

Practical Intuition

Episode 4: How to use it



Interference & Bad Habits

- Doubt
 - Not trusting yourself
 - 2nd guessing
 - Negative self-talk
 - Discounting (naaaahhhh)
- Static
- Not understanding the "language"
- Trying to apply linear logic after the hit
- Thinking/analyzing too much
- Disconnecting from Source/your Inner Knowing
- Giving away your power to others
- "Right"



(bad habits con't)

- Know your "pet" bad habits
- Some (many) not known because running in subconscious

"It's really more of a feeling than a voice—a whispery sensation that pulsates just beneath the surface of your being. All animals have it. We're the only creatures that deny and ignore it." **Oprah Winfrey**



Good Habits & Support

- Breath
- Sleep
- Food
- Circulation (physical and energy)
- Essential minerals (in water)
- Regular practice & discipline
- Essential oils & flower essences
- Quiet time & reduce stimuli
- Guided relaxation



Keep In Mind...

- Have to get comfortable with unknown
- New language, new way of "thinking"
- Could be "not doing"
- Sometimes just don't want to
- Outside pressures
- It is precious
- Can seem illogical
- Hindsight



Conrad Hilton

- Sealed bid on a New York property.
- Evaluated its worth at \$159,000; planned to bid that.
- Upon awakening, \$174,000 stood out in his mind.
- He changed the bid and submitted the higher figure.
- It won. The next highest bid was \$173,000.
- He later sold the property for several million dollars.
- Hilton listened to his "hunches."



Intuition Tracker



Intuition Tracker

Intuitive "hit"

- Date & brief description
- Include modality (how you received the info)

Result

- Date & brief description
- How did it help you?
- How did it match "hit"



Course Summary

- Learned what intuition is and is not
- Why it is important
- Learned how you receive info via intuition
- Samples of how to understand it
- Practical application of intuition

Remember:

- FB Group
- "Connect to Your Soul" mp3

Thank you!!


