

The background is a dark blue night sky. At the top, there are stylized grey clouds. Scattered throughout the sky are several four-pointed stars in light blue and yellow. At the bottom, there are three stylized mountain peaks with white snow-capped tops and red, layered slopes. The overall aesthetic is clean and modern.

22 ways to cultivate your intuition

DR. BETHANNE K.W.

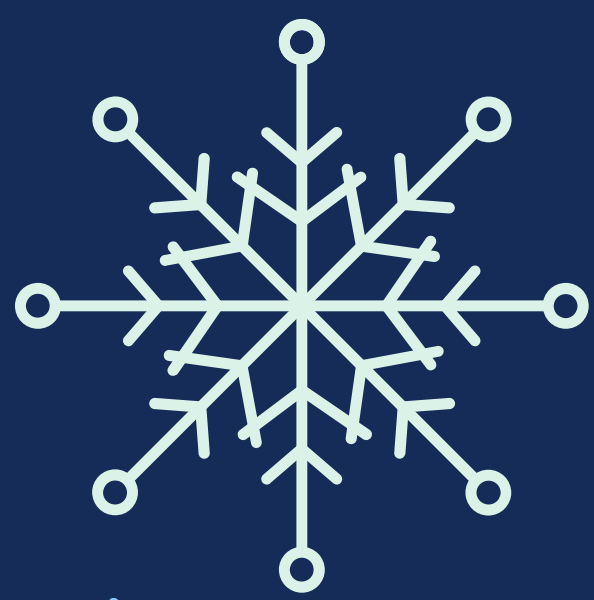
(a teeny ebook)



1.

★ Pay close attention to your feelings, perceptions, and instincts.

(When you have a sense of something without really knowing why, it is often your intuition speaking, and it is worth listening to! We may not always know/feel/see the full picture, but those inklings and impressions are often valuable clues to cue us in to our own inner knowing.)



2.

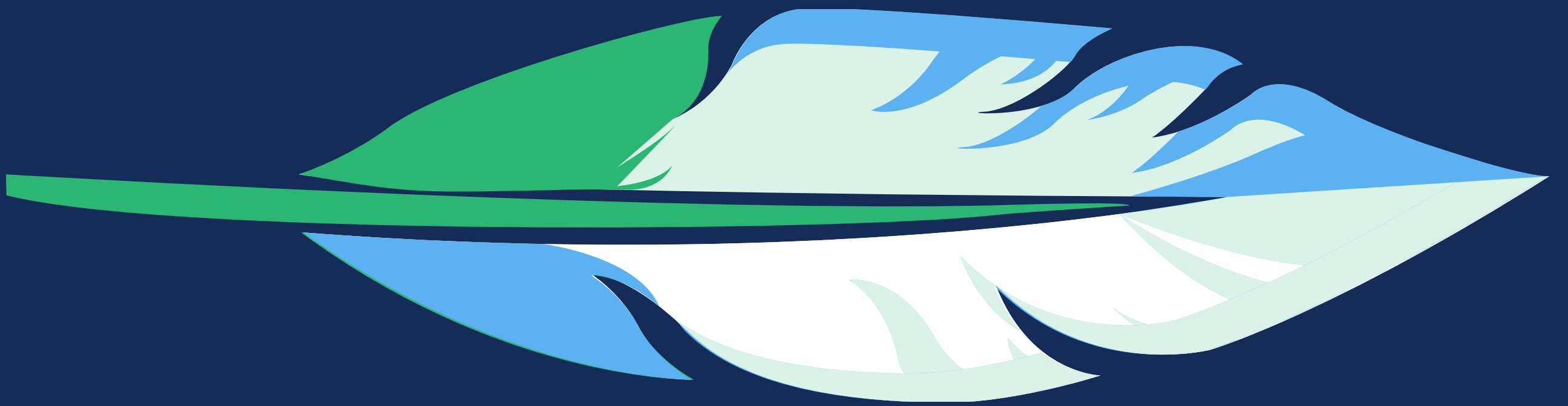
Create space to learn to listen to yourself.



(Just like an athlete builds strength and skill through training, cultivating your intuition takes dedication. When we consistently make space to tap in and listen, we create opportunity for our intuitive strength and skills to build and grow.)



3. Look for synchronicity.



(One of the ways spirit often gets our attention is through synchronicity, because when concurrence, coincidence, and synchronistic occurrences happen- they get our attention and force us to pay attention! So look for those moments in your life- and when you notice them happening simply say in your mind: "Thank you, I'm listening, help me know what wisdom I need to know.")

4. Foster an atmosphere of self-trust.

(Don't discount your experience of self. When you have a flash of insight, trust it. Trust your inner sight! Maybe there's more to the picture than you can see at the time, but the only way to develop a richer relationship with your intuition is to allow it in. Like any relationship, trust is a foundational piece, and we can only find that by consistently validating, respecting, and affirming our intuition.)





5.

Love is a
gateway.



(One of the doorways to greater intuition is learning to tune into the frequency of love. The universe loves us, spirit loves us- so it makes sense this information would be accessed through nourishing a feeling of love. Never underestimate love's potent power; love will always bring us to a greater space of truth, wisdom, and clarity.)



6.

Spend time in nature, as nature is naturally intuitive.

(Nature knows when to bloom, shed, grow, hibernate, and follow its own innate sense of season. Its interdependence, harmony, and confluence make nature not only a beautiful teacher on intuition, but a natural intuitive channel when we spent time in it.)






7.

Invite your intuition into a deeper relationship.


(We are in an interdependent relationship with everything in life, including our own intuition! If we want a deeper, harmonious relationship, then inviting our intuition to come into the spaces we already occupy in our lives is a beautiful way to work with our own energy. You'd be surprised at the results you can achieve when you set an intent and ask to receive!)



8.

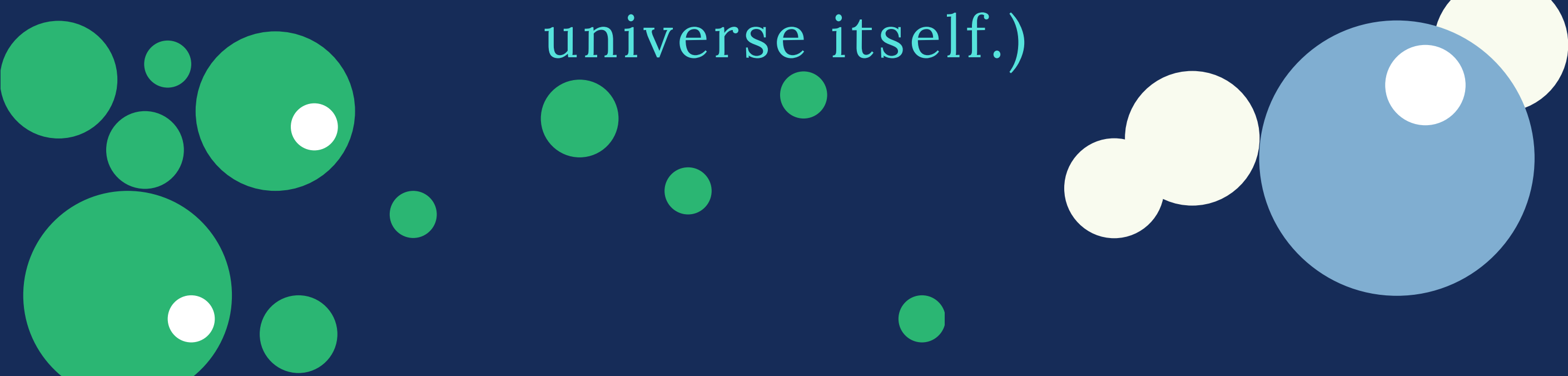
Let go of your
attachment to
being right or
wrong. 

(The more you feel you have to be "right" in what you're intuiting, the less will come through. The more open you are to simply receiving information, allowing it in without judgement, and then examining its validity with curiosity and discernment, the more you'll develop a deeper level of trust with your own intuitive process.)



9.
Learn to think
of information
in terms of
possibilities,
not absolutes.

(We are creating so much of our reality as we go. Very little is written in stone. The universe is fluid, creative, and in constant flow- the possibilities are endless. Embrace your inner wisdom as possibility and know you are working with the energy of the universe itself.)





10.

Get a journal.
Focus on a
question.
Write down
what comes to
you.

(Automatic writing is a beautiful way to develop your relationship with your inner knowing. Even if it's just a word, phrase, or flash of insight, without a doubt there are always gems that come through.)



11.

Notice what already comes easily.



(Our sixth sense often interplays with our other five senses. Many people perceive intuitive information through these senses- pay attention to how information already flows to you. Do you get pictures in your mind's eye? Have a sense of words or voice? Smell, taste, feel certain things? Sense music or colors or phrases? There's so many ways intuitive information is coming through- look for the ways you are already naturally receiving it!)



12.

Release expectations of how it will look.

(Expectations narrow the possibility for how intuitive wisdom shows up in our lives, and they narrow our attention so we may miss the ways it IS showing up. Letting go opens up so much more space to allow a greater breadth of intuitive knowledge to come through.)



13.
Practice-
not for
perfection, but
for keener
wisdom.

(Practice helps you develop discernment and the knowing of your own mind's eye- so you really begin to find out the difference between your imagination, your intuition, and where the two of those intersect.)



14.



Do things you

♥ love to

♥ connect to

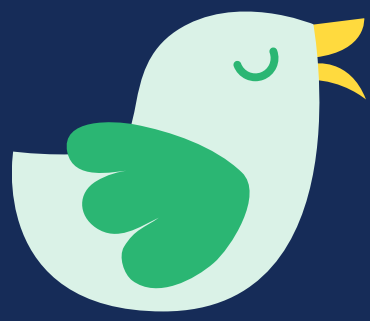
your true

source of

power. ♥

(When you are engaged in something you love to do, you are engaged in your own joy, power and sovereignty- the very ingredients needed to help you effortlessly access your inner wisdom.)



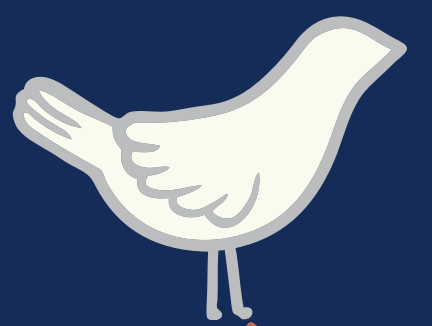


15.



Listen to the wisdom of the animals.

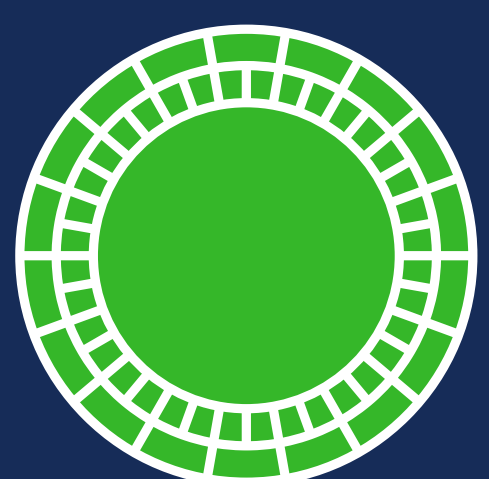
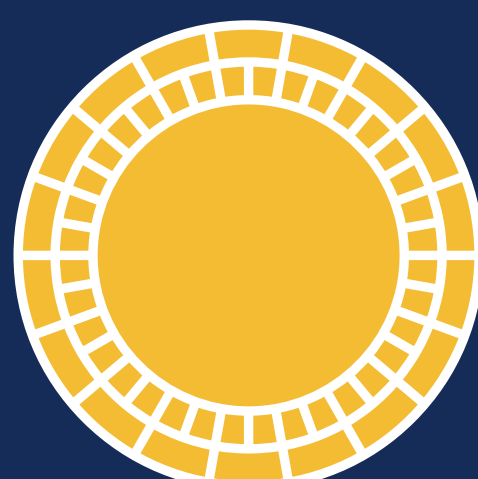
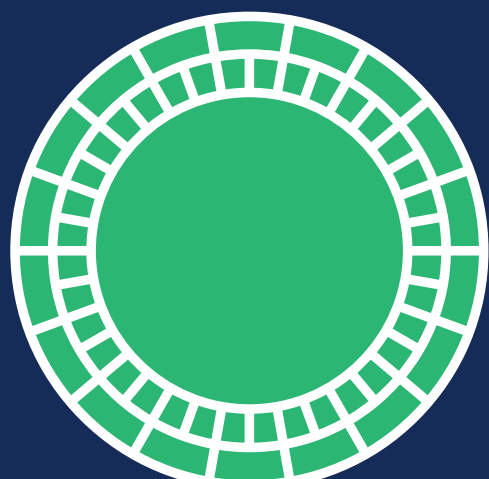
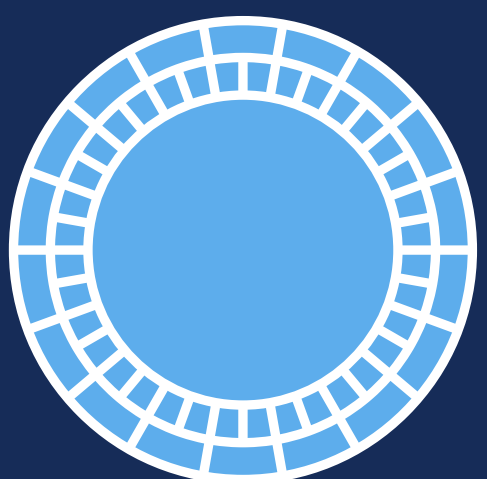
(Our animal friends have powerful medicine and powerful messages. They often show up to us in dreams, symbols, pictures, impressions, and physical form as a way to remind us to tap into their unique energy for guidance.)

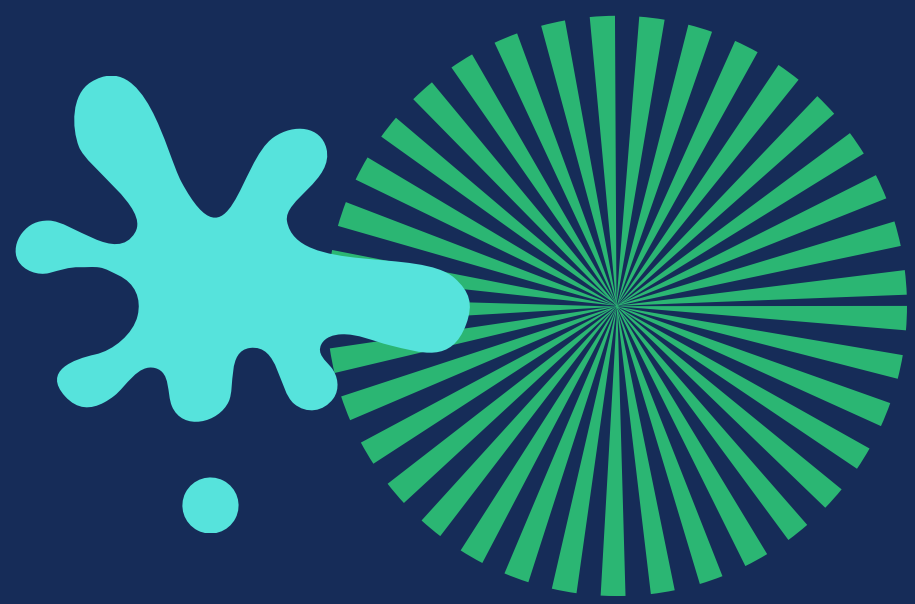


16.

Create patterns for intuitive opportunities.

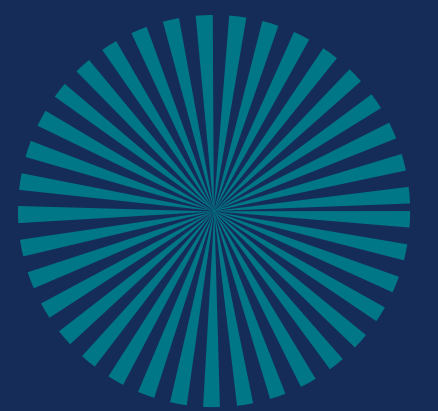
(The universe is composed of intelligent patterns. When we create patterns in our life, we are tapping into this intelligence and inviting the universe to work with us within that pattern. Find intuitive practices that bring you joy, and create a pattern around those. Whether it's daily, weekly, or monthly, notice what happens over time in this pattern and see how the universe keeps showing up.)



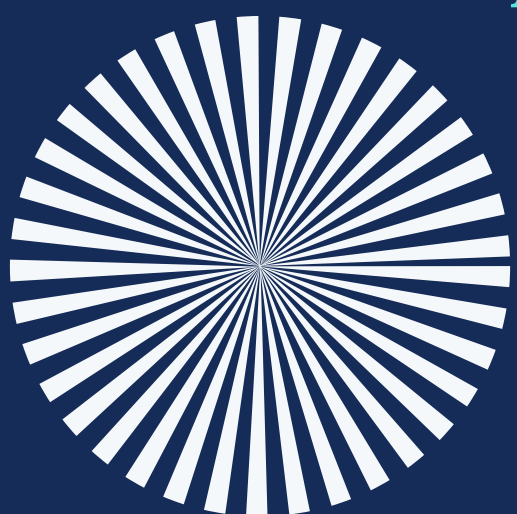


17.

Make art. Let it
be messy and
fun. Focus on
the act, not the
product.



(Not only is creativity fun, but it helps us drop
into our right brain wisdom and our heart
wisdom! Coloring, fingerpainting, doodling,
drawing hearts in the sand- all of it is a way to
help loosen up your mind and open your
personal intuitive artistry.)





18.

Make space for
silliness.

(Laughter is fantastic heart
medicine AND laughter is also an intuitive
reaction that fosters joy! Play is important.
Silliness is important. Lightness is important.
And all of these states help us tap into that
natural childlike wonder of connection,
creation, imagination, and intuition.)



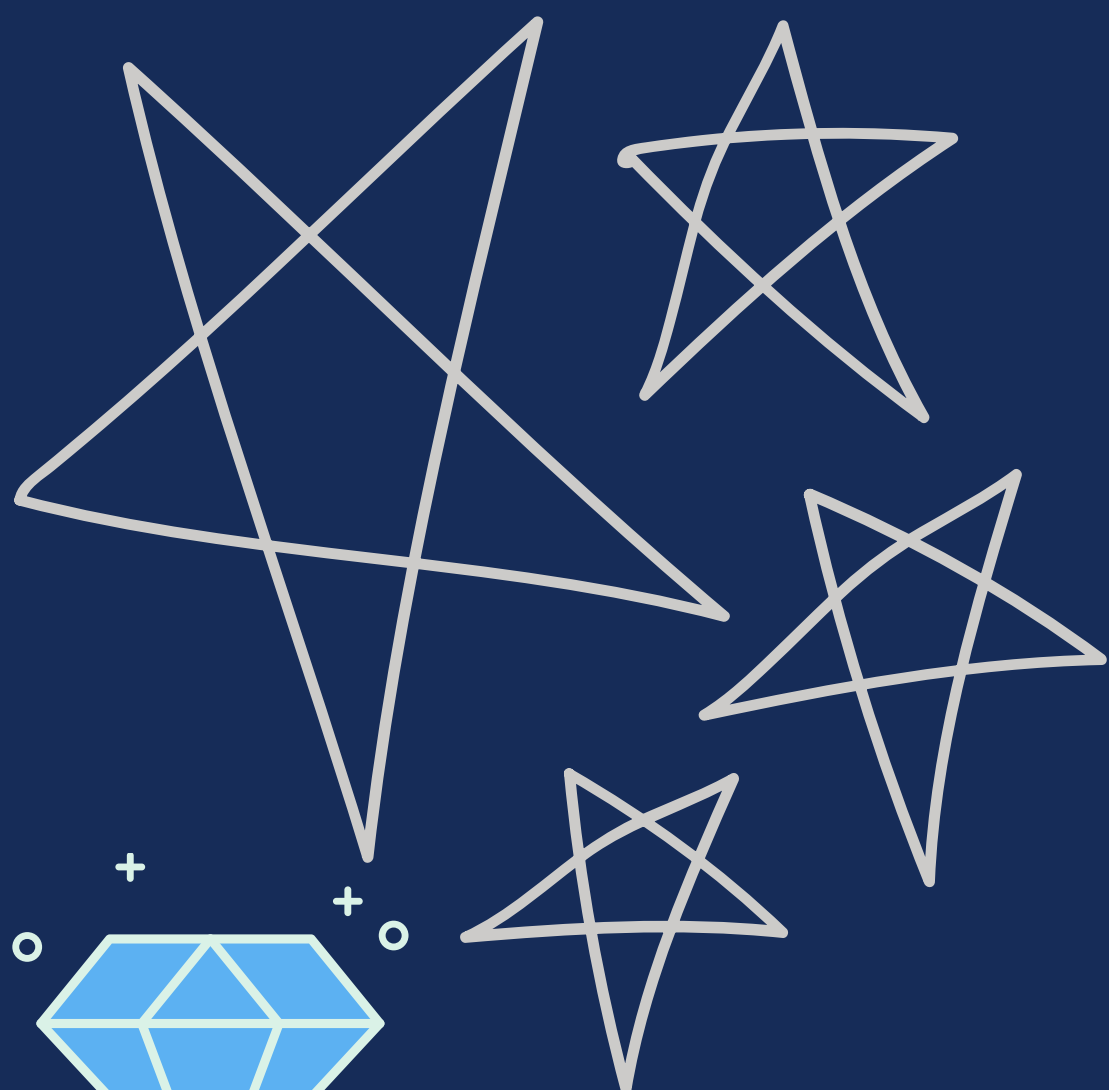


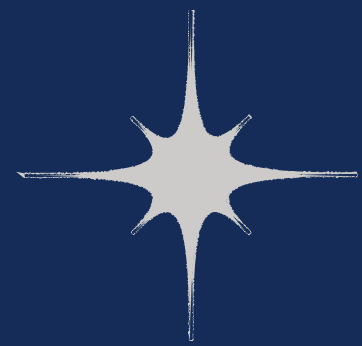
19.

Go through
your day
intuitively.



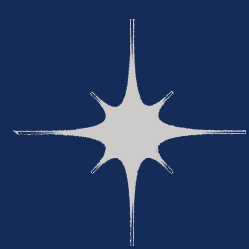
(Experiment. When making a decision go with your gut. Go left instead of right. Grab the soup instead of the sandwich for lunch. Have fun with small decisions. Follow your whims. See what shows up. Notice what you feel. Let intuition be your guide instead of routine.)



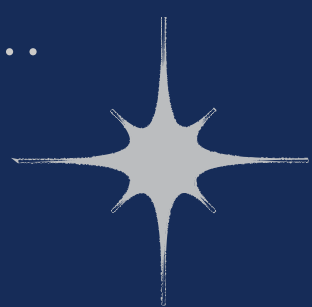
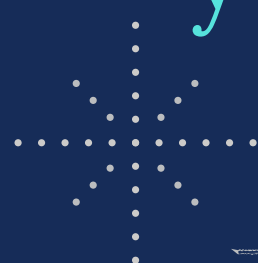


20.

Don't forget
about the
angels.



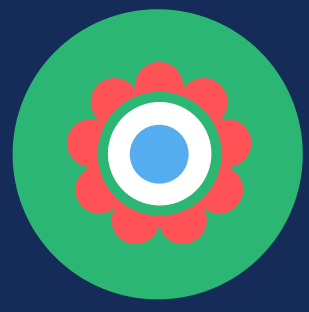
(For the longest time I thought only "special" people could talk to angels and ask them for support. I was wrong- everybody can! Angels can be everywhere at once, so don't be shy in asking for help!!! Call in their energy, ask them to surround you in love, ask them to bring you clarity. As a child of this universe you are so infinitely cared for, so let them assist you in developing your innate wisdom and help you amplify that wisdom through their presence and love.)



21.

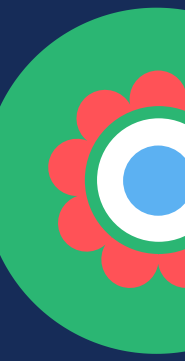
Trust in your own pace and timing.

(It doesn't matter what everybody else is doing/saying/feeling- what matters is where you are at. Sometimes we intuitively run according to our own seasons, and they can be out of sync with the external world. It's okay to go within, listen, and embrace your own pace and process of self.)



22.

Remember:
it's not about
force or effort,
it's about
conscious
receiving.



(Receptivity is not passivity- there is a difference. Receptivity is about intentionally inviting your inner knowing and your universal knowing to come into your life in greater ways. Then staying curious and allowing your knowing space to show up and grow.)





So let it be
what it is.



You cannot force intuition or intuitive gifts. But you can cultivate intuitive spaces, allow what shows up to show up, and then let it be what it is with gratitude and love.



Love, BethAnne



The End



(p.s. breathe. smile.
listen. laugh. allow
life in, and trust in
your experience of
self.)

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