

Incredible Intuition

Change Your Life by Learning How to Trust Your Instincts



INCREDIBLE INTUITION

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Introduction



Intuition.

You have likely heard this term many times in your life. While you might not fully understand the term, you have a general idea of what it means.

Maybe you have even experienced it.

"Women's intuition" is one of the most popular examples. You meet someone for a coffee date, and you instantly know that they aren't all they seem. Maybe you noticed someone walking behind you, and you instinctively speed up because you get a "weird feeling."

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That is intuition.

How about watching a chess match or any sporting or gaming event? These competitors make moves so fast that it's almost like they aren't even thinking. A chess master makes a quick move for a checkmate that no one sees coming. A soccer keeper decides which way to dive on a penalty shot before the other player even kicks the ball.

We often attribute these kinds of actions to the power of intuition, as well.

You might even experience it yourself on a more micro level. Have you ever decided to rely on a "gut feeling," and it ended up working out splendidly? That could be intuition working without you even knowing it!

So, Intuition - you get it. You understand in a general sense what it is.

Did you know that you can strengthen it, though? You can intentionally tap into its power and use it. You can harness the power of intuition to propel you towards your goals.

If you didn't know that or wanted to learn more about how to do that, you have landed in the right spot.

That is what this book will teach you. You will learn exactly how you can improve results across all areas of your life using the power of intuition.

Are you ready? Let's get going.

What Is Intuition?



The best place to start any story is the beginning. So, before we progress any further, it is important to take a closer look at the most basic information possible.

While we shared a few examples in the introduction, it is still important to answer one

crucial question fully.

What is intuition?

When defining a word, the dictionary is always a good place to start.

The Textbook Definition

Intuition

[in-too-ish-uhn]

1. *Direct perception of truth, fact, etc., independent of any reasoning process; immediate apprehension.*
2. *A fact, truth, etc., is perceived in this way.*
3. *A keen and quick insight.*
4. *The quality or ability to have such direct perception or quick insight.*

Sometimes dictionary entries lack a certain context, but this is a pretty good definition for the most part.

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A "**direct perception of fact without a reasoning process**" is a wonderful way to describe intuition. At its core, that is what intuition is – you almost instantly know something to be true, but there is no fact or research behind it.

A "**quick and keen insight**" is also an apt way to describe intuition. This "gut feeling" is what most of us think of when we hear the term.

Our Definition of Intuition

Our concept of intuition is quite like the dictionary definition. We will honor the above definition but add a bit more context. We are taking the dictionary definition and putting it in real-life terms that will help you better recognize its power.

For this book, we will treat intuition as:

- A gut feeling that you are doing something wrong or right
- An instant sense of someone's emotions
- A hunch that you might have the right answer
- Your innate inclinations towards a certain action/thought/behavior
- The inner voice that tells you how to act at the moment

Your gut feelings, hunches, and inner voice are all part of your intuition.

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Different Types of Intuition

One thing the dictionary definition doesn't touch on is that there are four different types of intuition. In self-help literature, people refer to these types of intuition as the *4 'Clairs'* or *4 C's*.

Clairaudience

This type of intuition is when you feel like your intuition is talking in your mind. Consider this to be your "inner voice."

Clairvoyance

This type of intuition is when you receive information in pictures or scenes in your head (rather than hearing them). The most common way this manifests is through daydreaming (and some would argue night dreams).

Clairsentience

Clairsentience is likely the most common form of intuition and how most of us think about it daily. Clairsentience involves feelings – both physical and emotional. Think about this type of intuition as your "gut feelings."



Claircognizance

Like the last "clair," this type of intuition also helps you instantly realize something. The main difference is this type of intuition drops fully fleshed-out thoughts into your mind rather than gut feelings. This type of intuition most often manifests when you suddenly have some immediate insight into a particular situation or person.

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A Skeptics Guide to Intuition

OK, that last section might have some of you feeling a certain way. We went from a dictionary definition of intuition to talking about "clairvoyance." That type of leap might not feel natural to the skeptics out there.

First off – congratulations on being a skeptic. There is nothing wrong with skepticism. A skeptic simply doesn't trust unless given a real, tangible reason. Fair enough!

The idea of intuition as an unexplainable power in the universe isn't something everyone will accept at face value.

Do you know what the good news is? You don't have to!

Anyone can tap into the power of intuition – even skeptics. I, too, was once skeptical about intuition, but I ended up reading a wonderful book:

[Thinking, Fast and Slow by Daniel Kahneman](#)

I will attempt to paraphrase the most relevant information from this book but keep in mind that I am no Kahneman. He is a Nobel prize-winning psychologist and professor emeritus at Princeton University. So yeah, you are going to have to bear with me here...

In his book, Daniel Kahneman examines how our minds process information. He proposes that we have two kinds of thinking – fast and slow. Our slow thinking is when we use reasoning to come to conclusions. Our fast thinking is when we instantly come to conclusions based on our past experiences.

This "*fast thinking*" could be described as *intuition*.

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Think about the examples we shared in the introduction of this guide. Specifically, these two scenarios:

- Women's Intuition
- Chess Grandmaster

If you don't believe in the mysterious power of intuition, what explains these situations?

Kahneman believes that we base our snap decisions and instincts on our past experiences and subconscious knowledge.

Consider women's intuition. Our society is still quite patriarchal, so women spend most of their lives trying to navigate that reality. From a young age, they must worry about men's motives. They are regularly encountering men who don't have their best interests at heart.

Whether they know it or not, they are learning from all these experiences. So, while "women's intuition" might be a cosmic power granted from the universe, it might also be women's brains using past experiences to make a ton of instant connections to keep them safe.

What about the Chess Master? Their situation is quite similar. By the time someone can be known as a chess master (be it official or in a local park), they have spent hours upon hours playing chess. They have made thousands (millions?) of moves. Their "good intuition" might just be all their past experiences instantly firing through their brain's synapses leading to the correct move.

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The Takeaway

No one is wrong! Or, more aptly, it doesn't matter if someone is wrong or someone is right. The reality is **intuition exists**, no matter what you believe it is – or isn't.

- *If you believe it is an unexplainable force that the universe grants us – that is fine!*
- *It is also fine if you are skeptical about that and believe our past experiences contribute to intuition.*

What's important to agree on is that intuition is a **powerful tool that you can harness, use, and strengthen.**

Once you realize that, it is time to read on and learn about your connection with intuition and how leading a more intuitive life

is the key to realizing your goals, hopes, and dreams.

Your Connection With Intuition

Now that we have a greater understanding of intuition, it seems like a good time to examine our connection with it.

It is natural to feel like you aren't intuitive. Most people never give it a second thought, to be honest. Worse yet, in our fast-paced modern society, it has never been easier to lose your connection with intuition.

Why Do We Lose Touch with Intuition?

Past Failures

Past failures and mistakes are some of the quickest ways to lose faith in your intuition. Think about it, if you trusted your gut instinct and it ended up being wrong – would you trust it the next time?

No one goes through life mistake or failure-free, so it is impossible to expect our intuition to be fail-proof. This is especially true if you haven't given your intuition much thought at all.

Past failures and mistakes shouldn't make you give up on intuition because they are nothing more than chances to learn and grow.

Depression

Depression is a serious issue for many people. While losing your ability to be intuitive is probably low on its list of negative effects, it still matters. [Studies have shown](#) that depressed individuals have difficulties coming to fast and adaptive decisions.

Quick note – if you feel like you might be suffering depression, reach out to a professional. Depression is not something to take lightly.

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Anxiety

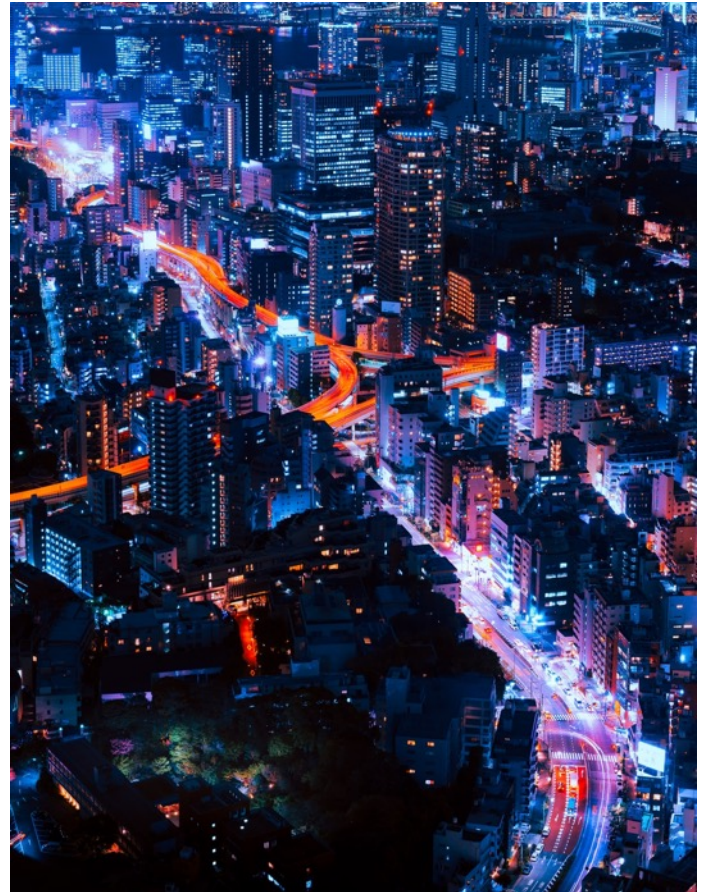
Anxiety is another condition that can make almost any action in your life into a serious hurdle. Much like depression, [studies show anxiety](#) can negatively impact our ability to make intuitive decisions. This research makes sense in some ways because it's hard to make snap decisions when you are anxious about everything.

Much like depression, serious anxiety is not something to shrug off. Reach out to a professional (or at least a trusted loved one) if you feel anxiety affects your daily activities.

Modern Distractions

We live in an unbelievably fast-paced world filled with distractions. Intuition relies on connecting with something deeper inside us (be it our past experiences or a mysterious power). That connection can be near impossible when you have your TV blaring, three social media apps open, and a constant deluge of texts, calls, and emails.

If you live in a city, sometimes even stepping out onto your balcony for a bit of peace is ruined by screeching tires, loud arguments, and light pollution.



It's hard to center yourself and listen to your inner voice when dealing with this kind of distraction.

Stress

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Much like a distraction, stress will sap your ability to think intuitively. It's very hard to focus on your inner voice and gut instincts when you are too worried about the rest of the issues in your life. In a funny twist, though, [there are some theories](#) that stress can trigger intuitive decisions.

Worrying About Other People's Opinions

While it is nice to be courteous about other people's feelings and opinions, it can be debilitating if you choose to live by them. Some of us tend to let our personal beliefs and well-being be pushed to the back, so we don't "stick out" or "offend" someone.

Consider this – have you ever told someone about a gut instinct you were feeling, and they scoffed at you? It happens all the time! People don't like to think about things they can't understand.

Intuition is very personal, and if you are too worried about what other people think about it (or you), you will lose touch with it.

Overthinking

We don't advise you to act on every gut feeling you have instantly, but overthinking every decision you need to make is the quickest way to lose touch with intuition.

When the stakes are high, sometimes you need to do your due diligence and think about a problem. However, if you have considered all your options, done your research, and feel like you are on the right track – what is holding you back from making that decision and moving on?

If you do nothing but think and analyze, you might never get to the taking action part.

Signs You Have Lost Touch



After reading that, are you worried that you might be losing touch with your intuition? Don't panic! The next chapter will help you get back on track in your intuitive life. But first, in this section, we will examine a few signs that you might have lost touch with your intuition.

You Dismiss Your Gut Feelings

Dismissing your gut feeling is the most glaring sign that you have lost touch with intuition.

Even if you have lost touch with intuition, you won't be able to turn off your gut instincts and hunches completely. The problem begins when you start dismissing these thoughts right away.

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If you are constantly (and instantly) dismissing most of your gut feelings, then you are likely suffering a disconnect from intuition.

You Struggle to Make Decisions

Do you often struggle to make decisions - be it large or small? This is another pretty clear sign that you have lost your touch with intuition. When you struggle with all your decisions, it could be because you don't have the intuition to guide (or help guide) you. More specifically, you have intuition but struggle with your ability to listen to it.

You Lack Clarity In Life

Do you know what you want out of life? Do you know where you are headed? A lot of people struggle with this, and it could be from a host of problems. However, a lack of intuition could cause this lack of clarity in your life. On its own, a lack of clarity might not be a sign of intuition issues. However, if you suffer from a lack of clarity, along with other signs, your intuition (or lack thereof) may be the culprit.

You Are Surprised by The Action Of Others

Intuitive people can often read other people quite well. It won't take an intuitive person long to figure out if a person is genuine or not. While we will all be surprised at times, for the most part, intuitive people have a pretty good grasp of how others in their life will act. If you regularly find yourself surprised by the actions of others, then you might be suffering a disconnection from intuition.

You Take a Backseat in Your Life

Are you in control of your life, or are you just along for the ride? If you are the type of person who is happy to sit back and let others make all your decisions, you might be having issues with your intuition.

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Highly intuitive people wouldn't typically be happy in this situation because their intuition would be screaming at them every time the decision-maker in their life made a decision you weren't sure about.

You Don't Believe in Yourself

Self-doubt is a clear indicator you have lost touch with your intuition. If you haven't lost touch with it, then you don't believe in it, and that is pretty much the same thing when you think about it.

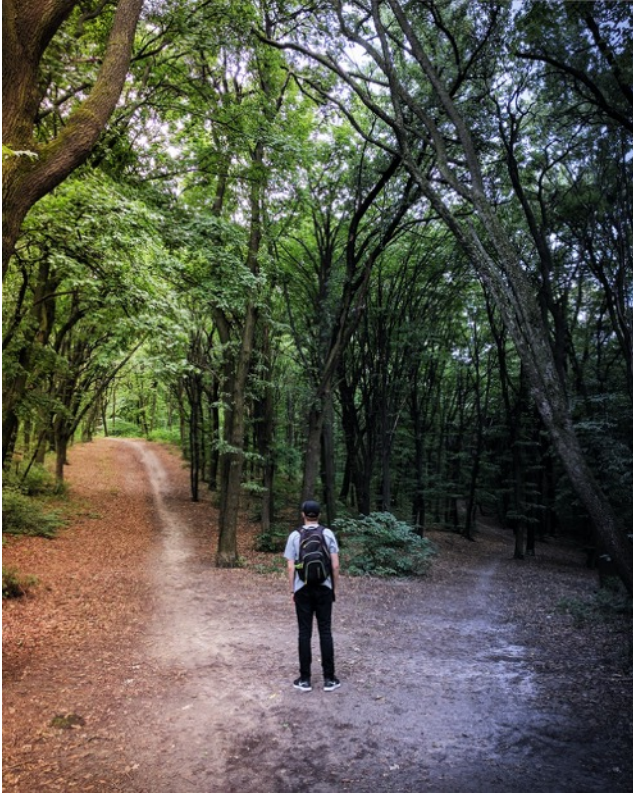
When you doubt your actions and decisions, you are either not hearing or ignoring your intuition. Either scenario indicates a lack of connection.

You Often Suffer Regret

Do you find that you are regularly regretting the decisions you have made? This is another sign you are disconnected from your intuition. When you lead an intuitive life, you don't regret your decisions as much. You typically make better decisions and know that even your bad decisions were at least guided by your instincts.

While this isn't an entirely exhaustive list of signs that you have lost connection with intuition, it hits on all the most common issues. If you related to these signs, don't worry – we are here to fix that.

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Signs You Are Intuitive ...And Might Not Even Know It

OK, things are getting a bit doom and gloom around here. Don't worry. We are going to inject some positivity into this affair right now.

You just learned the signs of someone who lacks a connection with their intuition. They likely didn't even know that was their issue. Well, the inverse is also true. Many people have a strong connection with their intuition but aren't even aware of it.

Here are seven signs that you might be highly intuitive:

You Pick Up on Other's Emotion

Do you find that you can read people more easily than others? You tend to pick up their true emotions, even if they are trying to hide them? If this sounds like a regular occurrence to you, you are likely more intuitive than you believe.

You Are A Good Judge Of Character

Like the last point, being a good judge of character is a sure sign that you are intuitive. Do you find that while your snap judgment of people may not be fair, it ends up being right more often than not? Highly intuitive people can recognize a person's true motives after an even brief encounter.

You Feel Connected to Nature

Do you feel a connection to nature? Are you happier to be outside? Do you love to break up your workday with a stroll through the park? While this is pleasurable on several levels, it could

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also signify that you are more intuitive than most. Remember, modern distractions are one of the reasons we lose our connection to intuition, so it only makes sense that spending more peaceful time in nature would help us be more intuitive.

You Typically Make Good Choices

How would you rank your decision-making ability? Do you typically make good decisions? Do you make the right choice most of the time? No one can be perfect, so don't worry if you make the odd bad choice. Consider the whole though, on average do you make more good decisions than bad? If so, this might be a sign that you have a solid connection to your intuition. \\

People Call You "Lucky"

This point is closely related to the last. Do you find that people in your life often refer to you as "lucky"? People regularly calling you lucky is a sign you might be more intuitive than you realize. When your decisions seem to work out for the best so often. People can't fathom how you are always right. They end up just chalking it up to good old-fashioned luck. That's easier to comprehend than the power of living an intuitive life.

You Have Vivid Dreams & Daydreams

People often debate whether dreams mean anything or not, but that is the discussion for another book. In this case, we are talking about very vivid dreams (and daydreams) that either come true or, more likely, guide you towards certain decisions. This vivid dreaming could be a sign of your intuition.

You Notice Things Others Overlook

Do you find yourself finding meaning and guidance from places that other people overlook? This is a good sign that your intuition is leading your actions without you even knowing it. This most often manifests as "synchronicity" with the world around you. Think about "signs from the universe" that blow your mind, and others don't even notice.

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Skeptic Note: *If you don't think of the universe as a guiding force, consider synchronicity as your subconscious sending you messages to get your attention. Think about when you are researching a big purchase. Often you will have a few options to choose from but no clear winner. Your intuition (or subconscious) might be sending you their choice by making you notice one option more than the other.*

As you just learned, our connection with intuition is fraught with peril in today's fast-paced world. If you want to know if your connection is wavering, you now have a list of clear signs that it is. Alternatively, if you are a bit skeptical or haven't thought about intuition before, you have a list of signs that you might be much more intuitive than you ever imagined.

A More Intuitive Life



Thus far, you have learned a lot about intuition. You learned its definition, the different types, and even had your skepticism successfully challenged.

You then got the chance to examine your current relationship with intuition. You learned why you lose your connection to it and signs that you may or may not currently live intuitively.

You built that solid foundation of knowledge so you can move on to the most important part of this guide:

This section is all about inviting and fostering intuition into your daily life.

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If you are ready to find out how intuition can positively impact your life and how to get the most out of it, read on!

What Does It Mean to Live Intuitively?

Living an intuitive life essentially means that you live life as closely connected to your intuition as possible.

This should be a natural connection, though. You don't want to spend every waking moment trying to focus on your intuition. Your intuition should come naturally.

You want to be in tune with your gut feelings and instincts. You don't need to think about these things or focus on them at all.

Living intuitively means being ready to **recognize, listen** and **act** when intuition does "speak to you."

Recognize

You easily realize that your intuition is trying to inform you about a certain decision or action you are about to take. That feeling in your gut might not be a stomach rumble. That apprehension you are suddenly feeling might be a warning bell.

Listen

You know it's important to listen to what your instincts are trying to tell you. You can't just shrug them off. Intuitive thoughts can be vague at times, and it is up to you to draw the connecting lines between the dots.

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Act

Once you know that your intuition is sending you a message and have figured out what it means, it is time to act. If you aren't willing to act on your instincts, you can't live an intuitive life.

Remember, every person has access to the power of intuition. In that sense, to live intuitively is simply to live.

That said, if you want to separate yourself from the rest of the pack, maybe it is time to get the most out of intuitive living. To truly live intuitively, you need to take steps to trust, embrace and develop it.

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How Can Intuition Help Me?

Here are a few more concrete examples of ways that living an intuitive life can help you.

Helps You Step Out of Your Comfort Zone

When you live a life that listens to your gut instincts, you will be routinely stepping out of your comfort zone. You won't have the time to talk yourself out of difficult choices.

You will challenge your entire belief system when you aren't limited to just what your rational mind offers. Your instincts will guide you in ways you never thought were possible.

You Can Hear Your Inner Voice

It's so weird that people ignore that little voice inside of them. When you commit to living an intuitive life, you will spend more time in contact with ...well, yourself!

Being intuitive forces you to listen to your inner voice, and you might be surprised by its insight. You will also be more receptive to all its messages, so you will be more aware of things like engaging in negative self-talk. Being more aware means you can take the proper steps to rectify it.

It Helps You Identify Your Purpose

So many of us struggle to figure out what our purpose is. The self-help genre is packed with books designed to help us realize or why, follow our passion, or recognize our purpose.

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Getting in touch with your intuition might be more helpful than all those books combined. When you let your intuition guide you, it will reveal your true wants and desires. It will even direct you towards them if only you listen.

Helps You Make Decisions

People struggle with decisions all of the time. Think about yourself for a moment. Have you ever had any big decisions you struggled to make? Are you the type of person that struggles with almost all decisions?

In either scenario, intuition can help. Your intuition will guide your decision-making process as soon as you learn to listen and trust it. You won't be afraid to make decisions when you are willing to trust your gut instincts.

Helps You Take Action

If you are the type of person who can't make a decision, you are also the type who struggles to take action. When you start living intuitively, you will become a natural action-taker. Your intuition will find a way to let you know it's time to act. Your trust in that intuition will help you take that action without overthinking it.

You Can Sense When Things Are Off

Whether it is a new person you just met or a certain situation you find yourself in – you will be able to sense if things are a bit off. Sensing that a person or situation isn't quite right can help keep you safe. It can also help you avoid mistakes by spending too much time with a toxic person or taking action when your gut says you shouldn't.

You Are More Creative

Intuitive people seem to be naturally more creative, and creative people seem more intuitive. While we can't fully explain this phenomenon, it makes sense on the surface. Intuitive people are inclined to be more open-minded, thoughtful, and in touch with themselves. You could say the same for creative people.

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Remember the earlier definition of intuition? *Perception of truth without any rational reasoning.* You could argue creativity is a lot like that too. How often have you looked at a piece of art, knew it was good but didn't know why?

It Improves Your Well-Being

Living an intuitive life is good for both mind and body. One of its most important roles is to let you know if any serious problems pop up. How often have you heard of someone who decided to make a Dr. appointment or ask for a second opinion based on a gut feeling?

The concept of "intuitive eating" has created an entire sub-genre of nutritional content. Often our body knows what's best for us (mentally and physically), and sometimes it will use our intuition to tell us exactly what it needs.

How did we do selling you on the importance of intuitive living? I think that is a compelling list of reasons. It should be enough to make most people jump at the chance to develop their intuition.

If that sounds good, you are going to be excited about the next chapter...

Developing Your Intuition



You must be sold on the power of intuition to be still reading this far. You know a lot about the topic so far. What's left to learn? The most important part! It's time to learn ways that you can develop your intuition.

While some of these steps may seem simple, the combination of them all will ensure that you grow a closer connection with your intuition.

Clear Your Mind

If your head is constantly abuzz with your thoughts, the thoughts of others, your thoughts of others, worries, stresses, and anxiety – you will never be in tune with your inner voice. It's impossible to hear your intuition because a bunch of other distractions is drowning it out.

You need to find a way to regularly clear your mind so that your intuition has a chance to blossom.

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Slow Down

This tip is highly related to the last one. You need to make time for ...doing nothing. I know this goes against everything our “rise and grind” culture has made us believe, but trust us – you need to slow down.

In general, we already work a large portion of our life. Then we still need to make room for our families, friends, and pursuits. We still need to find 6-8 hours a day to sleep as well.

If you are constantly rushed off your feet, moving from one appointment to the next, when will you have time to get in tune with your intuition?

Practice Mindfulness

Actively using mindfulness techniques is a great way to clear your mind and slow down all at once.

Probably the most popular (and some would argue, most effective) way to embrace mindfulness is meditation. Incorporating meditation into your daily routine is a wonderful way to cut out distractions and busyness from your life.

It gives you some time to be alone with nothing but yourself, your mind – and yes – your intuition.

Pay Attention to Your Dreams

I am not saying you need to go out and buy a dream journal, but try to pay more attention to your dreams. You will find that actively trying to remember a dream you just had will naturally increase your ability to remember them in general.

No one is claiming that your dreams will have direct messages in them, but recurring vivid dreams could be your subconscious trying to send you a message.

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Take Notice of Physical Sensations

As we age, we are used to all kinds of random aches and soreness. We usually just put these to the back of our heads and carry on with our day. If you want to be more intuitive, you should stop ignoring your physical reactions.

This fact is especially true when it comes to feelings in your stomach area. If you feel physically ill at the thought of something, consider your intuition may be talking to you.

Does that new neighbor make your body hair stand on end? Maybe they shouldn't be trusted right away.

Capture Your Random Thoughts

It would be helpful if you figured out a way to capture your random thoughts. Of course, you don't have to capture all these thoughts, but if you have a real "a-ha moment," try to write it down. If you don't like writing, then use your phone to make a quick voice memo. You never know when your intuition will reach out, so you want to be ready when it does.

Start With Small Decisions

If you want to tip your toes into the proverbial waters of intuition, then consider starting small. Your small day-to-day decisions aren't usually going to be very life-changing.

Trusting your intuition on small decisions is low-risk and helps you build confidence.



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You will find it much easier to rely on your intuition for important decisions if they have already paid off for a whole bunch of smaller ones. It's also good practice – think of it as strengthening your intuition, like you would a muscle.

Get Creative

We talked about the link between intuition and creativity earlier. You can help develop your intuition by engaging in more creative activities. These creative pursuits will allow you to turn that rational, analytical part of your mind off – at least for a little while. When you are in this more creative state, you will also be more open to intuitive influence.

Spend More Time in Nature

Much like our last suggestion, this idea is based on you slowing things down a bit. Often when we are in nature, we aren't focused on our typical distractions. We are just happy to be outside and surrounded by nothing but the world.

It is at times like this when intuition can most easily strike. The next time you are at work (or home) and struggling with a big decision, take a walk in a local park or hiking trail. Listen to the ideas that pop up in your mind when you are just focused on putting one foot in front of another.

Think Less

This step is much easier said than done, but that is one more reason you should start trying as soon as possible.

If you are an overthinker, you need to try and get that under control. You will never connect with your true intuition if you are committed to overthinking everything it has to tell you.

Learn how to notice when you are stuck in your head and take the steps you need to get out of it. The more you commit to this, the easier it will eventually get.

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Train Your Intuition

There are specific exercises that will help you get more in tune with your intuition. You can find



these online, or even more conveniently – in the workbook companion piece to this eBook.

Take A Shower

This step is very specific but think of it as a stand-in for any type of activity that lets you turn your brain off for a bit.

The shower is a great example to use because somehow, that combination of solitude, white noise, warm water, and small enclosure seems to spur our greatest thoughts.

Reflect On Your Past

One of the biggest hurdles we face regarding intuition is being able to trust it. Even when you can recognize your intuition and its intent, you might question why you trust it.

Reflecting on your past is a great way to build some trust. Try to think about times when you acted on your intuition, and it paid off. How much did these events contribute to your current circumstances? Consider what could have happened had you not listened to your intuition.

Spend Time with Intuitive People

People often say that we are the sum of our five closest friends. I am not sure whether this is always true, but there is some validity when you think about it.

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When you spend time with more intuitive people, you will feel more comfortable relying on your intuition. After all, these friends of yours follow their intuition, and they seem to be happy and successful

Pay Attention to The World Around

So many of these tips seem to boil down to taking a moment to catch our breaths. I guess it makes sense considering the fast-paced world we live in and all the “shiny baubles” vying for our attention.

That said, don't fly through this life without noticing the world around you. It's easy to lose focus, but remember, the more information you can gather, the more powerful your intuition will be.

Skeptics Note: *This last point is imperative if you believe intuition is less spiritual and more a collection of our stored experiences. If this is what you believe, then you need to make sure that you immerse yourself in the world around you at every opportunity. The more you learn, the more your mind will be able to draw upon during your instant decision-making processes. The more information you feed your intuitive, subconscious mind, the better results it will give you.*

The rest is really up to you. At the end of the day, the best thing you can do is to keep the idea of intuition in mind, listen when it speaks to you, then act! The more you do that simple process, the more you will build your intuition.

Conclusion

Intuition.

You have likely heard this term many times in your life....

This is how we started this ebook, so it seemed fitting to end it that way. The difference this time is, not only have you heard the term “intuition” many times, but you also learned a whole lot more about it.

You learned:

- Exactly what intuition is
- The different types of intuition
- A skeptic's explanation of intuition
- Why you lose our connection with intuition
- Signs you have already lost your connection with intuition
- Signs you might be more intuitive than you think
- The key to living intuitively
- Why intuition is important
- How you can develop your intuition

That is a pretty good start to your new, more intuitive life.

Remember, whether you are a skeptic or not, the power of intuition can't be denied. Whether it's a quick snapshot of all our life experiences, or some spiritual force that can't be defined – it can help guide us.

If you want to make better decisions, take more decisive action, and open yourself up to a whole new world of opportunity and accolades, then you want intuition in your corner.

INCREDIBLE INTUITION

Congratulations on taking your first step towards a more intuitive life.