



## **How Do I Develop My Intuition?**

That's a great question that many people are asking. There are some amazing tools available to help you develop your intuitive and psychic abilities. One of the challenges is that they are not so well known, as we didn't learn this in school. There are also some myths to dispel. In this mini EBook, I'll share with you some of the fundamentals that form the basis for understanding and developing your intuition.

It's important to know that your intuition comes from the source inside of you. Source is wise and loving and has your best interest at heart. It's your own inner voice guiding you toward the best choices and showing you the center of your path through life.

Your intuition is already accurate, clear and trustworthy. The challenge for each of us is to know this and listen carefully. Then it's important to clear ourselves and our issues, so they don't interfere with that accuracy. Recognizing that it is already trustworthy is beneficial and will help you to follow it in the moment.

## **Your Intuition Is Versatile**

It can help you in any area of your life. It guides you with decision-making and when you are at a crossroads. It can help you discern who to trust and which direction is best to go. It guides you toward safety and away from dangerous situations. It will help you navigate in love, with your finances, in pleasure, socially and in business.

## **Make a Decision to Trust and Follow your Intuition**

Make the decision to trust yourself. Once you convince your rational mind that you really want to follow it, ask your logic to work together with your intuition mind. Having already decided to trust yourself will help you in each moment and when doubt arises. The more you

trust yourself, the deeper the anchor to self trust becomes.

## **Taking Care of Your Energy Supports Your Intuition**

Your energy is precious. It needs clearing and cleaning just like your home and your body. When your energy is clear and strong it helps you access your intuition more readily.

You may already have many ways to take good care of yourself: Nutrition, rest, meditation, breathing, being in nature, exercise, mindfulness, music, quiet time, massage, loving friends and a balance of work and play. Hopefully you already have many aspects of self-care incorporated into your life. In addition, I encourage you to learn how to ground and clear your energy.

## **Grounding**

There is more to being present than just being in the here and now. Grounding is being in your body and then connecting your energy to the Earth. The benefits of grounding are many. When you connect to the Earth, you connect to its' power and its life force energizes you. Grounding helps you feel strong and alive. When you are grounded, you are more alert and can capture your intuition more frequently. Grounding is also protective because it helps you to discern your warning signs immediately.

People who are naturally grounded are present and focused. If you are athletic and/or physically active, you probably already have good grounding.

Here is a link to a grounding strategy that I've written up for you and loaded onto my website.

<http://www.intuitivecallings.com/2015/10/10/back-to-basics-grounding/>

## **Clear Your Energy**

Knowing how to clear your energy is equally important to grounding. There are many ways to do this and most of us weren't taught how.

Smudging is one way that's become better known in recent years. Here's a link to an exercise called the Rainbow Shower that will help you clear your energy.

<http://www.intuitivecallings.com/2015/11/03/5592-2/>

## **Your Intuitive Pattern**

Though every one of us has intuition and our intuitions have commonalities, the way your intuition communicates is as unique to you as your own handwriting. It moves through your body in a way that is just your own. One goal is to uncover how your intuition communicates to you, so you can recognize it more consistently. We want to be able to discern the difference between our head and our heart, our mind and our instincts. We want to know the difference between wishful thinking and a go forward signal. We need to know the difference between a fear and a warning sign. As you strengthen your intuition, your instantaneous recognition increases.

## **2 Basic Types of Intuitive Signals are Urges and Warnings**

### **1.) Urges**

An urge is a go forward signal that moves you toward something. It has a different signature than a warning. It is often a feeling of excitement or encouragement that comes when you think about something. It's an awareness that something is right for you.

### **2.) Warnings**

A warning is a signal that lets you know you are heading off track or that you are heading toward some kind of danger. It's different than being fearful. Warnings often give you time to adjust and change direction. Warnings have a different signature or feeling than a go forward or urge signal. They often have a foreboding feeling and a sense that you are going the wrong direction.

## **Knowing**

Knowing is a signal that comes with a feeling of certainty. Have you ever had the feeling that you just know? Many feel this experience is sacred and they get a sense of deep conviction as they move in a certain direction.

Here are a few examples: “I knew you were calling before I saw the caller ID.” “I knew which way to go.” “I knew which dog was mine when I went to the shelter.”

## **Downloads**

A download is when a whole bunch of information comes in all at once, quickly. I liken them to a zip file. You might receive a group of thoughts, a big feeling, a paragraph, an understanding of something, a group of words or images, a movie, a whole book or a complete invention all at once. When this happens, I have to slow down, go inside and discern the content or message. It can be a visual, auditory or kinesthetic download. It could be all of these together.

When I get a download, I suddenly have the feeling that I’ve received a whole lot of information at once. When I do, I must slow down to discern the download, a lot like opening a zip file. I find it helpful to take notes. I once received a whole book in a matter of seconds. Over the next few weeks the book revealed itself as I sat in meditation.

## **Mediumship and Channeling**

Many people get pure channeled messages from Spirit. This can come through a person, through yourself, or from your spirit guide. A medium is a person such as myself, who is capable of channeling in information from the other side. Your Spirit Guides can speak to you this way.

## **Billboards Friends and Other Written Communication**

Spirit uses means to communicate with us. I’ve seen things on

billboards and heard things on the radio that seemed like profound responses to something I'm thinking about. Try this with intention. Ask for an answer or signal to come somehow on a board, or through a friend or on the radio or TV and watch for the clues throughout the day.

## **Your Intuition Communicates Through Your Five Senses**

You have (at least) five outer senses and at least five inner senses. We call the intuition, the Sixth sense because it is your senses working together to deliver an intuitive message. All of our senses communicating simultaneously is also called synesthesia. It is sometimes helpful to understand these senses better and to pay attention to them individually one by one.

### **The Five Outer Senses**

You use your eyes to see, your ears to hear, your hands and body to touch, your nose to smell and your mouth to taste. You use these senses to navigate the world.

### **Your Five Inner Senses**

We also have five inner senses, which we use to navigate our inner world. Here are the terms commonly used to describe our inner intuitive senses.

### **Clairvoyance or Third Eye**

Clairvoyance is your ability to see with your mind's eye or third eye. Some of us think in images. Some people are vividly aware of these images and others are not. When you receive images they may come in color or black and white. They may be still frame snapshot or a movie. They may see up close or far away. They are huge variations within each of us and from person to person.

## **Everyone Can Visualize and See On the Inner!**

I've had some folks tell me they can't see on the inner. I actually believe that we all receive images and often times they go unnoticed or we don't recognize them. They can be subtle and fast and more like dream images than real life.

Try this! Picture your home. Make an image of the front door, open the door and imagine walking through the house to your bedroom. If you can imagine your home, you are creating an inner picture.

Remember what a dog looks like? Notice what kind of dog you thought of. Watch the dog move around. That is an inner picture. You know what a dog looks like. Visualizing is that easy!

Your third eye is centered in the middle of your forehead, not at the surface, but under the skin, deep in the center. When it is activated, you can see internally in all directions, front, back and sideways. You can see into the past, present and future. This energy center or chakra can be open or blocked. In classes we learn how to open it.

## **Clairsentience**

Clairsentience refers to internal feelings. We all have many feelings and the content changes from moment to moment. They range from love to hate, anger to joy, sadness to elation. We often look at the content of our feelings. I want to look further at the context of feelings. By this I mean, how the feelings move through your body, the intensity, the location and the energy.

For example, some people experience their intuition in the core of their body right down the midline. Some folks feel feelings in their head, some in their hands. Some follow their gut and some get a full body sensation.

Some feelings seem to have temperature. They may make us feel hot, warm or cold. Some feelings seem to have texture or seem hard or soft. Feelings move at different speeds and tempos: quickly, slowly, strong, weak or pulsating. All of these variations send a message to you from your intuition.

We have feelings of excitement when moving toward something good and feelings of dread when we receive a warning. We know what someone else is feeling through empathy and we have feelings of compassion toward others when they are suffering.

We are most comfortable with this aspect of our intuition if we have been encouraged to feel. If we have blocked our feelings for any reason, then it's harder to receive this aspect of our intuition.

### **Auditory: Clairaudience**

Clairaudience is your inner voice. Your inner voice may use words, thoughts, music, volume, tone, beeps, gongs, bells, whistles or silence to communicate with you.

It's really great to pay attention to where you hear as well. Some people hear in the right ear, some in the left ear and some hear in the middle of their head. Many find themselves listening and hearing with their heart or their whole body. There is not right or wrong answer. This is unique to your own being.

### **Inner Olfactory or Inner Smell**

This is your ability to receive inner smells. Inner smells are similar to remembered smells. Remember the smell of popcorn? That is a remembered smell. It is a subtle sense yet you recognize it. When your intuition is communicating through smell you might use one of these expressions: Follow your nose! Something smells fishy! Follow the smell of money.

### **Inner Gustatory or Taste**

Similar to inner smells are inner tastes. They are like remembered tastes. Remember the taste of popcorn? Have you heard these expressions? I don't like the taste of that or I could almost taste the money. Some people actually experience a visceral change in their mouth. In addition to a taste, some people notice their mouth getting

dry and thirsty or moist and full of saliva.

## **Habits to Practice for 30 Days**

Experts say it takes 30 days to change a habit.

### **For the next 30 days:**

1. Become more aware that your intuition is always trustworthy unless there is interference.
2. Decide to trust yourself.
3. Pay attention to your urges and warning signs. Notice they have a different signature.
4. Discover how your intuition communicates. What is its pattern in your body?
5. Pay attention specifically to any inner pictures, feelings, sounds, tastes and smells.
6. When you get an intuitive hit or you are wondering what your intuition is saying, shift your sensory focus. Stop to smell and taste the situation. Notice how each individual sense can give you additional information.
7. Read my blog or take a class for a lot more tools to support you.
8. Email me with your questions at [dawnlia@yahoo.com](mailto:dawnlia@yahoo.com). I'd love to hear from you.

## **ADDITIONAL RESOURCES**

**Keys to Effective Communication: Dawn's Best Selling University Course through [www.Ed2go.com](http://www.Ed2go.com)**

**Dawn's Best Selling E-Courses at [www.dailyom.com](http://www.dailyom.com)**

**A Year of Angels in Your Inbox (A#1 best seller)**

**Contact Your Angels for Empowerment through Daily Om.**

**Bring on Miracles with the Archangels**

**Create Wealth with Feng Shui**

**Develop Powerful Intuition**

**Dawn's Webinars Offered Internationally by Webinar**  
**How Do You Develop Your Intuition: Beg. Int. and Adv.**  
**Cracking the Prosperity Code - Develop Powerful Beliefs**  
**Contact Your Guides and Angels Online Course**

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