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TOP 10 PRACTICAL BENEFITS OF DEVELOPING INTUITION

Everyone is intuitive. Unfortunately, intuitive abilities are blocked in most people. Life is too busy, the mind chatters, emotions erupt, you wonder if you are doing it right, and let's face it you're a bit frightened about what might happen if you really let your inner senses flow. Yet intuition can be a practical resource to ensure you steer your life in a positive direction.

"Intuition can give you the freedom to help yourself and others. You can know why you are here and what choices will best bring you happiness and fulfillment. If you can access your intuition, then you can use it to illuminate your life path. You can know yourself more intimately and see others clearly," says Lesley Phillips Pd.D., Author of Intuition and Chakras.

Phillips offers ten compelling reasons why intuition can enhance your life.

1. **Clarify Your Purpose.** Intuition helps you identify your life purpose and gifts. It can help you understand the next steps to take to move forward with your goals.
2. **Cultivate a Healthier Body.** Intuition helps you listen to what your body needs to be healthy. It can tell you how to manage pain, adjust your diet, administer treatments and identify beneficial exercises, so that your body will fight you less and trust you more.
3. **Have More Abundance.** If you lie awake at night concerned about money, intuition can help bring clarity and healing. Once you realize why your abundance is blocked, you can shift your beliefs. You will become more magnetic to success, abundance and wealth.
4. **Make Guided Career Decisions.** Uncertainty on whether to accept a job offer, change careers, go back to school, or start your own business can be frustrating. Listening to your intuition can lead you to make the correct choices for you.
5. **Improve Your Relationships.** Intuition helps you know yourself and others, set better boundaries, and communicate clearly. This helps you attract compatible people. It knows why you can't find a mate or if you should stay in a relationship.
6. **Enhance Mental Focus** Being intuitive can enhance your mental focus, increase clarity, and lead to better judgment and memory recall. Your increased certainty will lead to improved decision-making.
7. **Release Doubt.** Uncertainty comes from your linear mind. You will know the difference between intellect, ego, and intuition. Confusion will clear. Self-confidence will increase.
8. **Calm Your Emotions.** To tune into the subtle voice of intuition, you must quiet your emotions. Emotional overwhelm, buried feelings or being a sponge for other people's emotional dramas interferes with your clarity.

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9. **Reduce Stress and Anxiety.** Intuition helps you go with the flow. As it provides a clearer perception of reality, you stop projecting and have less fear. Depression and mental anguish will alleviate. You will know what caused them and be able to let them go.
10. **Sleep Better.** As meditation is used to develop intuition, you will relax and sleep better. Once rested, you will experience increased energy and improved physical, emotional, mental health and wellbeing.

Your intuition can tell you everything you need to know to create the life of your dreams. It can give you the practical steps to heal yourself, clear limits and transform your reality.

(It also lets you communicate with your trusted divine source, angels, guides, see energy and auras, read past lives, predict the future, listen to the music of the spheres.)

[Intuition and Chakras](#) Lesley Phillips Ph.D, is available from [Llewellyn](#), [Barnes and Noble](#), [Indiebound](#) and [Amazon](#).

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