

Excerpt from *7 Keys to Freedom: The Ultimate Guide to Developing the Mind*
“Your Intuition, The Key to Experience Freedom From Struggle”

Your Intuition

The key to experience freedom from struggle.

By Dawn Nocera

“Prayer is when you talk to God; intuition is when God talks to you.”

~ Dr. Wayne Dyer

“Did you see that crash!?”

It was the middle of the night, and my brother and I both stepped out of our rooms and faced each other, dumbfounded. We had both been wakened in the middle of the night and looked out each of our bedroom windows just in time to see a car crash into and break the telephone pole in front of our house. We saw the driver get out and run away.

That night, my brother and I searched the street for signs of a crash before he hit the pole, like skid marks on the road or another car that might have been hit before that car hit the pole. We found no signs. We walked up and down the street looking for an explanation for why we both woke up before the crash. We found nothing. The police officers found no reason that we would wake up before the crash, either, and they did not believe us.

Intuition is like that. It hits you, you act and if you try to explain the workings of intuition to someone else, you are likely to get a lot of backlash. “There is no way it happened like that!” “You couldn’t have known that!” “Someone must have told you!”

In everyday life, intuition is a little more subtle. It comes to you in a flash of insight about how to finish a project or knowledge about someone else that comes without reason. It may or may not wake you up in the middle of the night.

Perhaps you are one of those people who doubt that your intuition exists. Maybe you have a lot of intuition about many things and you haven’t quite figured out how to use that intuition productively. The challenge for most people is learning to trust their intuition. I have yet to meet a person who has not had a moment of intuitive insight. Yet, most people have little knowledge to help them understand what intuition is or how they can develop trust in themselves to use their intuition in a way that creates the much-sought-after freedom from struggle and, in turn, aids them in living their fullest self-expression.

This chapter will help you understand what your intuition is and help you gain trust in your ability to harness your intuition, act on it and move forward in life with ease and joy, free from struggle.

By Dawn R Nocera

Intuition is Your Natural State of Being

Our lives were meant to be easy. We were meant to live our lives as natural expressions of our higher selves. We were meant to connect deeply with the very spirit of life itself and tune into our inner wisdom. We were designed to receive guidance as it comes effortlessly from the very source of life through this inner wisdom and we were designed to be fearless in acting on these ideas and impulses.

When you were an infant, you were very much in tune with your environment. If the people around you were upset, it upset you. You were designed to mirror the attitude of those around you to keep you safe. Around the age of 7, you began to develop your own ideas and attitudes. You began to develop your free will. In a loving environment that is designed for your ultimate self-expression and growth, you would have tested your new ideas and started to create a definite belief system about life. In a perfect environment, you would be free to evolve and create new understandings that are either in harmony with the beliefs of your family or create beliefs and ideas that are independent of your family. Either way, you would come to know yourself deeply and be understanding of the choices others make through their experiences. Ideally, you would remain in tune with your higher self and the impulses of wisdom that are relayed to you through your subconscious mind by your emotions — and you would naturally grow into your fullest self-expression.

Making use of your intuition guides you to know your life purpose, have perfect vision for your future and to live with ease and joy. Using your intuition is a habit of freeing yourself from struggle as you create the life you want.

Intuition Then and Now

In the past, oracles, seers and medicine people of Eastern cultures wrote much of what has been written on intuition. According to an article by Dr. Sarvepalli Radhakrishnan, intuition, in Hindu and Buddhist, was associated with the highest of the spiritual states that could only be achieved through meditation or mental discipline. Even though many Western thinkers, such as Pythagoras, Plato, Aristotle and others, taught that knowledge exists without proof and could be accessed through intuition, the Western world put intuition aside as a practice or as an education for future generations. Instead, it chose to practice the science of physical cause and effect. The basic building blocks of science ask the question, “What is your hypothesis?” The idea of guessing what will happen in a scientific experiment is sometimes confused with intuition. Guessing in this way is usually a function of the reasoning faculty, where a guess is formed from previous knowledge. It is not a sudden flash of insight and certainly not intuition. Move up the ladder of achievement

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in science or any other field of performance and study, and you will find minds filled with wonder, curiosity and exploration. It is from this place intuition is sparked.

“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

Today, we truly are living in an amazing time, where philosophers, psychologists and healers use science to not only prove the existence of intuition, but also to really explain it in a way that we can begin to trust it as a natural part of our design and teach new generations how to direct, trust and act on their intuition in daily life to make changes that move the world forward, reaching for more life, exploring new ideas and creating things that were once thought impossible.

After reading this chapter, you will gain knowledge and clarity about how you can direct your intuition. This new understanding will give you confidence and trust. Only you, however, will be able to take action on what your intuition tells you. Action is the razor’s edge that is the finest line between success and failure. You get to decide what you are going to do or not do. Your intuition is there to guide you.

Intuition as Gateway to Discovery

I love studying Einstein’s life. The more I study his writings, the more I understand intuition and see that it truly is the gateway to discovery. Let’s look at his quote again: “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.”

What exactly does this mean and why do scientists really “get” this intuition? I have studied success for more than 20 years in all areas. I have worked with many successful business owners, professional athletes, inventors and top-performing salespeople. Across the board, intuition is one of many ideas that help people move themselves and society forward into growth and possibility. People who can let go of the need to see things on paper and jump into an idea that they have no basis for understanding in reality are the people who create new ideas and are rewarded by seeing their ideas come to life in their physical reality. They are the people who move the world forward. Einstein was not the first person to talk about the intuitive mind and how it helped him see opportunities where other people saw problems, so he was free to manifest new discoveries in life.

He was convinced that intuition is really the key to understanding this basic creative force of the universe. Einstein said, “I believe energy is the basic force in all creation.” When we realize that intuition is just that ability to tune into or read the energies of all of creation, of all the world, then you might understand why he was

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excited about using his intuition — and not just excited, because he used it as if it was his only tool. Beyond that, he had people who worked with him that saw to it that the math matched the intuition. Most people are afraid to trust their intuition in this way.

I want to help you to step into trust. I would like to invite you to take a close look at your life and say, “Is there any area of my life where I can use my intuition to move forward, and let go of some of my old ideas and outdated thinking about how the world works?” Then step up and step into a new role. Take some time to read about Einstein’s life. You will see that his whole life was surrounded by the idea of the role intuition played in scientific discovery. He also said, “The only real valuable thing is intuition. This is the value of life.” I believe when he said, “I only want to know the thoughts of God. All else are details,” he was providing us with a direction to go to discover our own answers. If you are going to tap into intuition, why not go for the creative source, which is that creative idea, to really tap into the truth? It is the divine and what the divine knows about you is the truth. That is what Einstein is inviting us to do.

Go back and become like a child. We are naturally very intuitive. I have three children and I remember when they were little. If I quietly entered their bedrooms when they were sleeping they would wake up. They could intuitively feel my presence around them. That is how you are born and how you are designed to live. You are designed to sense and feel the energy of your environment without someone telling you how to feel or how to think. As a child, you were confident and you trusted yourself. As we grow older, we can take actions to make changes in the environment if what we feel doesn’t match what we want to feel. That is the key, and I am going to repeat it: we can use our physical body to move our environment, to make the changes that we want, as well as see it in our mind’s eye. We can also change our physical environment to create a different vibration. Clean up your environment. If we do not clean up the image we hold in our mind of our environment, however, things will return to the way they were.

What is Intuition?

“The ability to understand something instinctively, without the need for conscious reasoning, a thing that one knows or considers likely from instinctive feeling rather than conscious reasoning.” ~ Oxford Dictionaries

“The act or faculty of knowing or sensing without the use of rational processes; immediate cognition.” ~ The Free Dictionary

Intuition is our ability to tune into the energy that surrounds us. It is our ability to tune into the people around our environments, a situation, an event or us. It is our ability to hear what is going on behind spoken words. It is our ability to connect

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deeply with our environment. Intuition allows you to have knowledge, without the understanding of how you know it.

Dyer explains, “For the spiritual being, intuition is far more than a hunch. It is viewed as guidance or as God talking, and this inner insight is never taken lightly or ignored.” He also said, “Prayer is when you talk to God; intuition is when God talks to you.”

Napoleon Hill, the American author who focused on the New Thought Movement, calls intuition your sixth sense. Hill says the sixth sense is the “receiving set” through which ideas, plans and thoughts flash into the mind. These flashes are sometimes called “hunches” or “inspirations.” He also said that it is a mixture of both the mental and spiritual, and the medium of contact between the finite mind of man and Infinite Intelligence.

The Law of Vibration

To really understand intuition, you need to understand the Law of Vibration and the Law of Attraction. The Law of Vibration tells us that everything moves. Every cell of your body, every molecule that makes up the chair you sit in or the car you drive is in a constant state of motion. You move and produce energy all of the time, even while you sleep. After your last breath of life, your physical body continues to be in motion. This type of motion is called decomposition or disintegration. The motion of growth and life expanding is called creation. Bob Proctor, who penned the foreword of this book, often says, “You are either creating or disintegrating. That is all there is to it.” As each one of your cells vibrates and moves, whether you are alive or not, it gives off energy. The energy that your body gives off is your attitude. It is something you cannot hide. People pick up on it, consciously and unconsciously.

If you and I are talking to each other, I would be able to tune into your vibration or your attitude and I would become better able to serve you. If your vibration or attitude rises, I will feel it — that is, if I am tuned in. We will get to “how to tune in” later in the chapter. You may find it interesting that our willingness to work together creates an entirely new combined vibration. My energy and your energy combined would create a new and stronger energy field. Groups of people working or living together create a similar social attitude. When they can attach their attitude and values to a collective goal, like we did to write this book, their energy combines as a single unit of energy. It is like a battery: the more cells, the more powerful!

Imagine you have a goal to own a new home. You walk into a beautiful home for sale and you immediately pick up a strong sense of negativity. The home is perfect for you and your family, though you just can’t seem to shake the idea that something is wrong. Your intuition is reading the home’s energy and it is doing it without your request. It is an automatic function of our intellect. Your intuition gives you the ability

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to feel the energy within you and feel the energy around you. Intuition is our awareness of pure energy that is the essence of everything we encounter.

Intuition aligns your will and divine will, activating confidence to change the course of the world. Intuition allows you to see what others may miss in the present. Intuition allows you to tune in to your present environment. This is vital to understand when you are working toward your own personal growth or a focused goal. Your intuition illuminates the opportunities for you to move forward with greater ease. Without the use of your intuition, you would not recognize opportunities as they come.

Why You May Want to Use Your Intuition

“Intuition cuts down on time and effort. As you gain intuitive intelligence you become more energy and time effective.” ~ Doc Childre, an American human development specialist

When you regain access to your natural state of growth, you let go of struggle and life becomes very easy. You achieve goals more quickly. The opportunities come faster and with fewer barriers. If there has ever been a time for you to stop struggling and letting go of the need to make things difficult, it is now, because time is important.

You have a lot of good work to do on this Earth. You were put here for some very special reason. Everybody on Earth was put here for a higher purpose and our belief that things are difficult extends the time needed for the achievement of our goals. I would like to encourage you to let go of the idea of struggle and frustration, so you can achieve your goals faster.

You may understand at some level that struggling to accomplish a task slows down the process. It does not make it faster. You think you are working harder to help the goal arrive faster and it is entirely the opposite. Tune into your intuition and it will show you which direction to go to find your easy and effortless path. With practice, you will come to understand that this is how it was meant to be.

You were meant to check with your inner wisdom first and then take a step in the direction offered by your intuition. You were not meant to ask around and see what other people think before you decide to step in that direction. If you do, the opportunity may no longer be there. It is natural to seek out easier ways to do things and you should understand that letting go of the struggle makes things happen really quick!

Another reason you will want to use your intuition is that it allows you to see what others miss. When you let go of the struggle, your peripheral vision expands. Oxygen flows to the cells of your brain and your body, and your eyes get to see more. Your physical eyes in actuality get to see peripherally, where before you may have had

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tunnel vision. I am not just talking spiritually, either. I am talking about driving down the road and seeing more in your view. Intuition allows you to align your desires with your actions.

The biggest, most unbelievable, life-changing opportunities could be in front of you at this very moment and you might not be able to see them. Intuition triggers that confidence to change the course of the world and, at the same time, it provides the serenity you need to stay the course. It activates confidence and provides serenity and peace of mind.

How I Began Using my Intuition

I often say, “There is an easy and effortless path to success, and unfortunately few are brave enough to travel it!” If it were true, that there is an easy and effortless path to success and authentic abundance, why then would you have to be brave to travel it?

When I started my journey of learning to trust my intuition, which is what you want to do if you want to travel that easy and effortless path, I thought it would lead me to do things I did not want to do. I thought, for sure, I would be led to long, miserable hours of work, sacrificing my dreams and painful servitude. Most of all, I thought that really following my intuition would mean I would have to give up my dreams and sacrifice everything I ever wanted to serve some higher cause. I thought, for sure, that my life would get very hard and, as difficult as it is for me to admit it, I was scared.

I wanted evidence. I needed proof that I could make sense of that and following my intuition was going to help me achieve the kind of success I wanted in my life.

At the time, I was deep in the study of what separates successful people from the masses. The more I immersed myself in the study of success and peak performance, the more I realized that if I wanted to be more, do more and have more, I had to trust more. Every success story I read had an account of someone trusting their gut, going with their own ideas despite all of the odds against them and, in the end, winning because they followed their intuition instead of following reason, logic or the caution given by their well-meaning friends and family.

Oprah Winfrey tells how she felt when she read the book, *The Color Purple*. She connected with the character Sofia and just knew she had to play the role. At the time, she had not been in any movies, had no ties to the industry and any evidence, reason or logic backing the idea that she would someday play Sofia when they turned the book into a movie. Despite a few false hopes, she eventually received the call she knew would come when Steven Spielberg, who directed the movie, asked her to audition for the role. She trusted her intuition.

Alejandro Torres-Marco, the author of the chapter on your reasoning faculty, told me about a dream he had when his daughter was about 2 years old. In the dream, her

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room was on fire. He immediately woke up, went to check on her and found that she had a very high fever and sought proper care.

In both cases, trusting their intuition seemed to give them unwavering self-confidence and faith in their decisions. The intuition was there. Their decisions to listen and act upon it shaped their lives just as it does ours.

Following my intuition has led me down the most joyful and carefree path I could ever imagine. Where, in the past, I tried to focus my attention and energy on what I wanted and worked hard to stay on the hamster wheel and getting very little results, I now notice the ease that accompanies all areas of my life. Now, when I listen to my intuition, take action and follow up by creating a plan using my reasoning faculty, life is not hard at all — it really is easy and effortless. The more I follow my intuition, the easier life becomes. When I feel as if I am struggling, I slowly say out loud, “Easy and effortless, easy and effortless, that is how I like it. Easy and effortless.”

The best part is that I have accomplished so much in such a short period of time. For me, learning to relax and trust myself puts me in a sort of “time warp” where things move quickly and with ease. My intuition led me to write this book with my amazing co-authors. I have traveled more for pleasure than I have in my entire life since deliberately taking this path. I have connected more deeply with my family and made new and meaningful friendships.

My ability to act on my intuition has really changed everything. Some call it bliss, while an athlete might say I am living in “the zone.” It doesn’t mean that I don’t get frustrated, I do. It doesn’t mean that I don’t have to work at all, I do. What it does mean is I have the confidence that what I am doing is right. The frustration I feel is a blessing. It helps me remember that life does not have to be that hard. And when I do get frustrated, I tune into the energy of ease and flow and ask, “What do I need to do, remember, or see that would make this easier?”

In the beginning, and long before being awakened in the middle of the night to see the car crash into the pole in front of our house, I randomly tuned into my intuition. I did not know, however, how to tune my intuition into the energy I wanted to tune into. I would pick up the energy of a street corner and feel nauseated. I would pick up the energy of sick people in my classes in college and feel horrible for no reason. I did not know how to focus my intuition or how to shield myself from the negative energy that surrounded me. I was very open and receptive, but I did not know how to train my subconscious to tune into the vibes I wanted to tune into.

I once had a dream about an old friend’s sister being pregnant. There was nothing significant about the dream, only that she was pregnant. I hadn’t talked to this friend in a long time, so I thought telling him about my dream would be a great reason to call and catch up.

However, when I told him about my dream, he assured me that his sister was not pregnant. He went on to tell me how ridiculous the dream was. “She is married and

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finishing up nursing school,” he said. “Having a baby would ruin everything she has worked so hard for!” He was actually angry at the thought of my dream.

I wrote off that dream as a subconscious effort to connect with him and nothing more until a week later when he called me to tell me the news. His sister was pregnant and she found out the day I called him.

I had a runaway intuition. I would receive information all the time about people, places and events that I really had no business knowing about and certainly no inclination to share with anyone else. The bits of insight I received were not always welcome, like the dream I shared with my friend about his sister. I had no reason directing my intuition. When I finally began to explore and direct my intuition that was when life really changed for me.

Learning to trust my intuition has been a journey. Learning to direct my intuition toward definite ends has given me the most tangible rewards. And learning to be patient with myself — and I’m still learning — has been the greatest gift to myself.

Your intuition may be running wild, as well. You may be so busy picking up ideas for other people that you do not recognize when those messages are meant for you. Maybe you are the guy who receives great insight at the last minute and doesn’t act on it, then feels like a victim when someone else gets the same idea, acts on it and gets the credit for “your” idea. In reality, all ideas are simply energy. They are there for you to act on. Those who do are the ones who gain the benefits of their actions. If you take anything from this chapter, please make note of this: intuition will not pay the bills, but acting on your intuition can bring you rich rewards! The action is what sets in motion the attraction.

Intuition or Paradigms

As I tried to use my intuition more and more, I realized that I was very intuitive. I picked up energy all the time. I wanted to use this tool to help my own growth, not just to randomly pick up energy from strangers. There was one problem: I did not trust my intuition. I did not trust my feelings. I began to act on many thoughts that I labeled “intuition” and nothing magical happened, nothing changed! I was not growing. I was not achieving my goals. I was stuck. I wasn’t aware that we receive information from our intuition and from our previous programming (our paradigms). I was mistaking paradigms for intuition and my paradigms did not prove to be the best guide. Listening to my paradigms always led me right back to the place I started from, stuck in a comfort zone. Let me explain.

During one of our webinars, someone asked this question: “I am thinking about my new goal, but these crazy thoughts keep coming up in my mind. How can I tell the difference between thoughts coming from intuition, thoughts coming from spirit and thoughts that are coming from my paradigms? How can one tell the difference?”

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This is a great question. We are designed to listen and follow our intuition. Most of us, however, relive our paradigms and feel stuck, very stuck. Becoming an expert in distinguishing intuition from paradigms will be fun once you understand the subtle differences and you commit to following one and not the other.

You may have already taken hold of the idea that intuition moves you forward, toward growth and expansion, and more life, while paradigms keep you moving in circles. Paradigms have been discussed throughout this book. There is a very good reason, too: The only obstacle there is to your success in any area of life is a paradigm, or habit, that no longer serves you. Following your intuition is the easiest way to make a quantum leap in the results you get.

Intuition, however, does not have a face. You cannot prove your intuitive ideas to your colleagues and friends. Most of the time, you can only make up reasons to back your intuition, while not disclosing the fact that you are moving forward based on your gut feeling.

You see, intuition and paradigms show up in your life by means of your emotions. If you pay close attention, you will find that a feeling coming from a paradigm is a reaction to something outside of yourself. Intuition, on the other hand, requires you to respond to a situation and, often, it does not show up unless asked.

Intuition is non-judgmental. It may ask you to do something that you do not believe you are capable of doing. It may ask you to speak to someone you have been avoiding. Intuition does not judge your ability or anything about anyone involved.

On the other hand, paradigms are judgmental. If an idea is a paradigm, it comes with preconceived notions about other people, places or events. Paradigms bring with them a core of fear, doubt and worry. Intuition brings with it love, understanding and an open mind. There is no doubt with intuition: you just know.

Daniel Kahneman, widely regarded as one of the modern world’s most influential psychologists, points out that intuition is a system of thinking that happens automatically and naturally. He labels this system of thinking simply as “System 1” and labels the second basic system, which is our reason, “System 2.”

System 1 is fast. System 2 is slow. System 1 is void of doubt or fear. It is quick, automatic and, according to Kahneman, not always accurate. System 2, which operates out of reason, gathers information that is stored in our subconscious mind to make a decision. System 2 is run on past knowledge, unconscious beliefs and previous understanding, while System 1 runs on inspiration. The table below outlines both systems. This is good to know, because we need both systems to operate effectively. Otherwise, we may become reckless in our actions or the opposite, paralyzed with fear into a state of inaction.

Reason and paradigms are not the same. A paradigm is subconscious programming. It is already there. Your reason gives you the ability to think the way you want to think about any idea. If intuition is our guide to our fullest self-

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expression, our reason is the tool we need to use to discover whether the idea that came to us is an intuitive insight or an old idea or paradigm reappearing to keep us safe and on a hamster wheel.

Most of us seek out reason first and discount our body’s natural success system. We haven’t taken the time to get to know how it works and how to discern which system we are working with. The natural process would be to listen to your intuition and then follow it up with reason. This is our natural path of growth and fulfillment. We are designed to learn and grow, trust our intuitions and act on it using reason. When systems 1 and 2 work in harmony, we call it wisdom. If you listen to only System 1, it would be called reckless. If you listen only to System 2, or your reasoning faculty, you would find yourself doing many of the same things you have always done and getting the same results. When reason and intuition work together, life moves forward effortlessly.

To recognize the kind of feeling that indicates true guidance, look for three qualities: calmness, clarity and joy. Intuition is always based in a deep sense of calmness and detachment.

The best way to learn the difference is to pay attention to your feelings and practice. I get better every day at using and trusting my intuition. It serves me well — and this took time.

If you are looking for evidence that your intuition is activated, here are some signs:

When You Use Your Intuition	When Your Paradigms Are in Control
✓ You feel at peace with the decision.	✓ You feel panic around the decision.
✓ Your decisions are based on what you want.	✓ You react or make decisions out of fear.
✓ You feel a sense of freedom.	✓ You feel trapped.

How to Recognize and Trust Your Intuition

If you remember, Kahneman said that intuition comes quickly and comes without doubt, fear or anxiety. Some people get a sudden flash of insight that comes with confidence and faith, and they immediately attempt to connect that insight to their conditioned experiences of how the world works. So, instead of cultivating the faith and trusting their intuition, they begin to doubt what their intuition has shown them. That doubt turns into fear and fear turns into anxiety. It seems reasonable that trusting your intuition would be a sure way to end anxiety.

Even in life-or-death situations, when your intuition takes over, there is a sense of calm and deliberate action that comes from being totally aware of what needs to be

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done to save a life or to escape harm. Many of the nurses and medical professionals who shared their stories with Elizabeth Lloyd Mayer, while she was doing the research for her book, *Extraordinary Knowing*, reported that in crisis situations they just knew what to do. This is the Law of Life taking over. The Law of Life says, “More life to all!”

Becoming a master of your feelings and emotions is necessary for mastering your intuition. If you have runaway emotions, it is hard to distinguish any intuitive flashes. Learning to calm your emotions, not suppress them, but calm them, leads to mastery of self and the ability to tune into your environment.

You can also use your feelings to gauge where you are regarding what you want out of life. If you are feeling frustrated and overwhelmed, chances are you simply need to use your intellectual faculties to change your perspective, focus and find a better feeling. Once you feel good and direct your thoughts, instead of suppressing them, you can be certain that you are aligned with what you want. That understanding leads you to release any worry or doubt you have about your life.

Most people have been trained to turn off emotions so they don't upset other people. The only way we can find the self-mastery we seek, however, is to tune into our own feelings and direct them with our will toward what we want in our lives.

The most successful people make the effort to develop their intuition. They know that their feelings are like a radar device that tunes into universal knowledge and Infinite Intelligence. They understand that the source of their feelings is spirit within them.

How to Develop and Trust your Intuition

The first thing I say to people, especially if you are a little bit intuitive, is to find yourself a goal, a desire. The thing that you desire the most is the carrot on the stick in front of the horse. It is the activator to move you forward. Seek your goals and when you focus your energy and attention on what it is you want, only then do you begin to attract solely the ideas and energy that are aligned with your goal and desire. That is exciting, because you become a “quick” magnet to attract the things you need to hit your goal, to achieve, to become, to allow. Tapping into your intuition is more about allowing yourself to be who you were meant to be than it is about achieving a goal. The goal of your desire, however, is to get you to move forward, to get you to move in the direction of your higher purpose. I hope this makes sense for you, so you can use this in your own life.

Intuition is very closely linked to the Law of Polarity, which says everything has an equal and an opposite. Up has a down, in has an out, left has a right and so on. You can tune in just as easily to the good of the situation as you can tune into the bad. I

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really want you to understand this concept. There are people who are tuned into only the negative energy of the world around them. This is what they attract.

The fact that you are reading this book, however, tells me that you want freedom from this negativity. You really want to tune in to what is good. So, when you practice using your intuition, really practice being in tune to the good because it will get you into the habit of practicing and seeing what is amazing and wonderful in the world.

I invite you to trust. Trust is something you will have to work on and do on your own. Trust that using your intuition can create massive change in your life for the good. How quickly you tap into your intuition determines how quickly you make a quantum leap. Everybody wants the kind of quantum leap that makes an impact on the world. You can make leaps without using your intuition. Your intuition is the one thing that will help you make the quantum leap you really want at your core level.

The Master Key to Unlock Intuition

What is the master key that unlocks your intuition? You may have already guessed it. The master key is the “question.” We are constantly given answers to all of our questions. Remember the saying, “Ask and it is given?” That is the way we are designed. We are created to ask and receive. We are always being answered, but most of us ask the wrong questions. We ask, “Why are things hard?” or “Why are things so difficult?” Instead, we should be asking, “Why are things easy?” “How can this be easier?” You are going to want to become a master at asking yourself the right questions.

So, the master key is the question you ask. If you are a salesperson ready to make a sales call, instead of picking up the list that you made yesterday, you might ask your master key question, “Who do I need to call today?” You listen to whatever your intuitive mind gives you and you do it. While the key to intuition is the question, action is required for you to receive the results. So my call to action for you is, whom are you really listening to? Are you listening to your outside world? Are you listening to your environment? Are you listening to your old paradigms? Or are you listening to your heart? Are you tapping into the desire that is in your heart? Your desire comes from your heart. Are you listening to your heart?

Affirmations Can Help

Here are some affirmations you can use to help you tap into your intuition:

“I easily and effortlessly attract all the information, people and events that aid in my service to the world.” After all, that’s what it’s all about. It is about you giving service to the world. The universe will reward you.

Excerpt from *7 Keys to Freedom: The Ultimate Guide to Developing the Mind*
“Your Intuition, The Key to Experience Freedom From Struggle”

“I easily and effortlessly align with the truth in all situations.” Intuition is the ability to tap into the truth in every single situation. Tapping into the underlying truth, we are all united and connected.

“I easily and effortlessly focus on where I am going, and the way will be shown.”

These are some excellent affirmations to help you move forward.

A Summary

You are born with intuition; everyone has it and, according to Sonia Choquette, a spiritual teacher who writes about intuitive awakening, personal growth and creativity, there are four steps that you can use to develop your intuition.

The first step is to be open to your intuition. Allow yourself to play with the idea that you have access to powerful sources of unseen wisdom that you can call on at will. The second step is to expect it. Expect that you will receive an answer to your questions. The third step is to trust it. Trust that your intuition is there to guide you toward your goals and more life. Write down those intuitive hunches when they come to you or, at the least, speak them out loud. The fourth step is to allow yourself to experiment with your intuition and act on it. Take action on your intuition immediately.

Remember that the universe loves speed. You don't have to know why you are doing anything. It is often better, too, that you don't know all the details when you act on intuition. Intuition will always take you where you need to be.

There is magic in taking that first step. From there, the universe shows you the next step. Most people will get off track when using their intuition. They think they are picking up on the energy of the goal when, in fact, they are picking up on the energy of the paradigm, yours and everyone else's!

1. Be clear on your goal or desire. What do you want?
2. Be open to receiving intuition that will guide you in that direction.
3. Expect your intuition to show you the opportunities as they come.
4. Trust that your intuition will indeed move you forward.
5. Act! Act on your intuitive hunches as quickly as possible.

Intuition comes to you in many ways, through dreams, hunches and visions. Sometimes, it comes and you have instant clarity about a situation. Other times, you

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may pick up only a piece of information that doesn't make sense to you until years later, when you look back on how all of the pieces fit together. The highest purpose of your intuition is to allow you to see the opportunities that you might otherwise dismiss. When you act on the opportunities as they come to you and know that your path is being illuminated by Infinite Intelligence, it is easier to be confident in taking action. Intuition is not only a key to help you find freedom from struggle, but it is also a key to ultimate self-discovery.

Dawn R. Nocera, USA