Stay Strong in You

Class Notes – Week 4

Cultivating Intuition

"The voice of our soul"

"Divine Guidance"

Intuition-

-A deep knowing that arises from within without conscious reasoning.

-Our internal GPS system

-A connection to our own highest authority

-The art of inner listening

Helps us to:

-Know what is right for us.

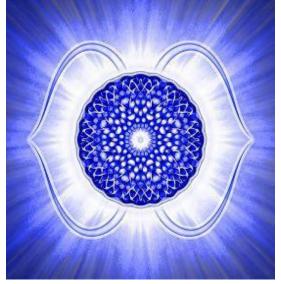
-Walk thru life moving in the correct direction: flow with the current

What is needed to strengthen Intuition:

-Stillness and silence

-Develop a neutral, meditative mind

- -Connect to the heart space
- -Talk less: listen more
- -Practices to open and clear chakras
- -Focus on the brow point/the 3^{rd} eye
- -A consistent daily practice
- Ponder questions: sit and wait for the answer to rise up from inside
- -Relax: stop trying to figure everything out



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