

Be Your Own Intuitive

Whether you know it or not, you have the ability to be intuitive. You also have the ability to receive intuitive guidance for yourself and others – it just depends on how willing you are to develop it.

Have you ever had a gut feeling about someone and you didn't understand why? Have you ever thought of someone and then received a phone call from them a few days later? Did you know that something was going to happen before it occurred? Are you someone who is very much in tune with nature, animals, or other people's moods and feelings?

This is your intuition in action. As I have come to understand it, there are two different types of intuition. One is instinctual. It is related to the fight or flight part of us. It's the part of us that says "get out of here, this place or person is not safe." This level of intuition is associated with the first, second, and third chakras – root, sacral, and solar plexus.

The other type of intuition is spiritual intuition. It is associated with the fourth, fifth, sixth, and seventh chakra – heart, throat, third eye and crown. This level of intuition is where you receive information from angels, guides, animals, loved ones who have crossed over into spirit and other Light Beings.

It is very important to understand that they are here to help *guide* us. They are not here to tell us what to do, solve our problems, or magically make our lives easier. Rather, they are here to help us become enlightened to where we are blocked in our energy, what thoughts hold us back and how we can free ourselves through trusting our "knowingness", which is our intuition.

The thing that keeps most people disconnected from their intuition is the way they feel about themselves. If you perceive yourself as someone who is inferior or not worthy of love, you will struggle with trusting your inner guidance. If you are someone who judges or is critical of other people, you will disregard any kind of spiritual help that is available to you. The reason for this is because your focus is on lower frequency thoughts. Divine guidance operates at a higher vibration.

If you want to practice listening to your intuition, practice loving yourself and other people. Practice forgiveness. Let go of resentment and guilt. Become determined to release the past and all emotional wounds associated with it. When you become a more peaceful and present person, listening to your intuition will become automatic.

Another block to our inner guidance is self doubt. Far too often will we listen to other people or seek their approval for our lives. We place more value on what others will think of us versus what we think about ourselves and the choices we are contemplating. How many times did you know to do something or not to do something and you didn't listen? Only to find out later that had you listened, you would have made a much better decision.

When you make your inner voice louder than any other external voice, your life will flow. I'm not saying that you won't have trying days or challenges won't come to you. They will. But you will be able to deal with them in a way that brings resolution rather than perpetuating the problem. Listening to your intuition allows you to learn and grow from the curve balls that life can sometimes throw. It's when we don't listen that the problems keep presenting themselves to us over and over again.

Life is not always easy. If you can practice not being so hard on yourself through the ups and downs of life, then you can be more open to what your inner voice is saying. It requires being still or doing a task by which you can be alone with your thoughts . . . your *real* thoughts. Sometimes we just need to be by ourselves so that we can really listen.

The next time you have an important decision to make or something that is troubling your mind, I want to encourage you, before you pick up the phone to call your friend or a trusted relative, take some quiet time for yourself. Really listen to what your heart has to say. Once you get the answer it will be up to you as to whether or not you follow through with it.