

The image features a dark silhouette of a woman's head in profile, facing right. The interior of the silhouette is filled with a vibrant sunset scene over a body of water. The sun is a bright, glowing orb on the horizon, casting a shimmering path of light across the water's surface. The sky is a mix of warm orange and yellow tones, with some wispy clouds. The overall composition is artistic and evocative, suggesting themes of inspiration and inner vision.

Edward C. Blanchard

INTUITION

A matter of believing in yourself

What is Intuition?

What is Intuition?

When you feel strongly about something with no logical basis for that feeling, it is called intuition. Intuition comes in three ways - clairvoyance or "the third eye", sensing clearly and feeling through listening.

Clairvoyance is when your mind goes outside of what it can see. This is when you recognise what is happening somewhere other than where you are.

Sensing clearly is basically what we refer to as "hunch" or "gut feel." These are the times when you are besieged with a feeling that you can't explain and all you can say is "I just know." This is the most commonly experienced type.

Listening between the lines

On the other hand, feeling through listening or clairaudience is being able to "listen" between the lines. Intuition also happens at times when a certain sound, whatever it is - be it a car's honk or a bird's twitting - ushers in an intense feeling. This is not to be confused with auditory hallucinations, or hearing voices telling you to do things.

You may believe only certain people have this ability. The truth is, we all have it. It is a matter of believing in yourself and listening to that still, small feeling inside. Doing so will enhance every area of your life, from personal to business relationships.

Intuition promotes good communication

It makes you more sensitive to the people around you; it often keeps you from hurting those you love because you are able to understand them. It also makes you far more creative. Intuition means releasing added creative juice. Finally, intuition has a healing power. This healing power is not in the physical sense, but in delving deep into your soul to get rid of all negative energy buried there.

What is Intuition?

Take time each day to practice developing intuition. You will not have to wait long to see the positive results doing so brings about.

Developing Your Intuition

Developing Your Intuition

Intuition is something we all have. It is that small or sometimes overwhelming feeling inside that so often leads us to the correct choice. I have experienced my intuition on many occasions and have acted accordingly on that feeling. It is one of those things that you can't really explain at the time but you just "know" that you are right and need to follow your gut feeling. It has saved me on many occasions, especially when driving would you believe.

Quite often I have met people with whom I get a negative gut feeling about, which warns me away. I am always willing to be warm to people, show respect and offer a friendly hand... but if that nagging feeling persists... I let it drop and move on.

I have sometimes gone against that gut feeling and have suffered the consequences unfortunately. Until I learned to develop my intuitiveness I sometimes found myself up against people and their ignorant and rude behaviour which developed over time and became difficult to deal with. If only...

You will quite possibly have had such good or bad experiences. You may have just brushed them aside and you may have not. That is of course your choice. You just have to believe in yourself.

Below are ways to help you learn to develop and hear your intuition:

Hypnosis

Perform self-hypnosis or you can avail of hypnotic programmes that can strengthen your intuition. This sounds a bit weird I know but self hypnosis is mainly a matter of programming your subconscious mind with the right information through reading and affirmations. Read the right stuff and cut out the trashy things.

Developing Your Intuition

Meditation

Meditating means finding peace within. If your mind and heart are cluttered with a lot of baggage, you won't be able to quiet down that part of you that can initiate intuition. There are so many ways to meditate: take a yoga class, or just simply practice some breathing relaxation exercises. There are many books on the subject and many mentors and teachers. You can learn to meditate to varying degrees. However, do take advice.

Think positive

By staying positive, you attract good energy that would be able to easily recognise imminent feelings and events. I am a constant advocate of positive thinking. It works wonders and keeps you on track throughout life's rich and textured pathways, in more ways than one.

Just let go

Let go of all your inhibitions and head to a quiet place where you can find out where the letting go has brought you. Sometimes you just have to listen to the voice within you, and that voice wouldn't come out unless you let go. This "voice" is not the sort of voice which chats away driving you mad! It is the voice of reason. We all have it.

Never expect

After letting go of your inhibitions and all those little things that prevent you from thinking and feeling clearly, by no means expect an answer right away. Give it a little time. It may take quite a while, so be patient and it will manifest itself at the oddest of moments.

Developing Your Intuition

Trust your first impressions

When you see someone for the first time and think that he is a bit too arrogant for your taste, chances are that impression actually holds true. Most of the time, first impressions are brought by intuition.

Intuition is helpful, because every now and then it leads you to something that cannot be achieved otherwise. A lot of lives have been saved by intuition alone. Decisions are easier made if armed by this gift.

Expand your intuition now and harvest benefits you have never imagined.

Further Reading.

This mini ebook has been brought to you by WEB DESIGN IMAGINEERS.
More books are available on the web site:

<http://webdesign-imagineers.co.uk/digital-shop/>

Also there are a number of free resource ebooks at:

<http://webdesign-imagineers.co.uk/resources/>

Web Design Imagineers provides a comprehensive range of digital products including Website Design & Development, Mobile Apps and Mobile Marketing products and services.