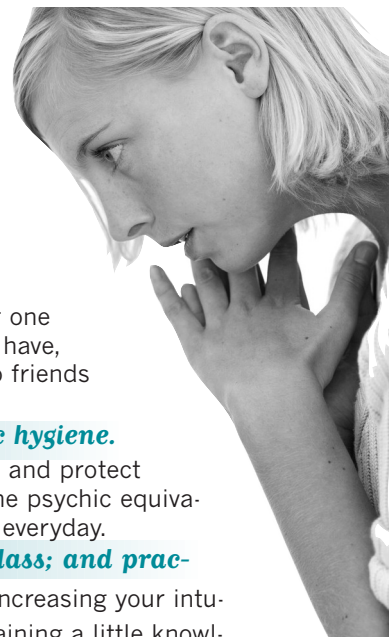


# 10 Quick Tips

## For Increasing Your Intuition

By Lisa Campion



As a psychic, I work with people to help them develop their intuitive gifts. I was a child in the '60s and '70s, and information on how to control, manage, or develop your intuitive skills was pretty hard to come by. It was not like today, when you can just peruse the New Age section in a bookstore. Nor were there famous psychics on TV. I was pretty much on my own.

These days I teach psychic development classes to all kinds of people, and I revel in being able to teach something I had to learn from the School of Hard Knocks.

Increasing your intuition is easy and fun. Everyone has some degree of psychic or intuitive ability; just like athletic ability, it varies from person to person. And just like athleticism, you can increase your intuition through a lot of practice and a little knowledge. The real secret here is that 90 percent of being a good psychic is just paying attention to what is going on around you.

### 1. Pay attention to what is happening in the world

**around you.** Many times our guidance comes through the world around us. Tune into the song on the radio; open up a page in a book and read what jumps out at you. Notice what animals you see and the things people say to you.

Everything has meaning. There is a magical flow to the world that is full of answers if only you notice it.

**2. Know your feelings.** If you are disconnected from your emotions, you will also miss a lot of messages. Our spirit guides talk to us all the time through our feelings. More importantly, we know ourselves that way. Think about all the times you just “felt” something was wrong (or wonderfully right!), and it was.

**3. Be in your body.** This is a big one. Being outside of our bodies is another way of being checked out and not paying attention. Your body and your emotions are the best spirit barometers out there, and they never fool or lie to you (like your mind does). If your body thinks it's true and your feelings echo it, then trust yourself.

**4. Record your dreams.** Not everyone remembers their dreams, but you can learn to by writing down whatever scraps are in your mind when you wake up. Keep a pen and journal by your bed. Our intuitive dreams are often the ones we remember for days, months, or even years.

**5. Learn how to listen and be receptive.** With our busy lives we forget to quiet our minds and listen. Take a moment to close your eyes and turn your attention inside. Sometimes your guidance is just waiting for you to quiet your mind long enough so it can get a word in edgewise.

**6. Obey the psychic ethics rule.** The number one rule of receiving intuitive information is not to share it with anyone unless asked. If you get a hunch about someone, don't speak to him or her about it unless you are invited to share your

opinion. This is the number one problem beginner psychics have, and it will leave you with no friends pretty fast.

### 7. Practice good psychic hygiene.

Learn how to ground, clear, and protect yourself regularly. This is the psychic equivalent of brushing your teeth everyday.

### 8. Read books; take a class; and practice, practice, practice!

Increasing your intuition requires two things: gaining a little knowledge and practicing a lot. It's like trying to get in shape. You can read books about working out, but at some point you have to put the book down and hit the gym everyday.

**9. Get to know your guides.** It's good to know who is working with you and how to access them. We each have a team of guides, plus our own inner knowing. Using tools like a pendulum, cards, runes, or the I-Ching can help open a channel and assist you in getting to know your guides better.

### 10. Learn to trust yourself and honor your own inner wisdom.

This sounds easy, but it's often the hardest part. We doubt ourselves so much. If you trusted every hit you had, you'd be the best psychic in the world. This comes through practice, the passing of time, and the confirmation of your hunches.

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