



# INTUITION

## Mastery

aluxuriousmind



HI, I AM

TIFFANY

**Hello, fellow Seeker!**

I hope you enjoy this **Intuition Mastery** printable!

If you found this resource helpful, consider joining my newsletter for access to my **subscriber-only library** where I offer a more in-depth version of this resource including additional mystical resources not found in the free library.

I also offer Human Design Readings where you will learn how the voice of your intuition speaks to you based on your unique design. You can find [MY SERVICES PAGE HERE.](#)

Talk to you soon! Tiffany

**NOW AVAILABLE**

**The Master Your Intuition Mini-Course!**

If you would like a deeper understanding of how to listen to your intuitive voice, check out my **Master Your Intuition Mini-Course!** (Link below)

[LEARN MORE](#)

Intuition is your inner guidance system that offers insights beyond the practical voice of the mind and logical reasoning. It's the subtle voice or feeling that nudges you towards decisions that might not make complete sense at the moment, but they feel right.

Unlike the mind, which often relies on past experiences and logical processes to guide decisions, intuition operates through spontaneous insights and a variety of cues, to provide guidance that aligns with your core values, desires and authentic self.

### **Try These Quick Tips for Tuning into Your Intuition**

- **Quiet Your Mind:** Begin with practices that quiet the mental chatter. Discover the things or practices that ground you. Mindfulness, gratitude, nature or simply a few minutes of deep breathing can help clear the noise and allow your intuitive voice to surface.
- **Notice Body Signals:** Pay attention to how your body reacts to different situations or decisions. A sense of lightness or expansiveness often indicates an intuitive yes, while a feeling of heaviness or constriction might suggest a no.
- **Trust Your Gut:** Start by making small decisions based on gut feelings rather than over-analyzing. Notice the outcomes and how you feel about them afterward.
- **Keep an Intuition Journal:** Regularly document the times when you get intuitive hits even if you decide not to take action on them. Note what came up, any actions you took, and the outcomes. Over time, you'll begin to see patterns in how your intuition speaks to you and this will strengthen your intuitive abilities.









