

# How Can We Receive Intuitive Information?

What is intuition and does everyone have it or is it a gift to some people? Intuition means "in to you" in Latin. I believe intuition is information that comes from our higher self to give us an inner sense to what feels right. There are some who scoff at intuition and think it doesn't exist while others believe only certain people possess it.

While some may be more gifted than others, I believe we all have intuitive powers. Intuition is a natural born trait that many of us tend to lose sight of as we grow from childhood to adulthood. Unfortunately this happens because our parents and society condition us out of it.

The good news is we can reclaim it with a little practice and allow ourselves to become much more proficient at accessing it to help improve our daily life. A lot of people will use the expression "my gut says" that is usually intuition at work.

Think of the times you received intuitive information. How did it come to you? Think of the times you felt intuitive in your life and recall how they came to you. I believe most of us have a dominant mode of receiving information but it may come in more than form. You can receive intuitive information 4 ways.

1. Vision: are perceived images that can't be seen with the naked eye. They can come in images or dreams.
2. Inner Voice: Have you ever left your home and a little voice said you forgot something?
3. Vibration: Is the ability to perceive through energy and feelings. Vibrations are commonly known as the "sixth sense."
4. Your Gut: Sometimes intuition can come in the form of pain in your gut, hence the term "my stomach is in knots." This is common after you've made a decision or thinking about making a decision. It may be a warning to that you've made or about to make the wrong decision for yourself.

The first thing in developing your intuition is a 'knowledging' any feelings you receive about anything. Don't dismiss any thought or feelings in your body. Acknowledge and explore them.

Think of times recently when you had a feeling or hunch about something. Did you just shrug it off and continue about your day? What happened later? Did your hunch or gut feeling turn out to be right? If you tend to ignore these hunches or feelings, start paying attention to them no matter how small or trivial they may seem.

Stop and explore your feelings about it. How does your body feel? Is there a knot in your stomach the more you plan on pursuing something? Is there is silent voice in your head telling you to do or not to do something.

So how can we be better equipped to receive intuitive information? The first step is quieting the mind. Stop all thoughts and breathe deeply and just relax. When your mind is uncluttered, intuition can flow more easily.

Have you ever been in a situation where you started to panic and you couldn't think straight? That's because your mind was out of control with too many thoughts and worries. By relaxing the mind and body, you allow your intuition to flow uncluttered. You can do this with any big decision or dilemma you may be facing.

After receiving intuitive information, you must learn to trust it. Begin trusting your intuition even though your left-brain is telling you otherwise. Too many times we are afraid of following our instincts because of what others may think or say or because it requires us to get out of our comfort zone. Act on it and see what happens.

If you have a question that needs answered here are two ways you can access your intuition. One is to go into a meditative state and silence all thoughts. Wait for an answer to come to you but don't force it. If it doesn't come right away, be patient. It may come later in the day or in a few days.

Another exercise you can do is right before going to bed,

you can ask yourself the question and see if your answer comes to you in your dream state. It may come in the form of an image or symbol or you may wake up the next morning with the answer right in the forefront of your mind. Remember to remove fear from your decisions and just trust yourself.

Intuition takes practice. But how do we differentiate between our mind or ego and our intuition? The ego loves being right, it has its opinions and will insist. So intuition is persistent but it's not insistent. They are the little nudges that keep coming back up.

So if there are ideas, feelings or little nudges that keep popping up then maybe you need to pay attention on them.

It's important to practice silence or meditation. Even if its for just a few minutes a day for a few times a day. Our mind can get so busy and cluttered and it becomes difficult to receive intuition and listen to it.

To start unlocking your intuition, [go here](#) to listen to my interview with intuitive expert [Andrea Hess](#).

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