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SEVEN TIPS & TRICKS TO ENHANCE YOUR INTUITION

AND START USING IT FOR YOUR SUCCESS



BY TRACY ST. CROI

hello

I'm Tracy St. Croi, and I want to welcome you to this path of self-knowledge and self-improvement. Start with this 7 keys to develop your intuition and get ready for what it's to come!

Let's keep in touch online and stay together in this way to a new you.

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Love and Light
for you all!

~ Tracy





1

Admitting your intuition is there and ready for you to use.

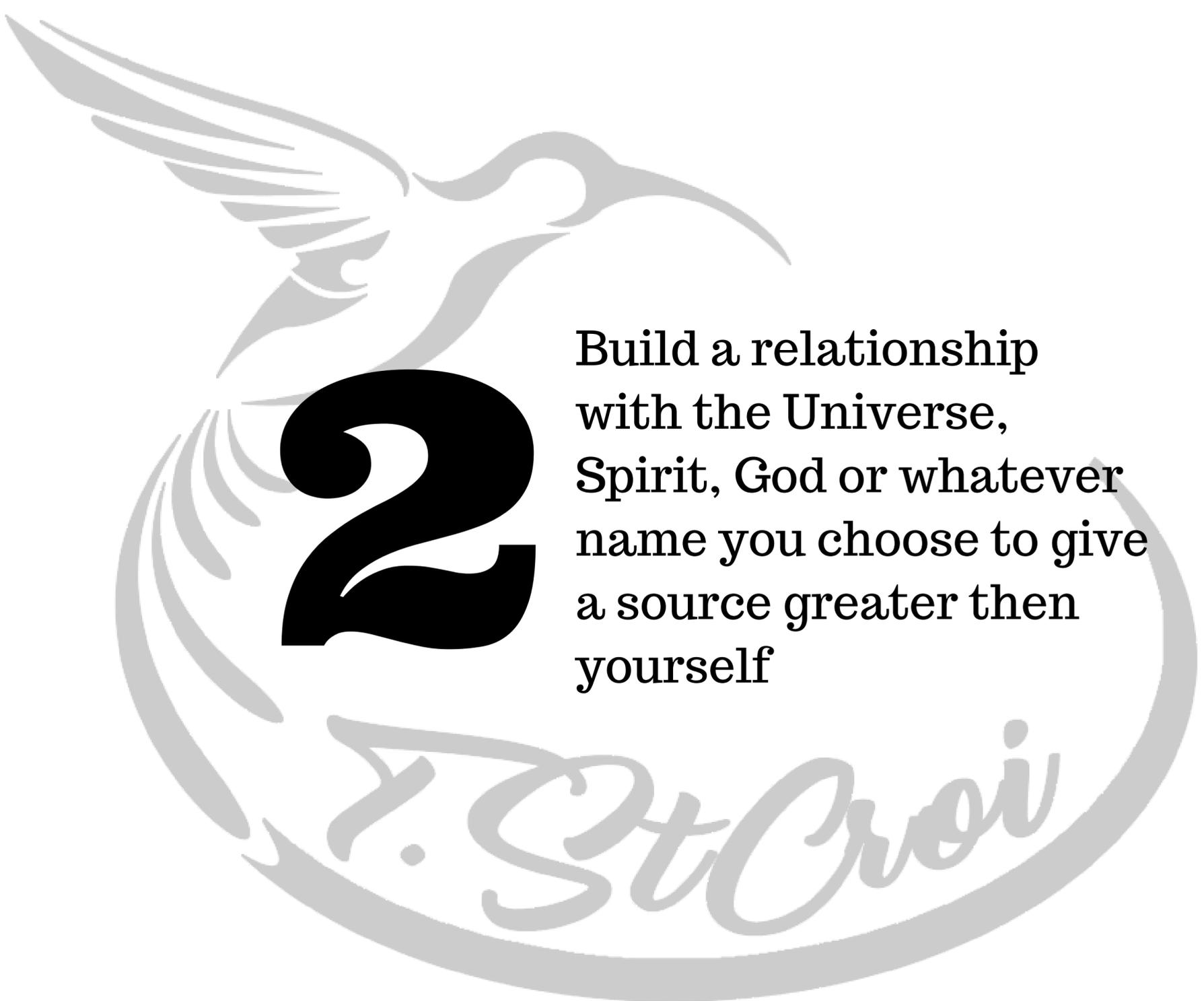
Take a moment to sit, feel and allow yourself to be in that moment. This is pure and simply what we call tuning into your intuition, and we all have it, including you.



A tool is only useful if we know it is there for us. We have all experienced our “gut feelings” at some point in our lives, giving us direction about a decision or a situation.



When we see how trusting our “gut feelings” is to our benefit its easy and fun to develop your intuition.



2

Build a relationship
with the Universe,
Spirit, God or whatever
name you choose to give
a source greater than
yourself

All around you is energy, it surrounds us all and makes up everything in this universe. You, being a part of this universe can tune into that energy. Remember, everything is connected.



We don't do this gig alone and building a trusting relationship with Spirit energy enhances your intuition and strengthens trusting yourself as you develop.



3

When you get
an intuitive
lead, go with it

Perhaps, when you are traveling somewhere, you get a lead to go to the right at a particular street (illogical to you at this time) this is a place where you would normally or habitually turn left.



Follow it, because it could lead you to a surprise you never realized was there, maybe a hidden park, or the right store you had been looking for or (without knowing) you could be guided away from something else that was not meant for you.



4

Know the
difference
between your
intuitive guidance
and your ego

T. St Croi

This is slightly trickier than you think, knowing the various parts which make up you and distinguishing between them. The Ego will go with “I want it and I want it now, my way” like a goblin with an insatiable appetite.



Sometimes obvious and other times subtle. Ego tends to give idea's, but they usually lack inspiration behind it and will not come back to you again.



Your intuition will have inspiration with it and will keep popping back into your mind until you acknowledge it.

Intuition will give you repetitive reminders that you're on the right path. Perhaps you want to pursue a new hobby but are hesitant at what others might think of it. Your intuition will send signs through TV shows, music, random conversations and your dreams to give you guidance. Intuition feels good, supportive and will fuel you to take appropriate action.

Discerning if the Ego or intuition is speaking to you at specific times is something you will be asked to work on while developing your intuition. With a bit of guidance, I am sure you can begin to tell them apart and know when something is ego driven or intuition from source.





5

Work with
your
strongest
sense today

T. StCroi

We have four non-physical senses, known as clair's:

- **CLAIRVOYANCE:** WHERE SEE SYMBOLS AND IMAGERY ON OUR INNER MOVIE SCREEN.
- **CLAIRAUDIENT:** WHICH WE HEAR GUIDANCE.
- **CLAIRSENTIENT:** ALLOWS US TO FEEL EMOTIONS.
- **CLAIRCOGNISCENT:** WHERE WE KNOW INFORMATION THAT WE HAVE NO LOGICAL WAY OF HAVING ACCESS TO.



Our intuition is a muscle, the more we use (train it) the stronger it gets. As we develop, one sense can be stronger than the other at times.



6

Know sometimes
you're going to be
thrown off your beam

T. St Croi

You are not God so don't fret when you mis-interpret your intuition now and again. To err is human, allow yourself space to be wrong from time to time. It's really is ok, trial and error are how we gain experience and experience is wisdom.



Perhaps you were not meant to know the answer (for whatever reason). Our universe moves and changes quickly and so do possibilities and outcomes.



7

When you relax,
breath & have a bit of
fun with your
development your
guidance comes easily
in amazing ways



You can always ask for confirmation from you Spirit team (allow time for replies, and listen to the reply) you will receive guidance from them. It could be as obvious as a billboard saying “yes” or a subtle lyric in a song you hear. Remember to have fun, enjoy and laugh and this wonderful journey.

Is your curiosity peaked?

Want to know more about developing your intuition further from your own home?

Grab the full Ebook of 7 Tips & Tricks to Enhance Your Intuition. A guide to Knowing, Loving & Trusting Your Intuition

What you get with the Full Ebook:

- *Loads of at home playtime exercises
- *Free meditation downloads to assist with enhancing your Intuition
- *Access to the private group on Facebook where we chat all things Intuition

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Love and Light
for you all!

~ Tracy



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