



4 Keys to Powerful Intuition

By Dawn Lianna

Hear Your Inner Voice
Increase your Potential
Learn to Trust Yourself Consistently

Hi there,

Thanks for signing up for my newsletter. Here is your article that brings forth Four of the Powerful Keys to Great Intuition. Your intuition is an amazing resource. It's right inside you waiting to be tapped more fully. No matter where you are on the scale of listening to your intuition, you can refine it further. Your intuition is your built-in inner guidance system. It is your daily compass that shows you which way to go in each area of your life. While it guides you forward, it also keeps you safe and out of harms way.

Each of us has the potential to hear, see, feel and sense our intuition through the day and night and to trust it consistently. Would you love to have really accurate, clear intuition and to follow through on all of your intuitive hits?

There are many things you can do to become more intuitive. I've included 4 tools in this article. I recommend that even advanced intuitives use them daily. These tools are grounding, clearing, understanding how your intuition works and learning about your own unique intuitive pattern. There are lots more tools available on my website and classes and this is a great get started guide.

Study and practice these tools in the order given and once you understand them, you will know which ones to focus on and use more frequently. It will only take a few minutes to do these exercises and the value received for these few minutes of clock time is golden. It is well worth the time to keep your energy clean and your intuition growing.

Key Number 1: Grounding

Grounding is ability to be present, to be attentive to the moment you are in and to fully show up. It's also a way to support your body and your energy field to being more connected to the earth. It's important because your intuition makes itself known to you when you are most present. Your intuition uses your body to communicate so you have to be there in your body to catch it. The goal is to bring all parts of yourself into this moment.

The Grounding Process

There are numerous ways to ground. You will discover which way works best and is easiest for you. Follow the general process outlined here. Get comfortable with it and then over time modify it so it's tailored to you.

You can ground with your eyes open or your eyes closed. Witness the thoughts, going through your mind and take a few deep breaths. Slow down and relax. Feel your body relaxing as you focus.

1. Imagine you are fully present in your body. Be right here, right now, right where you are. Set the intention to be magnetic to grounded and to access great, clear intuition.

Next imagine that you have roots of light growing from the

bottoms of your feet. One big taproot grows from each foot. Imagine that your roots go down into a friendly and loving earth and that as soon as they break through the surface or skin of the earth your roots are in immense source of sunlight. Imagine a third taproot coming out of the base of your spine going down into the earth. This creates three big roots of light and a stable tripod of energy. The deeper and broader your roots the more grounded you will feel.

2. Next imagine your aura, the energy field around you and imagine pulling it in nice and close to your body. We sensitive and intuitive beings have a tendency to spread our aura out far and wide. It's best to keep it close so it's protective of you. Then extend your aura down into the earth sun, extending your grounding to your whole aura and energy field.

3. After grounding into the clear earth with your strong roots, imagine that there is a beautiful sun about 3 - 10 feet over your head. This sun shines right down on you. Extend your head, your crown chakra right up into that sunlight above you like a funnel. Let the light of the sun come in through the crown of your head, filling your body and your aura with light. Then send your whole aura up and tuck it into that sun so that your whole being fills up with light. Now you are in a complete tube of light from the sun about you to the sun below you. Now you are all lit up, grounded and protected. You can add a sun to your heart as well if you wish.

You can stay in that light all day long. I recommend it. As you do, you will feel more refreshed and clear even at the end of the day. Imagine stepping into the future staying connected to the earth and your body. (You also find this grounding process on my website with a gorgeous picture of a beautiful tree to help you focus. [Here's the link.](#))

Key Number 2: Clear and Clean Your Energy

Clarity enables you to hear and sense your intuition and inner guidance. There are many ways to clear your energy and to get back to a deeper sense of yourself. Stepping outside, being in nature, taking a shower, meditation and listening to music are some popular ways.

Here is my favorite way to energy cleanse:

After you have grounded and created your Tube of Light, imagine there is a rainbow coming from the sun above you and that you are standing in rainbow rain. This can be drops of water or drops of light, washing you inside and out. A variation on this is to imagine a rainbow coming in through the top of your head, cleaning and clearing you and filling you with light and life. Whatever way works for you to keep yourself grounded and clear, use it and your intuition will increase.

Key Number 3: Discover How Your Intuition Works

Your intuition speaks to you through your five senses. It uses the inner side of each of your senses to communicate. It gives you pictures through your inner eye. It guides you through feelings and speaks through your inner auditory sense. It can give you messages through taste and smells.

In my classes and books, I teach you how to use your inner senses in detail. When you focus individually on each of these senses, you will learn a lot and be able to successfully gather much more intuitive information.

For now, I suggest spending one day this week focused on each of your inner senses. On stand-alone days put the focus of your

attention on your inner eye, another day on your intuitive feelings and gut instincts, another day your inner ears, and then another on tasting and smelling your intuition. After you have done this, put them all back together and focus a whole day on how they move through you as a whole, communicating with you on every breath.

Key Number 4: Uniqueness

Your intuition moves through your body in a way that is uniquely your own. It moves differently from how everyone else's intuition moves through their body. There is the common theme, that it uses your inner senses yet each of us has our own unique intuitive process.

It may move slowly or come in quickly in flashes of insight or downloads of information. How you receive your information is as unique to you as your own handwriting.

An Exercise to Uncover Your Unique Intuitive Pattern

1. Sit and relax. Take a few deep breaths.
2. As you drift inside, remember a time when your intuition served you well and you followed through on it with a good outcome.
3. Go back in time and slow the experience down.

Remember the experience in slow motion. Feel your body. Where do you feel the intuition moving? Review the entire experience with the focus on your feelings. Feel your decision point, when you decided to follow through. What did that feel like? Where did you feel that in your body?

4. Relax again and go through the experience with your focus on your eyes. Do you see any pictures? If you do, are they in color or black and white, movies or snapshots? Even if you have no

pictures there may be a black or blank movie screen. Make note of what you do see. Notice the decision point again from a visual perspective.

5. Relax and go through it again, focusing on your ears and listening. What kinds of silence or sounds were involved? Where did you hear it? If it was silent what was the quality of the silence. Were you listening with one or both ears?

6. What did you learn about how your intuition travels through you? Make notes below adding anything new you noticed each time you walk through the Uniqueness exercise until you can recognize your intuitive template easily.

Practice These Tools Daily as Many Times as you Want

I use these tools everyday and encourage you to do the same. I encourage my students to take a few minutes per day to develop these tools until they become second nature. They are safe and can be used with children, elders and energy sensitive people. In fact, it will help them.

I would love to hear your success stories, feedback and results. Please feel free to review this e-book on your blog or other online venues or to e-mail me dawnlia@yahoo.com

If you enjoyed this, you may want to visit my website and purchase one or more of my books or courses, where go a lot more deeply into this amazing topic of intuition.

About the Author:

Premier intuitive Dawn Lianna MA has been psychic since birth and her skills were enriched through training and 3 near death

experiences. She has a Masters Degree in counseling and is an NLP and Intuition Development trainer. She is the author of 5 books and 7 best-selling e-courses. She offers consultations and training internationally. Dawn is fun, loving, clear and supportive. Her work is effective. Her website is ww.intuitivecallings.co
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