

Special Report

# **11 Easy Ways to Boost Your Intuition:**

## **How to experience more wisdom, compassion, and happiness**



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## Do You Have Intuition?

You were born with the tool of intuition just waiting for you to use it. Like seeing, hearing, and smelling, intuition is a normal and natural part of your equipment. But unlike hearing, seeing



and smelling, the subtlety of your intuitive sense can be easy to ignore or miss altogether - especially in a world that does not generally support and nurture a child's intuitive adventure.

Nonetheless, most people grow to find their intuition working away in the background, and almost everyone has the occasional feeling that they should or shouldn't do something in particular. You may attribute this little voice to

'gut instinct' or 'just a strange feeling.'

In truth, those are just other ways of describing your native intuition, which is working to be heard.

The good news is that even if you haven't paid a lot of attention to this voice in the past, it's not too late to start.

This report compiles 11 easy to implement activities that will boost your intuition like a rocket into space! Enjoy!

## Invite your Intuition to Engage

When you wake in the morning, before you get out of bed, tell yourself you are interested in hearing all input from your intuitive self. This puts your intuition on alert and after a period of time it will know that you are serious about wanting to enhance this skill.

Have an affirmation that you say when you first open your eyes. In this state, you are very susceptible to suggestion because your subconscious mind has been activated through your dream state and your conscious mind has not yet had an opportunity to 'take over.'

It can be a very simple sentence such as:

*I invite my intuition to participate in my daily life.*

Or, even better yet, include a measure of gratitude in the affirmation:

*I am so grateful that my intuition helps guide me each and every day.*

If you want to include helping other people in your intention, try something like this:

*I am so grateful that my intuition helps guide me and, in turn, I help others each and every day.*

Of course, tailor your affirmation to your own life, but here are some guidelines that help make affirmations more powerful:

- **Include a measure of gratitude** - something like, 'I am so grateful that...' or 'I am thankful that...' or 'With great thanks I...'
- **Make the statement in the present tense or past tense** - such as, 'Now that...' or 'I always...' or 'Just like every day, I now...' or '... as it has been for many months.'
- **State your intent positively** - such as, 'I am healthy...' rather than 'I am not ill...' or 'I pay my bills easily' instead of 'I am no longer in debt'
- **State the intention simply, yet with feeling** - be clear and add emotion. 'I easily pay my bills on time' is much more powerful than 'I always open and pay the bills every time they come in and find it easy to do so.'

Of course, if you think of it, you can say your affirmation anytime throughout the day. This practice can only help strengthen the command you are giving to your subconscious. Your intuition is just waiting to be invited and exercised.



## Treat Your Intuition like a Trusted Adviser

Whenever you have a decision to make during the day, even if your mind is sure about the decision, stop, and ask your intuition what it would do. Take note of the answer. Is it the same answer as your mind offers or a different one?

If you don't know how to tell them apart, let's spend a moment understanding the most predominant three voices that we all have in our head so you have a basis for identification:

1. **Emotion:** The emotional voice is sometimes known as the voice of our reptile brain. This voice is often the loudest in your consciousness. It is also the least beneficial voice to you. It is often loud, judgmental, and irrelevant. It spends a lot of time helping you see and feel your fears and is very good at rationalizing judgment. If you haven't yet discovered that this voice is merely a yammering puppet designed to help you stay alive in a world long gone to our ancestors, you will be emotionally buffeted by its messages all day long. This voice is best set aside.
2. **Logical Mind:** Our logical voice is built by our mind and used to help maneuver through a more modern and complicated world. This voice understands logic and can understand reason built by thoughtful contemplation and observation of the natural world. Modern educational

systems are often keen to teach us how to hone and use this voice. This voice is very beneficial in your life.

3. **Intuition:** Our intuitive voice, sometimes known as the voice of instinct, is the quietest of the three voices. I would rather view this voice not of instinct, but as a voice that synthesizes for you the myriad observations you are receiving from the senses you don't usually give much attention. This voice can point out leaps of faith and hidden insight. This voice is also very beneficial in your life.

You may find that your intuition and your mind are often in concert. If this is so, then be happy. You have probably been listening to your intuition for a long time and have just not recognized this fact. For you, then, this exercise is more about recognizing your own current power and moving your intuitive voice into your conscious reality more clearly.



You may, however find that your mind and your intuition are not so readily in accord. This is fine since you can now understand there are two voices guiding you. These exercises will help you bring those voices into sync.



Now take note of both what your mind and your intuition say to do. Then go ahead and proceed with the decision of whichever voice you are most comfortable with.

Now watch and see how the effects of your actual decision play out in your life. Comparing the suggestions with the actual results will help you begin to establish trust in the intuitive voice.



## Start an Intuition Journal

Learning to trust your intuitive voice requires a sustained effort. Since the intuitive voice is often the most diminutive in your mind - the hardest to hear - it is easy to ignore. Taking bold action to establish that voice at the forefront of your life can bring you success. That bold effort will seem much less daunting if you use a journal to record your observations and results.

Many people already use an intuitive journal to record:



- Messages they receive during meditation
- Dreams that feel like messages
- Thoughts that seemed to spring from someplace other than their logical mind
- Automatic writing sessions

These are all wonderful and extremely helpful uses for an intuition journal. They will all help to reinforce your desire to make your native intuitive voice a daily part of your life.

A very powerful addition to your intuition journal - or the creation of one if you don't have one already - is to begin to

record decisions you make in your life based on your intuitive voice.

You will want to record five specific things:

1. The situation about which you had to make a decision
2. The ideas you had to select from in making your decision
3. The actual decision you put into action
4. The results of that decision
5. Your feeling about whether or not the decision was the best one at the time. If not, then what would you have done differently?

My experience is that most people do not retrospectively remember the times they listen to their intuition unless the event is very dramatic. Recording this information, no matter how small the importance seems at the time, will give you a roadmap you can return to anytime you doubt whether you are listening or whether your intuitive voice is actually helping you.

Here's an example: Let's assume that one of your life goals is to attract new clients. Normally you eat lunch at just one or two places, and the decision on which is based on convenience. Now say this month you decide to at least ask you intuitive voice where to eat lunch and try to eat where it guides you. Then say that when you look back over your intuition journal you can see that on several occasions, you ran into either a new or

potentially new client, much more often than when you ate out of convenience, you could see through your record that the intuitive voice has helped to guide you to a better life.

These minor choices and decisions would not be notable otherwise and you might not even remember them if you hadn't written them down. How valuable are those notes? When your faith in your intuition flags and you can go back and retrieve the record of those successes, they become invaluable.

Try an intuition log and see what it brings you. It just might bring you closer to your inner truth and ability to use your intuitive voice than you realize!



## Learn to Receive Clear Guidance for Others

One of the most satisfying uses of listening to your intuitive voice is being able to give clearer, more helpful advice to other people. It is one way that we can nourish our community and extend the benefits of our wisdom and experience into the world around us.

Learning how to bring your intuitive wisdom to bear for other people is not as difficult as it might appear. Whenever someone asks you for advice, begin by setting the intention to help by stating it clearly to yourself. You can use any affirmation that feels good to you.

Here are a few I know that work well:

- I am a clear and perfect channel
- I bring wisdom into every situation
- I ask for the highest good of all concerned
- I intend to use intuition to help others now

Next, quiet your mind and put a moment's attention on your heart. Take a deep breath and let your chest relax. This makes room for your heart chakra to expand.

Then pay full attention to what the other person is saying and asking. Listening is very important. You must listen to the person you want to help and you must listen to your intuitive voice. Take care not to assume you know what the answer will be. Often, especially if the person asking for help has asked for our help on the same issue in the past, it is easy to just recite the same answer or solution you offered the last time. However, consider that perhaps there are more or even different things to say to this person that will help her actually come to a satisfactory conclusion with her stressors.

Remember that when we assume we know the answer we are often speaking from either our emotional or logical minds, rather than from our intuition. And our emotional mind can be overtaken by judgment so easily that what we say may completely lack wisdom. So, set all considerations except being of service aside and listen for the softer, gentler voice to guide you.



In this way, you may find that genuine answers come more easily, or you may feel more compassion for the other person's situation. Or you may feel nothing new at all, but over time your sense of knowing that you can positively help people when they ask for it will grow.

## Express Gratitude for Your Intuition

Whenever you ask your intuition for guidance, be certain to express gratitude for its presence in your life. Gratitude is one for the most powerful means you have of welcoming and keeping anything in your life, and your intuition is no different.

I call gratitude the beginning and the end, because it is the most powerful way to start everything and the most humble way to end anything. Gratitude expressed for the things you have and the people you love informs the universe about what you desire to keep and what you want to bring into your life.

So every time you access your intuitive voice, give heartfelt thanks for its presence in your life.

Say things like:

- I am so grateful for the ability to hear my intuition
- Thank you intuition for showing me the way
- I feel grateful for my intuition
- Thank you God for bringing clear intuition into to my life

Then every time you do something that turns out better because you listened, thank your internal voice for the help.



Think thoughts like:

- Thank you so much for giving me that advice
- I'm so grateful for you in my life
- I couldn't have done that without you, thank you
- I'm so blessed to have your guidance

It is important to be grateful not just for your own voice, but also for the intuitive voices of others. Every time someone gives you advice and you hear the voice of intuitive wisdom expressed, thank that person for the help. Every time you see someone else access their intuition, thank that person for their ability to listen. Gratitude is much more powerful if it is used both internally and externally. In this way, you are strengthening yourself and helping others to grow stronger too.

The result of all this gratitude will be a heightened awareness of your own intuitive power, but that is not all. Gratitude has some other benefits that hitch a ride in your life. Gratitude expressed brings a greater sense of peace and calm. Happiness and joy piggyback on gratitude, and genuine humility also comes along for the ride. For the record, who among us wouldn't be blessed by a good measure of humility?





## Access Your Intuition to Gain Compassion

Using your intuition to meet new people with grace and ease is a great way to increase your intuitive ability and kindly influence people in your favor.

When you meet a new person, shake their hand or hug them if appropriate, and ask your intuition to guide you in understanding this person. First of all, touching the other person in socially appropriate ways opens the door to them understanding you. Scientific research has shown that even just the lightest touch influences people to think better of one another.

You may be able to glean information about a new person from your first contact, by his or her facial expressions or the introductory words of other people. Your intuition, however, helps you to enhance more than just knowledge; it can heighten your compassion and understanding as well.



When you are open to your intuitive voice, you open to your higher ideals. Compassion and understanding are just a few of them. You will probably feel more relaxed as a result of these higher ideals washing over you and that can only help you be more open and flexible. Most people respond favorably to a

compassionate and relaxed person. And if you are often shy, or feel uncomfortable around new people, this can help you gain composure and balance.

Understanding is also the best tool against a rush to judgment, so you may find people responding to you more favorably as your intuitive sense helps you to assuage any judgment you might have of them. Judgment can be felt when it is present, even if you think you are covering it up or suppressing it. If you think poorly of the other person because of judgment, he or she will notice it in very subtle ways and it will erode or even destroy your ability to connect well.

Also, when you are in judgment you are not living in the now, you are necessarily living in the past. There is no way to understand someone here and now if your focus is in the past.



So, even if your intuitive voice is soft and you don't have a lot of confidence in it yet, you can still intend to open up to it and all these other benefits will cascade through you as a result. The more often you do this, the more you exercise your intuitive voice, the stronger it will become.

## Focus in the Present to Access Your Intuition

Stay focused in the present when asking your intuition for aid. The intuitive voice can only narrate your life in the present. Once you have advanced your intuitive voice, it can bring you information about other times, but you only have access to that voice in the present.

For example, just like your sense of taste, you would not ask your taste buds to tell you what the ice cream cone will taste like when you finally do try it for the first time. Rather, you put your tongue to the job and experience what the ice cream tastes like in real time.

So too, your intuition wants to inform you about what is here and now: the decision you need to make now, a person asking for help now, a new situation you are in right now. In the course of understanding the present, your intuitive voice may bring you pictures about past lives, or bring information from the Akashic Records. It may also show you possibilities or images of what might happen in the future. But all of these are designed by your intuition to give you something that will help you here and now.

For instance, if your intuition gives you a glimpse of a past life, it invariably highlights an experience that relates directly to something you are going through in this life right now. If you

receive a premonition, it is because you have either the ability to change the event, or otherwise gravitate to it, or steer clear of it, depending upon the type of event.

A great way to make sure you are in the present is to affirm and set intentions. You can state the following in your mind or say aloud:

- I am a clear channel rooted in the present.
- My perspective is in the here and now and I let go of other times and places.
- I intend to access information for the present time.
- I live in the present. I am a clear channel.

So remember that your intuitive voice is ready to be accessed and used. Exercise it as often as you can and you will soon find your intuitive voice will grow louder and louder.



## Explore How Your Intuition Communicates

Be open to intuition communicating with you in many different ways. Just as we each learn and communicate in different ways with our speech, the ways in which you get information from your intuition are unique to you.

Some people are more visual, others more receptive to sounds



and spoken words, and like your other senses, your intuition has a propensity to bring you information in a particular way. You may experience information as random thoughts, smells, visions, or

sounds. Just be open and learn how your own internal intuitive sense works and communicates.

Being open and monitoring for changes in your being is the key. If you are looking at an issue and you begin to feel fear or doubt, happiness or anger, be open to these changes in your feelings as being part of the information you are receiving.

The following terms apply to each of the different ways of learning from your intuitive voice:

- **Claircognizance** - Knowing. By far the most common intuitive sense. You don't know how you know it, but the knowing it just there.
- **Clairvoyance** - Visual pictures. Clairvoyants see visions and pictures. They may even see other dimensional overlays in the present.
- **Clairsentience** - Touch. Clairsentients feel people or items touch them. They may also reach out and feel as though they are actually touching people or things.
- **Clairaudience** - Hearing. Clairaudients hear voices and sounds that give them information.
- **Clairaliense** - Smell. Clairalients smell odors, such as food, perfumes, and plants. Of course, they perceive these scents when the items are not present. Often coupled with clairgustance.
- **Clairgustance** - Taste. Clairgustants have spontaneous tastes that bring information. They may taste food, medications, etc... Often coupled with clairaliense.

As you can see (or hear, feel, smell or even taste!) the intuitive voice works in many different ways. Most often an individual receives information from more than a single source. In my case, my intuition has, at one time or another involved all of the senses. But like everyone else, my intuition has it's



eccentricities and most of the time I receive information through claircognizance or clairvoyance.

So remember, be open! Let your voice come through with whichever mechanism it prefers. It would be a mistake to think you would only see pictures and therefore discount your intuition if your voice's primary mode of communication is through hearing or touch. Listen, feel, see, and inhale deeply to receive all of the gifts your intuition has to offer.



## Use Intuitive Tools

In the quest to grow your intuitive abilities, try using an intuitive tool. An intuitive tool can really give you fast-track access to your intuition. Many tools exist, such as:

- Pendulums
- Tarot cards and other card sets
- I-Ching coins
- Scrying mirrors
- Runes
- Tea leaves

These types of tools are well respected and have been used for thousands of years in almost every culture on earth to help focus intuitive skills. In fact, if you can think of an item or substance, probably at some point somewhere someone used it to intuit! Some of the more disgusting tools are chicken feet, entrails, animal dung, and rotting food. Let's not go there!

The nice thing about the tools I have listed here is that there are lots of resources to help you learn to use them. Books and teachers are pretty easy to find. Once you learn a method for understanding a particular tool, you can always learn another one. In fact, not all tools are for all people. I have used all the tools listed above at one time or another but I only resonate



with a few of them. Those that I do resonate with, I keep around for use.

Check out the free online intuitive tool I developed at <http://rabika.com/free-online-reading/>.

Many people who use tools say they prefer using them to just intuiting alone, largely because there is something to hold onto and look at in this world while accessing other worlds. They can be very grounding in this way.

Remember, though, that it is not the tool that carries the intuition, it is you. Your intuitive energy influences these tools to help guide you. That is why it is so individual as to which tool, if any, you will end up wanting to use. When you really resonate with a tool and it seems always to be spot-on for you, then your intuitive energy is working well in that medium. Just please, do not fall into the trap of thinking the tool is the powerful one. The power always resides in you, in your intuition, and your ability to access it.



## Grow Your Intuition with the Bridge Game

If you want to experience more clarity and ease of use of your intuition then you must exercise your intuition regularly. One of the easiest ways to do that is by playing the Bridge Game.

What you need to play:



- A partner
- An open heart
- Willingness to use your intuition

How to Play:

1. Sit with your partner and envision, in your mind's eye, a bridge form between your heart and your partner's.
2. As soon as you sense a bridge connecting your two hearts, begin to describe the bridge as you see it.
3. Describe the bridge in as much detail as you can.
4. If there is anyone or anything standing or sitting on the bridge, describe the person or object as well.

You will find that the type of bridge, building materials used, and any other aspects of the bridge will tell you a lot about the person to whom you are building the bridge. For example, if you

see a very short bridge, with lots of plants growing on and around it, you might surmise that the person you are building the bridge to has an open heart (by virtue of the short nature of the bridge) and is very happy to be alive (by virtue of the living things on and around it.) Your intuitive sense will help you interpret these things as you experience them. Another example might be that you see a bridge that is old and decrepit, which would be very difficult to walk across without falling into a deep chasm below; from this vision you might surmise that this person is very guarded and does not easily share from the heart.

If you see people sitting or standing on the bridge, enter into a conversation with them and see if they have something to say to you. You may be able to receive very valuable messages from your partner's guides.

Remember, your senses may be dull at first; you will not be seeing with your eyes, or hearing with your ears, but you may indeed be 'seeing' or 'hearing' with your mind's eye. Also, know that information can come to you as sights, sounds, smells, thoughts and feelings, so be open to all of your senses and pay attention to where your particular sensory strengths might lie.

Do this every day, with the same person or different ones; it does not matter. You will find that as you progress with the exercise, more information will become known by you. The look and feel of the bridge will begin to make sense to you and will

"tell" you things to relate about, or for, your partner. New items and/or more people will come to speak to you on the bridge. Have fun with this and if your partner wants to play back with a bridge to your heart, let him or her! You can build your intuition together.



## Enhance Your Intuition through Meditation

If you want to enhance your ability to intuit, establish a regular meditation discipline. Like people, meditation comes in many different forms. Traditionally, meditation is done while sitting up. There are many traditional meditation disciplines you can work with. Just Google the word meditation and you will see the plethora of disciplines available.

Yet, there are many ways to meditate. Many people enjoy moving meditations. Yoga, Tai Chi, long distance running or swimming, any type of movement that is repetitious, solitary, and thoughtful can be used to help you to enter into a meditative state.

Basically, meditation is a state of mind; a shift for your brain, a time and space that enables you to take a break from the hectic day-to-day stresses and racing thoughts and just be present to yourself and the divine energies. Scientifically speaking, when you enter into a meditative mindset, your brain waves change, they slow down. There are different names for different speeds of brain waves, but it's enough to know that when the brainwaves slow down you gain access to deeper knowing and listening states.

These deeper states heighten your senses and regular use of these altered brainwaves will strengthen your intuition.

You don't have to meditate for hours and hours to reap the benefit of meditation. Some people love meditating for hours, others don't like it or can't seem to find the time for it. Just 10-15 minutes a day will enhance your life immensely. And once you get used to the shift in brainwaves, you may find yourself wanting to meditate for longer periods of time. Meditation is rejuvenating and replenishing to your body, mind, and soul.



There are other benefits as well. Realize that your intuitive sense is also the conduit for channeling to you the energy of the god-force or cosmic consciousness. This energy is the basis of all life and carries healing, inspiration, and joy with it.

It all works together to enhance your native intuitive abilities and bring more happiness and calm into your life.

## Now What?

You know that all new skills take practice and time. So too, you can expect to bring your intuition into your life one step at a time. Select two or three of the approaches I have described that make most sense to you and begin the adventure. You will learn more about yourself and the world around you than you can imagine right now. Just remember to keep at it. Like a door, your intuition works best when it works regularly. Grow, savor, and cherish your new relationship with your psychic intuition.

