

Four Steps To Developing Intuition

(NAPSA)—Call it a hunch, an inner voice, a gut feeling or a sixth sense. Everyone is born with an innate gift for intuition, but many would like to hone it further.

According to Carol Ann Liaros, author of “Intuition Technologies,” published by the A.R.E.® Press, the process of intuition offers a larger perspective on life and utilizes both the intellect and the imagination. Building our intuition can broaden our self-understanding and ultimately enhance our ability to love others.



Relaxation is an important element in discovering your powers of intuition. Everyday, take some time for yourself and explore this natural capacity we all share.

Follow these four steps to further develop intuition:

1. Relax your mind and body while concentrating your awareness.
2. Focus on your breathing, listening to each breath you take.
3. Practice holding objects and describing their owner and story.
4. Attempt mind-traveling by imagining a place you've never been. Have someone else verify your thoughts.

By following these steps, intuitive insights can be practical in both our personal and professional lives.

For more information, call 1-800-333-4499 or visit the Association for Research and Enlightenment's (A.R.E.) Web site at www.edgarcavce.org.