

Amplify your Intuition

3 Simple Ways to turn up your Inner Volume

By Erinn McMurtrie, Health Coach

Welcome friends. We are all intuitive.

Like people with muscles who go to the gym, people who have more access to their intuition have either developed it over time through practice or grown up with it as a natural skill.

Intuition looks so different for everyone. Some receive intuition through seeing, some as a knowing, and infinite other possibilities in between.

There are as many different types of intuition as there are beings on the planet.

It's important to understand the diverse ways intuition shows up, because when we're learning new skills we get tempted to put ourselves into a box. Please understand that you are a unique being, a unique snowflake. No other human like you exists. You cannot be put into a box.

As you dive into this exploration of awakening your intuition, keep this in mind. Try to see this as an experiment and an experience of getting to know the ways your unique system speaks to you and of strengthening these muscles within you.

WHAT IS INTUITION?

Intuition is a knowing, a sense of something, rather than a logical knowing that comes from having or gathering information.

You may have experienced an “intuitive hit” where you knew a piece of information before you could have ever possibly known it with your mind.

It’s mysterious, it’s illusive, and it shows up in random ways, constantly reminding of us of the magic of life and of the unknown that’s constantly surrounding us.

This is one of the reasons I enjoy exploring intuition so much. Because it humbles me and reminds me that I’m connected to a larger web of life.

So, why do we want deeper access to our intuition?

If you’re reading this, you likely have your own reasons or intentions for why you want to amplify your intuition. Maybe it’s for your personal empowerment, for your business, for your health, or maybe to enhance your deeper spiritual connection to life itself.

Developing a deeper connection to your inner guidance system is one of the most powerful skills you will ever learn, and spills into EVERY area of your life.

So congratulations for saying yes, and let’s get started.

TURN UP THE VOLUME - TIP #1

Our intuition is speaking to us all the time in a million different ways. In the subtleties we feel, in the thoughts we think, in the feeling that move through us in the blink of an eye.

They can be quick, they can be fleeting, and if we're moving too fast we can easily miss them.

The first tip is simple, but not always easy: Slow down.

Our world is fast-paced. And we get brownie points from pretty much everywhere and everyone telling us the more we can get done in less time, the better. We have so many distractions and access to constant stimulation, which is addicting in itself. TV, facebook, cell phones, email, advertisements - the world is constantly ringing trying to get our attention.

This constant stimulation can cause us to walk around our life distracted, unfocused, anxious, and all up in our heads.

As I stated earlier, intuition (especially at the early stages of development) can be very subtle. If we're distracted, running around stressed and unfocused, we're not aware. We're not available for the intuitive messages that are coming through. We're not receptive to them.

When you slow down, that is when there is SPACE for your intuition to be felt and interpreted by you.

If you're not slow, if you're not tuned in, you may miss it.

Slowing down can mean many things to many people.

Perhaps you're literally physically rushing around from place to place in your life. Perhaps your mind is frantic with worries and to-do's.

Start today by finding some amount of time (minimum of 5 minutes) each day, to sit in a quiet place, undisturbed, and just observe. Close your eyes and just be present with your thoughts, with the space around you, and with your body.

You can call this meditation, or you can call this a stillness practice. Whatever you call it doesn't matter. Just take time every day to cultivate your awareness of yourself, of your body, and of your mind. Take time every day to calm and slow yourself down.

This will make a world of difference in awakening a deeper relationship with your intuition.

TURN UP THE VOLUME - TIP #2

Now that you've slowed yourself down, become aware of your body.

This is called Grounding.

Your body is a barometer for your mind, and the energy all around you. When you are grounded, you are aware of your body while also being aware of your mind and the world around you.

Actively tune in with the sensation of being in your body and especially the lower half of your body. Feel yourself connected to the Earth beneath you.

The more you do this the easier it'll be and the more you can do it throughout all moments of your life, constantly checking in with "Am I aware of myself and my body right now? Am I present and open to my intuition?"

Most of us are so up in our heads that we lose touch with our bodies, which are highly intelligent, highly tuned barometers for sensation.

When we're disconnected with our sensation barometer (our body) we can easily miss intuitive cues and information that's trying to come through.

I want to teach you how to strengthen your relationship with this barometer so you can be more in touch with your inner wisdom and make more aligned decisions in all areas of your life.

So, let's try something together.

Close your eyes and feel your body. Feel yourself sitting here in this chair and breathe deeply into your lungs. Feel yourself become slower and calmer.

Now ask your body out loud, "Body, show me what YES feels like" and then wait for a sensation to arise.

Now ask your body out loud, “Body, show me what NO feels like” and then wait for a sensation to arise.

Did you feel a difference between the yes and the no?

Let’s try something more specific.

I want you to say out loud this time “I am a Man” regardless if you are a man or a woman. You obviously know if this is the truth or not. But I want you to FEEL your body’s response to this statement. Feel what the truth or untruth feels like.

And then try it again with the statement “I am a Woman”. Feel what that feels like.

Did you notice the truth feels lighter or more of an upward energy?
Did you notice the false feels heavier or downward?

If you felt different responses, that’s ok! Remember, we’re all different so you may experience something different or have different words to describe it.

Take note of what “no” and “yes” feels like in your body. How are they different?

This is one simple way we can use our bodies as a barometer for intuitive knowings.

When you’re out in the world, feel your body responding to things: Statements/words from others, music, decisions. Your body IS speaking to you all the time in these simple waves of energy. The more you practice this the more clear the signals will become.

And now you have a new intuitive guide and friend to play with!

TURN UP THE VOLUME - TIP #3

In the information age, we can get any statistics, advice, feedback, at the tap of our fingertips.

Grandmother Google is one click away, but in truth sometimes this hinders us when it comes to developing our intuition.

We're taught to go to experts, to go to doctors, to read books, to take advice, but the truth is, there is no one like you. There is no one-size-fits all answer to your personal challenges, to mastering your intuition, to finding the right diet, the right relationship, the right healing tonic.

We must learn to consult our inner selves. That part of us that's connected to the bigger wisdom, beyond the boundaries of our skin and our minds.

You have an inner guide inside that is waiting for you. If you want to turn up the volume, get in the habit of consulting this inner guide, because that's the best way to make the guidance louder.

Remember to turn inside and ASK versus always turning outside, to ask your best friend, to ask your boss, your doctor. Ask yourself first, consult your inner guide, and give your intuition an opportunity to work for you. Give it space to respond.

You can do this by asking simple questions like...

"How would it feel to choose this option?"

"Is this choice in alignment with my highest good?"

"What would you have me do?"

You can ask "yes" or "no" questions or open-ended questions. Remember to FEEL for a response instead of trying to pull it from your mind.

Know that you may not always get the response you want. You may not always get a response at all. Trust that what happens is part of the process of your learning and development.

Sometimes we don't get answers because it forces us to strengthen our own muscles of discernment. It doesn't mean your intuition isn't working for you or that it isn't there.

Trust yourself. Trust the process and keep exploring. Open yourself to the guidance beyond the mind and let life's magic work with you, through you.

INTEGRATION

How can you best apply and make these techniques work for you?

By taking them into your life and trying them out for yourself.

Learning with the mind is good but it's only part of the picture. You can read books on intuition all day long, but until you put these techniques into practice and play with them, they won't do much for you.

Try them out. Follow what feels good and exciting. If something doesn't resonate, throw it out.

Remember, you are a unique being. There are infinite ways to explore, express and experience intuition. These are the tools I've found that have helped me, put into a format that'll hopefully empower and inspire you.

Information without experience is meaningless. So if you want to see real change, real growth and expansion in your intuition, do something with the information you've learned here. Let it be embodied.

Let yourself have an experience with it, because that's what will change your life and your relationship with your intuition forever.

Blessings on your journey, my friend,
Erinn

About the Author

Erinn McMurtrie is a Mind, Body, Spirit Health Coach trained at the Institute for Integrative Nutrition. She's a Self-Trust teacher, empowering badass Sensitive Women to heal and express themselves fully in the world.

Diagnosed with Ulcerative Colitis in 2015 she shares about her own journey to healing and teaches topics such as Body Communication, Self-Healing, Creativity, and mental/emotional /spiritual health through coaching and online classes.

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