

Strengthening your Intuition

Intuition is connected to the feminine energy in ourselves. Giving yourself space to open up to it is the masculine energy. The way I see it intuition can be several things; it can be our soul communicating with us or someone else: a spirit guide, a Goddess or some other spiritual energy. What we call it doesn't matter, choose whatever feels best to you.

It isn't something that can be forced. Sometimes the harder we try the harder it gets to connect to it. Surrender and trust are key words in inviting intuitive communication into your life. There are things that you can do though to make it easier for you to open up to your intuition. Below are some questions you can work with as well as some exercises.

Sometimes it can be tricky knowing whether the information you receive comes from your intuition or your ego. There are several ways to check who's speaking but sometimes you just have to face the fact that you won't know. The more you practice the easier it gets, but I wouldn't say it's like riding a bicycle... I still, after doing this for years, have to check where the message is coming from at times.

The more often you follow your intuition the more you send signals to your nervous system that this is prioritized. This means that your nervous system will strengthen these pathways and that with time it will be easier to recognize your intuition.

How to know if the answer comes from intuition or the ego

The ego often uses a language that is more harsh, using words like "have to", "must", "should". The intuition is softer, more encouraging, empowering, but it can also be intensive, intensive joy, passion, like small children when they're all bubbly with joy. It sometimes comes with physical experiences like trembling, shaking, sweating, fear, buzzing in the ears, tunnel vision, crying, as if someone else is speaking through you.

We have **inner and outer filters** that enhance or hinder our ability to connect to our intuition. Inner filters are beliefs, how we talk to ourselves, how we prioritize, the decisions we make, conditioning, what emotional state we're in. Outer filters are the everyday noise (phone, news, social media, radio, TV, people, etc). Outer filters can also be the food we eat and how we move our bodies.



All food and physical movement or lack thereof that enhance stagnation also contribute to stagnation in the ability to connect to our intuition. The more healthy we eat (raw fruits and vegetables, unprocessed foods, diet low in sugar, refined foods, alcohol and dairy products) the more we open our intuitive channels. This said there is absolutely no reason for you not to enjoy that chocolate bar, ice cream or glass of wine, sometimes that is exactly what you need to raise your vibration and feel really good. This brings us to how emotional states can hinder or support our connection with intuition. If we're feeling depressed, angry, irritated it will be harder to hear our intuition. If we feel at peace, happy, joyful it will be easier.

Questions

Before you ask yourself these questions make sure you sit somewhere undisturbed for the amount of time you want to give it. Turn off the phone, music, anything else that will compete with your awareness. Take a few deep breaths, feel yourself sinking deeper into yourself, feeling fully the weight of your body. When you're going to answer the questions go with whatever comes up first. Sometimes the answer will come even before you've finished reading the question. This is your intuition speaking. Other times it will take longer.

- What filters, inner and outer are keeping me from connecting to my intuition?
- What beliefs do I have around how the intuition is supposed to communicate with me?
- What do I believe intuition is?
- What was I taught around following/acting upon intuition/rational thinking?
- How much space do I give myself to be in silence, without expecting anything from it? This is where we fine-tune our inner hearing ability

Practices

1. Energy clearing

- Ask a spiritual being to clear your whole being from anything that doesn't belong to you and everything that no longer serves you.
- Burn Palo Santo, sage or your own blend of herbs to clear the energy in and around you.
- Stand with feet hip width apart and start tapping your body from head to toes. Imagine you're clearing stuck energy. With your hands wisk away all the energy you've cleared. Finish by imagining you're energy field clear in a color that feels good, like a ball of light surrounding you.

2. Raising your emotional state

- Bring to your mind a memory that is joyful. Step into it as if it was happening right now, seeing it, hearing it, feeling it, smelling and tasting it. Notice the sensations in your body and relish in the experience.
- Dance to a song that you love.
- Shake your body in any way that feels good. Make sounds if that feels right.
- Go for a walk in nature.
- Watch a funny clip or something else you know inspires you.

3. There are many different ways through which we connect to our intuition. Some people hear things, some see, others sense energetically, some smell, some write, others simply know. Focus on the one that feels natural to you to begin with. Further on I would encourage you to connect to the one that scares you (if one or several do). This kind of fear is often related to events in past lives where we used these abilities and were somehow punished or abused for them, sometimes even killed. It is natural for this kind of fear to get in the way, it's how your body tries to protect you from stepping into the same situation again. Fear can also be related to this life if your caretakers or other people close to you discouraged or somehow made you believe having this ability was in some way negative.
 - Sit comfortably with your back straight. Imagine roots sprouting from your body and diving deep into mother earth. Imagine the top of your head opening up letting in light from the heavens.
 - Connect to your third eye, the area between your eyebrows; imagine an eye in this area opening and becoming larger and larger. Imagine yourself looking through this eye, seeing clearly what your intuition is communicating to you.
 - Imagine ears opening just outside your physical ears. Imagine that these new ears become larger, encompassing your physical ears. Notice how you listen through these ears, hearing what your intuition is communicating.
 - Connect to your physical body. Imagine another version of this body that is made up of pure energy. It looks like and has the same form as your physical body except that it's larger, it extends further out from your physical body. Imagine extending these energetic arms and feeling something that is outside your physical body. You can do this exercise with someone else. With your eyes closed ask them to hold forth objects that you feel into with your energetic body. Tell your friend what you think they're bringing forth. Let this be a fun game and see how many you guess correctly. Over time, if you do this on a regular basis, you might just find that your correct guesses will increase.
4. Go for a walk and let the intuition decide where you go. Ask the question "Where should I go?" Feel in which direction your body is drawn to and go there.
5. Connect with your intuition and ask the body what it wants to eat.

The intuition often speaks in various forms. It may come as an answer right away or it may take a while. It may come in the form of something someone says on TV, on an ad, something you see in nature, something someone says, a color you see someone wearing and the answer just dawns on you. It sometimes comes as an answer to a question you haven't consciously asked. Be prepared to receive answers you're not expecting. And most importantly, have fun with it! 😊

What to do with the answers?

Sometimes all we need is to become aware of something and the shift happens on it's own. We receive intuitive answers that are insights into problems we've been sitting with.

Other times the intuitive message is a call to action. Here the invitation is to either do it right away or schedule it. Our ego has a tendency to quickly come with objections which makes it harder to actually follow on the message the longer we wait. And if you don't do what you've been given? Don't worry, the universe is full of messages.

And remember, make this a fun game! As kids this was part of who we were and that's what we want to awaken 