

# Stay Strong in You

Class Notes – Week 4

## Cultivating Intuition

“The voice of our soul”

“Divine Guidance”

### **Intuition-**

- A deep knowing that arises from within without conscious reasoning.
- Our internal GPS system
- A connection to our own highest authority
- The art of inner listening

### **Helps us to:**

- Know what is right for us.
- Walk thru life moving in the correct direction: flow with the current

### **What is needed to strengthen Intuition:**

- Stillness and silence
- Develop a neutral, meditative mind
- Connect to the heart space
- Talk less: listen more
- Practices to open and clear chakras
- Focus on the brow point/the 3<sup>rd</sup> eye
- A consistent daily practice
- Ponder questions: sit and wait for the answer to rise up from inside
- Relax: stop trying to figure everything out

