



## 12 Tips for Intuitive Living

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*Intuition is the knowing of something beyond all time, space and reason. It is the gateway to your soul.*

- 1. Permission:** When you wake up in the morning, start your day by giving yourself permission to be intuitive that day. Remember, intuition is your natural state; therefore, you do not need to *work* at it, but rather *allow* it to express itself through you *as You*.
- 2. Feelings:** Intuition expresses itself through feelings - the language of the soul. By paying attention to how you feel, you become aware of your deeper Self and its guidance. If what you are doing or considering feels good and has an inner sense of rightness, chances are you are in alignment with your soul. If you do not feel good about what you are doing or considering, then chances are you are not honoring your intuition.
- 3. Energy:** When you feel your energy expand then you are in alignment with your intuition. You may feel energy expand in all parts of your body or in a particular part of your body like your heart centre. If, on the other hand, you feel your energy contract, then chances are you are ignoring your intuition.
- 4. Unique Expression:** The more you listen to your intuition, the easier it becomes to recognize and act on it. This includes becoming aware of how intuition uniquely expresses itself through you. Does it come through dreams, writing, yoga? Is it a sensation in your body? If so, where? Is it in your head, heart, calves? What kind of sensation is it? Knowing this will help you trust your intuition more quickly in the future.
- 5. Trust:** To trust your feelings, insights and energy state is the beginning of trusting yourself. We are taught not to listen to ourselves and to put our attention on what others think. To turn this around, start by believing that you do indeed know what is best for you; you know in your heart what you really want and what no longer feeds your soul. The path of intuitive living is the path of trusting and believing in yourself.
- 6. Slowing Down, Silence & Self-Reflection:** Intuition lies in the space between our discursive thoughts and the demands of our hectic lives. To make time for ourselves creates space for us to bring our attention back within where our intuition lies. Spend time daily in silence and self-reflection. Meditation, journaling, yoga and spending time in nature all contribute to connecting with the quiet voice within. This means making yourself a priority. If it helps, book *You Time* off in your calendar so that you become a priority in your life.
- 7. Deep Breathing:** Part of slowing down is simply taking a few deep breaths. No matter where you are, you always have time to do this. Just one long, slow deep breath serves to relax and connect us to our body, where our intuition speaks to us. Next time you have an important decision to make, stop and take a few deep breaths beforehand and see how this changes things.
- 8. Inquiry:** Asking yourself questions opens you to your heart where your intuition lies. Once you have slowed down and taken a few breaths, try asking yourself the following question: *What does my heart want? What is my intuition saying? What decision feels good/right? What decision would move me downstream?* And then write down the answers that come to you. *Blurt* them out!
- 9. Blurting/Spontaneity:** Your logical mind loves to censor all the wonderful intuitive insights you have. Your capacity to be spontaneous is important so that you don't allow the logical mind to stop you. If you have an intuitive insight, blurt it out before the logical sentinel blocks your creative expression.
- 10. Day-End Overview:** When your day is over, take a moment to review all the decisions you made from your intuition and how they turned out. Similarly, ask yourself where you felt your intuition but didn't act on it, and how that turned out. Doing this nightly self-reflection will help you see patterns in how your life unfolds when you do and do not honor your intuition and therefore your Self.
- 11. Courage:** Honoring your intuition, honoring your true Self, takes great courage. It may not be easy in the short term to act on your intuition, but what price do you pay by not listening to it? Trust that nothing is revealed to you intuitively if it is not in your highest interest, even if that means making some tough choices (or easy choices) in your life. However your intuition guides you, it is for your best long term interests.
- 12. Play & Joy:** Follow your passions and play regularly. Whether it is gardening, writing, parenting or dancing, when you are enjoying yourself you move into alignment with your soul. Have you ever noticed that inspiration comes to you when you are relaxed and having fun? Remember, you don't have to *work* at intuition. *Allow* it to come to you. Your job is to say Yes!, and playing and joy are a great way to do this.