

# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better  
Decisions, and Live Your Life with Greater  
Clarity, Confidence and Ease



Mary Morrissey

# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better  
Decisions, and Live Your Life with Greater  
Clarity, Confidence and Ease

Published by:



**LifeSOULutions That Work®, LLC**  
**31441 Santa Margarita Pkwy, #A-364, Rancho Santa Margarita, CA 92688**  
**Toll Free: 866-405-6999 • International: 503-922-3460**  
**[www.MaryMorrissey.com](http://www.MaryMorrissey.com)**

©2017 Mary Morrissey® • LifeSOULutions That Work®, LLC • All rights reserved  
Unauthorized duplication is prohibited by law.



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## About Mary Morrissey

Mary Morrissey is widely considered the world’s foremost expert on “dream building,” which is the art and science of transforming your dreams into your reality.

Mary is the author of two bestselling books, *No Less Than Greatness* and *Building Your Field of Dreams*, which became a PBS special.



She has also been featured in the popular documentary films, *The Moses Code* and *Beyond The Secret*.

Through her books, live events and programs, Mary has empowered millions of people worldwide achieve new heights of spiritual aliveness, wealth and authentic success.

Here’s what others are saying about Mary’s work in the world:

“Mary Morrissey stands out in a category all of her own. She has a depth of knowledge that is unparalleled, and she is, without question, one of the best teachers I have ever met in my entire life. This woman has something special!”

~Bob Proctor, star of *The Secret*

“Mary is one of our most powerful and enlightened teachers. Breathe in her wisdom.”

~Dr. Wayne W. Dyer, bestselling author of *Manifest Your Destiny*

“Mary Morrissey has been one of my most important friends and teachers. She has a laser-beam ability to recognize and articulate the emergent possibility in someone’s life, then take their hand and show them how to make it real. To be exposed to her wisdom is to be exposed to a mighty power.”

~Marianne Williamson, bestselling author of *A Return to Love*



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## Introduction

*“What I am actually saying is that we need to be willing to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly.”*

SHAKTI GAWAIN



Do you sometimes feel like you are unsure of where you want to go or even what step to take next?

Do you often look OUTSIDE of yourself for answers, instead of looking WITHIN, because you don't trust yourself... or you may have been conditioned to seek guidance for decisions?

Are you starting a new endeavor and concerned about whether it will work?

These are all very common feelings and you are definitely not alone. Would you be surprised to learn that all the answers you are seeking are closer than you think?

Each one of us is part of both the physical and spiritual world. In the physical world we use our five senses — seeing, smelling, tasting, touching and hearing. In the spiritual world we are dealing with things that we cannot necessarily see.

Many of us have been conditioned in our lives to only rely on physical evidence in our decision-making process.

We translate what our senses tell us and live according to our circumstances — but this does not have to be the case!





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

You are not bound by your circumstances.

You are more powerful than any situation you face!

You see, YOU are the one that creates the results in your life.

Life is not happening TO you, life is happening THROUGH you...

And the truth is, you were born with **six extraordinary superpowers** that, when used intelligently, give you the power to be, do, have and give what it is that you would truly love in this one precious life of yours!

These six mental faculties are: Imagination, Intuition, Will, Memory, Reason and Perception.

In this ebook, you’ll learn about one of these very special mental faculties – your Intuition – and how it has the power that it has to guide you toward a life that you would truly love living.





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease



## But first, here’s a question for you..

Would you like to receive advanced-level training from me in how to master all SIX of the extraordinary superpowers that you were born with, but that 97% of us are using UNCONSCIOUSLY?

If so, I highly encourage you to register for my FREE [“Unlock Your 6 Extraordinary Superpowers”](#) online workshop!

During this step-by-step online workshop, you’ll discover how to unlock the TRUE POWER of your Imagination, Intuition, Will, Memory, Reason and Perception, as you were meant to, so that:

- Stress, fear, doubt and worry rarely exist for you anymore
- Procrastination becomes a thing of the past – you accomplish more in less time, and with greater ease
- You’re able to intuitively evaluate the people and opportunities you encounter with speed and accuracy – easily moving away from those that don’t serve your highest good, and TOWARD those that elevate your heart, mind and spirit



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

- You make “the right” decisions, decisions that EMPOWER you, quickly and easily
- You feel way more confident in your own skin – and you have the confidence to speak up for yourself and share yourself freely, as well as be open to others being their true, authentic selves with you
- You easily create closer and more loving relationships – you find your soulmate with ease, or take your current partnership to new heights of connectedness and passion
- And you experience greater career success, prosperity, fulfillment, time and money freedom... and FUN!!

**Register for this Powerful Online  
Workshop Now!**



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## PART 1: What is “Intuition” exactly?

*“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”*

ALBERT EINSTEIN



Your Intuition is your non-linear intelligence system.

It gives you the ability to know in ways that your logical, rational mind could never know.

Your Intuition works with information you do not consciously have.

It can be described as the recognition of something with little or no involvement of a person’s physical senses.

It is often called our “sixth sense.”

Our Intuition gives us the ability to pick up a person’s moods, thoughts, and feelings. You just need to be still and listen to it.

More important than defining your Intuition is learning to really pay attention to it.

As we practice, the voice of Intuition will be much easier to hear and over time, it gets louder and more clear.

Shakti Gawain, a well-respected New Age author and philosopher, said:







# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

*“There is a universal, intelligent, life force that exists within everyone and everything. It resides within each one of us as a deep wisdom, an inner knowing. We can access this wonderful source of knowledge and wisdom through our intuition, an inner sense that tells us what feels right and true for us at any given moment.”*



Perhaps as a child or young adult, you had a higher sense of awareness about something.

You may have even wanted to share this “knowing” with someone, but they did not have the awareness or appreciation for a developed Intuition to fully understand.

We all have access to Intuition, but we must choose to recognize and develop it.

You will honor the journey of your life even more as you develop your Intuition.

**ACTION STEP:** Think of a time when you were younger that you had a sense about something but were afraid to share it with someone else. How did that make you feel?

---

---

---

---

---

---

---

---

---

---



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## PART 2: We all have the ability to “read” energy

Everything in our Universe is energy.

Vibration is one of the major Laws of the Universe – everything is constantly vibrating and nothing stands still. You may have heard of the Law of Attraction. The Law of Vibration actually serves as the foundation for the Law of Attraction because we attract to us the things that are on the same vibrational level that we are.

Many of us must see before we believe, but actually the truth is — if we *believe*, we then *see*.

Our thoughts, on a certain vibrational frequency attract what we send out. Positive attracts positive and negative attracts negative.

Our thoughts are waves of energy that can penetrate time and space.

You can attract what you wish for when your thoughts vibrate at the same frequency as what you desire.

It is important to distinguish between a vibration picked up by your senses from the outside world and a vibration that is picked up by your Intuition.



An example of a vibration picked up by your senses would be the sound of a child laughing, which creates a positive vibration in you — you feel happy when you hear it.

Have you ever walked in a room where people have been arguing and you could just feel the tension?

If you are tuning in to it, you can also feel the love in a room when you walk into it. This would be an example of vibrations picked up by your Intuition, because your five physical sense were not involved in picking up on this stimuli.



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

Our ability to read vibration through our body is exquisite.

**ACTION STEP:** In the space below, give some examples of vibrations that you’ve picked up from your senses or the outside world and then give some examples of vibrations you picked up from your intuitive mind:

## Vibrations from Senses or Outside World

---

---

---

---

---

---

---

---

---

---

---

---

## Vibrations from Intuitive Mind

---

---

---

---

---

---

---

---

---

---

---

---



# The Power of *Intuition*

How to Use Your "Gut Instinct" to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## PART 3:

### The time my daughter's Intuition told her that her fiancé was the RIGHT man at the WRONG time

When my daughter was 18 and a senior in high school, she became engaged.

She had fallen in love with a man who lived in Mexico named Jorge.

He came to Oregon to visit her, and he asked her to marry him.

I had married young, but I didn't want my daughter to marry young. I liked Jorge, but I was not happy about the situation. They set a wedding date for ten months later.

When she graduated from high school, she made a plan to go to Mexico to live with Jorge's family for the summer, and to study dance. I had met his family and everyone was okay with that arrangement.

She then came back home at the end of September to begin planning for the wedding.

We did the things that mothers and daughters do when you are getting ready for a wedding like choosing a dress and printing invitations.

One day, during all of this preparation, she said that she was going to take a day at the beach.

So she left and went for a day at the beach by herself. When she came home, she said that she wanted to try on her wedding dress. She was really pensive and quiet and sort of withdrawn as she was telling me this, but I wasn't fully aware of it at the time.

She proceeded to put her dress on.

We didn't have a full-length mirror in the house I was living in at the time, so she stood in front of the sliding glass doors so she could see her reflection. We both then went to bed.





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

In the morning I got up and the dress was in a box on the kitchen table. It was sealed shut with duct tape, and there was a poem on the box.

When she got up I asked her, “Tell me what this means.”

My daughter said:

“You know, Mom, last year, as I was getting ready to go to Mexico, all my friends were saying what are you doing? They were making plans to go to college while I would say that I’m going to Mexico City. That I’m going to live with my fiancé’s family and study dance. There wasn’t one part of me that didn’t agree with that at the time. It was like I felt completely in alignment with that, but now that I’m back there is this little part of me that doesn’t feel right. And I can’t get it to go away. So I think it means that I’m supposed to wait until ALL of me is in alignment.”

She wrote this poem called ***My Wedding Dress Box:***

*Tonight I opened my wedding dress box and tried it on, but only in my dreams.  
From the tiny silk slippers to the glimmering veil, the dress was a sight to see.  
Made only out of the finest silk, all draped and flowing love,  
The roses that caressed just over my shoulders were as sweet as the lovely song.  
I gazed at myself, all glowing and white in the reflection of a window.*

*The dress was beautiful and so was I,  
But something in my heart said no.  
I don’t know if I’ll ever know why,  
I’m just to listen and trust and go.*

*The dress is still mine, the veil, the shoes, and  
the loves that’s in my heart  
Maybe someday I will come to the place where he  
and I will part,  
But that does not mean that our love will die or  
we will run away.*

*We must stay true to ourselves enough to learn and grow each day.*

*For who knows what God has in store for us.  
Our destiny is in His hands.*





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

*Each day of our lives for Him is like the wind within the sands.  
One day I'll awake to the morning sun with a smile upon my face,  
I'll turn to you with a joyful voice  
I'll turn to you with a joyful voice and say yes, this is the right time and place.*

*I will reopen my well-kept wedding dress box and read this poem out loud,  
And then I will know why I had to wait, and the feeling will be quite proud.  
So tonight I wrap up in my wedding dress box, along with my dress and the shoes,  
Lots of patience and inclinations on top of my vows and I do's.*

I was impressed with that 18-year-old girl that she was awake enough to notice that part of her that didn't feel right. I was proud of her that she didn't discount that voice. She didn't turn her attention from it. She didn't rationalize it. She listened and she followed her Intuition.

Just over a year later, Jennifer and Jorge were married in New York.

They have now been happily married for over 20 years and have three beautiful children.

In hindsight, her Intuition was telling her that Jorge was the RIGHT man, but that it was the WRONG time to get married.

**ACTION STEP:** Think back to a situation when you had a “gut instinct” about something, but didn't act on it. What was the outcome? Write your thoughts and insights below:

---

---

---

---

---

---

---

---

---

---



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## PART 4: How to recognize the voice of your Intuition

You may be wondering how to recognize the voice of Intuition from all the other things you may be hearing.

Recognizing its voice can be compared to how you recognize the voice of your best friend. More than likely, you can recognize your friends voice in a sea of other voices without even seeing their face.



You have a special relationship with your best friend and their voice because you have spent time really listening to it.

There are 7 billion people on earth and you can recognize the unique voice of your best friend!

It is much the same with your Intuition.

It takes time and interest to build a relationship. The more interested you are, the more attuned to the sound of that person’s voice.

You can do the same thing with your Intuition by taking time and maintaining interest in getting to know your Intuition.

There’s one sound for your voice of Intuition. It is quite different from the other voices you hear.

**ACTION STEP:** In the space below, describe your relationship with your best friend. What are some ways you nurture that relationship and create a closer bond?

---

---

---

---



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

---

---

---

---

Your Intuition, or your still, small voice, is never frantic or fearful. But it IS all-knowing.

If you feel a trace of fear — it is not your authentic self.

What you think sounds like YOUR voice, could actually be the voice of your mother, someone else’s opinion or the pressures and expectations of those around you.

The voice of your Intuition is a calm, knowing truth. You just have to choose to attune to your Intuition, rely on it and apply it.



**ACTION STEP:** Think of some examples where you heard a voice that you thought was your own but discovered it was the voice of someone else? Did you feel conflicted as you made your decision? What was the outcome?

---

---

---

---

---

---

---

---

---

---





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## PART 5: Your Intuition is your access to the ONE Universal mind

Ernest Holmes, the founder of the Science of Mind movement, described the Universal Mind this way: “The Universal Mind contains all knowledge. It is the potential ultimate of all things. To it all things are possible.”

In the Pulitzer Prize winning play, *The Secret of Freedom*, Archibald MacLeish said, “The only thing about a man, that is a man, is his mind. Everything else you can find in a pig or a horse.”

There really is only one mind, the Universal mind — and we are all an expression of that singularity.

However, we have control over our *own* thoughts, which make up our consciousness and awareness. Ideas originate from the one Universal mind and then we form thoughts about the idea and how to utilize those thoughts and ideas.

Think of the mind as having two parts that communicate with each other.

A good way to picture this is by comparing your mind to an iceberg. No matter how big an iceberg appears to be above the surface of the water, the majority of that iceberg is below the surface.

The conscious mind is what we notice above the surface, while the subconscious mind remains unseen, below the surface. The subconscious mind holds all of the awareness that our Intuition picks up.

The conscious mind (or what you are noticing with your 5 physical senses) sends suggestions about what it desires to the subconscious. It creates the image of what





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

you would love, and the subconscious mind works with the Universal Mind to come up with ideas and solutions to bring it into existence. This is what generates your Intuition.

In “The Science of Getting Rich,” Wallace Wattles said in reference to Intuition, “It is a formless substance that permeates all of creation and existence.” This is the gateway to your higher consciousness.

Ernest Holmes was a New Thought writer, teacher and leader. He was instrumental in the New Thought movement and wrote the book, *The Science of Mind*. He shared the five steps to develop consciousness:

- The first step is to **recognize**. “Recognize” is both a thinking and a feeling. It’s acknowledging that there is one presence, one power, one life. No matter how the circumstance looks or the situation seems, it isn’t operating independently of this one presence and one power.
- The second step is what’s called, to ‘**unify**’. After recognizing that there is one presence and one power to life. Unification occurs when we say, “I am one with that One. So that one presence, that power, is right where I am. It’s not just out in the Universe. It’s right here. It’s closer than my breathing — nearer than my hearing. It’s right here with me, **right now in me**.”
- The next step is a very, very potent step. Once we recognize and unify, we **realize** — distinguish the difference between fact and truth. We don’t deny the facts but we deny the power of those facts to determine our future. In other words saying that **your history does not determine your destiny**.
- So you recognize, you unify, you realize and then you **give thanks** (Step 4) for the recognition that these facts can’t overpower you. These facts don’t determine your choices. These facts are just the facts and the opportunity to transform those facts are right where you are. Give thanks for that.





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

- Step five is **release**. If we do the first four steps authentically even to a degree, we will feel a sense of release. We don't struggle with the circumstance or condition.

There is a power that is breathing you. There is a power beating your heart. You have the ability to hold images before the screen of your mind. You can hold images of the conditions you are looking at or you can hold images of the conditions that you are in love with.

If you hold images of the conditions you are in love with, you create a harmony between you and your desired state.

When you no longer see what you would love as “out there,” but rather, that you can actually see yourself inside the image, you are energetically connecting yourself to what you would love.

Our conscious mind is verbal and works with ideas — our subconscious mind is emotional, it works with feelings. Your conscious mind provides you with ideas that you can verbalize and your subconscious gives you a feeling when something is either wrong or right.

In the book, *Blink*, author Malcolm Gladwell says that when a decision needs to be made, “...our brain uses two very different strategies to make sense of the situation. The first is the one we're most familiar with. It's the conscious strategy. We think about what we've learned, and eventually we come up with an answer. This strategy is logical and definitive. But it takes time to get there. It's slow, and it needs a lot of information.



“There's a second strategy, though. It operates a lot more quickly... It has the drawback, however, that it operates — at least at first — entirely below the surface of consciousness. It sends its messages through weirdly indirect channels, such as the sweat glands in the palms of our hands. It's a system in which our brain reaches conclusions without immediately telling us that it's reached those conclusions.

“Decisions made very quickly can be every bit as good as decisions made cautiously and deliberately.”



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

Gladwell goes on to say that “Thin-slicing” refers to the ability of our subconscious to find patterns in situations and behavior based on very narrow slices of experience. When we leap to a decision or have a hunch, our subconscious is sifting through the situation in front of us, throwing out all that is irrelevant while we zero in on what really matters. And the truth is that our subconscious is really good at this, to the point where thin-slicing often delivers a better answer than more deliberate and exhaustive ways of thinking.”

**ACTION STEP:** Name one area of your life that you would like to focus on. What is one question you would like to ask your subconscious mind to guide you in making changes to this area of your life? What are some steps you could take right now to bring this about? Write the question below, then stay quiet and listen for the answer, without judgment. Be sure to frame the question the right way in order to receive the most beneficial answer.



Some examples of questions could be: “I would like to lose five pounds in the next two weeks. What is one thing I could do right now that would move me toward that goal?” Or “I would like to increase my revenue for my business by \$5,000 this month. That would mean I would need to add 5 clients this month. What step could I take today that would help me bring 5 new clients on board?”

---

---

---

---

---

---

---

---

---

---



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease



Our mind thinks in pictures. If someone were to say to you “the kitchen sink,” an image will immediately come to mind. You will not see the letters S-I-N-K, but rather you will see an image of a kitchen sink.

You have a conscious mind (your intellect) and a subconscious mind (your thought patterns). Your body is the instrument of the mind. Your senses are hooked up to your conscious mind and this part of your mind is able to accept or reject information that comes to you from the outside world.

However, the subconscious does not know the difference between a real or imagined thought. This is because the subconscious mind has no logical or rational reasoning capability. The subconscious mind is unable to make a determination or judgment regarding information it receives. It cannot determine the difference between negative and positive. Its main function is to serve as the storage facility for information it receives from the conscious mind. It will accept any information that is sent from the conscious mind as fact.

If you desire something, tell your subconscious you already have it and it will believe you. You can program your subconscious to believe you have already attained what you desire, but this does not mean you are an empty robot without control of your own thinking — just the opposite actually. If there is something you desire, you can create a vivid image of it in your mind and then live from that image. Since your subconscious will think you already have what you desire, **you will begin to live as if it were true**, which then attracts to you ideas of the steps necessary to make it a reality.

**ACTION STEP:** What are some affirmations that you could use daily to help your subconscious believe that you have what you desire? For example, “I am an abundant person who can bring everything I desire into reality.” or “I am the owner of a successful business that brings in \$100,000 per year.”

---

---

---

---

---



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

**ACTION STEP:** If you were acting as if you already have what you desire, what would you be doing differently? What would you be saying differently? How would you feel?

---

---

---

---

---

From the book, *The Cosmic Consciousness*, by J.F. Buck: “When a person has entered into or been touched by consciousness, they begin to know without learning certain things. When you have learned how to commune with God, you will begin to learn and know without your ordinary ways of learning.”



With so many messages coming at us each day from the outside world, many of us have been cut off from our Intuition. This can be overwhelming and can thwart our efforts to make quick and effective decisions.

All of this information-clutter makes us miss the subtle warnings and messages that our Intuition provides us. We seek help from the outside world in making decisions, when our Intuition is always here to guide us in making good decisions.

We often ignore our Intuition due to fear and lack of confidence in ourselves. We tend to spend more time thinking with our conscious mind instead of building a relationship with our intuitive mind. We’ve been trained to detach from our intelligence system, but our Intuition is always with us whether we are aware of it or not.



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

**ACTION STEP:** In the past, have you been apprehensive with the idea of building a relationship with your Intuition? How has this affected your results?

---

---

---

---

---

---

---

---

If you only listen to your logical mind, you will follow the well-trodden path. If you get a lot of support from people who live from commonplace thinking, you will continue to get the results you have always gotten.

Some may have concerns about learning to tap into their Intuition because the concept can seem a bit “woo-woo” for some. Do not let that impede your curiosity and do not worry about the judgement of others. I assure you, **this is science**. In fact, several highly regarded universities concluded that Intuition is more efficient than logical thinking when it comes to making decisions. The study, which was designed to test Intuition against analysis, was reported in the *Journal of Organizational Behavior and Human Decision Processes* by researchers from Boston College, George Mason University and Rice University.



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## **PART 6:** **Nine proven ways to develop your Intuition**

*“The power of intuitive understanding will protect you  
from harm until the end of your days.”*

LAO TZU



Now that you understand the power of Intuition do you want to build a better relationship with yourself and your voice of Intuition?

We are all born with the gift of Intuition and we can actually build our “intuitive muscles” with attention and practice.



Just like when you begin an exercise program, you have to do “reps.”

You can do reps to improve your Intuition too!

In order to tap into your Intuition, be still and quiet and don't let the “noise” of the outside world affect you. Once you are able to bring more stillness to your life, you will begin to notice the small ways in which your Intuition speaks to you.

You may be thinking of someone and then receive a text message from them.

We often call this “coincidence” but this is your Intuition at work!





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

The subconscious mind of the other person is picking up on the signals your subconscious mind is sending.

Here are nine ways you can start doing right now to strengthen your relationship with your voice of Intuition:

1. When you get a hunch or gut feeling about something, trust yourself. Stay connected to your inner voice or gut feelings. Answer your inner voice when it speaks to you.
2. The next time you are eating at a restaurant, ask your Intuition for guidance on what you would love. Pay attention to how your body is satisfied by that menu item.
3. When you are faced with a relatively minor decision, give yourself a time limit that you are comfortable with to make the decision. This will allow you to trust your “gut” rather than analyzing pros and cons and spending more time than is needed to make an informed decision.





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

4. Trust deep down that the part of you that is breathing you will never lie to you. Your “Self” will never lie to you. **You might lie to yourself but your Self will never lie to you.**
5. Nurture your creativity. Creativity is wonderful for honing your Intuition. As you develop your creativity, your Intuition naturally follows. If you love to paint or draw, make it a daily habit. If you love to write or dance, try to make sure you are including this creativity in your everyday life.
6. Spend some time alone (and without the distraction of technology). When you are constantly surrounded by people who are bombarding you with chatter and opinions, it is very difficult to stay connected to your Intuition. Stay connected to your inner wisdom by spending some time alone in deep thought. Remember the description I gave earlier of your intuition, your “still, small voice.”
7. Avoid negative emotions and focus on more empowering emotions and thoughts. Negative emotions like anger and stress block Intuition. Positive and empowering thoughts and emotions nurture Intuition and allow you to have a more positive relationship with your inner voice. You can do this by listening to guided meditations or reciting positive affirmations to yourself such as, “I choose to live a joyful life” or “I am greater than any circumstance I am facing.”
8. Pay attention to your dreams. Dreams actually tap into the subconscious part of your mind, which also is where Intuition is. Your dreams are filled with messages, signs and possibilities, so give them some attention.





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

9. Another wonderful way to build a better relationship with your voice of Intuition is to write in a journal. By writing your thoughts down you are giving them attention and this opens up a gateway for Intuition to speak to you. Don't focus so much on how you write — you don't have to be a professional writer to journal — just write what comes to you. The most important thing is to do it and do it regularly.

**ACTION STEP:** What are some of the ways to build Intuition that resonate with you? What would you like to begin doing now to build a better relationship with your Intuition?

---

---

---

---

---

---

---

---

---

---

You can also develop your Intuition through meditation. Meditation allows you to be quiet and present in the moment. Quieting your mind helps to increase our awareness of Intuition. Don't worry, you don't have to spend an hour a day on your meditation cushion to tap into your Intuition, just a few minutes of sitting in quiet solitude can produce amazing results.

There is no right or wrong way to meditate, as long as you are quiet and still. Here is a suggestion: find a comfortable and quiet place to sit. Clear your thoughts and focus on your breathing. If distracting thoughts come your way, acknowledge them, do not judge them and then clear your mind. Continue to do this for as long as you are able. If you have a specific question to ask, ask the question before you begin to meditate and be very still and quiet and allow the answers to come to you.



# The Power of *Intuition*

How to Use Your "Gut Instinct" to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

**ACTION STEP:** In the space below, schedule in some times/dates that you will dedicate for stillness and meditation. Make a commitment to yourself to follow through on this.

---

---

---

---

---

---

---

---





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## PART 7:

### How to ask “higher domain” questions that will generate the answers that you seek

In 1971, I began to study the Laws of the Universe and the mental faculties we are all born with. Prior to my study, I didn't know that I was responsible for my experiences. One day in the spring, after I had been studying these principles for about 6 months, I decided to do an experiment. I wanted a deeper understanding of Intuition.

I had finished my classes for the day at college and had a few hours before I could pick up my children from daycare. At this time, my children's father earned a living delivering milk. I knew that his route covered a 25 square mile radius, but that was really all I knew about his route.

I had learned that you have the ability to go where somebody is right now because you have an “inner knower.”

This “inner knower” knows exactly where that person is right now.

If you let yourself be guided, you can allow your inner compass to bring you right to that person.

I decided to test this out for myself.

I got in my car and started driving. I did this for about 35 minutes and I trusted my Intuition to tell me where to go. When I saw him as he was stepping out of his truck, I realized I was on a gravel road in the middle of nowhere. My husband was shocked. I was a little spooked by it.

But I have been able to continue to use this tool that I developed that day. When I want to have more information and knowledge about something, I get in harmony with the outcome and allow information to





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease



come to me. It all starts with asking the right questions.

Your life is shaped by the questions you ask because every question brings with it its unique answer.

Albert Einstein said, “If I had an hour to solve a problem and my life depended on the solution, I would spend the first 55 minutes determining the proper question to ask, for once I know the proper question, I could solve the problem in less than five minutes.”

Your opportunities are directly related to the kinds of questions you ask. They can be limited or unlimited. For example, if you ask the question, “How can I ever afford to buy a new home?” The Universe will shape answers according to your question.

But if you ask the question, “How could I afford to purchase a three bedroom home on the beach in California,” the Universe will give you a different set of answers and opportunities because you are asking a different, more specific question.

It is through your subconscious that you can attain anything you desire. You’re not supposed to know “how” right now, only “what” you would love. Ask the question and then be still and quiet to hear the answer. The image of what you would love is already here, you just have to connect to it with your thoughts.

**ACTION STEP:** In the absence of knowing how, what is one thing you would love to create in your life? What could you do if rather than believing it was impossible, that you believed it IS possible?

---

---

---

---

---

---

---

---



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

Intuition is a mental muscle and like all muscles, it must be exercised often in order to operate at full capacity and to become stronger. Make a commitment that, for the next 30 days, you will give your Intuition your full attention and allow it to become stronger.

## **ACTION STEP:**

I, \_\_\_\_\_ (your name), will allow myself to trust in, and follow, my inner voice, my “gut feeling,” — that instinctual side of my Be-ing that is perfect; that is all knowing. I suspend my need to know exactly why and will begin to explore and experience this side of my personality.

Signature \_\_\_\_\_

Date \_\_\_\_\_





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## Conclusion

*“Follow your instincts.  
That’s where true wisdom manifests itself.”*

OPRAH WINFREY



You have a lens of awareness by which you experience your everyday life.

The level of your awareness is like a thermostat that governs your ability to see and translate opportunities.

It allows you to know when you should go or stay, whether you should say yes or no.

Your awareness governs the amount of life energy you allow into your world.

You are being something right now. Are you being the person you want to be?

When you are using your Intuition, you have a supportive structure that is YOU, but not the you that you ordinarily relate to.

You are on another whole level of you.

You can actually engage with this part of yourself and cultivate a relationship with it.

Be sure to listen carefully because your intellect will have a version of what is right for you and your Intuition will also have a version of what is right for you. When asking a question of your Intuition, write down all the ideas that come to you.







# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease



**ACTION STEP:** Is there a question you would like to ask your Intuition regarding a circumstance or condition you are facing? Write the question below and be still to allow your Intuition to answer.

---

---

---

---

---

---

---

---

If you're not used to listening to your Intuition, allow yourself to be still and listen. You will never have more than you have right now. Everything you want is available to you — you just have to turn it into it's visible state. You can hold an image of who you want to be.

Hold that image in your mind while circumstances have not yet heard your command.

Remind yourself that if you do this work on the inner self, it must become the outer self.

Stay inside that image and you will have more awareness that will become accessible to you.



# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

**ACTION STEP:** If you knew that what you would love was all coming together, how would it feel? What is one bold, brave step you could take now, knowing it is all coming together?

---

---

---

---

---

---

---

---

In an impromptu speech at an Academy of Achievement event in 2014, Steven Spielberg said:

*“When you have a dream, it often doesn’t come at you screaming in your face, ‘This is who you are, this is what you must be for the rest of your life.’ Sometimes a dream almost whispers...your human personal intuition, always whispers. It never shouts. It’s very hard to hear. So you have to, every day of your lives, be ready to hear what whispers in your ear. And if you can listen to the whisper, and if it tickles your heart, and it’s something you think you want to do for the rest of your life, then that is going to be what you do for the rest of your life and we will benefit from everything you do.”*

You CAN decide right now that you are going to build a richer relationship with your Intuition and trust that it is working on your behalf.

There are always opportunities that you’re not seeing, and Intuition is your all-knowing friend that can guide you to those opportunities.





# The Power of *Intuition*

How to Use Your “Gut Instinct” to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

## And now, here’s a **FREE GIFT** for you:

Would you like to receive advanced-level training from me in how to master all SIX of the extraordinary superpowers that you were born with – Imagination, Intuition, Will, Memory, Reason and Perception – but that 97% of us are using UNCONSCIOUSLY?

If so, I highly encourage you to register for my **FREE “Unlock Your 6 Extraordinary Superpowers”** online workshop!

During this step-by-step online workshop, you’ll discover how to unlock the TRUE POWER of all six of the incredible mental faculties that you were born with, as you were meant to, so that:

- Stress, fear, doubt and worry rarely exist for you anymore
- Procrastination becomes a thing of the past – you accomplish more in less time, and with greater ease
- You’re able to intuitively evaluate the people and opportunities you encounter with speed and accuracy – easily moving away from those that don’t serve your highest good, and TOWARD those that elevate your heart, mind and spirit
- You make “the right” decisions, decisions that EMPOWER you, quickly and easily
- You feel way more confident in your own skin – and you have the confidence to speak up for yourself and share yourself freely, as well as be open to others being their true, authentic selves with you



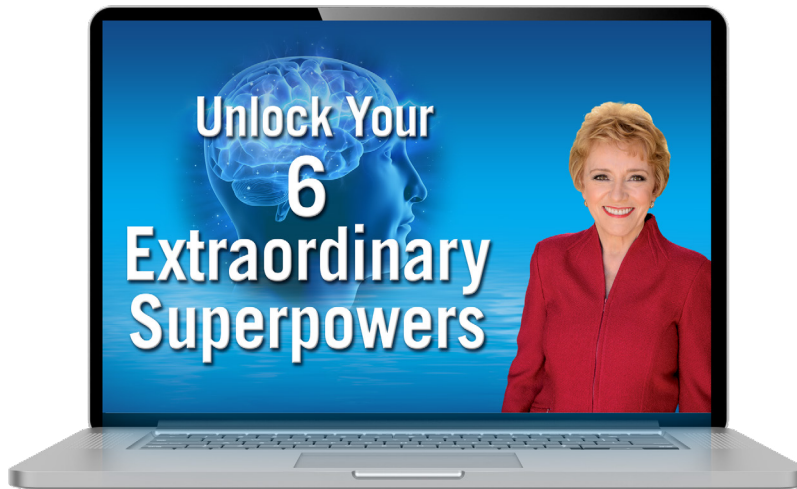


# The Power of *Intuition*

How to Use Your "Gut Instinct" to Make Better Decisions, and Live Your Life with Greater Clarity, Confidence and Ease

- You easily create closer and more loving relationships – you find your soulmate with ease, or take your current partnership to new heights of connectedness and passion
- And you experience greater career success, prosperity, fulfillment, time and money freedom... and FUN!!

**SPACE IS EXTREMELY LIMITED!**



**Register for this Powerful Online Workshop Now!**

*Mary*



Mary Morrissey®  
*Life*SOULutions

**LifeSOULutions That Work®, LLC**  
**31441 Santa Margarita Pkwy, #A-364, Rancho Santa Margarita, CA 92688**  
**Toll Free: 866-405-6999 • International: 503-922-3460**  
**[www.MaryMorrissey.com](http://www.MaryMorrissey.com)**