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## Inspiration Through Intuition

By Lisa van den Berg

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I have always been aware of the voices inside my head. More so now that I know what to listen for, but they've always been in my awareness.

You know the ones I mean. Firstly there's the 'chatterbox'. It's the one that says thing like, 'Don't be ridiculous, how will you manage a project?' or 'Who wants to get up early to go and meditate on a Sunday? Stay in bed a little longer, you deserve it' or 'I wouldn't even try test-driving that huge car. You'll never be able to handle it!'

It's the voice that constantly nags at the back of your mind.

Then there's the voice that tells you to do something and keeps at you 'til you do. You know the voice that says 'C'mon, you love to act, go and try out for that community play', or 'There's someone following you, go into a store' or 'Get up and do your meditation because the benefits you'll gain far outweigh lounging around in bed when you've had your 8 hours of sleep'.

The difference between these two voices is profound.

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The first one is the culmination of years of negative programming. It is the voice of the sub conscious trying to protect its picture of how your life should be.

The second voice is the voice of intuition. It is also known as the sixth sense and is one of our amazing senses, as well as our pathway to connect with the Universe. It has been said that if Prayer is our way of speaking to God, then Intuition is His way of speaking to us.

Just let that sink in for a moment.

So, that means that every time we have had that funny feeling where the hairs on the back of our necks stand on end, or we get a flash that leads us in a certain direction, God is talking to us? I believe, that it most certainly is.

A friend I worked with told me an astounding story.

She was sitting at work one day when she got a blinding `flash' in her head. In those couple of seconds she saw a truck smash into the drivers side of her husband's car and crush him to death. She said she was so `charged' that she screamed to him to move over to the passenger side. When the phone rang later and the police told her that her husband had been in an accident but was miraculously unhurt, she rushed over to the hospital. When she got there he told her about what had happened. He had been waiting for the lights to change and all of a sudden her face had appeared in front of him, screaming to him to move to the passenger side of the car. He said the look on her face was so compelling that he shifted immediately. As he did, the truck ploughed into the seat that he'd just left. The Police said he would have died instantly.

That is the power of tuning in, acknowledging and recognizing your Intuitive capabilities. When God sends you the things you need, to get your life going in the direction you want to go, he'll whisper them softly in your ear. They'll stay with you and keep on whispering until you act on them. You just need to learn to listen.

Open your heart to your Intuition and listen for its quiet prompts. When you `feel' that you want to make beautiful pottery all day long and not be a corporate banker, have the courage to do what your heart is telling you that you love to do and know

that everything will always be all right, because God is with you.

Discover your Inspiration by listening to your Intuition.

Lisa van den Berg is the author of 'Alleviate Stress - How to WIN at the Game of Life!' Get your copy now at <http://www.Alleviate-Stress.com/web/ar7> Learn how to live the Life of your dreams by subscribing to Lisa's weekly e-zine 'Empower Your Life!' at <http://www.TheAlternativeRookie.com>, today!

## **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.

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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