

# Discovering what's true for you

There is a monstrous sea of information waiting to come crashing in on you at every moment and from every angle. Whether you are trying to improve your diet, fitness, relationships or work life, you can find almost any data to support any view with plenty of people to back it up with their testimony. Embarking on any change is scary enough, but sometimes it seems that even with the positive energy you bring to your data gathering phase, you can get swallowed up and spit out, to where you are left confused and filled with doubt.

Being confused quickly turns into being overwhelmed, which then leads to fatigue. And you may ask yourself “why bother?” because the desire to change is there, but the path to change is not. What good is desire, when it leaves you stranded in the ocean?

Life has gifted us with the amazing sense to be able to tell when something is right for us. That gift is our intuition. Our inner knowing. That guiding compass located deep within the essence of who we are, that can point us towards directions that will help us grow the most. Sometimes those directions may bring us discomfort, and sometimes it will bring ecstatic joy. We'll find out when we get there. But the most beautiful thing about the process is that it is fine-tuned to each one of us. For no one else has your exact compass, combined with your experience in the world. Only you have access to your intuition. Most likely, there will be those around you who “know what's best”, and make recommendations for whatever growth or change they think you need. And you may even find that some of these people are right. But they are only right when your intuition confirms they are right. They are only right when you can see into them

as mirrors, and then deeper into yourself.

So, you know you have a valuable resource in your intuition that will guide you along your way. Now what? What happens if you can't feel your intuition?

The unfavorable consequences like head ache, visual changes, sneezing, photophobia, dyspepsia and many more confronted by men after its [viagra shop online](#) treatment is said to be mind-blowing that can't be forget. What is kamagra? Kamagra is an erectile dysfunction pharmaceutical product that cialis 10mg generico [my review here](#) helps men gaining erections for pleasing intimacy. Guidance of appropriate dosage [https://pdxcommercial.com/oregon-tech-doldrums-job-growth-flat lines/](https://pdxcommercial.com/oregon-tech-doldrums-job-growth-flat-lines/) buy sildenafil tablets has been introduced for mending the complication of ED; hence, one needs to use the dosage appropriately. By taking meals on time and avoid skipping your breakfast, you can do your job. [thought about this](#) buy cheap levitra The most important thing you can do, then, is to become acquainted with it. Say hi and introduce yourself. This is the friend who has been waiting for you to acknowledge her, standing quietly against the back wall of your heart, gently communicating to you through her whispers and sighs. (Okay, sometimes she gets angry and it's more like a kick in the stomach.) Grab a cup of tea, and sit quietly, getting to know what she looks like, what her voice sounds like, what her deepest desires are. Let this introduction turn into regular meetings, as long as you turn the outside world off, and retreat inward into your soul. She will speak more clearly every time.

After a period of silence, begin to ask her how she feels about various things. Ask your intuition about your work. Be specific, and translate your question into images and feelings. Your intuition will not answer you in words. Rather, she will connect to you through visceral sensations. She will aid your body in discovering the answer, so tune into your body to figure out what she's telling you. Sometimes, you may

get a clear answer. Other times, you may just receive reassurance. And yet others, you may feel as if she hasn't answered you at all; and with these times, know that the uncertainty that follows is a blessing in disguise, for life holds greater promise for you than what either of you could even dream.

Pick ten questions or statements you would like your intuition to speak to you specifically about. They can be anything from "Should I marry him?" to "How will I feel if I eat that bowl of ice cream?". They can be questions you already know the answers to. But pick ten, and one by one, pose them to your intuition and wait until you have become acquainted with the response. Remember, your intuition will often communicate in soft, delicate vibrations that you feel in different parts of your body depending on the answer. If you are distracted and full of noise, you're likely to miss them. Start learning the language that your specific intuition uses in response to these questions, and then observe how the effects of your intuition's guidance show up in your life. You will slowly build up that trust necessary to put yourself in your intuition's hands. You'll begin to see that when you are confronted with choices and an overwhelming amount of information, your intuition is constantly communicating to you about which is best for you. It's in your intuition's best interest to keep you healthy, happy and well, after all. No one else's.

By incorporating your intuition in all areas of your life – whether it's what diet to follow, what event to attend, what job to choose – you begin to live a personalized life tailored to your own uniqueness. It's as if you had the best nutritionist, trainer, coach, and lover all wrapped into one person who could help you live your best life possible because they *know* you. That's your intuition, speaking to you within the recesses of your heart. Take a seat. Start listening. Discover what's true for you.