

Insightful Intuition

Your intuition's sole priority is you. Emanuela Pannone explains how you need to be aware of your intuitive moments to live your best life.

Just like a personal navigation system, intuition lives in all of us and is always switched on and working behind the scenes. What exactly is intuition and why do we have it? Intuition is a certain hunch or feeling that advises us to move ahead, slow down or change our course of direction. An inner knowledge of when something is right or wrong with someone or a certain situation. The feeling that you need to call a friend only to find out they were just about to call you. Running late for work and then discovering that if you had been on the road 10 minutes earlier, you may have been involved in a traffic accident. The examples are endless and they occur every day whether we are aware of them or not. Our lives are increasingly busy, stressful and full of distractions with whatever is happening outside of us to give a second thought to whatever is going on within. This amazing, insightful inner power of intuition is capable of much more than reminding us that we have forgotten to turn off the iron before leaving the house.

Your intuition's sole priority and concern is you. It works as your invisible

personal assistant helping you decide on the right job, reminding you to make doctor's appointments, choosing the perfect partner, coming up with the best solutions, keeping you safe, protected and more. It can also guide you to meet the right people, be at the right place, arrange so called coincidences and receive ideas to ensure that you gain the confidence required to fulfil your dreams.

This untapped source of wisdom sometimes works overtime when its gentle guidance goes unnoticed or ignored. The connection through our emotions can sometimes become distorted and does not allow us to recognise or trust the 'gut feelings' that we experience. For example, all the emotional and physical roadblocks that one encounters when one feels they may be on the wrong path. People often make the mistake of seeking the opinions of others instead of listening to their own inner guidance. Whenever feelings of frustration or disappointment arise, rest assured that it is usually a strong message from your intuition to stop, reassess and make the necessary changes, as there is definitely something better that awaits you.

Letting go and believing that we can be led to a right path or opportunity intuitively, can sometimes be challenging. Trying to control how things should be instead of allowing them to just unfold, ultimately

takes away opportunities and positive experiences.

By being aware of those 'intuitive' moments you will develop a communication link that will help you gain insight and a successful connection with your intuition. This awareness can lead you to discover the answers that are necessary to create healthy positive changes that may have otherwise been ignored or overlooked. It's important to learn to recognize how your emotions respond to changes and situations, as they are strong indicators as to whether or not you are on the right path. Our emotions are dedicated messengers sent from our intuition to inform us of progress. The more positive we feel, the more we create and attract positive things to us so that we may fulfil our highest potential with unlimited results. Positive emotions are an encouraging sign that tell us to keep going because as we are on the right track. Whereas, negative emotions are a red flag indicating that we have temporarily drifted off our path and our attention is required to release or change something that is no longer working.

Intuition's gentle persistence is always guiding you towards a right path to achieving the best that life has to offer. Learn to trust your inner voice and enjoy how life is meant to flow, without the unnecessary accumulations of doubts and fears that we often collect over the years. Take note of your surroundings and watch for repetitive signs and coincidences, as these are other ways that your intuition is asking for your attention. Allow yourself the pleasure of letting go and trusting yourself as you follow your intuition and become the leader of your life. The possibilities will be endless, so allow your intuition to sit in the driver's seat. **em**

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Emanuela Pannone is an intuitive writer and creator of *Lifetiles 108* who began her career studying Fashion at RMIT Melbourne. She is passionate about developing concepts that help others follow their own intuition, in simple easy to understand ways.

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