

## Trust Your Intuition

**How many times have you been faced with a decision to make and all of a sudden you get this feeling of instinctively knowing what you must do?** Something inside you is telling you the difference between what you should do and what you are meant to do. Many people interpret this as a hunch, a gut feeling or having an inkling.

It's actually called your intuition.

The Latin meaning of intuition is 'in to you'. Makes sense doesn't it. What a wonderful resource you each have your fingertips and it can be utilized without formal training. All you need to do is become aware of this amazing power within you and start using it.

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Intuitive messages come in a range of ways such as hearing actual words, visualizing a clear and distinct picture, in dream format, a deep inner knowing or a quiet, subtle nudge. It's important that you become familiar with how your inner self communicates with you and how this message will bring with it a sense of calm confidence.

Here are some tips to help you get in touch with your intuition:

### **Practice**

Take a few minutes each day to experience inner silence. Calm your mind and clear your thoughts so that the information from your soul can surface.

### **Be Open to This Power**

Get past the ego that thinks you have everything figured out and be open to new possibilities. Your true path may not be the one that you are currently working on.

### **Get Creative**

Creativity provides a forum for expression and a great venue for helping your intuition get past all the day to day stuff in life.

### **Ask Yourself Some Questions**

When you ask yourself, "What's the next step?" you will instinctively know what you need to do. This is the time when you must begin to learn to trust yourself.

Remember, intuition is not something you can force, it simply must be allowed to surface. Give it time to work on challenges you may face, be open to the possibilities and you will be rewarded with an instant awareness and perhaps an "Aha" or two.

Intuition is never attached to results. There's not rush, no confusion. Just a feeling of empowerment. Your own intuition will support your personal growth and help you through life's transitions. Begin by putting it to work

in small ways and eventually your sixth sense will enhance your life like your other five senses are able to do.

Let me challenge you to put yourself out there for the next twenty-four hours and make a list of all the times you have listened to your own intuition. Some of you may find that it speaks to you many times and others not at all. That's ok.

Sometimes it takes time and commitment to develop this skill but I guarantee you will find a huge difference in your life once you begin trusting this wonderful power within you.

### **About the Author:**

Lois Galloway is a Business and Personal Development Coach who works with business owners, business teams and individuals who want to excel at what they do and propel themselves forward in their lives. She presents workshops and teleclasses and has authored several motivational e-books and articles that have been published online.

Lois supports her clients by drawing on a wealth of experience and expertise that includes being a successful entrepreneur, caring for her special needs daughter, surviving a difficult divorce, remarriage and the loss of both parents.

She is a member of the International Coaching Federation (ICF), International Association of Coaches (IAC), Coach University and the CoachVille Community and is actively involved in local volunteer work.