

UNLEASHING YOUR SIXTH SENSE

We all have it, but how many of us use it? Oprah, Trump and Gates use it all the time, which is what enhances their success! Intuition, also known as “gut feeling”, is the internal antenna, the quiet voice to inner wisdom. It helps us make sense of the variety of choices, decisions, and interactions we face on a daily basis. It gives us clear guidance to find the right answers. Sometimes it is called the Golden Compass.

Seven things you can do to activate your sixth Sense

1. **Meditate**
Take some quiet time daily to get rid of the mind chatter
2. **Keep a Journal**
Write down your AHA moments, coincidences, and bright ideas as they come along
3. **Practice with your intuition**
Play guessing games daily
(eg. Who is calling you when the phone rings)
4. **De clutter**
Your mind cannot think clearly when there is too much chaos around
5. **Pay attention to your dreams**
They simplify your life and make you aware
6. **Make sure you get enough sleep**
Intuition shuts down when you're tired
7. **Write down your goals**
Intuition supports clear intentions