

LISTENING TO YOUR *Intuition*

Andrea Swensen

Listening to your voice & vibrations

Meditation

Energy

One Universal Mind

Generating the Answers You Seek

cell: 801.599.2251

email: Andrea@

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Listening to Your Intuition and Letting it Guide you

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“What I am actually saying is that we need to be willing to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly.”

Shakti Gawain

Every human being was born with a purpose - something very specific that you are here to be, do or give to the world. You have something to contribute, you can make an impact, you can be a force for good and a force for change. You can live life to the fullest and be happy, satisfied, fulfilled and loved. You will be able to give of yourself and share love when you truly understand your purpose.

Like most people, you may have no idea what this is. I know I have struggled most of my life to find out what my purpose was and it wasn't until I had an experience where I died and came back that I truly began to understand my purpose and that is to help others.

Have you ever had that prompting that you should do something and you didn't listen to it and then you said to yourself “darn” I should have listened to that

still, small voice that was guiding me in the right direction? Happens all the time. We must learn to train ourselves to be in tune, listen and follow.

In order to help you find out what your purpose is, you were blessed with an inner voice...called intuition, a kind of internal guidance system that's plugged into Source, a higher power that continuously signals you to let you know whether you're on or off track when it comes to living your purpose.

Your “Inner Voice” Whispers to You in Subtle Ways You May Not Even Recognize

Your inner voice seeks to steer you AWAY from anything that won't serve your highest good or your higher self. It leads you towards people and opportunities that are in alignment with your true calling and that will make you feel truly alive in this life.

Your still small voice, communicates with you through gut feelings, inner knowings, intuitive “nudges” and ideas that may seem to randomly pop into your head. Listen and follow, don't ignore these. The more you listen the more in tune you will become.

If you listen to these messages from your soul or your intuition they WILL guide you toward a life



you love living and towards your purpose. Many People Have Found It Difficult to Tune Into Their Inner Voice. One way to help you start becoming into with your inner voice is through Meditation.

How Meditation Helps you Listen to Your Inner Voice.


I often feel as though my mind never shuts off. My head hits the pillow and I begin ruminating over a list of my to do's. Meditation will help you quiet the mind. The continuous chitter chatter of the mind often muffles the volume of your "still, small voice within"

Meditation - especially guided meditation - is an **EXTREMELY** effective way to quiet the mind.

When you get comfortable, and relaxed, and close your eyes and focus on the sound of the guided meditation you can quiet the constant chatter of the mind and connect with your own inner voice much more quickly and easily than you ever imagined possible.

Soon, even when you're not meditating, you'll find that the messages that your inner voice sends you will automatically come to the forefront of your awareness as you go about your day. I find that taking 10





minutes each morning at the beginning of my day, just after waking up, listening to a guided meditation, starts my day off right with the good vibrations and a relaxed mental state, that allow me to be in tune with my soul.

The more you meditate, the stronger the connection to Source will be, and the more easily your inner voice will be able to guide you toward a life of purpose, fulfillment, happiness and joy.


Do you sometimes feel like you are unsure of where you want to go or even what step to take next?

Do you often look OUTSIDE of yourself for answers, instead of looking WITHIN, because you don't trust yourself... or you may have been conditioned to seek guidance for decisions?

Are you starting a new endeavor and concerned about whether it will work?

These are all very common feelings and you are definitely not alone.

Would you be surprised to learn that all the answers you are seeking are closer than you think? In fact the answers are right there inside your mind just waiting for you to realize them and act upon the guidance and intuition.



Each one of us is part of both the physical and spiritual world. In the physical world we use our five senses — seeing, smelling, tasting, touching and hearing. In the spiritual world we are dealing with things that we cannot necessarily see.

Many of us have been conditioned in our lives to only rely on physical evidence in our decision-making process.

We translate what our senses tell us and live according to our circumstances – but this does not have to be the case!

You are not bound by your circumstances.

You are more powerful than any situation you face! You are strong and you can overcome any obstacle placed in your path.

YOU are the one that creates your destiny and the results in your life.

Life is not happening TO you, life is happening THROUGH you... and as a result of your decisions. If you listen to your intuition you will begin making better decisions that will affect your life in a positive manner.



The truth is, you were born with **six extraordinary powers** that, when used intelligently, give you the power to be, do, have and share.

These six mental faculties are: Imagination, Intuition, Will, Memory, Reason and Perception.

In this ebook, we focus on and you'll learn about one of these very special mental faculties – your Intuition – and how it has the power that it has to guide you toward a life that you would truly love living.

So what exactly is Intuition?

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

Albert Einstein

“What I am actually saying is that we need to be willing to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly.”

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Your Intuition is your non-linear intelligence system. It gives you the ability to know and understand in ways that your logical, rational mind could never know. Your Intuition works with information you do not consciously have. It can be described as the recognition of something with little or no involvement of a person's physical senses. It is often called our “sixth sense.”

Our Intuition gives us the ability to pick up a person's moods, thoughts, and feelings. You just need to be still and listen to it. More important than defining your Intuition is learning to really pay attention to it.

As we practice, the voice of Intuition will be much easier to hear and over time, it gets louder and more clear.

Shakti Gawain, a well-respected New Age“ There is a universal, intelligent, life force that exists within everyone and everything. It resides within each one of us as a deep wisdom, an inner knowing. We can access this wonderful source of knowledge and wisdom through our intuition, an inner sense that tells us what feels right and true for us at any given moment.”

Perhaps as a child or young adult, you had a higher sense of awareness about something.

You may have even wanted to share this “knowing” with someone, but they did not have the awareness or appreciation for a developed Intuition to fully understand.

We all have access to Intuition, but we must choose to recognize and develop it.

You will honor the journey of your life even more as you develop your Intuition.



ACTION STEP:

Think of a time when you were younger that you had a sense about something. Write down that memory.

Everyone has the ability to feel energy

Everything in our Universe is energy.

Vibration is one of the major Laws of the Universe – everything is constantly vibrating, nothing stands still.

You may have heard of the Law of Attraction. The Law of Vibration actually serves as the foundation for the Law of Attraction because we are attracted to us the things that are on the same vibrational level that we are. For example; in relationships, we attract a mirror of who we are. If we are in a good place in our lives, living with purpose, happiness and fulfillment we will attract those individuals into our lives. If we are negative and




looking for someone else to full fill our lives and make us happy we will not attract those individuals, just the opposite. We must already be the best we can be in order to attract the positive to us.

Many of us must see before we believe, but actually the truth is — if we *believe*, then we *see*.

Our thoughts, on a certain vibrational frequency attract what we send out. Positive attracts positive and negative attracts negative. Our thoughts are waves of energy that can penetrate time and space.

You can attract what you wish for when your thoughts vibrate at the same frequency as what you desire.

It is important to distinguish between a vibration picked up by your senses from the outside world and a vibration that is picked up by your Intuition. An example of a vibration picked up by your senses would be the sound of a child laughing, which creates a positive vibration in you — you feel happy when you hear it. Have you ever walked in a room where people have been arguing and you could just feel the tension? If you are tuning in to it, you can also feel the love in a room when you walk into it. This is an example of vibrations picked up by your Intuition, because your five physical sense were not involved.



ACTION STEP: Think back to a situation when you had a “gut instinct” about something, but didn’t act on it. What was the outcome? Write your thoughts below:



How to recognize the voice of your Intuition

You may be wondering how to recognize the voice of Intuition from all the other noises that constantly bombard us.

It's simple really. recognizing the voice of intuition can be compared to how you recognize the voice of your best friend. More than likely, you can recognize your friends voice in a sea of other voices without even seeing their face. You have a special relationship with your best friend and their voice because you have spent time really listening to it.

Wow, there are over 7 billion people on earth and you can recognize the unique voice of your best friend or your spouse, or your child. Well, it's much the same when listening to your Intuition. It takes time, focus, concentration and interest learn to hear the voice of your intuition, much like building a relationship. The more interested you are, the more attuned to the sound of that person's voice or your intuition you become.

There's one sound for your voice of Intuition. It is quite different from the other voices you hear.



ACTION STEP: In the space below, consider and describe your relationship with your best friend or your spouse or children. What are some of the ways you nurture that relationship to create a closer bond?

Your Intuition, or your still, small voice, is a calm, knowing truth. It just simply is, there is no judgement or opinion. It is simply a statement an urging. You must choose to attune to your Intuition, rely on it and apply it.

ACTION STEP: Think of some examples where you heard a voice that you thought was your own but discovered it was the voice of someone else resonating in your head. Did you feel conflicted as you made your decision? What was the outcome?



Your Intuition is your access to the Universal mind

Ernest Holmes, the founder of the Science of Mind movement, described the Universal Mind this way: “The Universal Mind contains all knowledge. It is the potential ultimate of all things. To it all things are possible.”

In the Pulitzer Prize winning play, *The Secret of Freedom*, Archibald MacLeish said, “The only thing about a man, that is a man, is his mind. Everything else you can find in a pig or a horse.”

There really is only one mind, the Universal mind — and we are all an expression of that singularity.

We do however, have control over our **own** thoughts, which make up our consciousness and awareness. Ideas originate from the one Universal mind and then we form thoughts about the idea and how to utilize those thoughts and ideas. Think of the mind as having two parts that communicate with each other.

The conscious mind is what we notice above the surface, while the subconscious mind remains unseen, below the surface. The subconscious mind holds all of the awareness that our Intuition picks up. The conscious mind (or what you are noticing with your 5



physical senses) sends suggestions about what it desires to the subconscious. It creates the image of what you want and the subconscious mind works with the Universal Mind to come up with ideas and solutions to bring it into existence. This is what generates your Intuition.

Ernest Holmes wrote the book, *The Science of Mind*. In that book he shared the five steps to developing consciousness or in other words listening to and recognizing your intuition.

- The first step is to **recognize**. “Recognize” is both a thinking and a feeling. It’s acknowledging that there is one presence, one power, one life. No matter how the circumstance looks or the situation seems, it isn’t operating independently of this one presence and one power.
- The second step is what’s called, to ‘**unify**’. After recognizing that there is one presence and one power to life. Unification occurs when we say, “I am one with that One. So that one presence, that power, is right where I am. It’s not just out in the Universe. It’s right here. It’s closer than my breathing — nearer than my hearing. It’s right here with me, **right now in me.**”
- The next step is important. Once we recognize and unify, we **realize** — distinguish the difference between fact and truth. We don’t deny the facts but

- we deny the power of those facts to determine our future. So you recognize, you unify, you realize and then you **give thanks** for the recognition that these facts can't overpower you. These facts don't determine your choices. These facts are just the facts and the opportunity to transform those facts are right where you are. Give thanks for that.
- Step five is **release**. If we do the first four steps authentically we will feel a sense of release. We won't struggle with the circumstance or condition.

- There is a power source that is breathing in you. There is a power beating your heart. You have the ability to hold images before the screen of your mind. You can hold images of the conditions you are looking at or you can hold images of the conditions that you are in love with.

If you hold images of the conditions you are in love with, you create a harmony between you and your desired state. When you no longer see what you would love as "out there," but rather, that you can actually see yourself inside the image, you are energetically connecting yourself to what you would love.

Our conscious mind is verbal and works with ideas — our subconscious mind is emotional, it works with feelings. Your conscious mind provides you with ideas

that you can verbalize and your subconscious gives you a feeling when something is either wrong or right.

In the book, *Blink*, author Malcolm Gladwell says that when a decision needs to be made, "...our brain uses two very different strategies to make sense of the situation. The first is the one we're most familiar with. It's the conscious strategy. We think about what we've learned, and eventually we come up with an answer. This strategy is logical and definitive. But it takes time to get there. It's slow, and it needs a lot of information.

"There's a second strategy, however, It operates more quickly... the drawback, however, is that it operates — at least at first — entirely below the surface of consciousness. It sends its messages through indirect channels, such as the sweat glands in the palms of our hands. It's a system in which our brain reaches conclusions without immediately telling us that it's reached those conclusions.

"Decisions made very quickly can be every bit as good as decisions made cautiously and deliberately."

Gladwell goes on to say that "Thin-slicing" refers to the ability of our subconscious to find patterns in situations and behavior based on very narrow slices of

experience. When we leap to a decision or have a hunch, our subconscious is sifting through the situation in front of us, throwing out all that is irrelevant while we zero in on what really matters.

The truth is that our subconscious is really good at this, to the point where thin-slicing often delivers a better answer than more deliberate and exhaustive ways of thinking.”

ACTION STEP: Name one area of your life that you would like to focus on.



What is one question you would like to ask your subconscious mind to guide you in making changes to this area of your life?

What are some steps you could take right now to bring this about?

Write the question below, then stay quiet and listen for the answer, without judgment. Be sure to frame the question the right way in order to receive the most beneficial answer.

Some examples of questions could be: What is one thing I could do right now that would move me toward that goal?” Or “I would like to increase my revenue for my business by \$5,000 this month. That would mean I would need to add 5 clients this month. What step could I take today that would help me bring 5 new clients on board?”



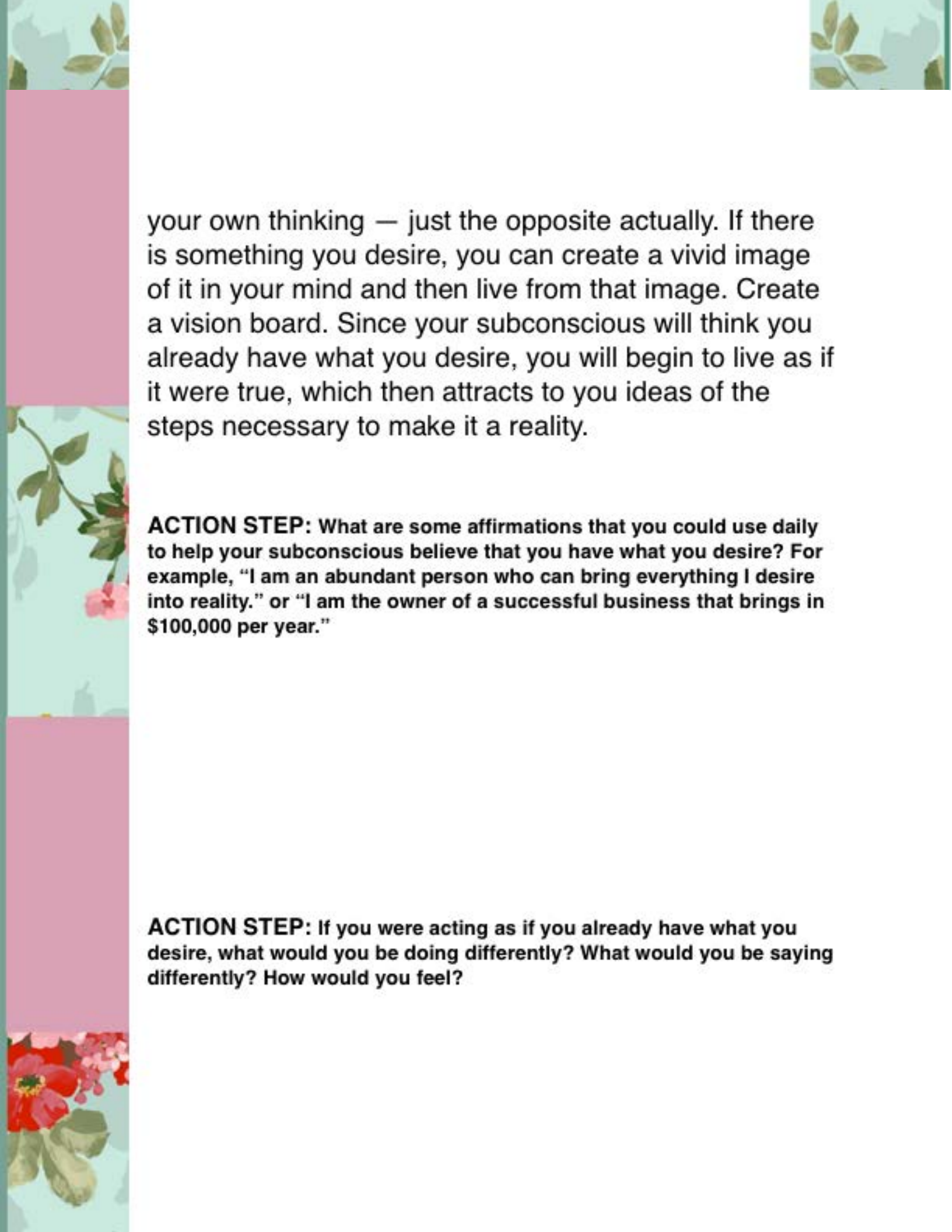


Our mind thinks in pictures. If someone were to say “the kitchen sink,” an image will immediately come to mind. You will not see the letters S-I-N-K, but rather you will see an image of a kitchen sink.

You have a conscious mind (your intellect) and a subconscious mind (your thought patterns). Your body is the instrument of the mind. Your senses are hooked up to your conscious mind and this part of your mind is able to accept or reject information that comes to you from the outside world.

However, the subconscious does not know the difference between a real or imagined thought. This is because the subconscious mind has no logical or rational reasoning capability. The subconscious mind is unable to make a determination or judgment regarding information it receives. It cannot determine the difference between negative and positive. Its main function is to serve as the storage facility for information it receives from the conscious mind. It will accept any information that is sent from the conscious mind as fact.


If you desire something, tell your subconscious you already have it and it will believe you. You can program your subconscious to believe you have already attained what you desire, but this does not mean you are an empty robot without control of



your own thinking — just the opposite actually. If there is something you desire, you can create a vivid image of it in your mind and then live from that image. Create a vision board. Since your subconscious will think you already have what you desire, you will begin to live as if it were true, which then attracts to you ideas of the steps necessary to make it a reality.

ACTION STEP: What are some affirmations that you could use daily to help your subconscious believe that you have what you desire? For example, “I am an abundant person who can bring everything I desire into reality.” or “I am the owner of a successful business that brings in \$100,000 per year.”

ACTION STEP: If you were acting as if you already have what you desire, what would you be doing differently? What would you be saying differently? How would you feel?




With so many messages coming at us each day from the outside world, many of us have been cut off from our Intuition. This can be overwhelming and can affect our efforts to make effective decisions.

All of this noise and information and clutter can make us miss the subtle warnings and messages that our Intuition provides us. We seek help from others and the outside world in making decisions, when our Intuition is always here to guide us in making good decisions.

We often ignore our Intuition due to fear and lack of confidence in ourselves. We tend to spend more time thinking with our conscious mind instead of building a relationship with our intuitive mind. Our Intuition is always with us whether we are aware of it or not.

ACTION STEP: In the past, have you been apprehensive with the idea of listening to your Intuition? How has this affected your results?




If you only listen to your logical mind, you will follow the well-trodden path. If you get a lot of support from people who live from commonplace thinking, you will continue to get the results you have always gotten. In other words, if you always do what you've always done you will always get what you've always got.

Some people may have anxiety or fears and trepidation about learning to tap into their Intuition. Do not worry about the judgement of others. Several highly regarded universities conclude that Intuition is more efficient than logical thinking when it comes to making decisions.

The study, designed to test Intuition against analysis, was reported in the *Journal of Organizational Behavior and Human Decision Processes* by researchers from Boston College, George Mason University and Rice

We are all born with the gift of Intuition and we can actually build our "intuitive muscles" with attention and practice. Just like when you begin an exercise program, you have to do "reps." You can do reps to improve your Intuition too! In order to tap into your Intuition, be still and quiet and don't let the "noise" of the outside world affect you. Once you are able to bring more stillness to your life, you will begin to notice the small ways in which your Intuition speaks to you.



You may be thinking of someone and then receive a text message from them or a phone call or email.

We often call this “coincidence” but this is you and the subconscious mind of the other person is picking up on the signals your subconscious mind is sending.

Here are nine things you can start doing right now to strengthen your relationship with your voice of Intuition:

1. When you get a hunch or gut feeling about something, trust yourself. Stay connected to your inner voice or gut feelings. Answer your inner voice when it speaks to you.
2. The next time you are eating at a restaurant, ask your Intuition for guidance on what you would love. Pay attention to how your body is satisfied by that menu item.
3. When you are faced with a relatively minor decision, give yourself a time limit that you are comfortable with to make the decision. This will allow you to trust your “gut” rather than analyzing pros and cons and spending more time than is needed to make an informed
4. Trust deep down that the part of you that is breathing you will never lie to you. Your “Self” will never lie to you. You might lie to yourself but your Self will never lie to you.




5. Nurture your creativity. Creativity is wonderful for honing your Intuition. As you develop your creativity, your Intuition naturally follows. If you love to paint or draw, make it a daily habit. If you love to write or dance, try to make sure you are including this creativity in your everyday life.
6. Spend some time alone (and without the distraction of technology). When you are constantly surrounded by people who are bombarding you with chatter and opinions, it is very difficult to stay connected to your Intuition. Stay connected to your inner wisdom by spending some time alone in deep thought. Remember the description I gave earlier of your intuition, your “still, small voice.”
7. Avoid negative emotions and focus on more empowering emotions and thoughts. Negative emotions like anger and stress block Intuition. Positive and empowering thoughts and emotions nurture Intuition and allow you to have a more positive relationship with your inner voice. You can do this by listening to guided meditations or reciting positive affirmations to yourself such as, “I choose to live a joyful life” or “I am greater than any circumstance I am facing.”
8. Pay attention to your dreams. Dreams actually tap into the subconscious part of your mind, which also is where Intuition is. Your dreams are filled with messages, signs and possibilities



9. Another wonderful way to build a better relationship with your voice of Intuition is to keep a journal. By writing your thoughts down you are giving them attention and this opens up a gateway for Intuition to speak to you. Don't focus so much on how you write — you don't have to be a professional writer to journal — just write what comes to you. The most important thing is to do it and do it regularly.

ACTION STEP: What are some of the ways to build Intuition that resonate with you? What would you like to begin doing now to build a better relationship with your Intuition?



You can also develop your Intuition through meditation. Meditation allows you to be quiet and present in the moment. Quieting your mind helps to increase our awareness of Intuition. Don't worry, you don't have to spend an hour a day meditating in order to tap into your Intuition, 5-10 minutes of sitting in quiet solitude can produce amazing results.

There is no right or wrong way to meditate, as long as you are quiet and still. Here is a suggestion: find a comfortable and quiet place to sit. Clear your thoughts and focus on your breathing. If distracting thoughts come your way, acknowledge them, do not judge them and then clear your mind. Continue to do this for as long as you are able. If you have a specific question to ask, ask the question before you begin to meditate and be very still and quiet and allow the answers to come to you.

ACTION STEP: In the space below, schedule in some times/dates that you will dedicate for stillness and meditation. Make a commitment to yourself to follow through on this.



How to ask “higher domain” questions that will generate the answers that you seek

Albert Einstein said, “If I had an hour to solve a problem and my life depended on the solution, I would spend the first 55 minutes determining the proper question to ask, for once I know the proper question, I could solve the problem in less than five minutes.”

Opportunities in life are directly related to the kinds of questions you ask yourself. They can be limited or unlimited. For example, if you ask the question, “How can I ever afford to buy a new home?” The Universe will shape answers according to your question.

But if you ask the question, “How could I afford to purchase a three bedroom home on the beach in California,” the Universe will give you a different set of answers and opportunities because you are asking a different, more specific question.

It is through your subconscious that you can attain anything you desire. Ask the question and then be still and quiet to hear the answer. The image of what you would love is already in your thoughts you must simply connect to it with your thoughts.



ACTION STEP: In the absence of knowing how, what is one thing you would love to create in your life?

What could you do if rather than believing it was impossible, that you believed it IS possible?

Intuition is a mental muscle and like all muscles, it must be exercised often in order to operate at full capacity and to become stronger. Make a commitment that, for the next 30 days, you will give your Intuition your full attention and allow it to become stronger. And then it will be come a habit and a second sense.

ACTION STEP:

I, _____ (your name), will allow myself to trust in, and follow, my inner voice, my "gut feeling," — that instinctual side of my Be-ing that is perfect; that is all knowing. I suspend my need to know exactly why and will begin to explore and experience this side of my personality.

Signature _____

Date _____ Conclusion

"Follow your instincts. That's where true wisdom manifests itself."

Oprah Winfrey



You have a lens of awareness (intuition) by which you experience your everyday life. The level of your awareness is like a thermostat that governs your ability to see and translate opportunities. It allows you to know when you should go or stay, whether you should say yes or no. Your awareness governs the amount of life energy you allow into your world.

When you are using your Intuition, you have a supportive structure that is YOU, Your awareness governs the amount of life energy you allow into your world. You experience another level of you. You can actually engage with this part of yourself and cultivate a relationship with it.

Be sure to listen carefully because your intellect will have a version of what is right for you and your Intuition will also have a version of what is right for you. When asking a question of your Intuition, write down all the ideas that come to you.

ACTION STEP: Is there a question you would like to ask your Intuition regarding a circumstance or condition you are facing? Write the question below and be still to allow your Intuition to answer.



If you're not used to listening to your Intuition, allow yourself to be still and listen. You will never have more than you have right now. Everything you want is available to you — you just have to turn it into it's visible state. You can hold an image of who you want to be. Hold that image in your mind while circumstances have not yet heard your command. Remind yourself that if you do this work on the inner self, it will become the outer self.

Stay inside that image and you will have more awareness that will become accessible to you.

ACTION STEP: If you knew that what you would love was all coming together, how would it feel? What is one bold, brave step you could take now, knowing it is all coming together?

In an impromptu speech at an Academy of Achievement event in 2014, Steven Spielberg said:

"When you have a dream, it often doesn't come at you screaming in your face, 'This is who you are, this is what you must be for the rest of your life.' Sometimes a dream almost whispers...your human personal intuition, always whispers. It never shouts. It's very hard to hear. So you have to, every day of your lives, be ready to hear what whispers in your ear. And if you can listen to the



whisper, and if it tickles your heart, and it's something you think you want to do for the rest of your life, then that is going to be what you do for the rest of your life and we will benefit from everything you do."

You CAN decide right now that you are going to build a richer relationship with your Intuition and trust that it is working on your behalf. Every human being was born with a purpose - something very specific that you are here to be, do or give to the world.

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