

## Intuition Is Like A Muscle

Intuition is an important but unrecognised part of our lives. Most of us constantly receive its messages but choose to ignore them. Our rational mind gives us all of the very “sound” reasons why we should ignore the intuitive impulses. When we ignore the intuitive mind it speaks to us less often. The intuition is never forceful or loud - except in times of extreme danger. We must listen carefully to hear it.

*Intuition is like a muscle:*

Intuition is built like a muscle. The more it is used the stronger it grows. Begin to use it consciously and often. We encourage you to practice utilising your intuitive powers. Spend some time each day sitting quietly, arriving into your ‘empty’ place and using a quiet shifting of awareness to engage your intuitive ability. After a short time you may be surprised just what your intuition tells you.

- Shift your awareness right now to the bottoms of your feet. Linger there for a few moments, feel the sensations.
- Now, draw your consciousness to the front of your face. wait there for a short while, notice what you are feeling.
- Turn your attention to the tip of your face. For a few seconds be aware of what you are feeling.
- Once you have settled into that spot - Allow your focus to be on your hands for a bit, not the feeling.
- Next bring your attention to a past movement.
- Immediately shift forward to a vision of the future, and then finally, back to the present by bringing your focus again to your body.

This exercise will teach your mind to be flexible and open. you may find on some occupations that intuition engages more easily than at other times. This is normal. Learn to recognise the physical signs that happen in your body as intuition takes over. Again practice, practice and practice!

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