



### **Of ultimate importance: instincts, gut feelings, intuition**

- Listen and you will develop intuition.
- Intuition is "knowing" something without being able to explain how you came to that conclusion rationally. It's that mysterious "gut feeling" or "instinct" that often turns out to be right, in retrospect.
- Humans are known for ignoring their instincts. There is a fear of embarrassing yourself, hurting another's feelings, not meeting another's expectations, or what will be said.
- Between our heads, hearts, and guts we know what is good for us. They are there to protect us from wrongdoing.
- If something feels wrong, chances are it is wrong and your body knows it. Trust the feeling of discomfort. Weigh your options to overcome interferences and act on instinct. Focus on happiness and listen to yourself.
- Never doubt your instinct. Follow your intuition. Intuition is the voice of the Soul, listen and let it speak to you.
- Honor your instincts, gut feelings, intuition. Being able to act on them shows bravery and is empowering.

There are things you can do to improve your abilities.

- Meditate and practice clearing your mind.
- Keep an intuition journal. "I have a feeling that..." or "My intuition tells me that..." Include sensations associated with your intuition, such as a vision, or physical discomfort. Looking back in your journal, see how often you are right, have intuitive power.
- Exercise the right side of your brain which controls nonverbal, holistic thought and expression by being creative. Dance, paint, visualize, brainstorm.

"The language of the head and the language of the heart are often in competition. Logic says one thing, emotion says another. Your feeling sense, however, your gut instinct, which is literally felt just above your belly button, is the place where you will get a neutral, truthful and clear answer to any question you may ever have. It may not reveal the answer you want, but will offer you the answer you need." - Jeanne Daniels, Integrative Healing Therapies