



ABC's of Intuition

excerpt from Embracing the Magic Within

- A** – Accept what you know to be true for you
- B** – Believe in what you cannot see / Believing is seeing
- C** – Connect to the YOU within through meditation
- D** – Don't doubt the information coming through
- E** – Everyone is intuitive and has the ability to access their intuition
- F** – Fine tune what you feel
- G** – Guides are assisting you
- H** – Hear the words within your mind
- I** – Imagination opens the door
- J** – Journey into consciousness
- K** – Know that you just know
- L** – Lose the doubt
- M** – Meditation offers space to receive
- N** – No need to hurry
- O** – Open up
- P** – Practice the pause
- Q** – Quiet the mind and listen
- R** – Relax and receive the guidance
- S** – Signs and symbols present themselves
- T** – Trust what you see
- U** – Unlimited potential
- V** – Vote of confidence
- W** – Write down what you sense
- X** – eXamine the details
- Y** – Your frame of reference is what Spirit uses
- Z** – Zap the uncertainty

