

# Learning to Trust Our Intuition

Written by Sarah Kamrath

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### 2. Meditate. Relax and breathe.

If our minds are completely cluttered with information and incessant thoughts and noise, then we will be unable to hear our intuition. A very simple step to help quiet the mind is to focus on your breath. In the moment of checking and listening to your breath, you are not thinking. Another tool to help develop powerful intuition is to focus on your third eye point. With your eyes closed, draw both of your eyes to the center of your forehead just above your eyebrows. If or should I say when distracting thoughts come up, notice them, let them go, and continue concentrating on this point and your breath. Begin with a realistic goal simply committing to sit in silence for short periods of time each day is a great place to start. One of my favorite ways of meditating is listening to music and chanting along to mantras. Mantras are words or phrases that are repeated in order to help you achieve a thoughtless state. I often listened to mantras while I was pregnant and then continued to play them to help soothe my babies once they were born.

### 3. Observe how you feel.

The experience of intuition is different for everyone. For some of us, the wisdom can be felt physically in the form of what we call gut feelings. Notice if an idea gives you energy or leaves you feeling uninspired and lethargic. Pay attention to ideas that jump into your head and synchronicities you observe. Intuition is a place of great calm with little or no emotional charge. Be careful not to mistake fear for intuition. Focus on what actions and thoughts make you feel love, joy, and peace.

Women are often torn between our intuition and the societal messages we receive about how to care for our children. One example is the common recommendation to let our babies cry it out



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most appropriate way of dealing with a night owl. Sleeping soundly through the night can, in

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