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Cultivating Intuition

By Kerri Salls

Ralph Waldo Emerson, the American philosopher said "The primary wisdom is intuition." It is not

We hurry so much that we don't take time to listen to our intuition.

– We need to slow down or just be still to hear our intuition.

We don't look for the symbolism in things or events nor do we develop our symbolic ability.

– We need to be open to possibilities.

We let our ego control us, and insist on being in charge/controlling everything around us.

– The ego is threatened by the presence of your intuition.

We confuse intuition with fear and wishful thinking.

We continue to associate with people who don't believe in intuition or want to use it.

– Intuition is contagious. But so is a lack of intuition.

We think we can force intuition just like we can pedal a bike or pump weights.

– Intuition comes where and when invited, but not on demand.

We listen to our ego when it tells us it can handle the problem or situation itself.

– We allow the ego to reject the insights that intuition offers.

Intuition

We believe we don't need to learn tools, skills and habits to master our intuition.

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Sex, Genius And Intuition

10 Ways to Develop Your Intuition

By Susan Dunn

10 Ways to Develop Your Intuition by Susan Dunn, Coach

1. Suspend disbelief.
3. Don't try to use willpower or force.
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.

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