SIX WAYS TO SUPERCHARGE YOUR INTUITION

By Lynn A. Robinson
Six Ways to Supercharge Your Intuition

What is this thing called intuition anyway!? 

People call intuition by many names...

- Inner Voice
- Gut Feeling
- Instinct
- Universal Wisdom
- Innate Knowledge
- Feeling
- Inner Guidance
- Clairvoyance
- Hunch
- Sixth Sense
- Insight

All of them are accurate. I like to think of intuition as your “Inner Compass.” When you pay attention to it, it points you in the right direction. It provides accurate next steps to follow when you feel lost, unsure or simply need some creative answers to move forward in your life.

There are about as many ways to receive or perceive intuition as there are names for it! When intuition is giving an individual the “go ahead” sign, they often say things like...

- “I just knew this was the right choice for me.”
- “I had a gut feeling.”
- “I heard an inner voice.”
- “I see an image (symbolic picture) that indicates I should go ahead.”
- “My instincts said…”
- “I feel open-hearted when contemplating this choice.”
- “I had a dream that gave me an answer.”
- “I can tell from my sense of joy that this is a good direction.”
- “I experience a lot of positive synchronicities about this choice.”

There’s no one right way to receive this wisdom. Intuition is hard-wired into each of us. It’s your deepest knowing. It’s knowledge about your purpose and life direction made conscious.
IDEA #1
Access the Power of Your Daydreams

What do you fantasize about? (Okay…maybe not those kinds of fantasies!) I’m talking about the kind where you say to yourself,

“Someday I’d like to…”
“I wish I could…”
“I hope that one day I’ll be able to…”
“Wouldn’t it be great if…”

Pay attention to those yearnings. That’s your intuition speaking to you about your future possibilities. See them as information from your soul informing you of the direction to take to create greater peace and happiness in your life.

You may find yourself in the group of people who have few or no dreams of positive change. If so, I suspect that you may have talked yourself out of those hopes because you told yourself they were “unrealistic” or “unattainable.” Those kinds of thoughts are dream and intuition killers. If you’re a little stymied for hopes and dreams for the future, ask yourself these questions:

• What would you consider a “fun day?” It could be a picnic, a walk in the park, a day trip, a visit to a museum, reading a good book. (Who says kids get to have all the fun?!)  
• If you had all the money you needed, what would an ideal day, week or month look like to you?  
• Think back to a time in the past year when you were having a great time. What were you doing? Who were you with?

Learning to listen to and trust your intuition doesn’t necessarily require a huge change in your life. It may begin simply by following the clues of what makes you happy, what brings you joy. You are learning to follow your enthusiasm. Start there and keep going!
IDEA #2
Move Outside Your Comfort Zone

People get a little scared of listening to and acting on their intuition because it encourages them to take a risk...make a change. Motivational speaker Les Brown, once said, “If you put yourself in a position where you have to stretch outside your comfort zone, then you are forced to expand your consciousness.”

Intuition often comes as a little whisper. “Try this new thing,” it murmurs. “Think about that as an alternative,” it encourages. What happens when you hear this encouragement? You’re perfectly normal if the first thing that comes to mind is “What if it doesn’t work?” “I’m not good enough!” Or simply, “This change makes me nervous. I’ll just stay where I am!”

If I had waited until I was totally confident before I left my computer software job to begin an intuitive reading business, it wouldn’t have happened. If I had waited until I was 100% sure I could write a book before I signed the contract, I wouldn’t have done it. I like to practice the 60/40 rule. If I feel 60% sure of something then I make the decision to go ahead.

Do I still feel scared? Yes. The only difference now is that I totally KNOW that the Universe is there to guide me. It doesn’t put anything in my path that I can’t handle. I make a conscious choice to feel calm. I simply affirm, “I can do this. I am supported. I’ll know what I need to do when I need to do it.” Knowing that allows me to accept change with more grace and without the extreme anxiety that I once experienced. I know that events may not unfold exactly as I want. I know that I may be in difficult or uncomfortable situations at times. But whatever happens, I’ll be fine.

Don’t fall into the trap of imagining that everything has to be perfect. It never will be. Your task is to figure out what you want. Then allow the Universe to begin bringing together the resources necessary for you to have your dream. Then it’s time for you to take a leap of faith and go for your dream. Don’t imagine that any of the heroes or heroines you look up to hasn’t gone through this same process. They have! They’ve all been scared as they looked out over the chasm they needed to leap across.
If thinking about risk has you running for cover, you might consider the words of Olympic Gold Medalist Brian Goodell who said, “We all experience doubts and fears as we approach new challenges. The fear diminishes with the confidence that comes from experience and faith. Sometimes you just have to go for it and see what happens. Jumping into the battle does not guarantee victory, but being afraid to try guarantees defeat.”

Taking a risk is about knowing you have to move out of your comfort zone and become a bigger person. The bottom line is that you can’t get to where you want to be without taking a chance. So, listen to the whispers of your intuition telling you it’s time for a change. You may be scared, but your bigger life will be worth the effort.
For those new to the concept, “Law of Attraction” or “Manifesting” is the idea that we create our own reality. We do this, in part, by where we focus our attention. Proponents suggest that if you want your life to improve, focus on the end result you’d like to achieve, not on all your fears and worries. There are lots of tools to use such as visualizing, meditation, vision boards and affirmations. However, I believe intuition is one of the key components to enable you to supercharge your manifesting ability.

All of us have an ongoing inner dialog. Unfortunately, that inner chatter is usually judging ourselves and others. We say things like, “I’ll never get ahead.” “I’m not lucky.” “I don’t have enough confidence.” “I don’t have the right education.” “I’m too old or too young.” When we say unconstructive things like that to ourselves, we’re blocking out our intuition.

Have you ever had a friend who was going through a tough time? You may have some great advice for him or her. Perhaps you suggested a new opportunity or a helpful insight. I suspect if your friend was in a negative mindset, the suggestions you offered were greeted with a deaf ear. Intuitive guidance is much like this, too. You need to be open and receptive to its wisdom in order for change to occur.

Affirmations are a great way to shift your mindset and be more responsive to intuition. Affirmations are powerful statements of intention. Good ones make you feel lighter, hopeful and uplifted. Below are a few general ones. Which one resonates with you the most? Feel free to mix and match.

- I look within when I have a concern. My intuition guides me to a perfect solution.
- My intuition guides me to take action on all things that bring me joy, peace and love.
- All is well today.
• My life is unfolding in new ways. Things are getting better and better.

• Life supports me. My inner wisdom is always guiding me. I am at peace.

• Intuitive ideas flow to me and lead me in an inspiring new direction.

• The Universe supports me. My dreams manifest into reality before my eyes.

• Wealth is pouring into my life. I am open to all of the rich new possibilities.

• My inner guidance is there for me to call on anytime I need or want help, insight and clarity.

• The more I focus my mind on my desires, the easier it comes into my life.

• I have control over my thoughts. Right now I’m choosing to feel peace, not fear and worry.

Choose one of the affirmations that resonates with you. When you find yourself feeling discouraged, read your affirmation. Put it where you can see it easily — by your desk, bedside, on a mirror or in your wallet. Then, close your eyes briefly. Say your affirmation silently to yourself and ask, “What does my inner wisdom have to say?” Listen for the answer.
IDEA #4
Feeling Good Again

Sometimes we just feel out of sorts. We’re off balance and things don’t seem to be working out easily. Intuition can help by providing inspiration. Here’s an exercise to try.

Sit quietly. Close your eyes and take a few deep, relaxing breaths.

Think of a time when you felt joyful, relaxed and at peace in your life. Spend a few moments savoring those memories. Remember the people you were with, the activities you were involved with, the home you lived in. Do whatever it takes to make the scene and your feelings as vivid as possible.

Ask your intuition this question - “What could I do to bring these good feelings into my life again?”

Pay attention to any thoughts, feelings, impressions and body sensations you have. There are many ways that your intuition communicates with you. You may find that the answer doesn’t come to you immediately. That’s fine. It may come in a dream. Or later in the day, you might just “know” the answer.

When you feel ready, open your eyes and return to normal consciousness.

Learning to trust your intuition is like practicing any new skill or talent. At first you might feel uncertain. “Am I making this up?” is a common concern. If you’re worried about that, try taking a small step in the direction that your intuition indicates. This doesn’t need to be a huge leap of faith. Test the information. See what results you get. Evaluate your process. You’re building your “intuitive muscles.” You’re creating a strong channel for intuitive wisdom to flow to you easily and effortlessly whenever you need it.
IDEA #5
The Universe Wants You to Succeed

There is a Divine Intelligence that wants you to succeed. It wants you to be happy about your life and living. It wants you to do the thing or things you’re passionate about. That’s part of your mission here on Earth. It doesn’t matter what that mission is, whether it’s being a good mother or father, a great dancer, a whiz at accounting, an awe-inspiring athlete or a profound philosopher.

I love what Oprah Winfrey says about this; “I firmly believe the Universe dreams a bigger dream for you than you can dream for yourself… You’ve got to open yourself to the dream that the Universe has for you… You’ve got to discover your true calling.”

Your job is to figure out what makes you joyful. That is the key to beginning to understand your true calling. You may be reading this and groaning, “If I knew that, I’d be doing it!” However, who else has the answer except you?

You have within you a powerful inner guidance system. It’s hard-wired into you and it connects you to the Universe that Oprah speaks about. If you are living a life in which you constantly feel drained, enervated and depressed, you’ve shut off the current of energy from the vital source -- your inner wisdom. Your task is to begin to reclaim the connection.

One of the ways to supercharge your intuition is to keep your focus on the simple joys that are present in your life -- family, good health, a beautiful day, a wet kiss from your puppy, or a hug from a child.

Take time to tune into your inner voice; be still and listen. Begin to ask the questions:

“What makes me feel joyful?”

“What do I have in my life that I feel good about?”

“What do I like about me?”

“What do I like about my family, my work, and my home?”

“What was great about today?”

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You’ll know you’ve got the right feeling when you begin to experience that buzz of excitement, or a deep sense of calm and inner peace. Beginning to pay attention to your “joy feelings” is a first step towards creating a life you love. Remember: what you focus on expands…

Each day take at least one step toward what you’re excited about. This might mean taking a class, going to an informational interview, joining a club or association, writing an article, making a call, or sending an e-mail. Your excitement is a message from your intuition about the next step to take. Whatever it is — do it!
IDEA #6
Make Smart Intuitive Decisions

Let’s say you have a choice to make and it must be made now. You’ve researched, asked questions and have all the facts in front of you. But you still don’t know what to do. Your next step requires intuitive input. Here are three questions to stimulate that guidance.

1. What am I ready to act on right now?

Your decision may require a small step, not a huge leap. Quite often when you take a step forward, more information becomes available to you. Many people report that as they make an intuitive choice toward what proves to be a correct decision, events begin flowing more easily and effortlessly.

2. Which of my choices has the most “vitality?”

Think of the options you have before you. Which one are you drawn to? Is there one that leaps to your attention and captures your interest? You may experience a visceral charge about pursuing this course of action. Remember — kinesthetic or physical sensations are one of the ways that intuition communicates.

3. How do I feel about my choices?

Do you feel excited, curious, interested or passionate about one of your choices? Those feelings are one of the ways that intuition will point you in the right direction. Conversely, if a choice makes you feel depressed or discouraged, or you feel a great deal of resistance, you’re ignoring a strong intuitive message if you continue on this path.

Like any skill, the more you practice, the better you’ll get. Make the time to routinely check in with your intuition and you’ll be rewarded with faster, stronger and more accurate insight. The benefit? You’ll notice positive things begin to happen in your life! You have an inner guide that’s on your side, always pointing you to greater success, happiness and joy.
About Lynn A. Robinson, M.Ed.

Lynn A. Robinson, M.Ed., is an international expert on the topic of intuition. She believes we have an inborn guidance system that, when utilized, provides clear and accurate direction to create a successful and happy life. Lynn, voted “Best Psychic” by Boston Magazine, has a passion for teaching people how to access their intuition and develop it for practical use in everyday life, as well as for discovering and achieving long-term goals.

Lynn has been sought out by celebrities, entrepreneurs and executives for her intuitive advice and counsel. She is a popular speaker and a best selling author whose many books, including *Trust Your Gut: How the Power of Intuition Can Grow Your Business* and *Listen: Trusting Your Inner Voice in Times of Crisis*. Her latest book is *Divine Intuition: Your Inner Guide to Purpose, Peace and Prosperity*. Her books have been published in more than a dozen languages. Lynn has been featured on *Anderson Cooper*, *ABC*, and *FOX News*, and in *Woman’s Day*, *Redbook*, the *Boston Globe*, the *Chicago Tribune*, the *New York Times* and *USA Today*.

Lynn is a motivational speaker who helps people make changes and achieve their goals — both personally and professionally — by following their intuition. She teaches that intuition is a ready source of direction available to all of us; an invisible intelligence that animates our world and helps guide our lives. When we follow its wisdom, we are led to success, happiness, peace and joy. She believes we all have the ability to access this power and develop it for practical use in everyday life as well as for discovering and achieving long-term goals.

Her free Intuition Newsletter is available at [www.LynnRobinson.com](http://www.LynnRobinson.com). She may be reached at 800-925-4002 or at Lynn@LynnRobinson.com.
Energize Your Life and Create What You Want

A consultation with Lynn will help you...

• See things from a fresh perspective and create options you might not have realized were there. The sessions are helpful in assessing your strengths and weaknesses and uncovering your natural talents.

• Understand inner messages and lessons to be learned from situations, relationships and chronic problems in your life.

• See beyond the limiting beliefs you might have of yourself or of your situation. She will help you expand your view and stretch to your full potential.

• Discover the goals and visions you have for your life. Lynn works with you, using her intuitive insight to help you choose the best path to achieve your dreams.

• Gain insight into personal and business relationships. Lynn uses her intuition to describe the complex personality dynamics that create a relationship. The information she provides helps you see the relationship from a new perspective, allowing you to move it in a more positive direction.

She can be of enormous help when you are...
• facing a new challenge or transition
• wanting more out of your personal or work life
• feeling stuck and needing ways to move forward
• seeking help with a challenging relationship

For more information go to www.LynnRobinson.com
To schedule a session, call 800-925-4002
In today’s fast-paced environment, decisions need to be made swiftly and accurately. Unfortunately, logic and analysis often provide only partial answers. While many top executives are reluctant to publicize it, intuition is a key part of their decision-making success. That’s why owners, entrepreneurs and CEO’s are calling on the remarkable abilities of business intuitive Lynn Robinson. Using her extraordinary intuitive gift, she provides high value information that can help you realize your objectives quickly and effectively.

Her insights cover a wide spectrum, from job applicant suitability, to strategies for building employee motivation, to improving the odds on an important sales pitch. Robinson uses her intuition to get to the core issues of your business. She’ll work with you and your company to…

• Win new business
• Market new products or services
• Assess partnerships, mergers and acquisitions
• Reposition your business
• Increase customer satisfaction and retention
• Make successful hiring decisions
• Motivate employees

For more information go to LynnRobinson.com
Or, call Lynn at 800-925-4002 and talk to her about how she can help you and your company.
**BOOKS BY LYNN**

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Using personal experience, inspiring quotes, simple exercises, and stories from thousands of clients, Robinson demonstrates that intuition is a gift from the Universe that you can cultivate as an unwavering and reliable source of wisdom and guidance.

**Trust Your Gut: How the Power of Intuition Can Grow Your Business**
Intuition isn’t limited to our personal lives. Learn how top business people work with their “inner CEO” to win big accounts, increase sales, and resolve critical issues within their organizations.

**LISTEN: Trusting Your Inner Voice in Times of Crisis**
When you know how to listen to your inner voice in times of crisis, you'll possess an unfailing source of wisdom that will guide you through good times and bad, moving you steadily through the inevitable crises of life and toward your hopes and dreams.

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