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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**10 Ways to Develop Your Intuition**

**By Susan Dunn**

**10 Ways to Develop Your Intuition by Susan Dunn, Coach**

Intuition is innate to all of us; it's hard-wired. To develop this crucial lifeskill and learn how to trust it takes practice. Here are some ways to do that.

1. Suspend disbelief.
2. Be relaxed and not in a hurry.  
Nothing grows well when it's rushed.
3. Don't try to use willpower or force.
4. Some people's intuitive ability increases if they ask an inanimate object (a rock, a leaf, whatever) to "give" them the information.  
(It takes the pressure off!)
5. Establish a regular place, time and routine for practising accessing your intuition.
6. Start slowly and practice on inconsequential things.
7. You'll know when it's your intuition, because you'll have great clarity and certainty.
8. Intuition is contagious.  
Therefore, hang out with people who have strong intuition, value it and use it.
9. Don't do anything you feel confused or uncomfortable with under the guise of "intuition." If you're confused or uncomfortable, it isn't your intuition.
10. Get an intuition coach or teacher. Feedback is good when you're learning, it helps you keep the ego-aspects in perspective, and keeps you from overload.

## 10 Ways to Develop Your Intuition

Susan Dunn is a personal and professional development coach, speaker, writer, and director of a distance learning school. Email her for FREE ezine.

### **10 Intuition Busters**

**By Susan Dunn**

#### **10 Intuition Busters by Susan Dunn, M.A.**

Everyone has intuition; it's hard-wired in us. Everybody wants more intuition; it's a great lifeskill for problem-solving, generating solutions, and making good decisions. It can be developed, but you have to have a certain mindset to develop and strengthen it. These are things NOT to do if you want to become more intuitive.

1. Be in a hurry
2. Have no symbolic ability. Don't participate in or enjoy any of the arts.
3. Be unconcerned about your integrity or purposes in wanting to use intuition.
4. Let your ego run away with you, having to be right, controlling and in charge.
5. Not learn how to differentiate between intuition, fear, and wishful thinking.
6. Hang out with people who don't believe in intuition, know about it, or use it. Intuition is contagious and so is lack of intuition.
7. Try and invoke your intuition with willpower or force it in any way.
8. Believing that logic, analysis and rational thinking are the only way or best way to solve problems, make decisions and generate solutions.
9. Not being able to still the executive function of your brain—the part that scans, is alert, worries and analyzes.
10. Not getting coaching or teaching so you get feedback on your skills as they develop, learn how to manage your ego, and keep yourself off overload as you learn.

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