

INTRO TO...

Awakening The Connection To Your Higher Self



We each have intuitive guidance. By recognizing and being attentive to it, we live more aligned, graceful, and abundant lives. Listening to intuition isn't mystical fluff, it's practical, transformative and offers a safe way to navigate life.

Six-sensory living means developing awareness beyond the five physical senses, and allowing this intuition to guide you through life.

- Your intuition works best when you take care of your physical body (sleep, diet, rest).
- Calmness, non-reactivity, and stillness help you hear your intuition more clearly.
- Energy you put out (through words, attitude, boundaries) matters. Vibration is contagious.
- You grow intuition by practicing: writing down impressions, observing sensations, noticing what feels true, letting go of ego control, practicing muscle testing and asking your body questions that require yes/no answers.

To trust your intuition, you must first sense it, which requires quieting your mind. Your intuition is subtle, nonintrusive, and ever-present, yet it remains discreet, never overpowering your internal chatter. To connect with it, seek silence creatively. For those who find traditional meditation challenging due to a busy mind, alternative activities can access the meditative theta brain wave state. Engage in hobbies you enjoy, such as walking in nature, movement, gardening, painting, or find stillness when folding laundry or driving your car, these activities can absorb your thoughts and calm your mind.

Meditation removes stress, fosters peace and grounding, sharpens senses, and boosts patience and creativity. For traditional meditation, follow these steps: Find a comfortable position, relax your mind, center your focus, and breathe calmly for 5–20 minutes while letting go of thoughts and worries. You might focus on your breath or a gentle smile to keep your mind from wandering. Meditation requires no special talent, only consistency and patience with realistic expectations. By meditating daily at the same time and place, your subconscious will adapt, making it easier and faster to reach a state of inner calm. Expect nothing more than giving yourself a moment of peace and quiet.

The more you get quiet, the more you will be able to hear your intuition. And the more you hear it, the more you'll trust it. You will notice it's simply an inner compass to help you heal and navigate life.

Your intuitive sense resides in your heart. When you direct a question to yourself, your heart will typically respond with a strong energy pulse for a true statement and a weak energy pulse for a

false or illusory one. Since all your meridians are connected to the heart, the signal is transmitted throughout your entire body simultaneously.

If this has sparked your curiosity, consider it a gentle nod of approval for the exchange. Be sure to purchase the full document on our website.

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NB!!! Remember to add your name and email address as a reference