

## Trust Your Intuition!

- 1) Learn how your intuition communicates. Feelings, dreams, words, images, hunches and gut feelings are the most common ways of receiving this information.
- 2) What are you enthusiastic about? Which choice has the most energy? These are important clues from your intuition about which path to follow.
- 3) Be clear about your intention or goals. Write about what you want. Expand your vision.
- 4) Maintain a positive mental attitude. Focus on what you want, *not* what you don't want.
- 5) Ask your intuition open-ended questions. "How can I..." "What should I do about..." Listen for the answer.
- 6) Take frequent "insight breaks" throughout the day. This might include a five-minute meditation at your desk, a walk outside, or simply a brief check-in with your gut before making a decision.
- 7) Keep an "intuitive ideas" log on your PDA or in a notebook. You'll find yourself rewarded with more intuitive ideas and guidance.
- 8) Act on the information you receive. Like any skill, the more you use it the better you get at it.

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## Let Your Intuition Decide

Whenever you have a decision to make, stop, and tune into your intuition.  
This can work for the smallest matters as well as the grandest.

- 1) Begin by writing a few sentences about a challenge you're currently facing in your life or a decision you need to make.
- 2) Write a one-sentence question that summarizes your concern. Word it in such a way that it evokes more than a "yes or no" answer. Examples: "How can I create more money?" or "What could I do to increase my business?" or "What's the best career direction for me?" Or, "How could I improve my relationship?"
- 3) Close your eyes, take a few deep breaths and relax. Ask your question. Be willing to wait in silence until you get an answer. Intuition comes in many ways. You may hear words, receive a feeling, an image, a body sensation, or you may have the answer pop fully formed into your mind.
- 4) Write down any answers or impressions you receive. You may find as you write that more information comes to you. Many people report that they feel they are making this up. Yet, when they act on the information they receive, it moves them in a positive direction.
- 5) Open your eyes and review what you've written. What small step can you take this week that will honor the intuitive guidance you received?

# Staying Open to Guidance

Intuitive guidance is always present and available to us. It can help us move in a new, more powerful direction in life. Unfortunately, it's difficult to receive its wisdom when our thoughts are filled with drama or fear. Here's a sample of some frequent crisis or fear thoughts and their "turnarounds" that help us be open to our inner voice.

<b>Crisis/Fear Thoughts</b>	<b>Thoughts That Invite Intuitive Guidance</b>
I'm such a failure.	Things are beginning to turn around for me.
I'm stuck.	Today, I'll take a small step towards what I'm being guided to do.
Nothing good ever happens to me.	New opportunities often take time to develop. I can be patient as this new thing I want manifests.
I have bad luck. I'm a failure.	I'll look for evidence of good things coming my way.
I don't know what I want or what to do.	My intuition guides me through my enthusiasm, excitement and interests.
I'm scared.	I welcome thoughts and feelings that make me feel calm and at peace.
Why did this (bad thing) happen to me?!	I trust God (the Universe) to allow this crisis to take me to a better place in life.
I'm broke, (bankrupt, out of money/work.)	I'm open and receptive to new avenues of abundance.
I don't know how to (turn my life around) (get this thing I want).	My job is to hold my intention and act on my intuition. I relax as I let the Universe take care of "how" this thing will happen.