

Increasing Your Intuitive IQ



Take the guesswork out of life by increasing your Intuitive IQ!

Have you ever felt that someone was being dishonest with you – and later discovered you were right?

Have you ever had the urge to do something out of character – and it resulted in a fortuitous meeting?

Have you ever had a “vibe” about an investment – and it turned out well?

Every time we have a “hunch” or a “gut feeling”, that is our intuition speaking. It’s that part of us that uses our non-physical senses to acquire information about the past, present or future.

People don’t give themselves enough credit for their innate intuition. We all possess this ability - some of us are just more in the habit of acknowledging and acting upon it.

Benefits of Increasing Your Intuition:

- * **Feeling a greater sense of your own power**
- * **Giving you more clarity and confidence when decision-making**
- * **Having less stress and worry in life**
- * **Unleashing your creativity**
- * **Aligning you with your passion and purpose**
- * **Feeling more joy and fulfillment in life**
- * **Having more understanding of self and others**
- * **Ability to connect with loved ones that have passed on**

I believe that there are two parts to the process of heightening our intuition. The first part is becoming a good receiver; the second, making the connection. Let's talk about receiving first.

To get a good, clear, strong message from Spirit you will need to be as clear a channel as you possibly can. Why? Well, first off, Spirit has a hard time getting through dense, negative energy to give you information. Additionally, the likelihood of misinterpreting a message when you are in a lower, more negative state is far greater.

So it really is worth taking the time, on a daily basis, to clear your energy and put yourself into as high a state as you can.

I have listed some of the ways that I believe can help you with this. Try them out, maybe a couple at a time. I just know the results will be positive!



Raise Your Vibration Higher and Higher!

- * Be as positive as you can - as often as you can.
- * Read, watch and listen to only UPLIFTING material, music, TV and movies.
- * Stop watching the news! I did, and it had an immediate positive impact on my energy – and my life!
- * Spend time in prayer and/or meditation daily.
- * Use positive affirmations daily.
- * Be kind. The vibration of kindness reverberates throughout all of eternity!
- * Smile more 😊. Smiling immediately puts you - and those you smile at - into a high vibrational state.

- * **Open your heart to love. Hug someone. Hug something. Or simply think about someone or something that you love. Let your heart expand as you hold that thought for as long as you can. Really FEEEEEL the love!**
- * **Spend time in nature. The energy there is naturally high, and it will give you an instant boost!**
- * **Take good care of yourself – mind, body and spirit.**
- * **Cultivate an attitude of gratitude. Try your best to see the gift and blessing in all people and in all situations.**
- * **Be true to yourself. Honor yourself in all that you do.**
- * **Notice, throughout the day, the beauty in your world. Try to find it in even the smallest things.**
- * **Be honest. The vibration of a lie is a lower vibrational energy, no matter whether it is a “little white lie” ... or a whopper!**
- * **This last one is my favorite! I believe the BEST way to raise your vibration is J-O-Y 😊 Besides love, joy is the highest vibration that you can be in. So, do the things that bring you joy. Spend time with the people that bring you joy. Think JOY JOY JOY!!!**

The suggestions above are meant to be a guide for you. If learned, and practiced, they will help clear your channel and strengthen your connection to Spirit. They will also make your life all around more beautiful!

But there is no need to wait until you are doing them perfectly, or doing them often, to start connecting with Spirit. Start right where you are!

So how do we tap into Spirit? How do we learn to make that connection? I have put together some tips that I believe can help. Enjoy!



Tips for Connecting with Spirit

1. **Notice.** Pay attention to how often you get a “gut feeling” about something. Take a daily inventory of how often your decision-making is based on your intuitive mind - you will be surprised. Learning that, your confidence will soar!
2. **Trust.** Trust your instincts. When you listen, and act on, your instincts, Spirit says: “She’s paying attention”. And they will give you more information. So, next time you feel repelled by someone, listen to that! If you have a feeling to go towards someone, do it - even if your mind tells you differently.
3. **Meditate.** Meditating will help you connect with your inner guidance system and to the universal energies that surround you. It quiets your mind so that you can hear that still, small voice inside. That voice is your Higher Self, God, or your angel guides...whatever you wish to call it. There are classes, guided meditation cd’s and books to teach meditation techniques. Just 5

minutes a day will tune you into the right station. Visit my website at www.dyingtotellyoubooks.com for the “Meditation Sampler” course that’s coming soon.

4. **Write.** Sit quietly with a pen and paper. On the top of the page, write down a question that you would like answered. Read the question over several times, either silently or aloud. Ask your Higher Self to answer the question for you.

Close your eyes, empty your mind and just relax. This is not a time to “think” of what to write; rather just let the words flow out of you. The thoughts may appear to be random, but that's okay. Write whatever comes to you in a “stream of consciousness” sort of way. Soon these “random thoughts” will start making sense.

5. **Dream.** Pay attention to your dreams - you will find answers there. Most dreams are simply a way of processing your issues. But it is possible to program your dreams to give insight into a situation that requires answers.

When I need clarity around an issue I am dealing with, I set a strong intention before bed. I say (often aloud): “Please give me insight and clear guidance in my dream state tonight about (state your issue here). When I wake up I will remember my dreams accurately and understand their meaning.” You will be amazed at how quickly you will start receiving messages that way!

6. **Signs.** Ask for, and notice, signs. Spirit has many ways of communicating with you and one of these is by way of signs. Signs can come in the form of songs, or objects, or ideas that randomly pop into your mind, seemingly out of nowhere. Ask Spirit to give you a sign – they will! Be specific about what it is you wish to see, for example, a feather or a heads-up penny, or some object that has meaning for you. Then watch for it! Or you could ask them to surprise you with a sign – that’s always fun! Either way, ask and ye shall receive 😊

7. **Learn.** Consider taking a psychic or mediumship development class. There are many offered online and in your local communities. I would encourage you to book a reading from the person offering the class. That way, you can appraise the instructor's style and ability.

Have fun with these tips! I have a “hunch” you are going to enjoy the results 😊

By tapping into this incredible source of power, wisdom and creativity, your life will go from ordinary... to EXTRA-ordinary!



Lisa Najjar is an international psychic/medium, and author of *Dying to Tell You – Channeled Messages from the Famously Dead*. To purchase a book and/or schedule a reading with Lisa, please visit www.dyingtotellyoubooks.com