

natural awakenings

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3 Practical Ways to Get in Touch with Your Inner Guidance

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Can you recall a moment when, all of a sudden, you had a flash of inspiration and knew how to solve the problem you had been struggling with for days? Whether that was the first time you became aware of your intuition or you want to learn how to further strengthen that connection, here you can follow three easy ways to tune in to your inner guidance system.

1. START WRITING: Journaling is one of the best ways to get in touch with your intuition. Whether it is done with paper and pen or on a laptop, find a quiet place to relax, take some deep breaths and then begin to write. Jot down anything that comes to mind. Don't stop to think, just write. Don't worry about what comes out, just keep going. The goal with journaling is to get all of your thoughts and worries about the past and future out of your head. If you're worried about an issue at work, write about it. If you are having problems with your kids, write about the issues and how you feel about them. Keep going until you finally run out of things to write about. At this point, you have cleared your mind of chatter and you

can now experiment with asking specific questions. Examples include asking whether you are on the right career path or if a relationship is healthy for you. Write down anything that comes to you, without analysis or judgment; that is your inner wisdom coming through.

2. SPEND TIME OUTDOORS: Another way to develop your intuitive connection is to spend time in nature. Go for a walk without your headphones. Listen to the sounds of nature. If you are in a city, either head to your nearest park or pay attention to the sounds of cars and people and the quiet in between those sounds. Really observe what you see around you, take the time to slow down and actually look around. Experience your surrounding like a child exploring a new area for the first time. As your mind clears and slows down, be aware of any spontaneous thoughts or realizations that may come to you. You might suddenly remember where you left your missing passport or your glasses. These are intuitive messages – messages that are always there but you might not normally hear when your mind is busy or distracted.

3. PAY ATTENTION TO YOUR BODY: Taking care of your body is another way to tap into your intuition. Slow down and listen to what your body is trying to tell you. It is always giving you signs and signals. Have you been having neck and shoulder pain? If so, ask yourself if you have been taking on too many responsibilities. Are you trying to carry the weight of the world on your shoulders? Have you been sick several times this past winter? Your body may be trying to tell you to slow down and take a break. Next time you have a physical ailment, investigate what your body is trying to tell you. Physical symptoms in your body are actually a manifestation of emotional issues. Tune in to your body to ask what you need to do to address this problem. By following through with the guidance you receive, you will strengthen your connection with your intuition and feel better.

By following these three simple strategies to connect with your intuition, you will nurture the most important relationship of all – the relationship with your inner self.

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