and create the inner conditions needed for intuitive clarity. Participants will learn how elements like brainwave states, the vagus nerve, and nervous system balance support a deeper connection to their inner guidance. https://intuitivetrainers.com/stress-to-clarity-increase-your-balance-intuition-through-sound/
- Sociometric tasks: Sociometry captures a snapshot of group dynamics. Participants indicate choices based on given criteria by placing their hand on another's shoulder. https://intuitivetrainers.com/sociometric-tasks
- Three-minute meditation: Three-Minute Meditation is a simple and effective practice designed to enhance your intuition and inner awareness. https://intuitivetrainers.com/three-minute-meditation/
- Curiosity, dance, and music: Curiosity Dance and Music is a dynamic group activity designed to awaken intuition by blending playful movement and collaborative music creation. https://intuitivetrainers.com/curiosity-dance-and-music/

More resources can be found in the Resource Library.

To Give This Step Extra Flavor

- Encourage participants to notice both ease and resistance; both are valid.
- Keep the tone gentle; acknowledgement is a small but powerful shift.
- Share a story of a moment when you acknowledged your intuition despite doubt.
- Offer reassurance: acknowledging intuition does not mean you must act on it yet, it is simply recognising it.

Key Message: Acknowledging is about saying yes to intuition. In Step 2, participants learn to give permission for their intuition to be present and to recognise it as a guiding voice rather than background noise.

Chapter 5 – Step 3 – Listen to the Guidance of Your Intuition

Explanation of the Step

The Step According to Rick Snyder

Rick Snyder describes this step as actively **listening to intuition once it has been accepeted**. It is about paying attention to the content of intuitive impressions, noticing what they are communicating, and allowing guidance to emerge.

Our Interpretation and Reflections

For us, Step 3 is where intuition begins to speak more clearly. It is not just about saying *yes* to its presence (Step 2), but about tuning in and listening to its language.

- Intuition often comes in subtle signals: body sensations, images, emotions, or quick flashes of knowing. Listening means slowing down and being attentive enough to notice.
- This step asks participants to **differentiate** between the noise of thoughts and the quieter signals of intuition.
- Listening is relational: it requires patience, openness, and practice to discern what intuition is pointing to.
- We see this step as the practice of giving intuition “a chair at the table”, not yet the final decision-maker, but a respected voice to be heard.

Application Across the Five Training Elements

1. Creating Safety

Safety here means allowing participants to share intuitive impressions without judgement. They may feel hesitant or self-conscious about what comes up. Trainers should:

- Reinforce that all impressions are valuable, even if they seem vague or odd.
- Emphasise curiosity over correctness.
- Invite listening in pairs or small groups to create intimacy and safety.

2. Experiencing

The goal is to let participants **experience listening** to their intuition in real time.

- Invite them to close their eyes, take a breath, and notice the first image, sensation, or word that comes up.
- Pair exercise: one speaks a situation, the other listens inside and shares the first intuitive impression.
- Use movement or sound: ask participants to follow their body's impulse or the tone of a sound to see what it reveals.
- Bring in some confusion and chaos: to let them experience their inner peace in turbulent times

3. Delivering Theory

Theory can give participants frameworks for understanding what it means to listen:
• Intuition has different **channels**, visual, auditory, kinaesthetic, cognitive, and empathic.
• Signals are often subtle and fleeting; listening requires slowing down.
• Intuition communicates differently for everyone; there is no single "correct" way to receive it.
Resources in the library offer theory and practical frameworks that can be woven into this step.

4. Practicing

Practical exercises help participants learn how to tune in and listen attentively. These tasters keep it simple while showing what is possible.

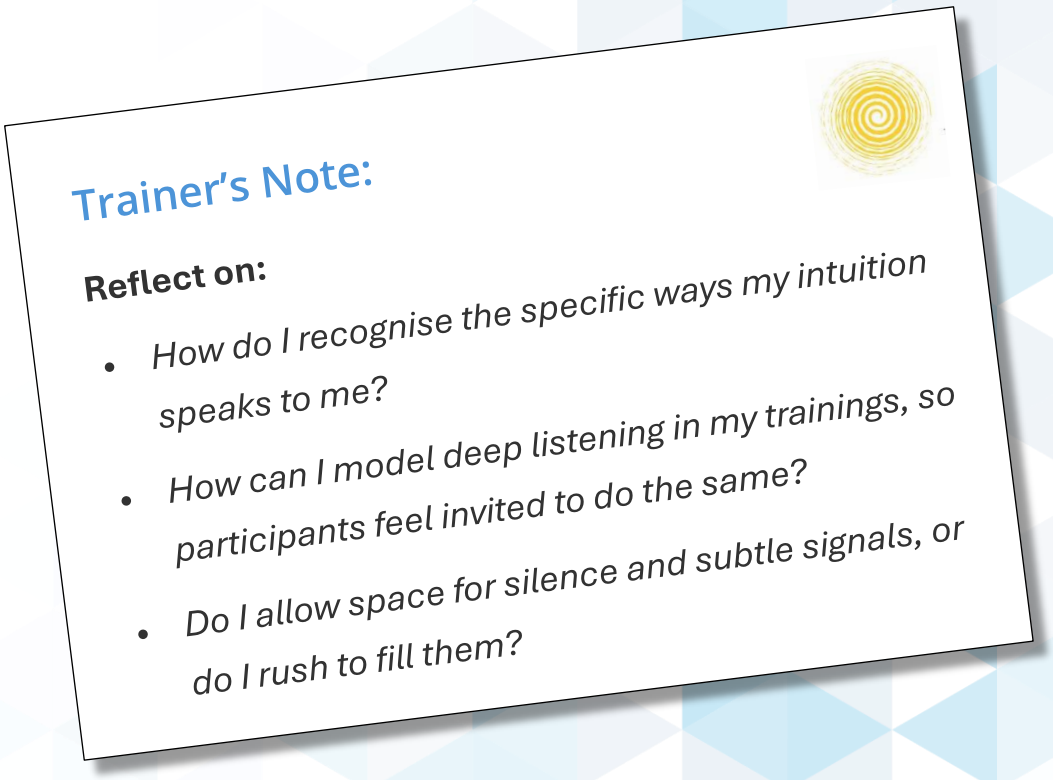
- Intuitive storytelling: one shares a story, the other listens and reflects back the images or associations that arise.
- Free writing: listen inwardly and write down whatever words come without censorship.
- Meditation: to connect with intuition and open up the intuition
-

More elaborate practices can be found in the Resource Library.

5. Reflecting & Transferring

Reflection consolidates the experience of listening:

- *"What did I hear when I really listened to my intuition?"*
- *"How does my intuition speak to me, through body, images, emotions, or knowing?"*
- *"How could I create listening spaces in my trainings so learners can hear their intuition?"*
  This supports transfer from personal discovery to professional practice.



Resources to Use

We recommend the following resources for this step:

- Webinar Wisdom of touch and being touched: You are invited in the realm of bodywork, how to use your senses and get in touch with yourself and the universal energy available to all of us.
  https://intuitivetrainers.com/wisdom-in-touch-and-being-touched/
- Projection: Projection is a psychological concept that explains how individuals unconsciously transfer their inner emotions, unresolved issues, or traits onto the

external world.
https://intuitivetrainers.com/projection/

- What is your preferred channel of intuition? You'll learn that intuition comes in 6 flavours or 6 intuitive channels. Watch the video and then reflect on how intuition works for you.
  https://intuitivetrainers.com/what-is-your-preferred-channel-of-intuition/
- Intuition development game: Participants use their intuition to sense the energy of two words written on paper without seeing the words.
  https://intuitivetrainers.com/intuition-development-game/
- Blindfolded figures: The entire group is blindfolded and must silently organize themselves into geometric figures, letters, or numbers as instructed by the facilitator.
  https://intuitivetrainers.com/blindfolded-figures/
- If you were ...: A participant secretly selects another. The group asks, "If this person were a color/music/book, what would they be?"
  https://intuitivetrainers.com/if-you-were/
- Paring by eye contact: Using eye gazing to strengthen the intuitive connection between participants.
  https://intuitivetrainers.com/pairing-by-eye-contact/
- Intuitive storytelling: Using storytelling to access creative intuition in the moment.
  https://intuitivetrainers.com/intuitive-storytelling/
- Observe your energy levels: Observe Your Energy Levels is an intuitive exercise designed to increase awareness of how energy shifts in social interactions.
  https://intuitivetrainers.com/observe-your-energy-levels/
- Opening up for intuition: This visualization helps you to ground yourself and become more quiet.
  https://intuitivetrainers.com/opening-up-for-intuition/
- Embodiment movements to connect with your intuition: These movements are based on martial arts and help you to connect to your body and thus to your intuition.
  https://intuitivetrainers.com/embodiment-movements-to-connect-to-your-intuition/
- How to include the ego in trainings: In this video, you'll learn why it's important to include the ego, or the 'head' in trainings. Also if you work intuitively.
  https://intuitivetrainers.com/how-to-include-your-ego-in-trainings/

More resources for this step can be found in the Resource Library.

To Give This Step Extra Flavor

- Keep exercises short and light; listening requires presence, not pressure.
- Encourage diversity: highlight that everyone's intuition has its own channel and "voice."
- Share a personal example of a time you listened to intuition and what it revealed.

Key Message: Listening is about giving intuition a voice and hearing it clearly. In Step 3, participants learn to tune in and pay attention to the subtle signals of their intuitive intelligence.

Chapter 6 – Step 4 – Trust the Intuitive Information You Are Getting

Explanation of the Step

The Step According to Rick Snyder

Rick Snyder describes this step as the point where you begin to **trust** the intuitive impressions you have received. After becoming aware, acknowledging, and listening, you now move from doubt toward confidence. Trusting intuition means valuing it as a valid source of information and allowing it to influence your perspective.

Our Interpretation and Reflections

For us, Step 4 is about building confidence in intuition's reliability. It is the bridge between hearing intuition and acting on it.

- Trust requires practice and repetition. The more participants test their intuition, the more confident they become.
- Doubt, fear of being wrong, and the pressure of rational expectations are common barriers here.
- Trust also has a feedback loop: when participants act on intuition and reflect on the outcomes, trust grows.
- We see this step as shifting from *"I notice something"* to *"I allow myself to rely on it."*

Application Across the Five Training Elements

1. Creating Safety

Trust cannot be forced. Safety here means creating an environment where participants can explore intuition without fear of judgement.

- Make it explicit that mistakes are part of the process; they are learning moments.
- Create space where participants feel free to share impressions, even if uncertain.
- Emphasise that trust is personal and grows gradually.

2. Experiencing

The focus is to let participants feel what it is like to lean into intuition.

- Ask them to choose between options based on intuition alone and reflect on the experience.
- Invite them to share an intuitive impression before hearing rational information, then compare.
- Use paired exercises where one listens and trusts the first thing that comes up.

3. Delivering Theory

Theory helps participants understand how trust develops:

- Trust grows through cycles of trying, reflecting, and learning.
- Research on decision-making shows intuition can be as valid as rational analysis in many contexts.
- Feedback loops reinforce trust: the more you test intuition, the stronger it becomes.
  Resources in the library can provide background theory and examples for trainers to use.

4. Practicing

Practical tasters help participants explore trust in a light but meaningful way.

- Instant feedback: share an intuitive impression and receive quick group responses.
- Grocery store yes/no: practice choosing objects or directions based on intuitive signals.
- Free writing followed by reading aloud: trusting what comes without editing.
- Group mirror: one leads intuitively, the others follow, trusting the leader's subtle signals.

For more elaborate formats, trainers can use the Resource Library.

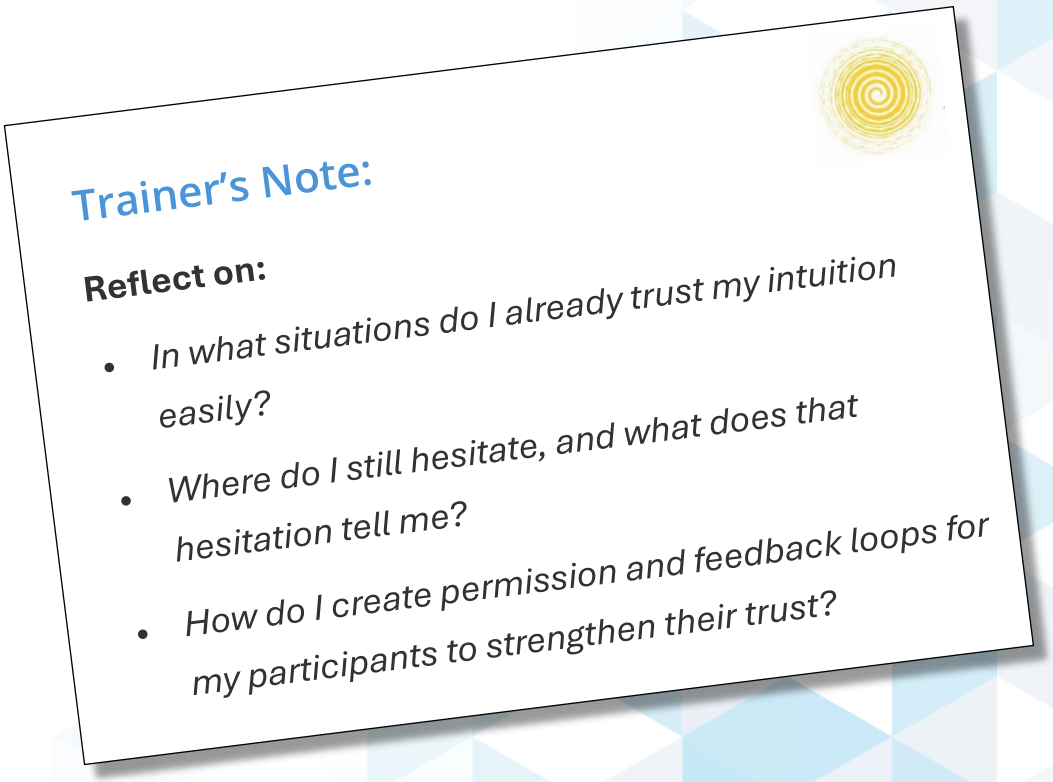
5. Reflecting & Transferring

Reflection strengthens the process of trust:

- *"What happens in me when I choose to trust intuition?"*
- *"What doubts or resistances still hold me back?"*

- *“How can I create structures in my training that give participants permission to trust their first impressions?”*

This helps participants see how trust can be nurtured both personally and in their role as trainers.



Resources to Use

We recommend the following resources for this step:

- Instant feedback: Instant Feedback for Trainers is an exercise designed to help trainers refine their ability to make intuitive decisions during a session. https://intuitivetrainers.com/instant-feedback/
- Webinar Poetry and intuition: Step into a space where poetry and intuition meet. Through gentle reflection and creative play, we’ll uncover how words can reveal and connect us. https://intuitivetrainers.com/poetry-and-intuition/
- How to connect to your inner wisdom: Working with archetypes is a way to connect to your inner wisdom. In this blog you'll learn how to have an 'archetypal meeting' with your inner parts. https://intuitivetrainers.com/how-to-connect-to-your-inner-wisdom/

- Energy matching: Tuning into non-verbal, energetic cues from others. https://intuitivetrainers.com/energy-matching/
- The oracle circle: In this circle, participants learn to trust their intuition by sharing their first intuitive information, like an oracle. https://intuitivetrainers.com/the-oracle-circle/
- Resonance circle: Resonance Circles is a group methodology that fosters intuitive peer-to-peer learning by encouraging participants to deeply resonate with and reflect on the ideas shared by others. https://intuitivetrainers.com/resonance-circles/
- Capture your flashes: Capture Your Flashes is an exercise designed to help you recognize and trust intuitive insights. https://intuitivetrainers.com/capture-your-flashes/
- Blindfolded trust walk: This exercise helps to enhance sensory awareness and trust in intuition. https://intuitivetrainers.com/blindfolded-trust-walk/
- How to not become the mother/father of your learners: An article by Bert Hellinger (May 2003) on the orders of helping https://intuitivetrainers.com/how-to-not-become-the-mother-of-your-learners/

More resources for this step can be found in the Resource Library.

To Give This Step Extra Flavor

- Reinforce the importance of feedback loops: reflection after practice is essential to build trust.
- Be transparent about your own doubts, modelling that trust grows over time.
- Encourage participants to notice small successes; trust is built step by step.

Key Message: Trust is the bridge between listening and acting. In Step 4, participants learn to lean into intuition, building confidence through practice, feedback, and reflection.

Chapter 7 – Step 5 – Act Upon This Information

Explanation of the Step

The Step According to Rick Snyder

Rick Snyder describes this step as the moment when you **act upon intuitive information**. After becoming aware, acknowledging, listening, and trusting, intuition now translates into action. The value of intuition grows when it is embodied in decisions and behaviours.

Our Interpretation and Reflections

For us, Step 5 is where intuition becomes visible. It is no longer just an inner signal but something that guides concrete choices and behaviours.

- Action validates intuition, you test its reliability by putting it into practice.
- Taking action requires courage, because doubt, fear of mistakes, and social pressure often stand in the way.
- Acting doesn't always mean making big life decisions; it can also be small, everyday choices guided by intuition.
- Permission is crucial here: trainers provide external permission to experiment, so participants can discover internal permission to act.

Application Across the Five Training Elements

1. Creating Safety

Participants may feel vulnerable acting on intuition, especially if outcomes are uncertain. Trainers can:

- Frame action as experimentation, not performance.
- Normalise mistakes and unexpected outcomes as part of learning.
- Create group agreements that support trying things out without judgement.

2. Experiencing

The experience here is about *doing something intuitive* and feeling the effect.

- Ask participants to choose an exercise, partner, or direction based only on intuition.
- Invite them to take one small step guided by intuition in the training and reflect on the outcome.
- Play short games where intuitive choices lead to visible results.

3. Delivering Theory

Some theoretical points can support action:

- Why action is needed: intuition grows stronger when tested in practice.
- The link between permission and action: external permission can help participants build internal freedom.
- How action closes the loop of awareness–acknowledgement–listening–trust.
  Resources in the library can provide background material and examples to support this step.

4. Practicing

Practice in this step focuses on small, manageable actions guided by intuition.

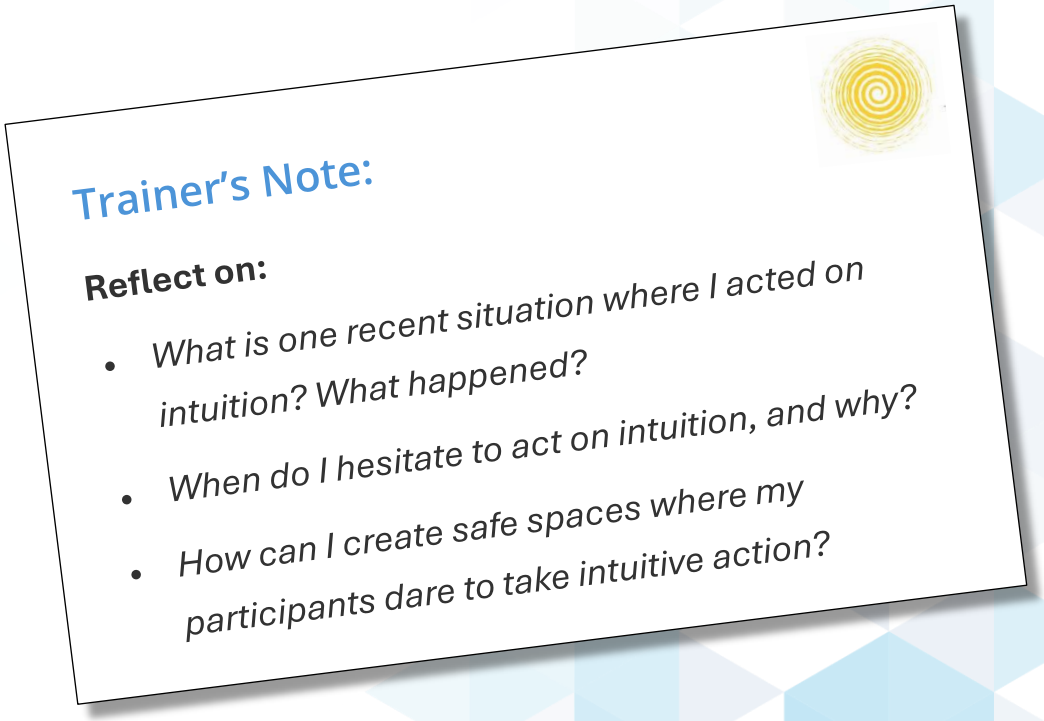
- Paired exercise: one person asks a question, the other responds immediately with the first intuitive answer.
- Quick decision game: present two or more options, participants choose intuitively without discussion.
- Action reflection: each participant takes one intuitive action during the day and shares the outcome later.
- Mini-constellation: position "me," "intuition," and "action," and explore how they relate.
  More extended versions can be found in the Resource Library.

5. Reflecting & Transferring

Reflection consolidates the learning:

- *"What happens when I act on my intuition?"*
- *"How do I feel before, during, and after taking an intuitive action?"*
- *"How can I create space in my own trainings for participants to practice intuitive actions safely?"*

This helps participants connect the courage to act with their professional role as trainers.



Resources to Use

We recommend the following resources for this step:

- Life map: The group collaboratively creates a large circular paper. Participants evenly distribute themselves around it and begin drawing their life paths, with their birth date (marked with their name) at their current position, and the center of the circle representing the present moment.
  https://intuitivetrainers.com/life-map/
- Teach me to fly: Participants learn to improve their non-verbal teaching skills and emotional connection.
  https://intuitivetrainers.com/teach-me-to-fly/
- The whispering object: The participants learn to strengthen their intuitive listening and interpretation skills.
  https://intuitivetrainers.com/the-whispering-object
- Quick emotional check-in: The Quick Emotional Check-In is a simple and effective exercise designed to help trainers distinguish between emotional reactions and intuitive insights.
  https://intuitivetrainers.com/quick-emotional-check-in/

- Reading group energy: Reading Group Energy helps trainers tune into the emotional state of their group and adjust their approach accordingly. https://intuitivetrainers.com/reading-group-energy/
- Square breathing: Square Breathing is a calming exercise designed to center your mind and body before a session. https://intuitivetrainers.com/square-breathing/
- Using YOCO intuition cards: YOCO cards are designed to facilitate intuitive development and self-awareness among trainers and participants. https://intuitivetrainers.com/yoco-cards-coaching-cards-in-project-apel-with-strong-focus-on-leadership/

More resources for this step can be found in the Resource Library.

To Give This Step Extra Flavor

- Emphasise that intuitive action does not have to be dramatic; small choices matter too.
- Remind participants that mistakes or surprises are valuable learning experiences.
- Share a story of a time you acted on intuition, even in a small way, and what it brought you.

Key Message: Action brings intuition to life. In Step 5, participants discover the courage to translate inner signals into outward choices, supported by safety, permission, and reflection.

Chapter 8 – Step 6 – Embody Your Intuition

Explanation of the Step

The Step According to Rick Snyder

This step was not part of Rick Snyder's original pathway. It emerged from our own work and reflections during the creation of this cookbook.

Our Interpretation and Reflections

In our work with the steps, we noticed a gap between **acting on intuition (Step 5)** and **teaching others (Step 7)**. Action can still feel like an experiment, something you try occasionally. What was missing was the **integration of intuition into daily life and presence as a trainer**.

That is why we added Step 6: *Embodying Intuition*.

- Embodying means intuition is no longer something you "use" once in a while; it becomes part of who you are.
- It is about consistency: living, acting, and training from a state where intuition flows naturally.
- Embodiment shows in your body language, your tone of voice, your presence, and the way you hold space. Participants sense when intuition is embodied rather than explained.
- This step also addresses sustainability: intuition is not a technique to pull out when needed, but a way of being that supports resilience and authenticity.
  In our discussions, this step felt essential: without embodiment, intuition remains external, fragile, and uncertain. With embodiment, it becomes grounded, reliable, and trustworthy.

Application Across the Five Training Elements

1. Creating Safety

Safety here comes from your presence. When you embody intuition, participants feel it in the way you hold the space.

- Your calmness and openness create natural safety.
- Demonstrate that embodiment is not about perfection, but about authenticity.

- Show through your body and behaviour that intuition is part of everyday life.

2. Experiencing

The aim is to let participants **experience what embodied intuition feels like**.

- Invite them to walk, move, or speak as if their intuition was fully embodied.
- Use grounding and centering exercises to notice how intuition lives in the body.
- Ask them to observe the difference between acting "from the head" and from an embodied place of intuition.

3. Delivering Theory

Theory at this stage can explain why embodiment matters:

- Intuition strengthens when it is integrated into body, habits, and presence.
- Neuroscience shows that repeated practice creates new patterns; embodiment is about rewiring.
- Embodiment bridges inner awareness and outer behaviour, making intuition trustworthy to others.

Resources in the library include practices and reflections that can support this understanding.

4. Practicing

Exercises here focus on grounding intuition in the body and behaviour. Tasters could include:

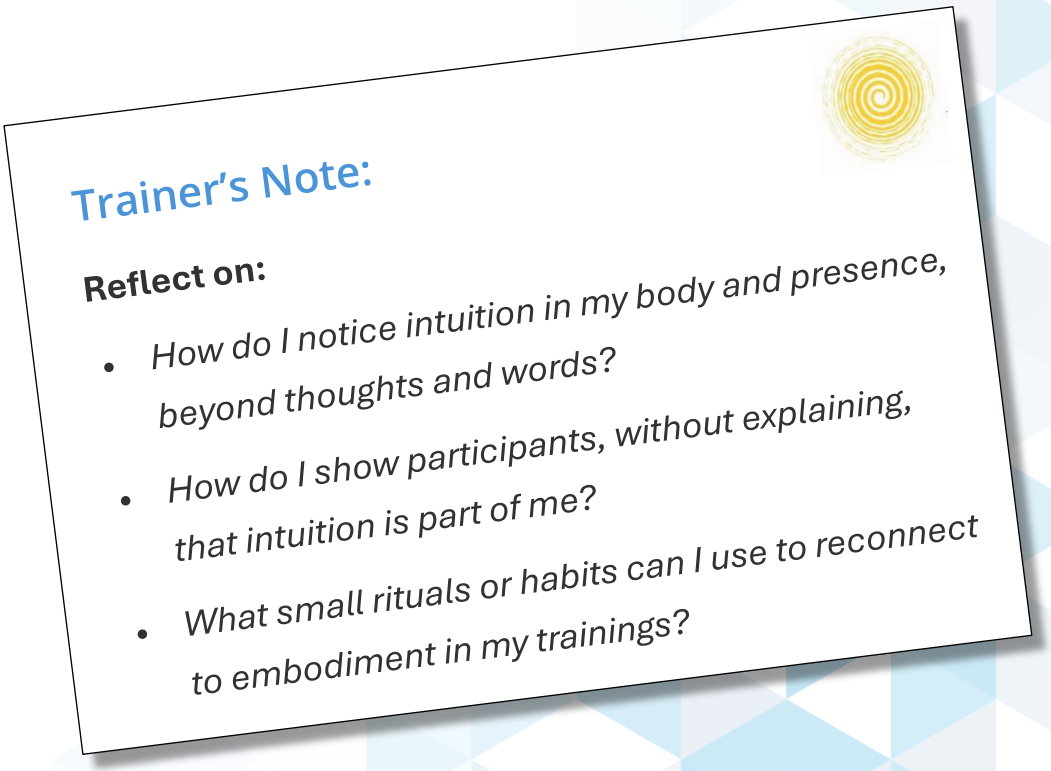
- Body scan+: noticing where intuition lives in the body.
- Embodiment movements (from martial arts or dance) to integrate intuition physically.
- Instant switch-on: develop a small personal gesture or ritual that immediately reconnects you with intuition.
- Group resonance: stand together, sense the collective energy, and embody intuition in posture and presence.

The Resource Library contains more elaborate practices for trainers to use.

5. Reflecting & Transferring

Reflection here is about integration:

- *“What does it mean for me to embody intuition in daily life?”*
- *“How do others notice my intuition in my presence, not just in my words?”*
- *“How can I cultivate habits that make intuition a natural part of my work as a trainer?”*



Resources to Use

We recommend the following resources for this step:

- Dance your name: A good warming up exercise to help embodying intuitive movement and transformation. https://intuitivetrainers.com/dance-your-name/
- Breathwork and intuition: In this webinar, Marleen Groeneveld, shares some powerful breathing techniques that help you access your intuition and self-regulate and help your participants to become more aware of their body. https://intuitivetrainers.com/breathwork-and-intuition/
- Chaos, gateway to intuition: In this webinar you get acquainted with chaos as a chance for learning how to hold space in losing structure and the ‘not-knowing’. https://intuitivetrainers.com/chaos-gateway-to-intuition/
- Dialoguing with yourself through music: Dialoguing with Yourself Through Music is a reflective exercise that uses a specific piece of music to facilitate a deep and

meaningful connection with your inner self.
https://intuitivetrainers.com/dialoguing-with-yourself-through-music/

- Instantly switching on your intuition: Make a routine of instantly switching on your intuition by using this powerful and short practice.
https://intuitivetrainers.com/instantly-switching-on-your-intuition/
- Silent meditation: Silent Meditation is a practice designed to help trainers access deeper intuition by creating a calm and focused state of mind.
https://intuitivetrainers.com/silent-meditation/
- Search for the self: This resource is designed to help participants experience their own presence beyond words and thoughts. It is a simple yet profound way to cultivate intuitive self-awareness.
https://intuitivetrainers.com/search-for-the-self/

More resources for this step can be found in the Resource Library.

To Give This Step Extra Flavor

- Remind participants that embodiment is not about performance, but about alignment and authenticity.
- Use silence, movement, or rituals to model embodiment rather than talking about it.
- Share moments when intuition has become a natural part of your own way of being.

Key Message: Embodiment turns intuition from an occasional act into a way of being. Step 6 is about living and training from intuition as a natural, grounded presence that others can feel and trust.

Chapter 9 – Step 7 – Teach Others Using Their Intuitive Intelligence

Explanation of the Step

The Step According to Rick Snyder

Rick Snyder describes this final step as the stage where you not only live and act from intuition yourself but also **support others in developing and applying their intuitive intelligence**. It is about sharing, guiding, and modelling intuition so that it can spread and multiply.

Our Interpretation and Reflections

For us, Step 7 is the moment where intuition becomes collective. It is no longer just about the individual trainer but about empowering others, learners, colleagues, or fellow trainers, to access their own intuition.

- Teaching others does not mean prescribing how to use intuition. It means **creating space for others to discover it for themselves.**
- At this stage, trainers are both role models and facilitators: they embody intuition and hold space for others to explore.
- This step is also about humility: recognising that every person's intuition is unique. Your task is not to shape it but to encourage it.
- The impact extends beyond the training room. By teaching others to use their intuitive intelligence, trainers contribute to cultures of inclusion, creativity, and resilience.

Application Across the Five Training Elements

1. Creating Safety

When teaching others, safety is about making sure participants know their intuition is welcome and valid.

- Model openness so others feel free to try.
- Acknowledge different intuitive styles without comparison.
- Create group agreements that value intuition as much as rational thought.

2. Experiencing

The experience here is about **letting learners guide themselves and each other with intuition.**

- Invite participants to facilitate short exercises for each other, trusting their own intuition in guiding.
- Encourage peer-to-peer sharing of intuitive impressions.
- Use collaborative formats where the group follows intuitive impulses together.

3. Delivering Theory

Theory in this step is minimal, the focus is on practice and modelling. Still, some guiding ideas help frame the process:

- Teaching intuition means creating discovery, not delivering answers.
- Diversity of intuitive channels: help others recognise their own style.
- The trainer's role shifts from leading to facilitating and empowering. Resources in the library offer examples and formats for train-the-trainer contexts.

4. Practicing

Practice in this step gives participants the chance to take the trainer's role and teach intuition themselves.

- Peer facilitation: each participant leads a small intuitive exercise with a partner or small group.
- Co-facilitation: pairs guide each other through short intuitive processes.
- Group rituals: participants design and lead a closing ritual based on their intuition.
- Feedback circles: learners share what worked when intuition guided their facilitation.

5. Reflecting & Transferring

Reflection focuses on the trainer's expanded role:

- *"What does it mean for me to support others in developing their intuition?"*
- *"How can I hold space for learners to find their own style of intuition?"*
- *"What structures can I create in my trainings that encourage intuitive learning?"*

Trainer's Note:

Reflect on:

- *How do I model intuition in a way that invites others to explore their own?*
- *Do I trust my learners enough to let them take the lead in intuitive exercises?*
- *What balance do I strike between guiding and stepping back?*

Resources to Use

We recommend the following resources for this step:

- 13 Steps to use your intuition in trainings: Based on our experience in creating the program for the kick-off training with the ambassadors, we have developed 13 steps that help you to use your intuition in trainings. https://intuitivetrainers.com/13-steps-to-use-your-intuition-more-consciously-in-trainings/
- Discover the inner positions that helps you to give better trainings: Getting to know the different I-positions or sub-persons in yourself in order to recognize them when you give trainings. By identifying with them you learn how the influence you both positive and negative in your work. https://intuitivetrainers.com/discover-which-inner-position-helps-you-to-give-better-intuitive-trainings/
- Preparing the space: Preparing materially and energetically the space by arriving earlier. Gaining a sense of the energy of the space to better perceive the changes that participants will introduce. https://intuitivetrainers.com/preparing-the-space/
- Systemic and constellation tools for trainers: In this webinar you'll get insights and practical applications of the systemic approach and constellations in

preparing a training and during a training.
https://intuitivetrainers.com/systemic-and-constellation-tools-for-trainers/

- Tap into the archetypal energy of a group: This webinar gives you a first idea of how you can use your intuition by looking through the archetypal glasses to a situation.
  https://intuitivetrainers.com/tap-into-the-archetypal-energy-of-a-group/
- Walking to prepare the space: Walking to Prepare the Space is a mindfulness-based exercise that helps trainers ground themselves while setting up a welcoming and organized environment for their session.
  https://intuitivetrainers.com/walking-to-prepare-the-space/
- Rituals: A ritual for starting and a ritual for ending the session. The role of ritual is significant, dating back to ancient times, and every person needs to participate in and create rituals.
  https://intuitivetrainers.com/rituals/

More resources for this step can be found in the Resource Library.

To Give This Step Extra Flavor

- Emphasise humility, you are not teaching "your" intuition, but empowering others to find theirs.
- Encourage participants to keep experimenting, sharing, and co-creating intuitive practices.
- Share a story of a time when you witnessed learners teaching each other intuition, and what it revealed.

Key Message: Step 7 is about passing it on. Trainers who embody intuition now empower others to recognise, trust, and apply their own intuitive intelligence, multiplying the impact of intuition in learning and life.

Serving It Forward

Looking Back

When we started, the plan was to create a set of training modules. But as we worked together with some experienced trainers, we quickly discovered that intuition doesn't fit into fixed instructions. It doesn't live in step-by-step recipes. Intuition asks for presence, for openness, and for the courage to discover it in your own way.

That insight changed everything. Instead of modules, we created a cookbook. A book full of dishes, ingredients, and techniques that invite you to experiment. To mix and match. To find what works for you, with your learners, in your context. This shift wasn't just a practical choice, it was a reflection of what intuition itself had been showing us all along.

What This Means for You

So here's a gentle reminder: this cookbook is not about following recipes. It's about creating your own. The real power lies in experimenting, adjusting, and trusting your intuition as a trainer.

Using this cookbook will look different for everyone. For some, it will be about adding more playfulness, for others, about learning to trust subtle signals. What matters is that you make it your own.

Looking Ahead

This cookbook is not the final word. It's a starting point, an invitation to continue the journey. Every trainer who works with it will add new flavors, new combinations, and new insights.

That's why the **Resource Library** is so important. It's a living library, where you can find inspiration whenever you need it, but also where you can share your own methods and discoveries. Every time you add something back, you're helping the whole network to grow and evolve.

Within the Network

This cookbook is also part of something bigger. Within the European Network of Intuitive, it connects us across countries, traditions, and experiences. Together, we're exploring how intuition can enrich adult education, especially for people who don't thrive in traditional systems. In this way, we are also contributing to the wider Erasmus+ goals of inclusion and innovation. Follow our activities on www.intuitivetrainers.com/events

Thank You

We want to thank all of you who made this cookbook possible, especially the ambassadors of the network and trainers who brought in your wisdom, your creativity, and your lived experience. You helped us see that the real richness comes from working together, and your input is woven through every page.

Final Note

The journey of intuition doesn't end here. This cookbook is meant to travel with you, to spark ideas, to remind you of what you already know, and to give you the courage to try something new. You are the cook, the trainer, the one who brings it to life.

May it support you in creating your own dishes, sharing them generously, and serving intuition forward.