



Lumari's

Five Best Ways  
to Boost  
Your Intuition



# Five Best Ways to Boost Your Intuition

LUMARI



## Five Best Ways to Boost Your Intuition

Intuition is an amazing gift of guidance in flashes, feelings and foretelling. These are the 5 Best ways to grow your intuition, so you can access your ability and follow this Divine Guidance System.

1. Listen and Trust Yourself First
2. Learn to Trust Your Hunches and Gut Feelings
3. Ask for Inner Guidance and Listen to it
4. Pay Attention to Your Dreams
5. Act on the Intuitive Hits You Get



### 1. LISTEN AND TRUST YOURSELF FIRST

It's important to recognize, cultivate and hear your own inner voice. Make it a practice and a decision to listen to yourself, first. What do you think? What do you feel? What do you know?

Quiet your mind and listen.  
Take a few deep breaths and relax.  
Listen to your thoughts and impressions, and trust them.  
Then let the intuition flow.

It's okay to get other people's opinions, but it's essential to look inside yourself for answers and guidance.



## 2. LEARN TO TRUST YOUR HUNCHES AND GUT FEELINGS.

Learn to recognize your hunches and gut feelings as intuitive communication and guidance. Pay attention to your initial feeling when you meet someone or when you go to a place. Nothing is coincidental.

### **Trust Your Hunches**

Are you feeling excited in a positive way? Do you feel relaxed and trusting around a certain person? This is a hunch. Those positive feelings can mean “YES!! Go for it.”

### **Listen to Your Gut**

Does your gut feel tight? Is it in knots? Do you feel panic? Does something feel off? Your gut is warning you. This is a “NO!” It can even mean “run and hide.”

When you learn to trust your hunches and gut feelings, you’ll improve your intuition and more impressions will flow.



## 3. ASK FOR INNER GUIDANCE AND LISTEN TO IT

### **Ask for Inner Guidance.**

When you ask your Higher Self, Angels, Guides or the Divine for guidance it’s a more proactive way to engage your intuition.

Set aside 5 to 10 minutes to be quiet and still your mind. Ask yourself a question like, “Is time to take this action, now?” Stay open to any flashes, sensations or impressions you receive. If you feel good about it, go forward. If you get a sense of warning, then stop. This inner dialogue will boost your intuition and your spiritual connection.



## 4. PAY ATTENTION TO YOUR DREAMS.

Dreams are messages in symbols, images and impressions from your subconscious, intuitive mind.

Before you fall asleep, ask for an answer to come to you through your dreams.

If you don't usually remember your dreams, keep a dream journal next to the bed and write your dreams as soon as you wake up. With practice you'll receive answers. Listen to your impressions and interpretations of the dream wisdom and follow it. The more you pay attention to your dreams, the more guidance you'll discover.



## 5. ACT ON THE INTUITIVE HITS YOU GET.

Make a decision, right now, to follow your intuitive guidance and take immediate action.

When it's a warning, you will save yourself pain, suffering and loss.

When it's an action forward, you'll have gains, be in the right place at the right time and receive the benefits of that situation.

**When you follow your intuition, you win!**

**And Here's a BONUS WAY  
to Boost Your Intuition**



## 6. BONUS WAY ~ ASK A MENTOR

Ask a mentor to guide you and teach you to grow and improve your intuition. You can ask someone you trust, someone who is a professional and has great intuitive skills to help, guide you and teach you to improve your intuition.

How do you choose the right mentor, coach and teacher who's right for you?

Listen to your intuition. Inwardly feel who is right for you.

Ask yourself if you will grow, expand your gifts and learn new ways to use your intuition with this mentor.

Ask yourself if you will have fun doing it.

If you get "Yes!" follow that guidance and take action! And if you'd like to contact me for a consultation, I will be honored and delighted!

Having a mentor, a coach and a resource is a blessing. We are here on this planet to help each other grow and live to the fullest. You are here to share your gifts and make a difference. So connecting with the guidance that will uplift your life, is a blessing!

Here's a link to my Tune-in Session for a quick, private consultation.  
<https://lumari.com/tune-in/>

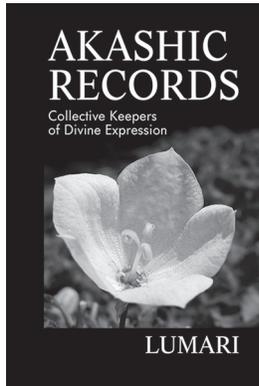
**Many Blessings to you!**  
**Lumari**

Here's more!

You may know that I'm an author, too and I have written several books that may inspire and help you connect with your soul's calling, creativity and Bigger Vision. They are all on Amazon - so check them out!

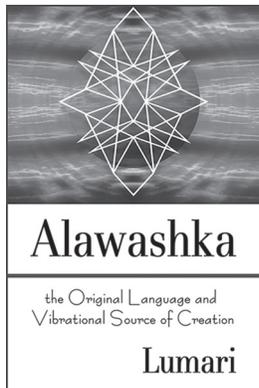


## BOOKS from Lumari



### AKASHIC RECORDS

Learn about the Akashic Records and the Beings who hold the Wisdom of the Ages. Lumari is the first to interview and channel direct communication with the Akashic. Discover who the Akashic Records are, how their system of Universal wisdom works and how to achieve a connection of your own.



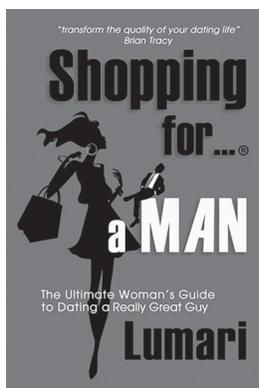
### ALAWASHKA

Discover the nature of Creation, the evolution of humanity and the power of Alawashka, the original language of Creation. Channeled by Lumari, the words and energies in this book contain vibrations of universal transformation and can initiate your passage into higher consciousness, just by reading it.



### LIVING INSPIRED WITH LUMARI

In this book, Lumari breaks apart the myths that rob you of the true vibrations of living inspired. She reveals the ART of Living Inspired, so you can create your own illumination and positive purpose every moment.



### SHOPPING FOR A MAN

Find deeper personal fulfillment and create a lasting, meaningful relationship without playing games or sacrificing yourself. Lumari's wisdom teachings, visualizations and evolutionary shopping tips will help you date a fabulous guy who's the right fit for you.