

Intuition/Listening to Your Guidance

Intuition is like a "gut feeling" or a sense of knowing that comes from within you. It is an inner guidance system that helps you make decisions and navigate your life. It can be a subtle feeling or a strong sensation that you should pay attention to. The teachings encourage you to trust our intuition and use it as a tool to help you create the life you want.

Intuition is the ability to understand something immediately, without the need for conscious reasoning. It is a feeling or sense that arises from within, often felt in the gut or heart, and provides guidance or insight. It is considered to be a form of inner wisdom, or a connection to the divine or universal intelligence. Everyone has access to their intuition, but it may be blocked or obscured by limiting beliefs or external distractions. Developing and following your intuition is an important tool for navigating your life and making decisions that are in alignment with your true desires and purpose.

Intuition is often described as a deep sense of knowing or understanding something without the need for conscious reasoning. Intuition is a natural ability that everyone possesses, and it can be developed and strengthened through practice. Intuition is believed to come from a deeper level of consciousness, beyond the rational mind, and is often referred to as the "voice within." The teachings encourage you to trust your intuition and to use it as a guide for making decisions and navigating your life.

Listening to intuition is often described as listening to your guidance or inner guidance. It is the voice or feeling that comes from within, guiding you towards the right path or decision.

Intuition is inner guidance. It is a subtle feeling or a sense that you get that is often difficult to explain or rationalize. It is a deep knowing that comes from within and can be seen as a way in which the Universe communicates with you. When you are in tune with your intuition, you are more able to follow your path and make choices that are aligned with your higher purpose. Similarly, when you listen to guidance, you are able to receive messages and information from your higher self, the Universe, or other sources of wisdom that can help guide you in making decisions and taking action in your life. Both intuition and guidance can help you to navigate your life in a more purposeful and fulfilling way.

The best times to sense your intuition or guidance are when you are in a calm and relaxed state of mind. This can be achieved through meditation, mindfulness, or simply taking a break from daily activities and finding a quiet place to reflect. It's also important to pay attention to your physical sensations, as the body can often provide signals or feelings that guide you towards making the right decisions. Additionally, being open and receptive to your inner voice and trusting your instincts can help you tap into your intuition and receive guidance when you need it.

It is often said that your intuition or inner guidance is available to you at all times, but it can be more easily sensed when you are in a quiet or meditative state, or when you are engaged in an activity that brings you

joy and allows you to be fully present in the moment. Additionally, some people find that they are more receptive to intuition in the morning or in the evening, or when they are in nature. Ultimately, it is important to experiment and discover what works best for you in terms of accessing and following your intuition.

One additional point to note is that it's important to cultivate a sense of inner stillness or quietness in order to better sense your intuition and guidance. This can be done through practices such as meditation, mindfulness, spending time in nature, or simply taking a few deep breaths and tuning in to your inner self.