

Written by
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Tapping Into Your **INTUITION**

Special Poem by Peju Abuchi – Poet – Speaker – Wordsmith – and Educator

Title - Self Awareness -

You're here because of a significant loss that you've suffered or to support someone who's suffered a huge loss. With loss comes a journey of grieving!

We see you

We hear you

We cherish your story.

Here are a few of my growing thoughts on Self Awareness

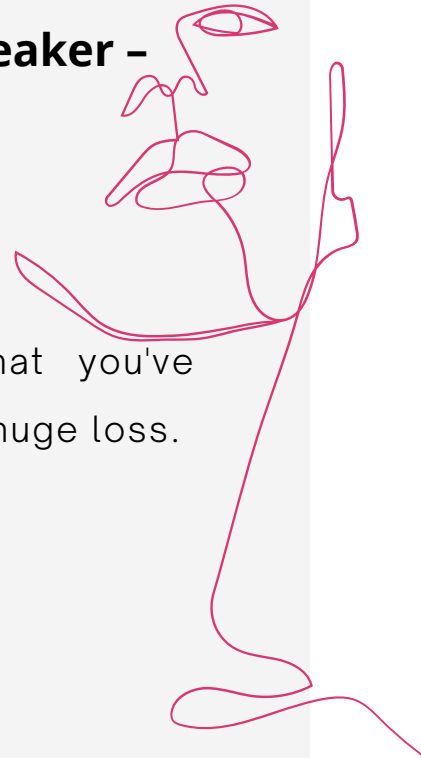
Self-awareness is a connection to who you are, how you are, where you are, and why you're there.

Self-awareness is giving yourself full permission to connect to what you are feeling, when you're feeling it and why you're feeling it!

Self-awareness thrives in spaces of silence & solitude

You need to quiet your inner-self and your external surroundings so you can connect to all that you're experiencing.

Noise can be a huge barrier to this!



Solitude is an ally because it calms the voices around us so we can tune into our authentic voice and pay attention to what it's saying!

You matter

Your voice matters

Your experience

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Your experience matters

Self-awareness flourishes in an environment of self-compassion. Think about what you would say to a friend - a harsh critic vs an empathetic friend.

3 ways to unlock Self-awareness

Practise the pause

Safe in your space

Go with your gut

Practise the Pause

Your voice matters

It's important to express your opinions thoughtfully and confidently. For this to happen, it's important to pause and capture all the thoughts you need to communicate.

Here you are grounded

You want to be heard

It's important to pause before responding

A thoughtful response can win people over more than a harried rushed one

Safe in your Space

You want to be seen

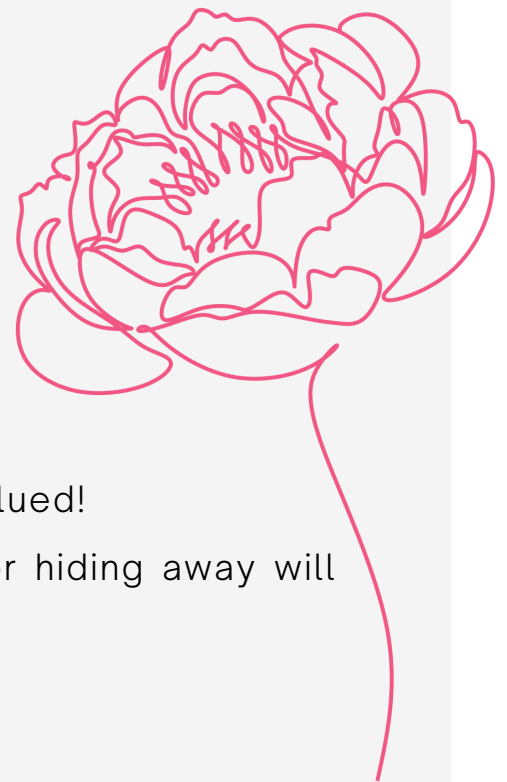
Own your space

As important as physical safety

Tell yourself that you are in a safe space

You are respected and your desires are valued!

Shrinking back from speaking your mind or hiding away will send conflicting messages



Go with your Gut

You want to be understood

We each have a powerful inner advocate who always wants what's best for us and is our greatest champion

Trust your intuition...

Taking the time to tune into this inner force will pay rich dividends.

Journal and take notes to give you the space to think things through and work things out.

Not everyone will understand or agree with your thoughts, opinions, and desires.

That's not the goal

The goal is to embrace all that you know is best for yourself and to confidently communicate it, despite the usual fear, insecurity, and uncertainty.

Back to Self-awareness

Once you feel safe, have practised the pause and trusted your gut, you will align yourself with yourself and give others permission to hear you, trust you and dream into your journey.

Together, it's a win-win combo!

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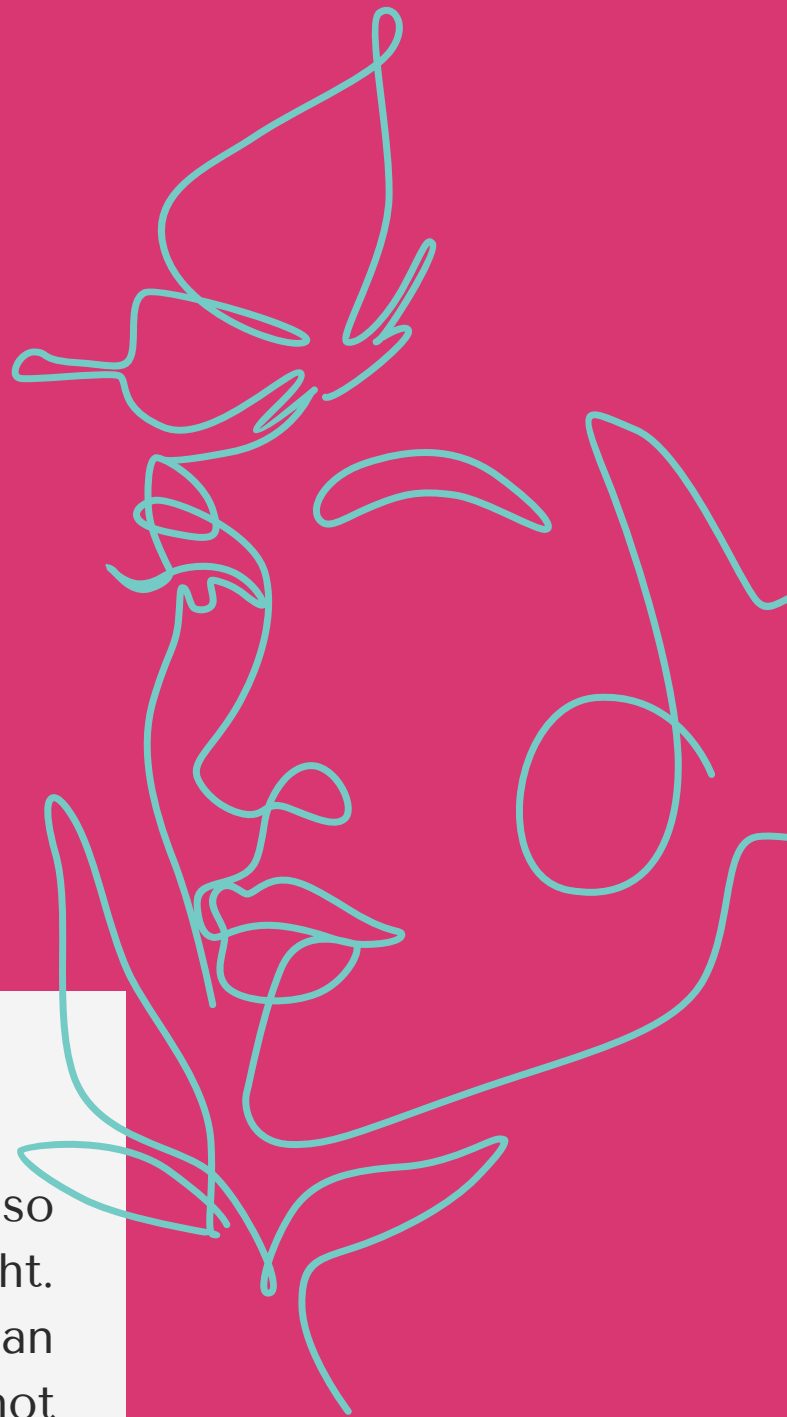
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"Intuition enlightens and so links up with pure thought. They together become an intelligence which is not simply of the brain, which does not calculate, but feels and thinks."

- PIET MONDRIAN



Introduction

Have you ever had this gut feeling ? The one that gives you information or instructions that seem out of nowhere

What did you do with it?

As society becomes more evolved, there is a greater emphasis placed on processes, habits, logic, and mental toughness.

Our modern society can also feel a little empty and meaningless.

We have been ignoring our intuition in order to fit in.

We choose comfort over pursuing our purpose.

We choose a life that we think will impress others rather than living a life we find fulfilling.

Is this how you got where you are?

Then intuition might help you live a different, purposeful life.

But what exactly is “intuition”?

Intuition is a form of wisdom specific to each of us.

Your intuition is different from your neighbour's.

Your intuition can guide you to where you should be.

You can call it a gut feeling, a connection to God, or a wisdom you have developed throughout your lifetime.

Regardless of how you want to describe it, everyone knows what intuition feels like to them.

Thus, you have intuition.

But have you been using it? Have you been practicing it?

In this eBook, you will discover more about intuition, how to develop it further, and how to use it effectively.



Consider these topics to learn more about intuition and how it can benefit your life:

Chapter 1: What is Intuition? There are many definitions of intuition. What is your definition? We will present the most common ideas and let you choose for yourself.

Chapter 2: The Value of Intuition. What can intuition do for you? Does it have any real value, or is it just another distraction to avoid?

Chapter 3: Obstacles to Intuition. There are a number of things that can make accessing your intuition more challenging. This chapter will provide the most common obstacles and effective solutions.

Chapter 4: 11 Intuition-Boosting Exercises. These exercises are sure to help you develop your intuition. You will be challenged and amused as you implement these exercises. Train your intuition and see what happens.

Chapter 5: Using Your Intuition to Make Effective Decisions.

When the quality of your decisions improves, the quality of your life improves too. Learn how to use your intuition to make beneficial choices.

Chapter 6: Using Your Intuition to Find Your Purpose in Life.

You have been misled by society and your urge to follow the norms. If you don't enjoy your life, this is the chapter for you. You can finally find your purpose in life.

Chapter 7: 10 Daily Tips to Enhance Your Intuition.

This final chapter will teach you some strategies on how to use your intuition as part of your daily routine.

Chapter 1: What is Intuition?

There are many ways to view intuition depending on who you ask. It also depends on the part of the world and the era.

Intuition means different things to different people.

Wikipedia defines intuition as “***the ability to acquire knowledge without recourse to conscious reasoning.***”

Plato considered intuition to be derived from pre-existing knowledge that all people potentially have access to.

This is along the idea of a shared consciousness. What one person knows is available to everyone, even across time.

Freud had little to say about intuition, but made it clear he didn't believe it was a viable way of acquiring knowledge or information.

In modern times, there are also many differing opinions on intuition that range from the supernatural to the idea that intuition doesn't really exist.

Others insist that intuition is the brain rapidly evaluating your current situation, your knowledge, values, goals, and past experiences to provide a recommendation.

This recommendation is provided in the form of a physical sensation that varies from person to person.

How you choose to view your intuition is entirely up to you. But there's no doubt that most people experience gut feelings, hunches, an instinct, a sixth sense, or an inkling.

Stories about people cancelling a flight, delaying a meeting, being dragged into something they wouldn't usually do, thus avoiding an important accident or benefiting from a unique opportunity are numerous.

Nonetheless, wherever the information comes from, it always manifests in the body:

an unusual tension, a non-justified stress that hits your belly, a mere discomfort at a given moment, or the positive impulsion of doing something for no specific reason.

These are simple examples I am sure you already know.

How many times have you felt you “knew it” without reasonable and observable ways to know?

How many times have you left your umbrella at home because though you had the idea to take it, you had no reason to, and a few hours later you found yourself drenched by rain?

Was it a coincidence? That’s not the question.

The real questions are: should you follow or reject your intuition? And how do you develop and use your intuition if you decide that it is valuable?

*"We have no reason to expect
the quality of Intuition
to improve with the
importance of the problem*

*Perhaps the contrary: high-stake problems
are likely to involve powerful emotions
and strong impulses to action.*

-Daniel Kahneman

Chapter 2: The Value of Intuition

The quality of your life is largely the result of the quality of your decisions.

The world is very cause-effect in nature. Your decisions are the cause, and your life is the effect.

So, what if you could make better decisions, faster?

This is one of the benefits of tapping into your intuition.

Also, when calling forth this ability, you can open up to new ideas that logic alone cannot produce.

Indeed, when we rely on logic alone, we reject many ideas that should be given consideration because they don't seem "reasonable".

After a certain age, we tend to rely too much on what we know and reject that which is unfamiliar, while intuition allows the unknown to become a possibility.

Your brain is a great protector. Your subconscious will react to the stored programming.

And that stored programming doesn't always put you in the best position.

Think about the times you have ignored your intuition, and ended up regretting your decisions.

Then, consider all the times your intuition has guided you and helped you make decisions that brought you into alignment.

Make a distinction between what comes from your subconscious and what comes from your intuitive mind.

It's a continuous learning process, as your brain defends itself and its identity.

Your beliefs and patterns are stored and are a priority to your brain. Most of the time, you will find yourself having flash information, and finding a reason not to listen to it.

It's because your brain wants to protect you from the unknown.

And when the brain is in defence mode, your creativity decreases.

Also, when you open up to your intuition, your creativity increases.

The most creative people you know are much more likely to follow their gut than to rely on logic and rationale.

And this creativity might also be your purpose.

Indeed, your intuition is trying to tell you what you should do with your life.

It knows what you like and don't like. It understands the great potential you possess.

Your true purpose in life is not a secret to your intuition. Get regularly in touch with your intuition and I am sure you will find your purpose.

As you find your purpose, increase your creativity and make better decisions, your relationships will also improve in new ways.

You will discover your intuition doesn't just put you in touch with yourself, but it also enhances your ability to read and respond to others in your life.

You become much better at understanding others and noticing their emotional states when your intuition backs you up.

Your intuition will also help you make more effective choices about how to react and relate to the people in your life.

All of this contributes to you having a better life.

As your intuition allows you to avoid many of the avoidable challenges, finding and living your purpose can certainly add a lot to your happiness.

In a nutshell:

Intuition has great value when used properly and regularly.
Your intuition is always available to you and can greatly enhance the quality of your life.

Once you understand the power of your intuition, you will be sure to use it daily, to make positive changes in all aspects of your life.

The benefits of tapping into your intuition are:

1. Intuition can enable you to make wiser decisions.
2. Your intuition can help you open up to new ideas.
3. Your intuitive voice can help you make choices that serve and honour you.

The bold font is most times used to show emphasis or draw your attention to a particular area.

4.Your creativity will increase when you learn to use your intuition.

5.Your intuition will help you find your purpose.

6.Your relationships are enhanced when you develop your intuition.

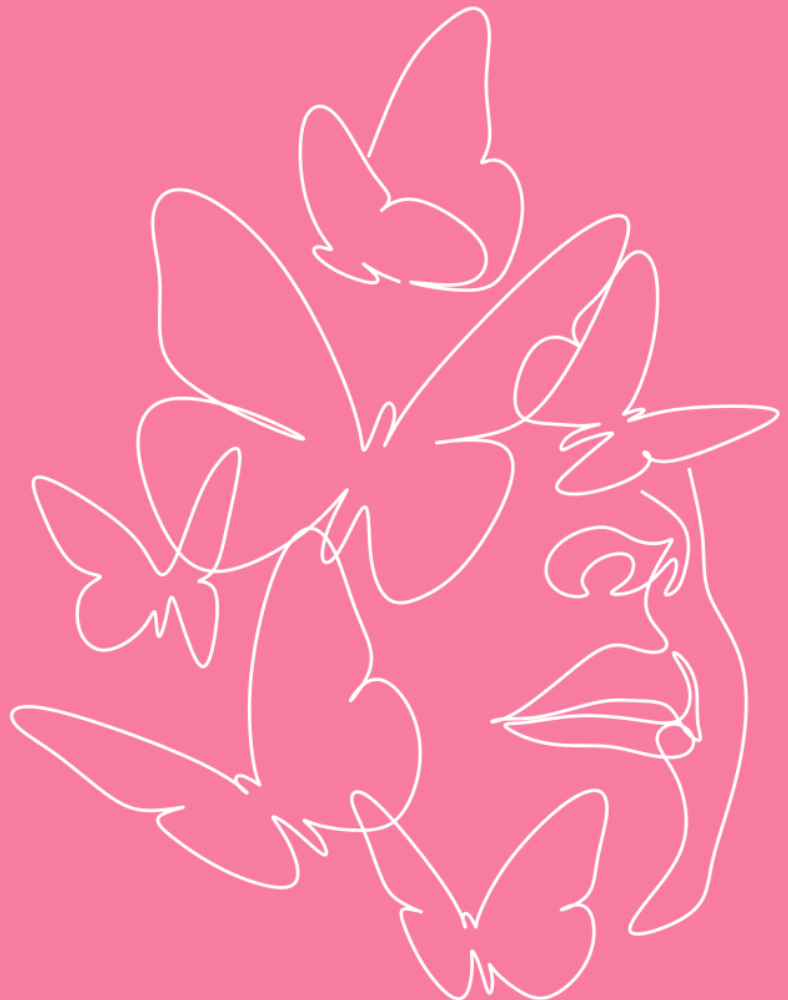
7.Relying on your intuition can boost your happiness.

Your intuition is free and always available to you. It has tremendous power when used appropriately. Better decisions, greater levels of happiness, and increased creativity are just a few of the benefits you can expect to receive if you listen to your intuition on a regular basis.

“There is a universal, intelligent, life force that exists within everyone and everything. It resides within each one of us as a deep wisdom, an inner knowing.

We can access this wonderful source of knowledge and wisdom through our intuition, an inner sense that tells us what feels right and true for us at any given moment.”

-Shakti Gawain



Chapter 3: Obstacles to Intuition

Now you know what intuition is, and how valuable it is.

But if it is that good and that easy, how come we don't all tap into this inner source of power?

As we saw earlier, the brain might be a block to access your intuition.

But it's not the only reason why we have a hard time using it.

Your intuition is often quiet and subtle.

Compared to the mental noise we experience throughout the day; this tiny voice is almost impossible to hear.

For example, distractions like your phone notifications or ads everywhere, and stress, are two of the obstacles you will face when learning how to tap into your intuition more fully.

Eliminating obstacles is an important part of becoming maximally effective at anything.

Diet is another of these obstacles. Your mind and body need to be operating well if you want to be able to sense your intuition clearly.

Anything that negatively alters how you feel can throw off your intuition.

A healthy diet is always the best policy. Think about the foods that don't work well for you.

Notice how you feel after eating a food and make note of it for future reference. Avoid those foods that don't allow you to feel your best.

Intuition is referred to as a gut feeling for a reason. It's a subtle feeling.

It's so subtle you might miss it, if you're exhausted.

Signs like irritability, unusual clumsiness, overreaction, trouble focusing, low energy, etc., can point you to how you are truly feeling.

A good way to know if you need some rest is to close your eyes for a minute, and breathe.

After a minute, feel into your body.

Is it ready to move? Is it ready to do things? Or is it not?

Let the information flow through you.

If you are stressed about something, set a 10 minutes timer to make sure you don't spend hours sleeping.

If your mind is unsettled, tapping into your intuition may prove to be very challenging. A calm, focused, and relaxed mind is optimal.

Remove as many distractions and sources of stress from your life as you can.

Only look to your intuition when you are relaxed and focused.

Your body is a good way to tap into your intuition, because it lets you feel good or bad, comfortable or uncomfortable, depending on the path you need to follow or not.

Stress is another powerful intuition blocker.

Your mind is all over the place, and your body is stressed. The message your intuition is trying to deliver might not be noticed in all the noise.

By relaxing your body and mind, you allow the information to flow through you.

A quirky urge. A quiet murmur in your head. A queasy feeling in your gut.

A subtle sense of foreboding. A subtle sense of foreboding or a profound yet explicable.

knowing that **“this feels right”**. Your body responds to that feeling of knowing.

Some people will say **“somehow I just knew”** there was a hidden danger, we just veered off this danger, or took advantage of an opportunity we spontaneously seized despite knowing little about it.

Beyond our conscious awareness, we read miniscule untaught signals that point us to pay attention to something or someone.

Become aware of that information and make your decision accordingly.

This way, you can experiment and see what works best for you.

For example, if you don't know what to do about something, you can choose to experiment with option A.

If it works, do it again. If it doesn't, experiment with option B

As we said in the previous chapter, your creativity will increase with your connection to intuition.

So as long as you need them, you will receive new options to experiment with.

It also works with doubt.

Intuition requires trust. Sometimes you won't know where it takes you.

So, instead of trying to know where you are going all the time , you might want to give it a try and see what comes out of a situation.

Nonetheless, if you keep ignoring your intuition, it might decide to stop trying to help you. Follow up on your intuition in a responsible manner.

Give your intuition a chance here and there. Start small and grow from that place.

How would you build your intuition muscle otherwise?

Practice, practice, practice and don't surrender to fear.

Practice reaching out to your intuition and noting the messages it provides.

Just like everything else, you have to practice using your intuition to become good at it.

Besides, the more space you give it, the more space your brain will allow and allocate it.

Use your intuition throughout the day. This eBook has several suggestions on how you can do that.

Sometimes our intuition gives rise to an acute feeling of fear. A primal emotion that exists to keep us safe, genuine fear is intended to be brief, not to hang around for a long period of time.

Surrendering to fear can even cloud your intuition.

The notion that “a little worry never hurt anyone” is simply untrue. Worry is a fear we manufacture.

Of course, if you like being a worry-wart, go for it. But do so knowing that worry is a choice, and like every choice, it has consequences.

People who move through life constantly on ‘high alert’ for danger – whether in the form of killer viruses, or catastrophes – have no capacity left to pick up the signals their intuition may be feeding them.

Their anxiety keeps them from tuning in to those ‘gut instincts’ that truly do signal us to pay special attention.

Fear is a major obstacle to intuition if you don’t manage it properly.

For example, your intuition might be telling you to approach a particular person and strike up a conversation.

However, your fear of rejection might be a more powerful force in your decision-making process than your intuition.

The only way to become bold is to move forward in spite of your fear.

Nonetheless, it is easier said than done for most of us.

Here is how to make fear an ally:

-Ask yourself if it is motivated by a danger or a lack of information.

-In the first case, what kind of danger? Is it threatening your life or your identity?

Identify your triggers, and remember you can only become who you want to be by letting go of who you think you are.

Experiment playfully, but note that getting more information in the second case will be tricky, if you lack experience.

- So, you need to dive into a new situation

to get more information and make better decisions about it next time.

Thank your fear for showing this to you, and make a conscious decision.

Whether you stay in your familiar zone or you choose to dive into exploring a new one, at least you will have information to rely on for your next decisions.

Anyway, certainty and intuition rarely go together. There's often a vagueness to intuition. If you need certainty, you will rarely benefit from your intuition.

Be prepared to act on less-than-complete information.

Once again, experiment and see where it takes you.

Generally speaking, be careful with expectations. Be open to new possibilities. And be ready to be surprised.

Our intuition is not just a powerful safety tool, it also helps us to discern clearly. It helps us to trust our judgement in business, to pay attention to our health, to come to the aid of people around us, perform at our peak and seize opportunities that appear risky.

To help you become more adept at listening to yours, I have listed **5 gut instincts you should never ignore.**

1. Something feels wrong in my body.

Our body is a powerful intuitive communicator.

Most gut instincts are accompanied by some kind of physical sensation – from goose bumps to a tightness in our chest.

Sometimes it gives us early warning signs that something is amiss in our body that we need to pay attention to.

2. I'm in danger.

If you're walking down the street at night and you get a “stay away from that person feeling”, don't ignore it.

We have unconscious radars that can alert us to people and places that could put our safety in danger.

Likewise, other times we can find ourselves feeling “off” in the company of someone who is toxic to us.

Either way, our intuition is prodding us to attend to something or someone that may be harmful to our well-being.

3.This feels right!

It's counter-intuitive, but the less you analyse the pros and cons when it comes to the big decisions in life, the more likely you will make a decision you are happy with in the long term.

When it comes to big and often complex decisions – like whether to buy a house, leave a job, or change career– our risk averse rational mind can lead us to overthink, over analyse, and make poorer decisions than if we just follow our intuition and do what ‘feels right.’

Indeed, fear of making a wrong decision can keep us from making a right one!

Studies have found that the longer people mull over big decisions, the less satisfied they are afterward than if they had spent less time deciding and simply “***gone with their gut.***”

4. I want to help.

While gut instincts have evolved to help us avoid danger, we human beings have an equally powerful capacity to sense when our fellow human beings need our assistance.

Compassion is one of our most primal emotions. We have developed an innate ability to read other faces and their emotional signals, and so, we don't always need to wait for a verbal cue before we reach out to help someone.

Trust your gut, not your head

5. I can do this.

Once you have developed mastery in a particular domain, it's important to trust your intuition when making decisions in that area. If you know you can do it; trust your gut, not your head.

In a nutshell:

Pay attention to these elements if you want to get the most from your intuition.

1. **Diet:** Your mind and body need to be operating well if you want to be able to sense your intuition clearly.

2. **Need for sleep:** Intuition is a subtle feeling. When you are exhausted, you are driven by automatism, and intuition might be overridden by your mind.

3. **Stress:** Your mind is all over the place, and your body is stressed. The message that your intuition is trying to deliver might not be noticed in all the noise.

Relax as much as you can.



4. **Doubt:** Be brave and give your intuition a chance. Start small and grow from there.

5. **Practice:** You have to practice something to become good at it. Use your intuition throughout the day to gather enough experience and be able to tap into it at will.

6. **A need for certainty:** there's often a vagueness to intuition. Give your intuition the benefit of the doubt.

7. **Your preferences:** your desire to have things be a certain way is always an obstacle to making an intuitive decision. Be open to new possibilities.

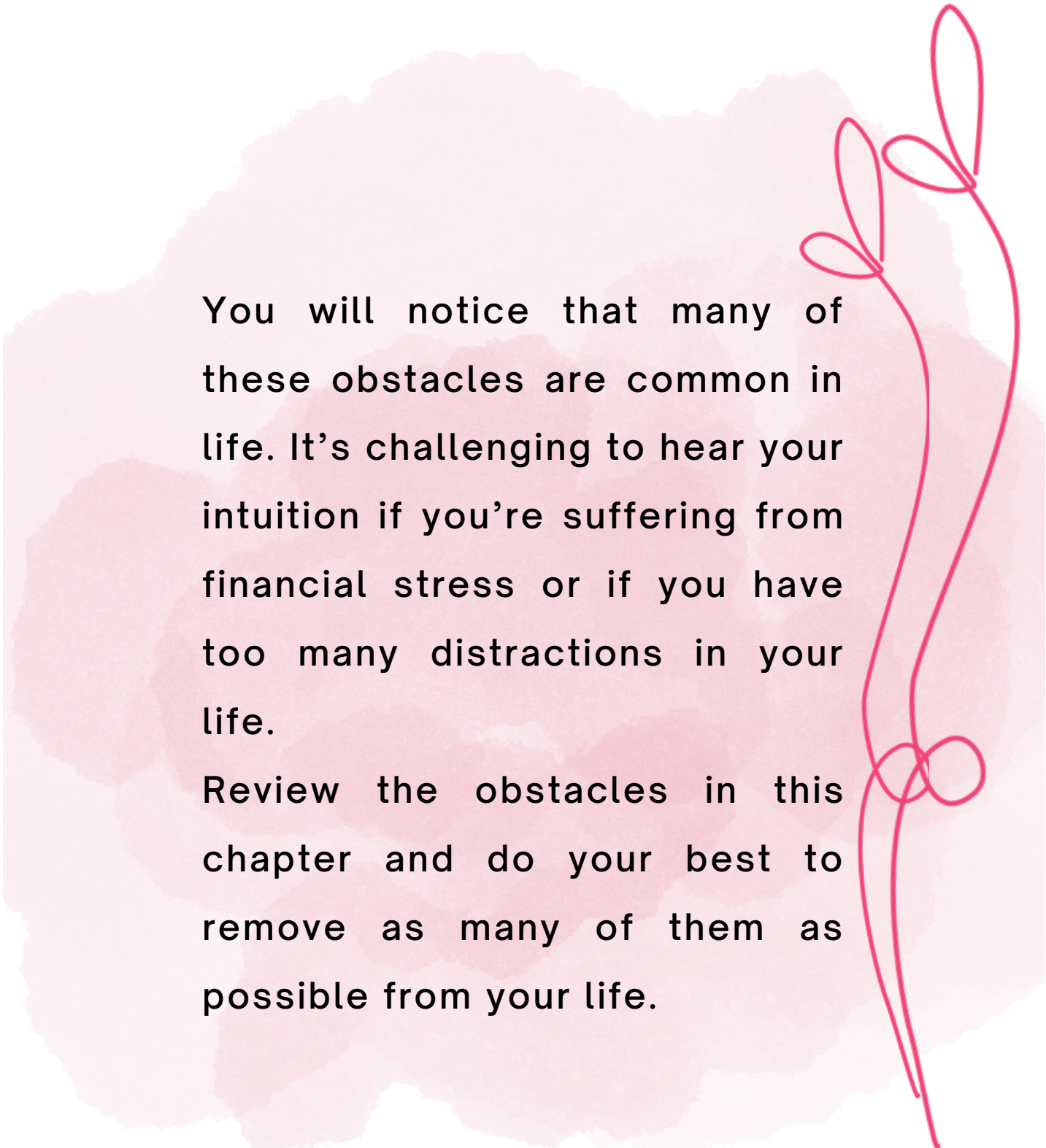
8. **A scattered mind:** if your mind is unsettled, tapping into your intuition may prove to be very challenging. Remove as many distractions and sources of stress from your life as you can.

9. **Fear:** your fear might be a more powerful force in your decision-making process than your intuition.

The only way to become bold is to move forward in spite of your fear.

Experiment to gather experience and improve your decision-making process.

10. **Trust yourself:** you have everything you need within you to make decisions that are good for your life.



You will notice that many of these obstacles are common in life. It's challenging to hear your intuition if you're suffering from financial stress or if you have too many distractions in your life.

Review the obstacles in this chapter and do your best to remove as many of them as possible from your life.

Chapter 4: 5 Intuition Boosting Exercises

Your intuition is always there, nearby, supporting you.

Just like your leg muscles are there to support your body. But if you don't use them, these muscles shrink and it becomes extremely difficult to run a marathon.

And life, as short as it is said to be, is a marathon: you want to be able to go as far as you can in the best condition.

This is why it is important to use your intuition as many times as possible per day.

Indeed, building your intuition requires training, too.

The first easy thing you can do is prioritize your intuition in your decision-making process.

We live in a world where we are constantly bombarded by information.

You need to recognize that intuitive processing can help decision-making, and allow time and space for answers to come to you without over analysing a situation.

Make time each day, or even several times a day if you have a decision to make, to tune into your intuition.

As usual, start small: choose your next meal, choose your next activity, choose your next read, etc.

Pay attention to what you perceive and how it feels.

Once you know how it feels to follow your intuition, use it to make bigger decisions: shall I say yes or no to that person, shall I accept this job or client, etc.

People experience intuition differently.

For some, it may manifest as an image. For others, as a physical sensation (*the classic ‘gut feeling’*); yet others identify a more emotional response.

Slow down and try to sense how, or where, you experience your intuitions.

For instance, you can take a moment to close your eyes and think of a familiar situation. Imagine yourself making a decision and anchor the feeling inside of you.

Then, rewind the situation and make another decision. Anchor the new feeling. These exercises will help you learn how your body and mind reacts. Sometimes, a decision might be very scary but if you allow the work to go further, the consequences might be very positive.

With time and experience, you will know how to make a difference between what your mind is keeping you from, and the bigger picture your intuition is taking you to.

A reflective journal is a helpful tool. Try writing down your hunches in your journal and notice how they are experienced. It will be more beneficial if you can capture them before the analytic process takes over.

For this reason, it might be helpful to keep the journal with you during the day. Making a note of your gut feelings about a situation or decision also means you can check them later, to assess how accurate or helpful they were.

Writing down words and phrases as they come to you when considering a problem may also provide you with a different insight.

As an alternative or complementary approach, it can be useful to draw pictures or doodles: drawing tends to slow us down and may tap into more intuitive modes of thinking.

When you are mindful of your thoughts and feelings, you make room for your intuition to fully express.

Indeed, mindfulness encourages us to notice feelings and thoughts without being attached to them.

This can be particularly useful if you are trying to develop your intuition, as your emotions and beliefs will not stand in your way.

Meditation is a very useful technique when it comes to mindfulness: watching and accepting thoughts without judgement will allow you greater access to other information.

Another useful mindfulness technique, the body scan, can help you notice sensations in your body, which might relate to intuitive processing.

A body scan can be done whenever you have an important decision to make or practiced daily to improve intuition.

Being present and mindful of our surroundings is also likely to help develop intuition, by providing the unconscious with rich data to inform decisions.

For the final technique, I turn to Freud himself, who famously said:

The interpretation of dreams is the royal road to a knowledge of the *mind' subconscious activities.*”

Dreams can provide us with a wealth of information about our unconscious processes. Writing them down upon waking will aid with recall, and the content can be explored to give clues to any difficulties or dilemmas you might be facing.

If intuition is a source of information that we are usually not aware of, dreams are the obvious way to access some of this information.

If intuition is a source of information that we are usually not aware of, dreams are the obvious way to access some of this information.

This is why you should consider them as a valuable way to develop your intuition.

In a nutshell:

You have to train to become great at something, whether it's playing the piano, mastering chess, or becoming a great public speaker.

This also applies to your intuition.

It requires training, too. Or more correctly, you require training to access your intuition effectively. Your intuition is actually just fine as it is.

These exercises will begin the process of building your intuition, but to reap any benefits, you must use them.

Fun and Interesting Exercises to Boost Your Intuition.

1. Prioritize your intuition

In your daily decisions, experiment feeling into things instead of thinking about them. Take notes and experiment further.

2. Get to know how your intuition ‘speaks’ to you.

There are various ways to receive messages: pictures, feelings, sometimes even sounds.

Be aware of how you receive some messages, and when, to use them to your advantage.

3. Keep a reflective journal

Take notes of the messages you receive so you can get back to them and learn how to use them to make better decisions.

4. Employ mindfulness techniques

Mindfulness is to intuition what training is to a sports champion: it allows you to be ready for the next message you will receive so you can get all the benefits from it.

5. **Make a note of your dreams**

Your dreams contain information about now, before, and also after. By keeping track of them and taking notes, you will be able to gather information that you would not access during your waking time.

Once you get better at receiving the messages, you can learn how to use them to make effective decisions that will change your life.





Chapter 5: Using Your Intuition to Make Effective Decisions

Have you ever made a decision you had regrets about?

Choosing the wrong partner, the wrong way, the wrong job, or the wrong career?

Even the wrong food has a huge impact on your life.

So, you know it's all about making decisions, right?

But it's not just the big decisions that cause us dis-ease. It's all the little decisions that move our lives toward a better or worse place each day.

If your life does not please you, the most effective thing you can do is to stop making poor decisions.

A good start is to relieve yourself of all the opinions, beliefs, values, and ideas of others.

These have nothing to do with you. Your decisions have to be right for you, leave others to worry about their own decisions.

If your decision is based even 1% on what others will think, you're already playing a losing game, for one simple reason: they project themselves in your situation.

But they are not you, not more than you are them.

So, whatever they would have done would be from their personal life experience, which might differ from yours in a thousand ways (and more).

Play your own game, make your own decisions, learn your own lessons. By sharpening your intuition, you will make more and more positive decisions for yourself.

This will also allow you to overcome some of your mind games.

By letting go of your own opinions, you will start releasing your fears too.

Ignore your need for familiarity. Ignore the beliefs you have about yourself. Reject everything that is not important to you.

A good way to do this is to ask yourself: “Is this (situation, attitude, work, etc.) what I really want in my life?”

You also need to be aware that your life is like a coin: you can’t look at both faces at the same time.

Making decisions consciously is a game changer in one’s life.

Finally, there is nothing wrong with the experience of unpleasant situations, as they teach you what you don’t want to do, be, or have anymore.

But you can’t keep experiencing one kind of unpleasant situation, and its positive face at the same time.

Learn to look beyond the concept of good and bad, learn to get rid of the stakes you put on your actions and decisions, start experiencing your own life.

A life that is probably away from what you already know. Otherwise you would be very comfortable by now. Unless you lack a bit or a lot of clarity.

Then perhaps you are trying to decide if you should rent an apartment, buy a house or buy a condo.

What do you already know? What is there left to explore?

Clearly define your options in every situation you face and you would like to change.

This requires, of course, that you know what really matters to you right now.

Take a pen and paper, list what's on your mind right now, and then eliminate the decisions that are not going to create a major shift in your life today.

How can you know it's going to create a major shift?

Simply close your eyes.

Imagine making each of those choices and notice how it feels:

-Imagine deciding that you're going to rent an apartment.

How does that feel?

What are the physical sensations you are experiencing? What thoughts are you thinking? What emotions are you feeling?

Take a few deep breaths and complete the process with the other options.

This works for everything you can make a decision about.

Your body really is a temple, and it hosts all the information about you, your life, and probably more than I could tell by now.

So, when you listen to your body, your decisions are more accurate: they will let you know how good or bad it will feel if you allow this phenomenon to take place.

The right decision will feel peaceful. You might feel excited. A clear “no” feels the same as thinking about eating a food you dislike. It’s a clenched, restricted feeling.

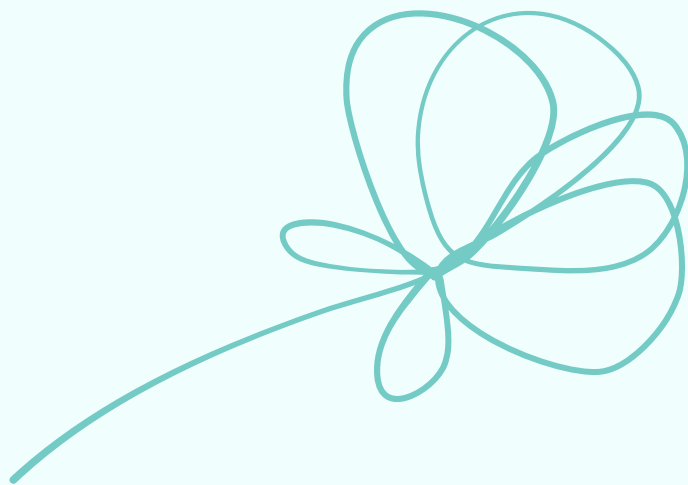
If you fail to find a solution that feels right, find additional options or work further on releasing yourself from the influence of others.

It’s also possible you have a limiting view of yourself or life in general.

The first two steps of this process are challenging, but crucial.

Imagine that all choices are just as right as any of the others. Allow your intuition to guide your decisions.

A few effective decisions and some time are all you need to enhance your life significantly.



In a nutshell:

How to use your intuition to make great decisions:

1. Get away from other people's opinions.

These are inaccurate and probably unfit to you.

2. Get out of your familiar zone.

What you know is probably not what is good for you, otherwise you wouldn't be reading this.

Allow yourself to experience things you don't know and learn if you like it or you don't.

3. Clearly define the decision that needs to be made and your options.

Knowing your priority will allow you to let go of everything that is not a game changer to you by now.

4. Find a quiet spot and close your eyes.

Use your body as a pendulum and take note of the feeling you have about things.

5. Pay attention to how you feel.

Eyes closed or open, you will notice you feel comfortable when you make a good decision. Or bad, if there is something off about the decision.

“The comfort zone is the greatest enemy to creativity; moving beyond it necessitates intuition, which in turn configures new perspectives and conquers fears.”

- DAN STEVENS



Chapter 6: Using Your Intuition to Live A Purposeful Life

There is a part of you that understands who you are and what you're supposed to be doing. Your intuition can be the mechanism by which you become aware of this information.

You have probably tried to find your purpose using more rational means. You have thought, pondered, and evaluated. Perhaps you have come up with a choice that does not feel right for you or never reached a conclusion at all.

But before we go any further, I have a question for you: are you clear on what you like and what you don't like?

If not, maybe it's time for you to start listing these things.

Being clear on what you like and don't like about your current situation. Include the following in your assessment:

- Finances
- Relationships
- Career
- Hobbies
- Health

Once again, be open to the inner feeling your intuition can give you about these things. Maybe you think it would be safer to be a millionaire, but maybe this is not really what you would like.

Maybe you think it would be better to have a partner and children, but maybe this isn't what you like.

Or the "normal" kind of relationship isn't what you fit in.

And maybe you heard you need diplomas and expertise to thrive in your work but maybe you don't feel like doing this.

Whatever things you believe, take a moment to feel into them and assess the feeling.

To do so, find a quiet place where you're feeling relaxed and open.

Ask yourself the relevant question and listen to the answer.

As stated in the previous chapters, your body will respond to the various information you will receive.

Your mind will also play its role and give you all the information it knows so you can choose from them.

But if you make your decision too rational, you might miss the important point: it's not about what you think, it's about what matches with you and who you are.

For instance, your mind might say you need money to be happy, but this would only reveal your fear of lack.

By the way, the root of your decisions reveals the motivation behind them: do you make decisions from a place of lack or trust?

If you are infinite and will always have everything you need, what do you choose?

Your intuition will probably not take you on the familiar and safe way, but it will take you on the way that will help you thrive.

It's important you learn how to cut out the mind's noise so you can hear your true answers.

And the biggest of these noise is fear.

Fear has controlled your life more than you think. It has limited your education, career, relationships, hobbies, travel, and all of the other aspects of your life.

Imagine what your life would look like today if you had not allowed fear to impact your choices over the years.

If you were fearless in growing your career, you might be in a different place professionally and financially.

What life would you have by now, if you hadn't let fear drive it?

Projecting this demonstrates how far your intuition could have taken you, if you had allowed your intuition to direct your life instead of your fear.

Your mind uses fear to let you know there is a danger or an unknown information coming to you.

Nonetheless, if you never discover anything new, you will stay very limited in your life experience, and anxiety will be at the corner of every decision.

Be careful with the vicious circle of: ***“I don’t know, so I don’t do.”***

Also, when your mind feels your actions are out of its full control, it feels endangered and generates a feeling of fear.

Go beyond that and allow yourself to experience new activities too.

Unless you already know what you love doing. Ask yourself what you love to do. When have you felt most fulfilled?

Be quiet and really focus on the answers you receive.

Sometimes, you might block the answers coming to you because you believe they are not valid.

All the answers are valid.

You can be an artist and earn a lot if you need to or desire to.

You can be an engineer if this is what you love doing.

One way or the other, there will always be a way for you, if you allow your desires to settle in your life.

The previous steps were just a warmup.

This is where things become truly relevant.

Do more than just find a quiet place in your home.

Get out of the house and find some solitude. It can be a spot in the woods. It could be a hotel room.

It can be anywhere you are alone and feel comfortable, but it needs to be someplace outside of your familiar territory.

Then, close your eyes, take a deep breath, and tell your intuition to reveal your purpose to you. Listen to what it says.

You might perceive a lot of ideas and diverse realities. Some will be possible to attain and others would be impossible.

Every time you do this, take note of how the answers feel.

Let them flow. Remember to breathe and feel the ideas going down the brain into your body.

Feel them go down your spine, reach your heart.

And reach your belly too.

Feel into them, just let them be.

When your mind begins to feel endangered, it might tell you to open your eyes and go do something.

Stay. Stay in that state for a moment, until stress or fear is no longer moving you.

Open your eyes, only when your body urges you to move, walk, dance or any other thing you feel like doing.

You might need to repeat this process many times to clean your mind of old beliefs, get a clear idea where you are heading, and let your intuition guide you there.

The answers, whether they are pictures, sounds, or feelings, should feel “right”.

Even if it feels illogical or challenging. Your purpose does not have to be something that’s easy for you.

In fact, it might be the most challenging thing you have ever done.

However, it should be exciting, interesting, and important to you. It might not be something that impresses other people. This is your purpose, not someone else's.

Finally, make a plan about how to get there.

We have all had great ideas that we failed to pursue. Your purpose is too important to leave to chance.

Start making a plan that will allow you to immediately begin pursuing your purpose.

A life without purpose can feel like a slow, painful death. You were not created to go to a job you don't like.

You are not designed to spend your time in the same way as everyone else. Find your purpose and make your life interesting again.

In a nutshell:

Use these strategies to let your intuition help you find your purpose in life:

-How do you feel about your current situation?

Assess if it feels right or wrong being where you are.

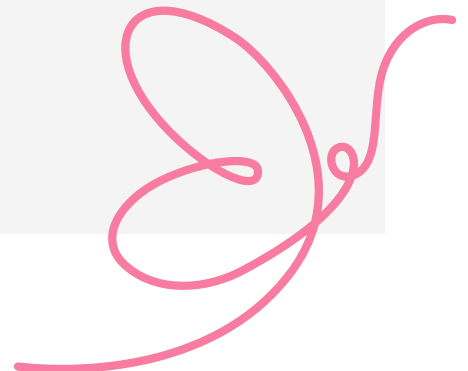
-Ask yourself, ***“What do I need to feel happy and fulfilled?”***

Your brain knows but might not allow it to be in your life because of your education and experience about what you have to do, be or have.

-Examine how fear is limiting your life.

Fear is a natural process that helps you survive. Don't let it hold you back.

Gather information by experimenting, and learn about yourself and your desires.



What do you love to do?

Knowing this is a relief. But if you don't, it's okay. Simply take your time and explore the possibilities.

-Ask your intuition to reveal your purpose to you.

You don't need to know everything: let the answers come to you.

-How did the response you received feel?

Give yourself time to eliminate the answers that don't feel right, even though you think this is how things should be.

-Start making a plan.

Plan your next steps and take action accordingly. If you don't do anything, nothing will happen.

I write as if I were drunk. It is a process of intuition rather than placing myself above my story like a puppeteer pulling strings. For me, it's a scary, chaotic process over which I have little control. Words demand other words, characters resist me.

Elif Safak



Chapter 7: 10 Tips to Use Daily to Enhance Your Intuition

Enhancing your intuition does not have to take a lot of time if you work on it each day.

There are little things you can do each day to boost your intuition. And a little work can go a long way when applied consistently with a strong intention.

Include your intuition in your daily routines if you want to get the most from it.

One of them is to keep your conscious mind occupied at a low level.

This happens when you are taking an action that requires little energy, like mowing grass, taking a shower, washing dishes, and vacuuming the carpet.

Just do something to keep your mind from getting in the way.

Then, your subconscious can make itself heard more easily.

We mentioned this before, but solitude is also an intuition enhancer.

Don't only isolate yourself from time to time: take advantage of short and long moments of silence and solitude to connect with your intuition.

It will probably be easier for you to close your eyes and breathe a few minutes here and there, than take 30 minutes in a row each day to do it.

Except if you already make room for such an activity in your schedule (like meditation).

A good moment to do so is when you are about to sleep.

Indeed, you might find that just before falling asleep and immediately after waking up are ideal times for you.

You might also find these to be the worst times! Experiment and see if one time of day is more effective.

Talking about sleep: it's better if you can turn off every electronic device at least one hour before going to bed, as your brain will highly react to the blue light and flashy images sent by your TV and smartphone.

You need to soothe your brain before sleeping if you want to improve your sleep, and as a reminder, a good rest is part of the tips I gave you in chapter 3 to be more efficient with your intuition.

It will make it easier for you to differentiate your personal preferences from your intuition.

This remains very challenging. For example, your natural inclination might be to choose a candy bar over a salad.

However, it's clear the salad is the better choice. You might think your intuition is screaming for you to have the candy bar, but it is not!

During those times when the right choice is abundantly clear, you might have to rely on the logical choice. You don't need your intuition to tell you not to use drugs, eat healthily, or to exercise instead of sitting on the couch.

Remember your body responds to all the decision-making processes you start.

Take a moment, close your eyes and ask yourself, "Is this really what I need now?"

If it feels right, keep going. If it feels wrong, don't do it.

Use your intuition as much as you can. It can be choosing what variety of toothpaste to purchase or deciding how to spend your weekend.

Use your intuition and watch it grow before your eyes.

Notice your favourite perceptions and use them to your advantage: are you more visual? More auditive? More Kinaesthetic?

Adapt your attitude to your brain's preference to ease transmission of messages from your intuition to your mind.

Your intuition speaks to you even when you don't actively engage with it. It's sending you messages even when you don't ask it a question.

It can warn you or encourage you.

You have to pay attention, or you might miss out on something important.

One of the best moments for your intuition to speak to you is when you have a creative activity.

If you don't have any creative activity yet, I encourage you to start one.

It doesn't have to be time-consuming, you can do it for 10 minutes a day.

This is a great time for your intuition to speak up.

You could choose to write, paint, play an instrument, arrange flowers, or even scrapbook.

See what's more fit to you.

Anyway, intuition still needs to be practiced.

That's why you should test your intuition regularly.

Ask your intuition where your lost car keys are located.

See if your intuition knows who's going to win the football game.

Maybe your intuition can figure out if your friend is going to have a baby boy or girl.

Test, experiment, and take notes of what happens to sharpen your connection to your intuition.

As stated before, this is easier when you take care of your basic needs first.

Eat well, get enough sleep, and see your doctor regularly.

How well will your intuition work after getting only three hours of sleep, eating a burrito from the gas station, and suffering from multiple health ailments?

Intuition works best from a neutral position – well-rested, relaxed, and healthy.

Pay attention to how you feel.

I think I mentioned it a lot of times before, but it's better to make sure you understand how essential it is: **listen to your body.**

It will give you all the essential information so you keep healthy and optimum to listen to your intuition.

Use the tips below to practice using your intuition each day.

1. Make use of repetitive tasks.

They allow your mind to keep busy while your intuition speaks to you.

2. Use solitude and quiet when they are available.

If you schedule a time dedicated to your intuition, it's good.

But every moment you can take advantage of is a moment when you enhance your connection to your intuition.

3. Find the best time of the day to reach out to your intuition.

Sometimes it's before sleeping, sometimes it's after awakening, sometimes before or after a meal.

Observe the time that is best for you and use it to call your intuition forth.

4. Differentiate between your intuition and your preferences.

Are you choosing from a place of trust or a place of lack?

When you welcome all your feelings home, you can easily sort this out and surrender to your intuition instead of struggling against your fear.

5. Use your intuition regularly.

The more you use it, the more you know how to use it.

Allow it to be everywhere in your life: from the tiniest decisions to the biggest ones.

6. Be aware of your intuition all of the time.

Your intuition is omnipresent, breathe in, breathe out, and feel into it all day long.

7. Have a creative hobby.

Creative activities are bridges for your intuition to easily cross the gap between the infinite source of information, and the limited vision of the mind.

It allows the messages to reach you without being limited or censored by the brain.

8. Test your intuition.

Experiment, have fun, play with your intuition.

Can it help you find your keys? Can it tell you about the future?

Test and observe so you can use it sharply.

9. Take care of your basic needs.

If you are busy struggling for your survival or against any kind of discomfort, it will be harder to connect to your intuition.

Make sure you have all you need to be able to properly develop it.

10. Listen to your body.

Your body talks and will let you know if something is wrong.

It's some how channelling your intuition.

Pay attention to the comfort and discomfort in your body to open the doors to messages from your intuition.

Intuition is the very force or activity of the soul in its experience through whatever has been the experience of the soul itself.

Henry Reed



Conclusion

Your intuition is the result of your past experiences and all of your knowledge. If you believe Plato, your intuition is a link to all the knowledge of a collective consciousness.

Regardless of how you choose to view intuition, your intuition is a powerful tool that is available to you when making decisions.

Intuition can be vague, quiet, and gentle. This is why intention and practice are required to get the most from this important part of you.

Rather than choosing to follow the choices the rest of society is making, it's time to do what is right for you.

No matter how unique it might be. Use your intuition when making decisions in your life. The best answer for someone else is not always the best answer for you.

Trust yourself, your body, and your inner guide.

Take time to experiment and allow new experiences into your life.

You will probably encounter challenges on your way there, but believe me: they are worth the discomfort.

You have all the potential for success and happiness inside of you.

I believe in you, so should you,

Keji

Founder & CEO Mayah's Legacy



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