

Tapping Into Your Intuition



Listen

The more you notice, the more you'll hear.



Test it out.

Make low-risk decisions such as what to eat, based on your gut feelings. This helps you learn to trust.



Deepen your intuition through meditation.

Regular meditation will help you clear your mind of all those distractions and teach you to notice the subtle signs your intuition is sending you.



Let go of negative emotions.

Negative emotions cloud intuition which is why we tend to make bad decisions when we're depressed or angry.



Dedicate daily time.

Devote time every day, to be still and listen, especially when making important decisions.



Ask questions.

Be specific about what information you need and what kind of answers you're looking for.



Write your answers.

The messages you receive can be subtle and fade quickly. Write down what you feel very quickly



Take immediate action.

Don't overthink and overpower your intuition. Follow its guidance.



Trust your feelings.

You'll know your intuition is working because you'll be able to feel it. Some feel it in their gut, for some it will be goosebumps or will send a shiver down your spine. For others, it's a head feeling. Sometimes it's even more subtle and the only way to describe it is as a 'knowing'. You'll feel when something is right – it will feel clear and solid. And you'll feel when something is off.