

10 Ways to Tap into Your Intuition

For me, my intuition has been a blessing that has, on many occasions, magically kept me on the right path and has often put me in the right place at the right time.

And the more I've tuned into it, the stronger it has become. That's how it works.

Intuition is a natural ability that we all have and can develop. Some people have especially strong intuition to the point where they are psychic.

I always encourage my clients to listen to their intuition as it can be an extremely valuable tool that, sadly, some people ignore. Have you ever said to yourself, 'I knew that!' 'Why didn't I?' Well, by then it's too late, isn't it?

When we are centred, present and focused, we become not only more fully aware of what is going on around us, we can also notice what is going on within us. When we use all of this information we more clearly see opportunities in our lives and we feel truly alive, inspired and energised. Test this out for yourself. Notice what happens to your energy when you listen to your intuition and what happens when you don't.

Many great books have been written on the subject. Two of my favourites are *Developing intuition* and *Living in the light*, both by Shakti Gawain.

If you are interested in reading a great self-coaching book that uses trusting your intuition and invoking synchronicity as coaching strategies to help you achieve your goals, I highly recommend *Coach yourself into action* by a wonderful coach and friend of mine, Mary Lou Johns*.

Are you ready to start tapping into your intuition? Here are ten ways to do it:

1. **Meditate:** Quiet your racing mind so that you can hear your own inner voice and notice intuitive messages.
2. **Use affirmations:** Using affirmations like 'I am highly intuitive' or 'I allow my intuition to support and guide me' will subconsciously help lead you to greater use of your intuition.
3. **Practice yoga:** Yoga will switch your mind into a non-reactionary mode, which is where your intuition dwells.
4. **Play or listen to music:** Take note of songs that might pop up in your mind or music that you feel attracted to playing. The lyrics or memories evoked by the music could contain an intuitive message for you that will answer a particular question you might have in your mind.
5. **Get physical:** I'll let you choose how. Any form of physical activity will connect you with your intuition, especially walking in nature.
6. **Notice and acknowledge your intuition:** Intuition may come in different forms at different times for different people. Whether it's a physical sensation like goose bumps, a feeling like uneasiness in your stomach or expansiveness in your chest, or a little voice telling you to go for it, listen to it and act on the message.
7. **De-clutter:** Clear your head space by getting rid of whatever is cluttering your physical space.
8. **Be spontaneous:** Try new things and go with the flow. Then notice how often you find yourself in the right place at the right time.
9. **Journal:** Start an intuition journal to record your intuitions or to pose a question that you would like answered by your intuition. Then, start writing!
10. **Pray:** Prayer is one of the oldest ways to connect with your higher self and your intuition. Ask your intuition for divine guidance or simply pray to thank your intuition for its guidance. This works especially well before going to sleep. Ask your intuition to come forward in the form of a dream.

* Please call or email me if you'd like to buy a copy of Mary Lou's book.

For more free tips on staying focused and reaching your goals, to find out more about one-on-one coaching and my upcoming "Energy Tapping Workshops" visit www.blueskycoaching.com.au or contact Tania by email or call 0411 471 941.