

# How to Use Your Intuition to Attract Abundance



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Welcome  
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## How To Use Your Intuition to Attract Abundance

# What we are covering

- How to tell the difference between intuition and insecurity
- Finding a balance between critical thinking and gut instincts
- 5 easy techniques to connect and develop your intuition
- 3 steps on trusting your instincts
- Simple ways to filter out daily life noise so you hear your inner voice



## How To Use Your Intuition to Attract Abundance

*"Follow your instincts. That's where true wisdom manifests itself."*

*~Oprah Winfrey*



## How To Use Your Intuition to Attract Abundance

Your inner voice expresses the honest feelings of your true **ME™**, Your **M**agical **E**ssence and is the source of your inspiration, creativity, and intuition.



## How To Use Your Intuition to Attract Abundance

By listening to your intuition, you can gain insight into what makes you happy and unhappy. You can also gain the power to transform your life into one that is more vibrant, abundant and fulfilling.



## How To Use Your Intuition to Attract Abundance

Let's reconnect with your true self, so you can use your **M**agical **E**ssence to guide you to the things that bring more joy, progress, and peace into your life.



# Transform Your Life With the Power of Your Intuition





# Hearing Your Inner Voice



# How To Use Your Intuition to Attract Abundance

## Make Time For Reflection

- Reflect on how you feel about the direction of your life
- 30 minutes of uninterrupted time
- Choose a relaxing place, walk, do yoga, soak in the tub
- Start writing down thoughts, journal and/or list



# Is it Intuition or Insecurity



# How To Use Your Intuition to Attract Abundance

## Intuition guides you when:

- It's constantly on your mind
- Deep down you know it's the right thing
- You feel sad when you go against it
- You feel relief following it
- You feel like a weight is lifted off your shoulder
- Your values and morals are reflected in your intuition



## How To Use Your Intuition to Attract Abundance

### Insecurity guides you when:

- You still have that heavy feeling after making a decision – Oh Shit moment
- You ask for opinions on your potential decision
- You consider the feelings of others first
- You're afraid what others might think



# Finding Balance between Critical Thinking & Instincts



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*The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.*

*~Albert Einstein*



# How To Use Your Intuition to Attract Abundance

## Traits of Critical Thinking

- The ability to think clearly and rationally
- Solve problems systematically
- Evaluating new ideas, selecting the best ones and revising them if necessary
- Enhances language and presentation skills
- Crucial for self-reflection
- Figure out consequences from knowledge





## How To Use Your Intuition to Attract Abundance

### Critical Thinking Balance

- Acknowledge the role intuition
- Intuition is great & reliable in areas of expertise & experience
- Listen to your feelings but don't let your emotions get carried away
- Scrutinize your actions and learn from your mistakes
- Evaluate your fears
- Listen to your conscience: deep down, you know right from wrong



# Developing Your Intuition



# How To Use Your Intuition to Attract Abundance

## 1. Meditate a few minutes each day

- Count your breaths
- Mindfulness Bell app



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## 2. Record Your Dreams

- Keep a notebook & pen near your bed
- Tell yourself you want to remember while falling asleep
- Review them



# How To Use Your Intuition to Attract Abundance

## 3. Follow Your Intuition

- Use it for minor situations



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## 4. Distract Your Mind

- Shower
- Driving car
- Walking
- Make mind distraction a daily habit



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## 5. Keep a Journal

- The pen is the connection to your heart & computer is the connection to your head
- Devote 5 - 10 minutes each day



# Trusting Your Intuition





## How To Use Your Intuition to Attract Abundance

*“Intuition is a very powerful thing, more powerful than intellect.”*

*~Steve Jobs*



# How To Use Your Intuition to Attract Abundance

## 1. Stick with Your Gut Feeling

- Start with smaller decisions
- Go with initial thoughts



# How To Use Your Intuition to Attract Abundance

## 2. Write Down Your Thoughts

- Do a free writing session
- Don't put pen down
- Write down all thoughts even unrelated ones
- Reading your notes helps you get a better acquainted with your instinct



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## 3. Keep Yourself in Relax State

- Thoughts flow from relaxation
- Meditate, breathing, use mind distract techniques



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## Bonus Tip:

**Avoid changing your mind unless there's a valid reason.**

Occasionally, you'll know that your initial instinct was wrong. In this case, if you have a valid reason to change your mind, you should do so.

However, if you don't have a good reason, just follow through with your initial thoughts.



## How To Use Your Intuition to Attract Abundance

*Your intuition is a great resource, but it's important to nurture it.* Start with smaller things. When your intuition has proven it's reliable, use it to make bigger decisions.



## How To Use Your Intuition to Attract Abundance

Intuition is a tether to your subconscious.

It's your ultimate source of wisdom, imagination and creative energy.

Make your life easier and richer by utilizing all of your resources.



# How To Use Your Intuition to Attract Abundance

Get Help Using Your Intuition

<http://ChatWithAnn.com>

