

# Intuition

## Develop Your Skills To Tap Into Anything You Want Answers To

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**Meditate** - Simply calm your mind by focusing on your breathing. Repeat a word or phrase that makes you feel relaxed

**Ask your intuition questions** - Framing the questions to evoke more than a “yes” or “no” answer will elicit a more informative response.

**Ask for an image** - If you're trying to make a decision about something and your logical, rational mind is running amok, close your eyes and ask for a symbolic picture of the solution. Intuitive answers often come through a visual representation.

**Daydream** - Think about the challenge, decision or problem you're facing. In your mind's eye visualize yourself in a situation where you're dealing with this issue and expect an answer. Perhaps someone comes up to you and provides the solution in a conversation. Or you might see a book, a poster, a note or some other communication that gives you a clue to the response you're seeking.

**Write in a journal** - Journaling is a very powerful way to organize your thoughts and communicate with your subconscious mind. A good exercise is to reflect on your day and ask your subconscious mind for some answers about some issues that you have been dealing with. Write it all down before bed and maybe you'll get answers to your questions in your sleep.

**What's your body say?** - Pay attention to physical sensations because they may provide clues. How do you feel at the moment you go to do something and why? If you find yourself in an uncomfortable situation and certain parts of your body start to tense up, this is your brain's fight or flight response preparing to protect you. In other words, this is a sign of fear. Perhaps you break into a sweat when faced with a choice you know isn't right. Others might feel a tingly feeling up the back of their neck. On the other hand, a warm, cozy feeling might indicate you're heading in the right direction. Only you know your body and can read its signs but when you're comfortable translating its messages you'll have tapped into your inner intellectual guide.

**Trust Yourself** - Have the courage to trust yourself and follow your own internal wisdom. You have the answers in your subconscious mind but need to tap into it and listen and believe what you know you already know. Only then will you find the answers to everything you want to know.

