

SAMANTHA'S GUIDE TO DEVELOPING YOUR INTUITION

# 6 THINGS YOU CAN DO TO DEVELOP YOUR INTUITION



## 6 things you can do to develop your intuition

How does it make you feel when I say the word INTUITION? Does it feel a bit out there...a bit spiritual maybe?

There is no shame in harnessing, developing and using the power of intuition. It isn't woo woo and it can can without a shadow of a doubt help us make better decisions. It's a powerful tool and, in business and life, it can ultimately help us to thrive.

What exactly is intuition?

Well it's your gentle inner voice of love. It is encouraging and positive. It is your gut, the voice of the soul I guess. It drives you towards getting the best of you, your life and finding contentment.

Your ego on the other hand is responsible for analysing reality - it will try to keep you safe and is often connected with fear. It often has a huge amount of control over our daily lives.

Are you an intuitive person? Do you find your intuition serves you? Maybe you've never given it much thought. Whatever the case, no matter how intuitive you are or you think you are, you can harness and develop it. And it can serve you better.

### 1. Find comfort in silence and find time for reflection



This is about quietening your mind and your thoughts. Get comfortable with it. You'll find it easier to tune in and pay attention. Finding time to reflect can really help you hone in on your intuition. Once you become more aware of that very first 'feeling' of intuition, you'll see that it starts to become more natural. Meditation is a good way to quieten your mind, tune in and bring yourself to the present moment again and again and again.



## 6 things you can do to develop your intuition

### 2. Get out of your comfort zone

Challenge yourself a little. It doesn't have to be major, but do it... and keep doing it. Sometimes getting to know your fears is the very thing that will help you know yourself a little better.

### 3. Try not to censor yourself too much especially when you are creating



## **6 things you can do to develop your intuition**

And by creating, I'm not only talking to the artists out there, I'm talking to everyone. It could be putting ideas out there in a meeting with your team at work.

If you want creativity to thrive, make time for intuition and gut checks - build it into your project timelines. Create without censoring.... just let your thoughts go, let ideas flow and create. You can edit things down at another time but this is where you allow yourself to open up and be expressive!

### **4. Pay attention to your surroundings.**

This is a big one. I mean we all struggle to do it. We mindlessly go into the shower and daydream about this or that, about our work day. We stand in the tube, watch that video, stare at those shoes and just get lost in our heads. We find ourselves eating meals mindlessly forgetting to appreciate the details in taste and texture. What about when you're walking down the street? When do you stop and really listen to the sounds of the cars, the random noises, the birds, the trees, notice the shrubs and flowers, or the sound of people talking? What would happen if you tried to tune into some of these things? To be honest, the more you do it the easier it gets. Tune in and you will see, hear, feel and taste so much more. Let your consciousness be conscious so that your subconscious can do its bit when it needs to.

### **5. Believe in your intuition**

Yes you do have it so believe in it.

Start believing, then start listening with a curious mind. Trust yourself. Ask yourself how do you really feel about 'X' and see what happens?

### **6. Pay attention to what you are feeling**





## **6 things you can do to develop your intuition**

Are you feeling stressed, anxious, nervous or worried? If you are, it's harder to tune into your intuition. So stop and take that moment to tune in. When you do this, you can identify how you are feeling and in time you'll find it easier to connect with your intuition.

**Bottom Line:**

**Learning how to listen to your intuition takes time.**





## **6 things you can do to develop your intuition**

So like I always say, don't knock it until you try it. I believe that intuition does have a role to play in my own life and I'm thankful that I get regular doses of it.

Learn how to listen to your intuition. The more you are guided by your heart, the more content you'll feel about the choices you make.

You know your intuition is speaking to you when you get that feeling of being inspired, happiness or excitement. Usually this can be from other's words of wisdom, material you read or listen to, videos and podcasts, teachings, and so on. And when you get these feelings, they can create a desire in you to do something, to follow a path, to be creative.

Learning how to listen to your intuition takes time so be patient with yourself. Your ego might try to interfere, but with practice you'll eventually know the difference between the two.

## **A quiet mind is able to hear intuition over fear**

I hope this guide on 6 things you can do to develop your intuition is helpful to you.

Please share this with anyone who would also appreciate it.

With Love,

Samantha