

MasterClass with Donna Hartley

Insight 8: Intuition: Can I Trust Mine?

Does intuition really work?

It's there to guide you, but you must act upon it to get results! Your intuitive flashes only last a second or two.

How to develop your intuition:

- Meditation
 - Last meditation on the CD: A Wise Man, A Mentor, and An Angel
- Pay attention to your dreams
- Trust your gut
- Get in the zone

Checklist:

- Meditate three times this week to Healing Meditations "A Wise Man, A Mentor, and An Angel"
- Self-talk and self-care
- Write in journal three times (the "ah-ha!" moments)
- Keep discovering what your life theme is
- Clean out two areas each week- Clutter Be Gone
- Don't let anybody steal your energy- be grateful "stopwatch, reset, start again"
- Protect the environment by doing three positive things to reduce your carbon footprint

Insight of the week:

Trust and know your intuition is guiding you. – *Donna Hartley*