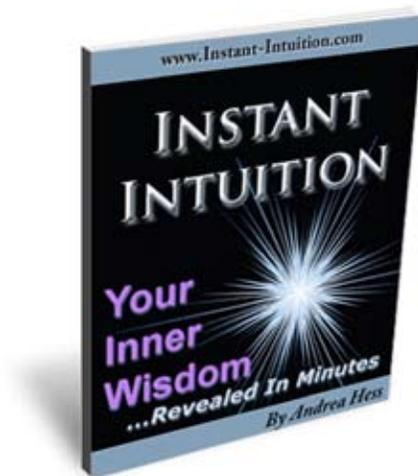


INSTANT INTUITION

by Andrea Hess



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What is intuition and can I really learn how to use it?

I'll give you the good news right up front. Intuition is natural. Intuition is also something you can learn to access on demand, to whatever degree you are willing to invest yourself in the process. If you are willing to take the time and make an effort, you can even learn how to give professional intuitive readings to others! But - your level of accuracy and comfort when it comes to your intuition will always depend on you. Intuition is a skill that you develop through practice!

Here's why you are most definitely intuitive. Intuition is communication from your Higher Self. Your Higher Self is your Soul self, the most infinite, ancient part of you that transcends time and space. It is your truest Self – after all, you incarnated so that your Soul could express itself into this physical lifetime.

If you have a Soul – and you most certainly do! – then you are also intuitive. Most people regard their Soul a bit like their appendix – they know they have one, but don't really know what the heck it does! Your Soul, however, is an incredible source of information. It transcends time, so it has a lot of information to offer about the outcomes of your choices. It knows your “lesson plan” for this lifetime, and will always direct you to your path of greatest growth and learning. When you express your Higher Self into this lifetime, you experience a very high level of fulfillment, joy, and ease of manifestation. So is it a good idea to work on consciously receiving information from your Soul? Absolutely. And that's exactly what cultivating your intuition is all about!

You already use your intuition, every single day. Most people have no conscious recognition of how intensely and constantly our Soul interacts with us. Much of our “personality” is actually shaped by the characteristics of our Higher Self. We also receive intuitive information all the time. Have you ever had a great idea spontaneously come to you when you were relaxed and not thinking about anything in particular? This often happens to people when they are in the shower, or driving home from work. Or have you ever had an impulse to call someone – only to find out that they were meaning to call you just a few hours earlier?

It's always fascinating to me how most people have intuitive or even psychic experiences that they don't necessarily talk about, even with those closest to them. They'll tell me, of course – as a professional intuitive, I'm a sure bet for not thinking that any of their unusual experiences are “crazy” or that they are “losing their mind.” So if you've had intuitive insights come to you, please know that you are not alone. You are not “nuts.” We all have a Soul, and our Soul communicates with us. Often, it gives us information that our mind couldn't possibly have come up with. Intuition is a normal, natural part of life, and is designed to be an absolutely amazing resource that makes our lives easier. This report is all about bringing the intuitive process forward into your consciousness, so that you can use this resource on demand. So let's dive in and learn how to cultivate the wisdom and knowledge of our Soul!

Intuition takes practice

Intuition is perfectly natural. You have innate intuitive abilities that you can cultivate to a pretty amazing degree, should you choose to do so. But until now, your mind has been running your life through reason and logic. You're switching “operating systems” when you start working with your intuition. The mind is asked to take a back seat, to trust the nudges and hints and whispers of information it does not necessarily consider “reasonable.” And you know what the mind will do? It will object – loudly! The mind wants to

stay in charge. And who can blame it? After all, it's been doing a fine job until now! You're most likely clothed, fed, and sheltered, right? The mind is merely trying to keep you safe within what it knows. It really isn't all that interested in spiritual growth and personal evolution. It is interested in safety, and in its own survival.

A few favorite tricks of the mind include forgetfulness, procrastination, and distraction. Do not be surprised if you "forget" to practice using your intuition. You may even forget that intuition exists at all! And if you do remember, your mind will tell you to practice your intuitive development later or tomorrow, to just do what you've always done for now because it's easier and safer. When you receive intuitive information, your mind will usually tell you that action can wait until tomorrow, because you don't have time right now. Or – here's one of my favorites – you'll follow an intuitive instinct and suddenly get very, very sleepy or unfocused in the middle of your task. Your mind will pull you away from what you are doing in an effort to maintain control.

Another favorite trick of the mind is to put your attention on any possible drama that may be happening in your life or in the lives of your loved ones. You may have been listening and acting on your intuition for a week or so – and suddenly high drama seems to break loose. Everyone needs your time and attention. All kinds of projects around the house suddenly become

urgent. You don't have time for your intuition right now! This is an elaborate illusion created by your mind. It brings all kinds of issues and problems front and center into your perception, in a way that is hard to ignore. Suddenly, you become too busy to work on your intuitive development – the mind has won the battle! In reality, of course, your intuition can assist you in solving any issue or problem quickly, efficiently, and in the highest good of all. The busier and more stressed out we are, the more important it becomes to call upon our intuition for assistance.

It takes diligent practice to override the old mental “operating system” and allow your Higher Self's wisdom and guidance to play a deciding role in your life. It's not difficult. Practicing intuition presents no struggle. It just requires your attention and perseverance. Are you ready to jump in?

The Four Elements of Intuitive Development

There are four main elements to developing your intuition. The first is asking for information. The second element is receiving the information you asked for. The third, and perhaps most important, is **ACTING** on the information received. The fourth and final element is witnessing the results of your intuitively guided actions.

Ask, Ask, Ask

Let's start with the first element of intuitive development – asking for information. You might wonder why we have to ask for anything at all. After all, doesn't our Higher Self know what we need and when we need it? Yes, it does. At the same time, however, it cannot interfere with our free will.

You see, when we incarnate, our third-dimensional aspect gets all the power of free will, so it can make choices and learn from their consequences. We make our choices here, in this physical world, and this is also where we experience the consequences of our choices. That's the giant "school" we've all agreed to be a part of when we came into this lifetime. Our Higher Self cannot interfere in that process – it can only help, and only if we ASK.

We actually ask our Higher Self for assistance a lot. Have you ever found yourself thinking "I only wish I knew" or "I wonder what the point of all this was" or "What's my next step in this situation?" We may think we're "talking" to ourselves inside our heads. A lot of these internal thought processes, however, are actually directed at our Higher Self. And our Higher Self always responds.

This process of asking for and receiving information is going on within us all the time. But this report is about making the intuitive process conscious. Therefore, we need to start by consciously asking for the information we want. There's a few advantages to consciously asking for information. First of all, when we ask consciously, we have to be very clear about what we want. Formulating a question forces us to clarify our intent – for the information we wish to receive, but also for life in general! The clearer our intent, the more effectively our Higher Self can give us assistance and guidance.

The second reason for conscious asking is that we stand far more of a chance of recognizing intuitive information when it arrives! After all, if you're not sure of the question, can you be sure you received an answer? Of course not. So, we ask for assistance with a lot of mindfulness, and that way we will also recognize the answer to our request when it comes.

What can we ask for? Anything! Oddly enough, people get stuck right here. Lots of clients tell me they don't know what to ask for. It's another one of those pesky resistance mechanisms the mind uses to stay in control. If you're stuck on what to ask, take a deep breath, have a look at your upcoming day, and use your imagination to playfully explore where you might need a little assistance. The opportunities are endless. Here are a few examples:

1. Ask for inspiration. Do you need to think of a great name for a new business venture or product? Do you need to write an eloquent letter to a prospective employer? Do you need a good idea for your wife's birthday present? These are all things you can ask for. I never write anything (including this report!) without asking for inspiration. It makes the entire process easier and more efficient.

2. Ask for solutions. Is there a conflict with someone that you don't know how to resolve? Are you in a time crunch and don't know how you're going to fit in all the appointments you need to make? Are you trying to decide which contractor to hire for your new home improvement project? If you are in a dilemma or don't know how to resolve a problem, ask your Higher Self to make the solution available to you.

3. Ask for next steps. We all get overwhelmed with long to-do lists, or huge projects we need to tackle. If you have no idea what step to take next, ask your Higher Self to direct you. You can ask for the next immediate steps towards your goals to be revealed.

4. Ask for resources. Sometimes we get thoroughly stuck in a project or venture and don't even know where to turn next. Ask for the resources you need to come to your attention. This ventures a little bit into the realm

of manifesting, but you would be surprised with how easily the people and resources you need can show up in your life when you ask for them.

These are just a few examples of the kinds of things we can ask for. Ask for assistance around every day issues and problems. You are not “bothering” your Higher Self. No topic is too mundane or ordinary. Life is made up of a vast series of seemingly insignificant moments. Your intuition is there for you in every moment, every day, to make your life easier.

One of the biggest mistakes people make is only calling upon their intuition when they are confronted with life’s big dilemmas. When it comes to emotionally volatile situations such as when a relationship or career comes to an end, we usually don’t have the mental clarity to accurately receive intuitive information – unless we’ve been practicing and working with our intuition in every day life situations for a while. So don’t wait for a critical situation to arise. The time to begin practicing is now.

How to Ask

Lots of clients I speak with wonder how to ask for intuitive guidance. First of all, there’s no need to be formal with your Higher Self. It’s just a part of you – actually, it IS you! You talk to yourself inside your head all day long,

right? Now you're just going to address your Higher Self. "Hey, Higher Self, I really have no idea how to handle this meeting. I'm stuck between doing what my boss expects and what my client wants and I don't know how to make everyone happy. How about you inspire me with a solution that satisfies everyone's needs, including my own. Thanks a bunch!" It's really that simple!

There are only a few rules to this process:

1. Address your Higher Self specifically. Otherwise, your subconscious mind may think it is supposed to supply the information, and we don't want that. Your subconscious is the most conditioned part of you, and its natural reaction to any appeal for assistance is to do what it has always done.
2. Say "thank you." It's not because you're going to hurt your Higher Self's feelings otherwise! Saying "thank you" is an affirmation that your request has already been completed. If you want to get a bit more ritualistic about it, you can repeat "thank you" three times – that's my personal habit. I also often add "And so it is" or "It is done" to my requests for assistance.
3. Don't ask for assistance more than once. Imagine if your best friend called you up and asked you for a favor. You agree and start acting on your

friend's behalf. But now your friend keeps calling and asking for the same favor every ten minutes. Now, we would probably, in our very human way, get highly annoyed at our friend. Luckily, our Higher Self has infinite patience. But now imagine if you had done the favor, but your friend is still busy asking ... so busy that she never actually receives the results of your efforts, because she assumes you haven't yet completed her request. Receiving is a big part of using your intuition. If you're asking and asking and asking, you are effectively affirming that your request has not been met yet. It makes you completely closed to receiving what you're asking for. So ask once, and consider it done.

4. Here is the most important rule: Never, ever, under any circumstances, use the word "should." As in "Dear Higher Self, *should* I take this business trip or not?" Here's the thing. The word "should" implies an external authority, that someone else is telling you what to do. But you are and always will be 100% responsible for all of your choices. Remember, your Higher Self is your own spiritual aspect. It will never, ever take the ability to make choices away from your third-dimensional Self. It will suggest, give you hints, nudges and little signs that all translate to very clear information about your highest path. But the choice to take action is always the domain of the conscious mind. Therefore, this idea that you "should" do one thing or the other is completely outside of your Higher Self's area of expertise. Your subcon-

scious, on the other hand, is happy to tell you what you “should” do based on your social conditioning. Your mind is also very happy to tell you what you “should” do based on reason and logic. So, if you ask a question containing the word “should,” those questions will be answered by your subconscious or your conscious mind. That’s not what we’re after. Instead, ask what aligns with your highest good. Or ask which choice aligns more with the outcome you have in mind. But don’t “should” your Higher Self.

5. Don’t expect an answer right away. Just consider your request taken care of, and go about your business. We’ll talk about how to receive intuitive information in the next section of this report.

Action Steps: Begin asking for assistance from your Higher Self at least once a day. Keep a journal of your requests by your bed - when you keep track of what you’re asking, it’s easier to recognize the answers when they come. Tape little notes reminding you to “Ask!” to your computer monitor or the steering wheel of your car, to you remember to ask for what you want. The mind will usually try to figure things out by itself, instead of asking for assistance - so we have to remind ourselves that our intuition is a constantly available resource.

Keep in mind that nothing is too small or insignificant to become a request. If you need your Higher Self's assistance to get your kids to daycare on time because you have an early meeting – ask! Remember that your Higher Self cannot act or intervene on your behalf unless you give it the green light by asking.

Receiving Intuitive Information

Let me set appropriate expectations up front, or you're bound to be very disappointed. The heavens will not open. Angels will not sing. A loud, booming voice will not descend from the sky. You will not have overwhelming visions. You will not be removed from your ordinary perception of reality into a surreal, dream-like realm where all your questions will be answered. That would be nice, but it just doesn't happen that way.

In reality, intuition is highly subtle. Why, you might ask, can't our Higher Self just smack us upside the head with what we need to know in a clear and unmistakable manner? It's that whole pesky "free will" thing. Remember how I said your third-dimensional aspect is 100% responsible for all your own choices?

Now imagine if a big booming voice did descend from heaven to tell you exactly what to do. Would you do it? Absolutely! You'd be crazy not to – after all, this would be an overwhelming, mystical event that you couldn't possibly ignore. Which means it would also interfere with your free will. Your choices would no longer be made at the conscious level – your Higher Self would make your choices for you. Unfortunately, it can't do that. You have to make your own choices here, at the third-dimensional conscious level – because that's also where you're going to experience the consequences of those choices, for better or worse. The power and responsibility of choice lies within your conscious mind. Your Higher Self can help, but it can't do your job on your behalf. That would defeat the entire purpose of incarnating to begin with.

So how does intuitive information come to us? As a whisper, a nudge, a vague notion that wafts through your mind and is easily forgotten. Intuition is, above all things, subtle. It doesn't insist on its way. It's a suggestion, take it or leave it. It is incredibly easy to ignore. Which is why we have to pay close attention, or we might miss it!

Intuitive information comes to us most easily when our mind is relaxed and only half-focused on a routine task. Have you ever noticed that your best ideas come to you in the shower or on your drive to work, while you're going

for a walk or working out? Those are exactly the times when your mind is relaxed and receptive! A lot of my clients also report that they receive intuitive information when they are doing household chores or yard work. So developing your intuition may also lead to a very clean house or yard!

Intuitive information most often comes in as a *non-compelling* thought or idea when you are in a relaxed mental state. This is important! You will not feel even the slightest compulsion to take immediate action on intuitive information! Remember that intuition cannot compel you, because that would interfere with your free will. You will not feel any urgency when intuitive information presents itself. You will not feel a sense of importance, even. Intuitive inspiration is the kind of thought that comes to you, and if you're not careful, you forget it five minutes later as your mind gets busy thinking, thinking, thinking.

The good news is that intuition is not a one-shot deal. Our Higher Self doesn't give us only one single chance to receive its wisdom. Our Higher Self is infinitely patient with us, and lets us know our highest good over and over and over again. The same information will waft through our consciousness repeatedly, sometimes in slightly different ways. This is why a lot of my clients will tell me things like: "You know, I've always wanted to ..." or "This business idea keeps popping up in my head." And yet, they've never taken action on

these recurring notions, because they are simply not compelling.

It is a very good idea to have a notepad and pen to capture these odd, suggestive ideas. I know some clients who have a digital voice recorder in their car because they receive a lot of intuitive impulses when they are driving. If all your best ideas come to you in the shower, have a way to record these intuitive nudges right after you towel off! Working out or going for walks also puts many people into the relaxed mental state ideal for receiving intuitive information. Again, having a way to record the ideas you have at the gym is a great habit to develop.

Action Step: Make a note of the recurring ideas you've had – either recently or long-term. What's been on your mind for the past few weeks or months? Is there something you've "always" meant to do? Have you had the impulse to try something new repeatedly over the week or so? That's your intuition talking!

Action Step: Think about the times in your daily or weekly schedule during which you enter into a relaxed mental state while performing a routine task. Organize yourself so that you have ways of recording your ideas and thoughts during or immediately after these events. Put a notebook in your car, for example. Jot down any ideas or meaningful thoughts that come to

you during these times – especially if you feel no urgency to act on these.

I just recently received the repeated internal nudge to create a vision board for 2009. It nagged at me for about two weeks. I'm not a very visual person, and I've always written my intentions out rather than using pictures. To be honest, I really didn't feel like making a vision board – I'd have to go and buy a bunch of magazines and craft supplies ... the whole thing seemed like more of a project than I wanted to get into. Notice how my conscious mind was making all kinds of excuses NOT to make a vision board? "Buying magazines can add up and be costly, I don't know what magazines to buy, I don't have the time, all that paper will make a mess, I could just write things out, bla bla bla." Needless to say, I made my vision board. It was a wonderful experience that boosted my motivation and productivity towards quite unanticipated results. Our Higher Self always knows what's good for us, even if our mind doesn't agree.

Intuitive information also comes to us through life "themes." I'll give you an example. For a week, absolutely everything was taking longer than I wanted. I have never gotten stuck in traffic, held up in check-out lines, or had so many clients and appointments running late in a single week! I'm not a very patient person, so for a few days I felt like I was banging my head against an invisible wall ... until I got the message. I needed to slow down and take my

time. Doing more was not going to yield better results. I relaxed and focused on each task at hand, and ended up having a very successful and productive work week without driving myself crazy.

Another good example of a recurring theme was when I kept running out of batteries. Several of my little daughter's toys all ended up with dead batteries in the same week. My digital recorder with which I record my personal sessions ran out of batteries, too. And then my car battery died, leaving me stranded for a few hours! While I did take care of getting a new car battery, I kept forgetting to buy new batteries at the store. My daughter played with different toys, and I used my desktop computer to record my client sessions. The message here? I was in a situation that I could not simply "power through." I had to work around the perceived obstacle for a while until it simply ceased to be an issue. Then I could go back to my usual ways of getting things accomplished. So I stopped working so hard to resolve my situation and simply flowed with the natural pace of my life for a few days. Within a week, everything was back to "full speed ahead."

What's been happening over and over in your life lately? Do you keep running out of household essentials, like bread and toilet paper? Maybe you are ignoring or avoiding some fundamental issues or needs in your own life. Have a lot of people been letting you down lately? Maybe you're not keeping

your promises to yourself.

There's no "wrong" way to interpret the events in your life. You are attracting them for a reason – to tell yourself something. You are not going to make this process hard on yourself. Most likely, the first explanation that leaps to mind is the "right" one.

Another subtle way that intuition will speak to you is in the advice you give to others! Listen closely to the words of wisdom coming out of your mouth for a few days. Often, you'll find that you are dishing out the very advice that you yourself need. Why does this happen? When we have an issue or problem, we tend to attract a like resonance ... people with a similar issue or problem, at least energetically speaking. Life works like a mirror, informing us about ourselves. Often, when we find ourselves giving advice, our Higher Self is actually providing us with insight to our own issues.

Action Step: Keep a journal of events and thoughts that have "shown up" in your life – anything about your day that seems meaningful or stands out to you. There's no "wrong" way to do this journaling exercise. You may find that themes emerge over the course of a few days or a week.

How to Tell Intuition from Imagination

This is the biggest question most people seem to have. We want to absolutely KNOW our Higher Self is giving us information, that we're not just making it up. Here are just a few very powerful ways the two differ from each other.

1. Your Higher Self will make gentle suggestions. Remember, we said that intuition is non-compelling and won't interfere with free will. The impulse will arise and you won't feel the need to do a thing with it. Your mind, on the other hand, has an agenda! It wants you to do something, to achieve a goal, preferably as soon as possible. The mind will try to compel you. Your Higher Self, on the other hand, is just going to nudge you in the right direction. So, if you find that information comes into your head with urgency and an agenda, it's most likely your mind talking.

2. Your mind will tell you "why" you should do something. It will try to reason with you and convince you that this is the right course of action. Your Higher Self, on the other hand, will offer no explanation for its suggestions. It will not give you a reason why. So if you find a long and drawn-out reasoning process going on inside your head, that's your mind talking.

3. Your Higher Self will never “should” you. Like I mentioned earlier, “should” doesn’t exist in the spiritual realm. There is only free will and free choice. Your mind, on the other hand, uses the word “should” all the time. So if a thought surfaces that tells you “You really should go call this person!” then that’s most likely your mind talking. On the other hand, if the thought of a person just drifts through your head without any urgency or agenda, your Higher Self might be giving you a nudge.

4. The insight and wisdom of your Higher Self will encourage you to step outside of your comfort zone. This probably creates more resistance in your conscious mind than any other aspect of intuitive development. Think about it – if you do what you’ve always done, you get what you’ve always gotten! Your Higher Self’s agenda is growth, evolution, and expansion. Of course intuitive information will tell you to do something different than what you are doing now! I’ve never, ever done a reading for a client where they’ve been told to just keep doing what they’re already doing. Most of the time, the information they receive pushes their buttons and takes them outside of what is comfortable. Growth only occurs on the edge of our comfort zone – that’s how we expand in this life. So if the information you receive makes you feel unsure and uncomfortable, as if you’re going to have to take a leap or really put yourself “out there” – then that information is most likely coming from your Higher Self.

With a little careful attention, you will over time come to recognize the subtle impulses of your Higher Self. You will also know when it's just your mind voicing its opinions. The two are subtly but distinctly different from each other.

Action Step: Sit down for five minutes and pay attention to your thoughts. Just listen to the way your mind talks to you. Focus on the tone and quality of the mental chatter. Your Higher Self will communicate with you in a way that's entirely unlike the way your mind talks to you!

Action – Where the Rubber Meets the Road

You're asking for guidance and paying close attention to the non-urgent thoughts whispering through your mind, the life themes that are occurring, and the conversations you're having with other people.

You might be wondering if that idea you've noticed spooking around in your head is indeed guidance from your Higher Self. You might be considering taking action ... but how can you be sure that this guidance is, in fact, actual intuitive guidance? What if you're just imagining things? And how do you know that this idea will work out to your advantage? How do you know

you're not just getting yourself into a ton of responsibility and difficulty that you'd rather avoid? You don't!

Intuitive guidance does not come with a 30-Day-Satisfaction-Or-Your-Money-Back guarantee. You will *not know* where guidance will lead you. You will try to guess. Your mind will attach meaning and purpose, that's for sure! But in the end, you will not know where guidance is leading you - unless you take action.

You can hem and haw and “what if” yourself all you want, but your Higher Self is not going to lay out all the details of how choice and consequence will unfold. Your Higher Self will nudge you into action. It's not going to show you the direct results of your action IF you take action. You do not get a guarantee. This system of learning through choice followed by consequence that we have here in this dimension would be rendered completely useless if you “knew” exactly what was going to happen as a result of taking intuitively guided action.

Generally, the intuitive/mind conversation goes a bit like this:

Higher Self: “Starting a blog might be fun.”

Mind: “That sounds like too much work. I don't know anything about blog-

ging.”

Higher Self: “Starting a blog might be nice.” Two days later, you meet someone who has a blog.

Mind: “Well, that’s fine and good for them – but they know what they are doing. Obviously, I don’t, and I don’t have time to research it.”

Higher Self: Sends you someone who is just starting a blog who is excited and willing to share information.

Mind: “But then I’d have to write something weekly. What if I don’t know what to say?”

Higher Self: Gives you three different ideas for article while you’re showering in the morning.

Mind: “I could never make real money writing a blog.”

Higher Self: Sends you to an article on blogs that generate a six-figure income while you’re surfing the Web.

Mind: “Well, that’s what a good writer can accomplish. I’m probably not that good a writer.”

Higher Self: “Starting a blog might be a good idea.”

Do you see how the mind is looking for a guarantee? Your mind wants to *know* that you will figure out how to set up and maintain a blog, that you will have time for your new blog, that you will know how to generate fresh content, AND that you will eventually profit from your venture. Your mind wants

to know all of this up front, before taking any action at all. But the fact is that we never know the outcomes of our action, unless we take that very first action step.

I know clients who have had these ongoing conversations between their Higher Self and their egoic minds for SEVENTEEN YEARS before they took action. That's a long, long time to spend arguing with the wisest part of you! My general response is: "What are you waiting for – a written invitation from the Universe?" Guess what – we never, ever get one! So just recognize that you will have to take a leap of faith eventually, and just do it! Just take one little action based on intuitive guidance. It doesn't have to involve financial risk or big life changes. We're talking about one itty bitty little step. Once you take one step forward, the next one generally reveals itself.

I know those first few leaps of faith are the most difficult ones. But the only way to build intuitive confidence – the ONLY way – is to take action on the guidance you receive. Remember that intuitive information often takes us outside of our comfort zone. This can make taking action seem riskier, and create more resistance in our conscious mind. There is no way around this. Don't wait for a guarantee. You'll wait forever.

Our Higher Self also cannot do anything for us without our conscious participation. If you're asking for a new career, don't expect one to simply drop into your lap. You may still have to look through job listings, submit your resume, and go to interviews. Your Higher Self is a source of information. It is not going to swoop into your life and "fix" things. Perhaps you've heard the joke about the man who prays every day, asking God to please, please, please let him win the lottery. Finally, one day, the voice of God answers him and says: "Buy a ticket!" We have to take action on our own behalf, or our intuition remains useless.

Action Steps: Take at least one small action every single day based on your intuitive impulses. If you have a great business idea, do a little more research about it. If you've asked for a resource and you've met someone who's offered to help you with a project – call them! If three people have recommended the same book to you over the last month, buy it and read it. Record all of your intuitively guided actions in a journal.

If you're asking for information, noticing the guidance that comes into your life, and have even started taking action, you may feel pretty good about using your intuition right about now. But there's still one step that remains: witnessing the outcomes of your intuitively guided actions.

Being the Witness

This may not sound like the most exciting step in the process, but this is actually where the magic happens. You've asked. You've received guidance. You've taken action. Now it's time to witness the outcome.

Your mind is going to try and get in the way of this process! The mind tends to take intuitive information and immediately attach a reason and a result. Let's say that a particular bookstore keeps popping up in your mind. You decide that your Higher Self is telling you to go to this bookstore. You're willing to take action, so off you go. On the way there, your mind starts talking. "I bet I'm going to meet someone who is going to help me in my career in the bookstore. Maybe I'll even meet that special someone I've been trying to manifest into my life. This bookstore visit is going to change my life, I just know it!" Your mind is creating all kinds of grandiose possible outcomes. By the time you get to the bookstore, you are full of excitement. You go in and start wandering around, looking for that very special person you just know you're here to meet. No-one catches your eye. No-one speaks to you. You browse for a while, then leave, disappointed that your "intuition" has led you astray.

Two days later, a friend of yours invites you to a lecture at the same bookstore. You go with her, and end up signing up for a book club meeting at the store. Two months later, you meet your special someone – the friend of one of your book club members. By now, you may have completely forgotten about your initial, “wrong” intuitive impulse.

Your impulse, of course, was not wrong at all. Your mind just gave it a faulty interpretation. Our mind is very quick to jump in and attach meaning and reason to an intuitive impulse. The first time you went to the bookstore, you would have noticed the sign-ups for the book club if you hadn't been so busy looking for a person!

We do not truly know the outcome of an intuitive nudge until we have the clarity and benefit of hindsight. This is why the attitude of witnessing is so very important! We want to pay attention, to notice and observe without having already decided where an intuitive impulse will lead. Once our mind is “made up,” our perceptions shrink. We begin limiting our own possibilities.

When we receive an intuitive nudge, the mind will immediately ask “Why? What's this about? Where will it lead?” And because our Higher Self is unable to give us the answer, the mind will make up its own reasons. A very good habit to develop when the mind begins spinning it's “why's” is to answer

“I don’t know.” Live in the uncertainty. It’s okay to take action without having a good reason for that action. Give yourself that permission, even if you feel a little foolish at first. You feel guided to do something – just do it. Don’t attach an outcome. Witness the unfolding of events, and you’ll find that small actions yield absolute miracles.

Sometimes it can take months for the course of action and consequence to unfold sufficiently for us to be able to witness the true power of our Higher Self. Often, however, it takes only a few days or weeks ... if we are paying attention and are willing to witness events unfolding. If we are willing to put our egoic attachments on hold for a little bit and just show up as we are guided, we may find ourselves expanding in ways we had never even considered possible. New doors of opportunities open along the way that we could have never imagined. The path is rarely linear, but it is absolutely magical. When we live an intuitively guided life, our path unfolds with an elegance and efficiency we could never have possibly created on our own.

Over time and with practice, you will find yourself more and more willing to trust your Higher Self. You will take action on your little intuitive nudges and impulses without attaching outcomes or second-guessing themselves. You may find yourself outside of your comfort zone from time to time, but that is, after all, where growth occurs. Every step outside of your comfort

zone expands your possibilities. Little by little, you will find that life is easier, smoother, and that your needs are more than met by this abundant and generous Universe.

Your Higher Self is an incredible resource. Trust your Higher Self. I hope this report inspires you to begin tapping into your own unlimited intuitive and spiritual potential, to create a life that is struggle-free, abundant, fulfilling, and joyful.



About the Author

Andrea Hess is a financial intuitive, spiritual teacher, author and speaker who specializes in the topic of intuitive development and manifesting financial abundance. Andrea has assisted hundreds of clients world-wide through intuitive readings and her modality of Soul Realignment™. She offers a certification program in Soul Realignment™ to those who wish to learn how to give accurate readings to others by accessing the Akashic Records. To find out more about her work, visit <http://www.SoulRealignment.com> and <http://www.EmpoweredSoul.com>

