

Remember how often you looked back at life, and realized you knew?

From the first moment, how:

- a relationship
- a job interview
- a certain day of the week
- a driver in front of you
- a stranger who became a part of your life

would turn out?

You knew what happened if you went down that road from the very first moment. And you chose to proceed, driven by karmic threads of disposition woven throughout your mind's perception.

And then, you had a moment where you realized that you knew from the beginning. Yes, you learned from the experience. But what if we could access a bank of wisdom about how various choices play out?

There is an instant realization possible with the intuitive mind.

Yeah. I know, sounds a bit out there.

But you were right. Many times. I want to acknowledge this, because it's part of the human potential. What was different in that moment that allowed your perception to extend beyond the logical mind as opposed how your mind usually processes?

We all want to tap into *that*.

This part of your mind is often called intuition. In yogic science, try viewing the mind as two possible processors:

- the logical brain which uses active processing and requires time to analyze
- the intuitive mind which uses a passive processing ability that requires no time, it just knows

How can we build a stronger relationship to the part of us called intuition?

Here are 3 tips to help you tune in:

1.  
Take two minute energy reset breaks every couple of hours. Sit quietly still, and without looking for anything, turn your attention inward. Next, begin to create a feeling of pleasantness. For two minutes, become a piece of life in a sea of life, full of a subtle joy of existence. It may take some practice until you are able to create this internal ambiance clearly. This simple technique creates a different inner chemistry, improving energy level and clarity, which improves perception.

2.

When making a decision, take a moment to scan how your belly, heart, and higher mind feel about your choices. Giving ourselves time to check in is helpful in hearing the quiet voice of wisdom.

3.

Practice with little things, like picking a restaurant. Check in with your belly, heart and higher wisdom. I know it might seem silly, but practicing listening to intuition over small things helps us to be sensitive enough to listen when the pressure of life is on.

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