

Tapping Into Your Intuition

Every one of us has a voice inside us that offers us direction. Sometimes the voice is loud (such as when it's screaming "Turn the other way" when you see someone suspicious on the street at night) and sometimes it is quiet (such as when you feel a twinge of disbelief about something a friend just told you). Our intuition is there to guide us, protect us, and serve us. Yet many of us do not listen to our intuition because we don't know how or because we don't trust our inner voices—or both. In my book, **Quantum Love**, I discuss lots of ways of tapping into your intuition. You can even take the intuition quiz there.

Here are a few other ways you can learn to listen to your intuition:

- 1) Examine your beliefs about the world. How do you view the world? Do you think of it as a scary or unsafe place? Where do those beliefs come from? Can you examine the truthfulness of some of those ideas and then release ones that no longer serve you?
- 2) Be willing to be proven wrong. Listen to your intuition but don't cling on to your opinions and beliefs even in the face of other evidence. Be willing to be wrong. Be willing to challenge your ideas.
- 3) Meditate. Meditation is a powerful way to get in tune with your inner self.
- 4) Journal. Journaling is another great way to get to the "heart of the matter" and figure out what your gut is really trying to tell you.
- 5) Accept that the answer might be no answer at all. Sometimes we don't get to know everything right away. If you are looking for a gut feeling about something, but none is arising, it could be that this is not your time to know. Be patient with the unanswered questions in your life. Love the mystery.