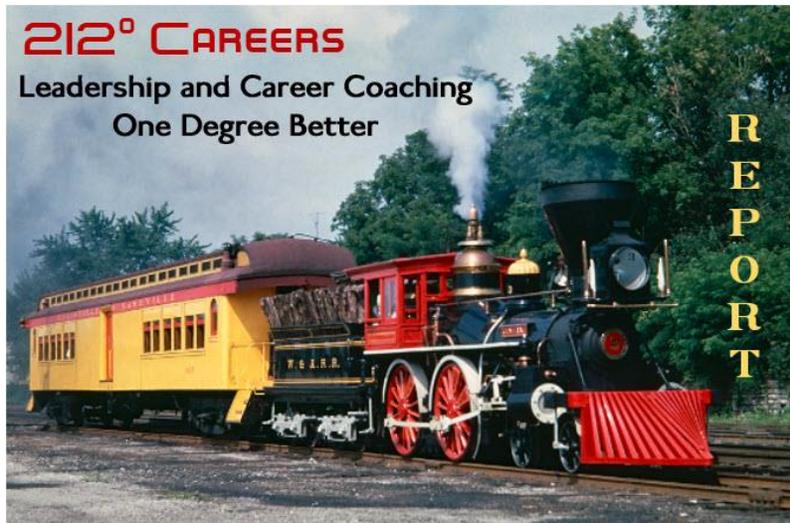




WAYS TO TAP INTO YOUR
INTUITION



This report includes **nine powerful tips** and **three actionable steps** you can take immediately.

It also includes a list of **suggested readings** for even more information.

TOP TIPS

Intuition can be defined as understanding something without having to think about it. You get an instant feeling about what you should do or avoid doing, and there is no conscious thought that leads to your decision. You automatically know whether what you're doing is right or wrong.

Here are a few tips for tapping into your intuition to make better decisions that lead to positive results.

1. Trust Your "Gut Feelings"

Intuition comes from your learned experiences and who you are as a unique individual. It's what creates those things we call instincts or hunches. One way to tap into this guiding source is to stop questioning your gut feelings. Go with them, and right or wrong, they improve the quality of your intuition in the future.

2. Celebrate Your Intuitive Successes

You are more likely to repeat something if you recognize it as successful. Celebrate when you trust your gut feelings and everything turns out right. This will give you more confidence in your intuition in the future.

3. Ask Yourself Who, What, Where, When and Why

These 5 "W" questions let your mind wander. They trigger your intuition. Ask yourself what a person is going to do next when you have no clear indication of what their behavior is going to be. Who is the next person that will call or text you?

Where is the destination of a person you see driving down the street? Why do some people succeed when it appears they're going to fail? When is the next time the stock market will explode, positively or negatively? Asking yourself questions that need clear answers triggers your intuitive instincts.

4. Let Go of the Need for a Rational Explanation

Trust your instincts. That gut feeling is trying to tell you something. You don't always need to know why you know something or feel the desire to act in a certain way. Intuition appears magical, meaning you might make the wrong decision if you look for a rational explanation to support an intuitive hunch. Sometimes, you just know.

5. Record Your Hunches

Keep track of your intuitive feelings. Do this whether you follow your intuition or not. Then, record the results you get from either taking or avoiding action. This can give you clear evidence that your intuition is trying to guide you in the right direction.

6. Limit Distractions so You Hear Your Intuition When It Speaks

Today, we are constantly connected, plugged in, and distracted. This constant flood of information, audio and video, and marketing messages means your intuition might be screaming at you to get your attention, but you don't notice. Fewer distractions, including physical and visual clutter, make it easier to follow your instincts.

7. Be in the Present Moment

Another way to get better at tapping into your intuition is to exist only in the present moment. Tune into yourself. Don't worry about yesterday or tomorrow. Clear your mind. If your intuition has something to tell you, this is when it will speak up.

8. Monitor Your Body Language

Your body will unconsciously mirror your inner feelings. This happens automatically and unconsciously. Suppose you see yourself crossing your arms, frowning, and leaning backward when someone is making a business proposition. In that case, your body is telling you it's better to pass on the opportunity.

9. Flip a Coin and Ask Yourself How You Feel

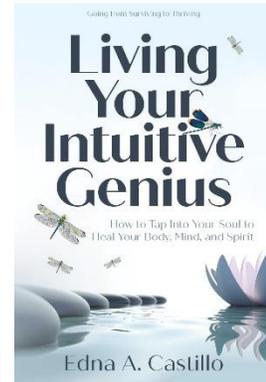
Heads represent one decision and tails another. As you flip the coin into the air, are you hoping heads or tails will come up? Your intuition tells you which way to go, regardless of the outcome.

FAST-ACTION STEPS

- 1. Start trusting your intuitive feelings.** You can't tap into your intuition if you don't trust it. The more you do this, the stronger and more accurate your gut feelings become.
- 2. Cut needless distractions out of your life.** Spend less time staring at your phone, TV set, or computer screen. Avoid needless sensory input that adds no real value to your life.
- 3. Stop requiring a rational explanation for your feelings.** They are what they are. You don't always have to explain why you feel a certain way for your instincts to be correct.

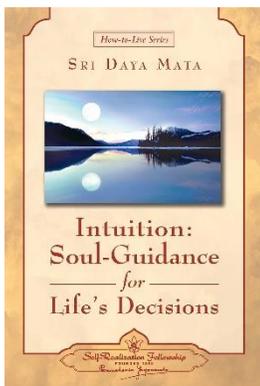
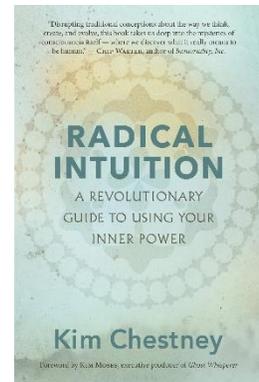
FURTHER READINGS

1. [Living Your Intuitive Genius: How to Tap Into Your Soul to Heal Your Body, Mind, and Spirit](#)



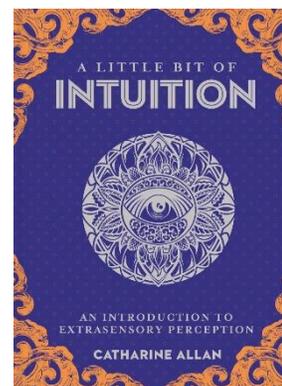
2. [Wisdom Beyond What You Know: How to Shift from Being Driven by the Mind to Living from the Heart and Intuition](#)

3. [Radical Intuition: A Revolutionary Guide to Using Your Inner Power](#)

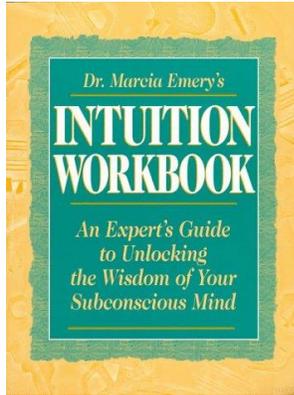


4. [Intuition: Soul-Guidance for Life's Decisions](#)

5. [A Little Bit of Intuition: An Introduction to Extrasensory Perception](#)



Dr. Marcia Emery's Intuition Workbook: An Expert's Guide to Unlocking the Wisdom of Your Subconscious Mind

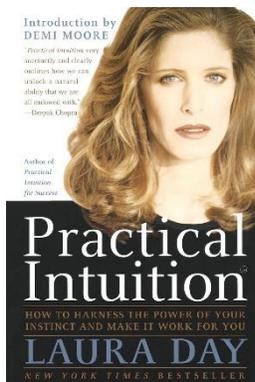


The strongest work in this area of intuition is Dr. Marsha Emery's "Intuition Workbook," an expert guide to unlocking the wisdom of your subconscious mind. The "Intuition Workbook" is a practical hands-on collection of exercises that can strengthen your intuitive muscle, enabling you to concentrate your mental energies, increase your receptivity to mental imagery, interpret those images, and allow solutions to proceed further through Joel Barker's Possibilities Cone.

In Dr. Emery's workbook, she quoted from Joel's video, Paradigm Pioneers:

A leader has to bet, and the bet is that the leader's intuition is active enough, informed enough, and perceptive enough that he or she can get the company safely and successfully through the business window of the future for every company and organization that will be the back of the 21st-century.

Practical Intuition: How to Harness the Power of Your Instinct and Make It Work for You



This is another classic on Intuition that's been a key reference for its connection to the Strategic Exploration Tools.