

Why You Are Intuitive

If you've got a body, you've got intuition – it's a package deal.

You use your intuitive abilities every day for all sorts of things. However, without awareness of how they work – or how you want them to work – they can become mysterious and seem odd. No one's fault, of course. Our culture simply doesn't acknowledge our intuitive abilities except in the most basic ways.

**Intuition is an instinctual skill that is expressed and understood through the body.
It is a sensory experience.**

Of course, your intuitive abilities continue to make themselves known. They sneak up on you in the guise of hunches and gut feelings. They seek you out with visions or sounds or vivid dreams. Suddenly, and to the astonishment of your very quiet co-worker, you know in one clear moment it was she who ate the last chocolate in the box. You just know.

**Intuition is a conversation between You, your Wisdom, and your Soul Essence.
Active and constant, it is your truth.**

You know yourself better than anyone even if it doesn't seem like it at the moment. Once you understand how to interpret your intuitive signals, you begin to trust yourself. And when that happens you remember how normal all of this really is.

Developing your intuitive abilities is a matter of Curiosity, Intention, Practice, and Fun.

The way you experience your intuition is unique to you, so becoming aware of it is your first step. Here's one way to open this up:

- Use a journal or note pad to keep a simple log of what you notice (or, if you're me, grab scrap paper out of the trash bin and jot barely legible notes).
- Pay attention to visual thoughts, body sensations, moments you see/sense/hear/know something but can't quite put your finger on what that is.
- Jot down the situations and conversations where your curiosity is piqued or your hunches are activated.
- As your list grows, you'll start to see a pattern. It gives you something to work with and build on.
- Intuitive Tip: Your thinking brain isn't so helpful when it comes to actual intuiting, but it is a veritable star when it comes to comparing and organizing the mechanics of how your intuitive skills show up. Keep it in its place.

At Intuitive Arts Studio, we set about exploring your hunches, gut feelings, visions, sudden knowings – all of it. Simple yet powerfully fun exercises are guides to help you become more confident in recognizing, translating, and communicating these inner soul signals. From this point, there's no telling what will happen except the expansion of your intuition.

Let's spark your intuition to see where it takes you!