

Keys to your intuition

Quiet

- Allow time in each day for your mind and body to rest. Meditation allows your mind to reach different brain wave levels and in turn allows intuitive insights
- Take a moment to step away from - mobile phones; TV; Radio/iPods; computers etc.
- It may take time for the noise (external & internal) to diminish, but with commitment it will happen.
- This is not sleep time, it's quiet time.
- Daydream...Dare to be bored...
- Stop 'binge thinking'
- Enjoy the stillness....

Trust

- Remember times that you've followed your intuition and it was a good experience. Trust your decisions.
- Trust that you learn from mistakes as well as success.
- Trust ideas or thoughts that come to you from *out of the blue* and give you a sense of strength.
- Trust your first impressions and notice what you learn about them.
- Trust that if something isn't right for you, your body will communicate this to you in some way. See *Awareness*.

Awareness

- Notice how your body feels when you do something that's right for you and how it feels when you don't. These experiences will feel distinctly different; tune into those differences.
- Allow yourself some time to notice what you're noticing; thinking; eating; saying.
- Notice what you're sensing - hearing, feeling, seeing
- Notice what you're allowing
- Notice what you're resisting
- Discover your beliefs. How are they serving you?
- Challenge beliefs that limit you
- Become aware of things that are good for your wellbeing and those that aren't - foods, thoughts, beliefs, actions, habits, behaviour, environments, relationships etc. Use your awareness to make positive change.

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Be Kind to yourself

- Eat healthy, fresh food; your body, mind and spirit will be grateful.
- Exercise - It doesn't have to be excessive; find what works for you. For example - walking each day allows your body to stretch and move and your senses to be renewed. Try to exercise in a pleasant environment.
- Rest and get enough sleep. Treat yourself to an early night at least once each week.
- Speak with good purpose only. Discipline yourself to use words wisely.
- Where possible, remove yourself from people & circumstances that have a negative impact on you.
- Surround yourself with people you like, admire, Love. Those who inspire you.
- Use your internal voice to inspire and encourage

Wonder

- Adopt an attitude of wonder. When we *wonder* we allow our creative minds to come into play.
- I wonder what today will teach me.
- I wonder why this person has come into my life.
- I wonder what I need to know in order to be healthy.
- I wonder what I'd do if I knew the answer?
- When answers pop into your head, learn to trust them, even when they don't seem rational. You may be feeling like you need to work harder but your intuition may indicate to you that you need to rest.

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Ask Questions

- If you tell yourself that you can't do something, you're right!
- If you ask questions that require more than a Yes/No answer you engage the whole brain. 'How can I do that?'
- Ask for answers to problems and then trust that the answer will come. Your job is to notice it.
- The quality of the question will determine the quality of the response.
Compare -
What is the meaning of life? To
What gives my life meaning?
Ask questions and assume you have the answers. Trust the first answer that comes to you; the *off the top of your head* response.

Practice

- When learning a new skill, developing a new habit or strengthening particular muscles, we need to practice.
- Practice builds experience, confidence and Trust.
- The more you do something, the more opportunities you give yourself to fine tune and improve and learn.
- Catch yourself getting good at this. Keep a note of times when you've had a hunch and acted on it and when you didn't.
- Have you ever wondered why a doctor's place of work is called a 'Practice'?