

## How to Develop Your Intuition

*“Intuition is a spiritual faculty and does not explain, but simply points the way.”*

*Florence Scovel Shinn*

God speaks to us all the time, but we sometimes fail to listen. He often speaks to us through our inner voice, known as your intuition. The more you listen to what he has to say, the more you will be guided toward living a life filled with great joy and peace. God has great plans for your life! The fact that you purchased this monograph shows that you are ready to develop your intuition fully. Good for you! This is one of the greatest gifts you can have.

How many people really listen to their inner voice? When you were a small child, your inner voice was loud and clear. While you were growing up, you may have been told, “No, that is not right; do not do that. What were you thinking? You should not feel that way.” After you get told enough times that what you were thinking and feeling is wrong, you learn not to trust your inner voice; therefore it gets buried. As the years go by, you lose touch with your intuition even more.

This is exactly what happened to me during my childhood. I was constantly being made wrong whenever I shared an intuitive thought, or any thought. I can still hear my father telling me to go out and play, rather than talk to me. By the age of five, I learned to bury my inner voice as much as possible. One year after my father passed away, when I was fifteen, my intuition automatically resurfaced. Perhaps it came to life since my father was no longer making me wrong for having an inner voice. At that time, I was clueless as

to why I knew things but could not explain how I knew them. It was not until my early twenties that I learned that my intuition was speaking to me and guiding me.

People often ignore their intuition because following it might mean having to change some aspect of their life that is not working. Change is scary for most people. Being happy in the end will be worth any changes you need to make. Trust your intuition and get ready to embrace peace and happiness unlike anything you have ever experienced in your life! The more you listen to your intuition, the louder it will become. The louder it becomes, the easier it will be to move through life with greater confidence. You cannot help but be confident when you know and trust that you are being perfectly guided on your journey. It would be great if God could instantly make your life wonderful. He does not work that way. He will provide you with wisdom and help you take action, as you do the work. Support yourself by listening to him as you take action toward creating inner peace, joy, and happiness.

How many times have you gotten yourself in a difficult situation because you did not listen to your inner voice? The consequences from not listening can have a negative impact on your life. Some of my patients have said, "I wish that I would have listened to my intuition. If I did, then I would never have gotten into this mess." It is easy to rationalize your inner voice, so that you can get what you want, rather than what is truly good for you. That mistake can be costly.

Mary saw all the red flags when she first started dating Fred. He was verbally and emotionally abusive. Fred often made sarcastic remarks that made Mary feel as though she could never do anything right. He was also very controlling and highly jealous

whenever Mary spoke to anyone of the opposite sex. Mary felt as though she were “walking on eggshells” even while Fred was courting her.

Before Mary started seeing me for counseling, she said that she clearly knew that Fred was not right for her. Instead of listening to her intuition, she married him. The marriage lasted for only six months. During the brief time that Mary was married, she got pregnant. Even though her son is a great blessing, Mary feels as though she is paying a heavy price for not listening to her intuition. She and her ex-husband are constantly at odds with each other. Mary states adamantly that her mistake taught her never to ignore her inner voice again.

*“Trust your hunches. They’re usually based  
on facts filed away just below the conscious level.”*

*Joyce Brothers*

Your intuition can literally save your life. Patty almost died a couple of years ago when her sodium levels fell drastically. Patty is health-conscious. She makes sure that she drinks plenty of water, eats well, and exercises regularly. She decided to change her diet to include foods very low in sodium. One month later, she was rushed to the hospital. She felt as though her body were going through some form of electric shock. She also experienced a panic attack for the first time in her life, which was the result of her extremely low sodium levels. She knew that something was terribly wrong and that she was either going to have a seizure or die if she did not get to a hospital. That was her intuition speaking to her loud and clear.