

Connecting to Your Intuition



Our intuition helps us see beyond our physical reality to a deeper truth within ourselves and our physical world. It helps us connect to our own inner wise teacher that can guide us on what is best for us.

Intuition is not something we think in our minds, rather its wisdom that we connect into by becoming more present to our breath and body.

Intuition often speaks quietly and shows up as senses/feelings/knowings, not necessarily words, though those may come as well.

If you are curious on whether what you're hearing is really your intuition or just something you're mind is making up, a good rule of thumb is our ego mind often speaks first and speaks loudest. Our intuition is soft, quiet, and gentle.

Because our intuition is quiet we need to create the right kind of conditions in our life to hear it.

Here is one way for getting to know the voice of your intuition:

Cultivate time with your intuition

Create a quiet space for a regular meditation or deep breathing practice. It doesn't have to elaborate - 5 minutes a day will do!

1. Set Up a Specific Space

Create a special place to connect to your intuition. Have this be your daily meeting space...a comfortable meditation cushion or seat, maybe a candle or fresh flowers. Anything that makes you feel most at peace would be a great addition to this space. Think of it as a special space just for you and your deeper self.

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2. Set an Intention

It may help to set an intention before your quiet times. This intention can be as simple as wanting to get more connected to your intuition or to hear this voice more clearly.

3. Meditate

Guided meditations can be helpful when starting out. Check out the guided meditations on our wellness page to get started. Or close your eyes, set a timer and focus on long, slow inhales and exhales for a few minutes.

4. Journal / Observe Daily Life

After your quiet time take a few minutes to journal about what came up. Are there specific things you're sensing/feeling? Writing them down may help to keep track or connect any dots.

Sometimes messages may not happen right away. Observe any messages/signs/feelings that come up throughout your day, away from the special quiet time. Setting the intention can be powerful and sometimes we just need to become a bit more aware of what is happening around us in our daily lives to hear those messages.

Optional: add some movement to this practice. Simple, repetitive movement can help you focus on your breath and connect even deeper to this wise voice. Try movement that is slow, repetitive, simple, and doesn't require too much brain power. Examples: a yoga or stretch class, walking in nature, running, or swimming.