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**Harnessing Your Intuition to Enhance Your Safety**

**By Tonya Genison Prince**

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Intuition is the divine ability to connect with our inner self. It is the part of us that knows the answers to questions before they are even asked. However in our society, we seem to have decided that it is far better to be reasonable and logical. Have we not yet learned that the two should be in loving relationship to one another and not in competition? By joining the forces of logic and intuition, one can even enhance their safety from one of the most damaging criminal acts—sexual assault.

Sexual assault is non-consensual sexual contact. Women, men and children of all ages can be victimized by sexual assault. A rapist may be a stranger, acquaintance, or relative. In 1998, the U.S. Department of Justice, Bureau of Statistics reported that roughly 18% or 17.7 million women had experienced rape or attempted rape at some point in their lifetime.

Most people are more at risk of being assaulted by people who know them. Between 70–80% of all sexual assaults occur at the hands of someone that the victim knows. By nurturing our intuition with awareness we can help others and ourselves to enhance their safety:

Be aware that that it can happen to you or someone you love. Ignoring the reality may further increase the risk.

Be aware that someone may attempt to disrupt your intuitive flow by asking you a question or providing you with information. Often strangers will ask a question like "Excuse me, do you know what time it is?" "How do I get to route 301 from here?" or say something like "It sure is hot out here!" "Your purse is open." "Your ride is here." When you allow yourself to begin thinking only, you are not connected to the discomfort of being in the presence of someone you do not know. Maintain a balance of intuition and reasoning.

·Be aware of the discomfort that comes with being alone with a person that you do not know well. In the absence of intuition, we tell ourselves that nothing will happen or that we are being silly. Our inner self is right when it informs us that it may take quite awhile before we should feel comfortable enough to trust another person enough to be alone with them.

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·Be aware that it is dangerous to leave your beverages unattended if you are in the company of persons you do not know and trust well whether male or female.

Trust the voice of your core if you are getting a message that someone is being too controlling. ·Be aware that it is not safe to be in a position that causes you to be dependent upon another person. Carry a well-charged cell phone and always know whom you can call in a jam.

·When communicating your limits and boundaries speak from the core. Speak clearly in short concise statements. Polite statements may be ignored. Make it clear that your decision is not up for discussion.

·Be aware that many victims will never share their painful secret with those who might expect that they would. Reassure the people in your life care about that they can come to you if the unfortunate happens and someone assaults them. Children and other loved ones should be assured that you will not blame them and they will not be in trouble if they share "secrets" with you. Take the time to educate yourself about sexual assault and the effects on the victims, you may need it sooner than you realize.

·Be aware that many victims will never share their painful secret with those who might expect that they would. Right now is the time to talk to your loved ones who will be attending college. Maintain ongoing communication with young men as well as young women about safe behavior. Encourage young men to educate themselves about consent and remind them to follow their intuition and not be lured into supporting jokes or situations in which someone may be assaulted.

These points of awareness may help to reduce your risk of sexual assault but may not entirely prevent this violent crime from occurring. It is important to keep in mind that the offender is always to blame and that sexual assault is never the fault of the survivor. No one asks or deserves to be sexually assaulted. If the unfortunate does happen, be aware that help is available.

Tonya Genison Prince is a personal coach and editor of two newsletters; "Arise" for people of faith who have experienced sexual assault, and "Sing" provides knowledge to their wise counsel. With 10 years experience as a family violence advocate and counselor; she is also a speaker/trainer for persons of faith on how to minister to survivors of sexual assault. For subscription, booking, consultation or product information contact [Tonyaprince@aol.com](mailto:Tonyaprince@aol.com)

### **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.

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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.

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

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