



Project Fourteen

Intuition & Inner Wisdom

The power of intuition and inner wisdom are truly invaluable. When we learn to tune into and use these elements as guiding forces, we find ourselves living lives that are authentic and honor our personal needs and values, we no longer question our “gut feelings.” We learn to follow this intuitive guidance because it’s formed on a basis of knowledge and wisdom we have created from our experiences. Experiences that exists solely within ourselves.

Ultimately, we become the masters of our lives, we know ourselves wholly and we find a harmonious trust and acceptance of the power that exists within that relationship. Below are some ways we can develop both our intuition and inner wisdom!

Five Tricks to Strengthen Intuition

1. Practice Meditation or Simply Sitting in Silence.

Intuitive messages may be quiet, meditation and reflective moments allows us the opportunity to acknowledge and reflect upon thoughts as they enter our minds.

2. Tune into Your Creativity

Paint, write, compose and create!

We are often unaware of the emotions and feelings we may be experiencing until they manifest in creative form.

Tune into and listen to these messages from your psyche.

3. Become Mindful of Your Dreams.

When we sleep our cognitive minds are given the opportunity to rest allowing the subconscious to represent itself through our dreams.

4. Slow Down Remove Yourself from Your Daily Environment.

Take a walk in nature, give yourself the opportunity to take a step back from your daily life and reflect upon situations with a quieted perspective.

5. Listen to Your Body.

Tune into the way you physically feel.

Do you get a heavy feeling, restlessness, nervousness or anxiety when you know something is off?

Where in your body does that energy sit?

Four Ways to Cultivate Inner Wisdom

1. Reflect after the Fact.

Taking time to reflect, write or meditate on situations after the fact provides us with the opportunity to focus on points we may like to revisit and explore deeper. Often, we are less emotionally involved at these times, allowing us to see things in a renewed light. There are always lessons to be learned and reflection is a fantastic tool to seek out these lessons.

2. Openness.

Allowing ourselves to remain open to new ideas, perspectives, people, circumstances and experiences cultivates our knowledge of the things and people around us. When we approach each one of these unique elements with an openness and willingness to learn and grow from them, we become lifelong students. We're fully receptive to the lessons the world has to offer.

3. Attentiveness.

When we cultivate mindfulness in each moment and situation, we begin to notice the nuances and information we may have previously been too distracted to bother with. There is great power in silence. Often taking a step back to reflect on a situation quietly offers us great insight and can prove to be the basis of deep wisdom.

4. Emotional Intelligence

To find empathy and understanding of both our own emotions and those of others allows us to regulate, manage and become open to all forms of emotion. We're able to better understand the power of emotion and the role it plays in our interaction with ourselves and others.

“There is a voice that doesn't use words. Listen”
- Rumi