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INSTRUCTIONS FOR HAPPINESS - PART 7

BY SUSIE PEARL

'Let intuition be your guide'

How much do we really listen to our little voice of reason deep within? Our deep inner sense has a much stronger computing power than our every day conscious chattering mind. When we relax, pause, breathe and listen – we can hear more clearly our intuitive self and it's here where the real wisdom lies.

The more we can tune up to listen to our intuition, the more we are lead into making good decisions – heading more towards good outcomes and away from things that are no longer supporting us. Yet for many of us our days are just too busy to 'tune in'.

One of the most powerful tools for being guided by our intuition is to use our feelings as a guide. If something makes us feel good and happy – move toward it. If our emotions are giving us a bad feeling, then notice that it is this inner GPS system that is so brilliantly giving us a clear signal to consider taking a different direction.

Technique: Take some time out every day for the next seven days, to take a pause and notice your intuitive centre. Go to that place within. Ask in stillness, 'Where is this place?' and see where your attention goes. Go to this place and invite this sense to come in more strongly.

Affirmation: I am a connected human being. My intuition guides me clearly and I know how to use this in my everyday life. I know how to trust my intuition and be guided to the best outcome in all areas of my life.

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for happiness' is published by Quadrille. Visit: susiepearl.co.uk

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