



How to Develop Your Intuition

Module 3: Review

In review, here is what blocks your intuition and makes your EGO voice really loud:

- Unprocessed Emotions
- A loud inner critic
- Low self-esteem
- Feeling ungrounded

Your intuition gets stronger when you:

- Feel your feelings as they arise! Have a good cry, or be honest with how you feel—and breathe!
- Process OLD emotions. Clean out the 'baggage:' open the old boxes, breathe and let go of old hurt from the past. Unprocessed emotion shows up as blockage and cloudy energy and blocks your intuition.
- Make time and space for yourself to relax, rest and be still.
- Tune into a visualization of an inner child. Ask him/her what s/he needs. This is a way to connect to your deeper needs.
- Ground yourself so that you can center and reduce mental chatter.

For more support: Explore the recommended resources listed

on your [course homepage](#).

Many Blessings,

Wendy