



Loving Yourself - Connecting with your Intuitions

Everyone has intuition, a “wise inner guiding system,” according to Lynn A. Robinson, M.Ed., an international expert on intuition, and author of six books on the topic, including her latest book *Divine Intuition: Your Inner Guide to Purpose, Peace and Prosperity*.

And everyone can develop their intuition and use it to navigate their daily lives, make fulfilling decisions and discover and realize their dreams.

That’s because when we pay attention to our intuition, it points us in the right direction. Intuition provides an additional level of information that does not come from the analytical, logical, and rational side of the. I would like to describe intuition as “a way of knowing, of sensing the truth without explanations.”

Intuition can take many forms. It might be an image, feeling or physical sensation, like goose bumps. Or it might arrive in a dream. Also, “Some people say they just know the answer.”

Looking at your own past can help you pinpoint how you’ve used your intuition and how it appears. Think back to a significant choice you made in your life, Robinson suggested. “How did you know it was a good or bad decision?”

Below are the 7 strategies you can use to connect to your intuitions and lead a meaningful life:

1. Take small steps.

You might worry that listening to your intuition means making immense, intense and, most of all, risky changes in your life. But it doesn’t. “We think big leaps when small steps would suffice. For instance, when your intuition speaks, whether through an image, feeling, sensation or dream, ask yourself: “What is the right next step?”

Let’s say your intuition whispers that it’s time to leave your job. Instead of making the decision to quit right away, take small steps to gather information about your options. For instance, “You might rewrite your resume and talk to someone with a job you might like.” This helps you honor your intuition, while taking concrete, sensible steps toward the life you want.

2. Follow your enthusiasm.

When you’re trying to make a new decision, pay attention to what feels exciting and energizing and what you’re curious about. Enthusiasm is one way intuition guides us toward our personal path to success. If something is boring or draining, try to move away from it.

3. Create a different kind of to-do list.

When I get up in the morning, I meditate and visualize what I want. For instance, that might be anything from growing my business to maintaining a happy relationship. Then I ask myself a key question, which serves as a kind of unique to-do list: “What three things can I do [today] to move in that direction?”

4. Seek answers in your sleep.

Before bed I like to journal about the very topics I need guidance on. I ask a specific question as I drift off to sleep. Sometimes my dreams reveal my next steps. Other times I wake up with a knowing about the answer or my direction.

5. Take an intuitive walk.

People have a hard time stilling their minds. So if you need to make a decision, taking a walk can help. While on your walk, I suggest keeping an open mind. Your answer may come as an *aha!* moment when you least expect it.

6. Journal for clarity.

It's important to get clear on what you do want versus what you don't. I suggest journaling about what you'd like your life to look like. This can be general, and you can journal for a few minutes a day. Having a clear vision gives “your inner compass the right coordinates,” so you move in the right direction for you.

7. Watch the words you say to yourself.

I've made it a practice when I start to feel negative, anxious or discouraged [to consider], what am I telling myself right now?. That's because when our minds become a muck of negativity, we can't hear our intuition. It gets blocked by bogus stories and what-ifs.

Our intuition is a wise compass that points us in the right direction toward a meaningful, fulfilling life. If you love yourself, your inner higher self regularly, your intuitions will get stronger and stronger.

Let's start loving and trusting ourselves today!

Good luck with this week!

Love and light

Manali