

Is it Intuition or Fear?

I created this little PDF as a means of helping you get clear on how to make intuitive decisions. Often people ask how can you tell the difference between intuition and internalized fears and limiting beliefs. This document provides a very brief and yet powerful way to find out what's really leading you in making a decision. I suggest you use it whenever you're trying to get clear on something- from relationships to health, to eating to career. The more you know about you- the more empowered you are to make decisions aligned with your highest and best good, darling. If this helps you – I'd love to hear from you!! Shoot me an email at Namaste@RichardandNamaste.com

Does it :

- A. Increase your sense of the world being safe? Increase your feelings of being valued?
- B. Promote a sense of others being out to get you? Increase feelings of being devalued?

Does it:

- A. Create a sense of connectedness in your body and creativity?
- B. Make you long to leave your body and go elsewhere?

Does it:

- A. Create a sense of empowerment
- B. Do you feel victimized or taken advantage of?

Does:

- A. Your heart feel expanded and free and open?
- B. Your chest feel contracted and tight, shallow breathing?

Does:

- A. Your voice feel clear and strong and/or a peaceful silence or
- B. Your voice sound strangled, breathless, pinched loud or harsh?

Does it:

- A. Provide clarity and a sense of understanding
- B. Make you feel confused and conflicted

Does it:

- A. Make you feel connected to Source, a sense of Oneness and Greatness
- B. Make you feel separated from source, separation from everyone else and small

Deciding- Look over how many "A" answers you have above. The more "A" answers you have the more likely what you are receiving is Clear Intuition instead of "Fear" Intuition.

Ideally you should have a minimum of 5 "A" answers before deciding something is "Clear Intuition". If you have more than 2- "B" answers you want to do some forgiveness and gratitude work prior to making this decision. If you want to work through fears, get clear on your desires and learn more tools for fulfillment in a one-on-one setting, set up an appointment with me at :

Namaste@RichardandNamaste.com or check out all of our offerings at www.RichardandNamaste.com