

Grow Your Intuition in 4 Easy Steps



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Introduction

Intuition – a small word with a big impact.

Intuition

noun in·tu·i·tion \,in-tü-'i-shən, -tyü-\: a natural ability or power that makes it possible to know something without any proof or evidence : a feeling that guides a person to act a certain way without fully understanding why

Merriam-Webster

How many times has something happened to you and you 'knew' it was going to happen? Or how many times have you had a feeling about something that came true. I would guess many times. What if you could call on that 'voice' or 'intuition' more often or what if you just heard it without asking?

In my work as a psychic, tarot card reader and channel, I have taught myself how to be more aware of this intuitive voice and I know you can do it too. In the following pages, I describe some simple steps you can take to on the journey to becoming more aware and leading a more fulfilling life.

About The Author – Psychic Robert Jerome

My name Psychic Robert Jerome and I go by Bob. I live in Phoenix, Arizona. Throughout my life, I have always been fascinated by psychics and tarot cards. I just never thought I was able to ‘hear’ or teach until my mentor reader Brenda Fulkerson told me to go and get a deck to see what happens. She told me that I was psychic and that I just had to believe. It was that conversation in early 2013 which started me on this path. I am so grateful. I have met so many wonderful people. My biggest joy is seeing the looks on people’s faces when I share something specific from Spirit that there is no way I could have known.

This material is based on my experience as I developed my gift of connection and communication. This eBook started as a blog post on my website PsychicRobertJerome.com. If what I say rings true for you, then perhaps a more personal message would be more helpful. I offer many packages on my website PsychicRobertJerome.com.

Thank you in advance for your time reading this material and I look forward to any feedback you may have. Drop me a line at Bob@psychicrobertjerome.com.

Intuition is seeing with the soul. - Dean Koontz

The Process

Developing intuition is like developing anything else. It takes commitment and practice. Remember when you first learned how to ride a bicycle? It wasn't like you just jumped on it and took off. You had to learn to balance yourself and then learn how to use the pedals and the brakes. Developing your intuition is similar. You won't suddenly find yourself being more intuitive. It is a journey. It is a learning journey. So let's start this journey with the taking a deep breath and relaxing.

- **Meditate or Stop the Noise**

Every hour we are awake, our brain is talking to us. Sometime the messages are good, sometimes not so much. Either way, there is always that 'noise' in our heads. It is part of our consciousness. In developing intuition, we need to learn how to turn that noise down so that we can hear our guides. Our guides speak with a different voice than our consciousness. For me, the guides are softer and after I hear their message, I feel a sense of calm.

In order to help you start seeing and feeling the difference, I suggest meditating or just stopping the noise. Now I know for some people, meditation seems like something that is too hard or too time consuming. I want to suggest that it is neither. It is neither because meditation means different things to different people.

For me, meditation is just taking a few deep breaths, releasing the stress of the day and then calming my mind. All I do is simply close my eyes and think about nothing. Every time my mind starts getting active again, I just let it go. Believe me, this takes practice. I first started doing this at night, right before I went to sleep. It seemed easier to do it while I was lying in bed. I simply took the deep breaths, relaxed and laid quietly. Eventually I could calm the noise for 30 seconds, then a minute, and then it seemed longer. During the quiet times, I say to myself "what is that I am supposed to have learned today?" or "what is it that I need to know for tomorrow". In the beginning, I did not 'hear' an answer but my dreams that evening seemed to provide the answer. Now, many months into this habit, I no longer have to ask. I just 'hear' the message. I know you can too. It is just a question of believing.

Tonight, when you are lying in bed, take three deep cleansing breaths. Release all of the tension of the day. Quiet your mind of the noise. Then ask your guides for a message. Don't be disappointed if you don't 'hear' anything right away. Remember it takes practice.

- **Notice your dreams**

When I started noticing that my dreams were changing, I also found I would forget what I dreamed about within a few minutes of waking up. I knew that I dreamed something having to do with my question, but I just couldn't remember. I started writing down what I dreamed about or, if I could not exactly remember, I would write down the feeling my dream left me with. I found that as I thought about what I wrote throughout the day, the meaning became clearer to me.

When you wake up, write about your dreams or how you feel. How does it relate to the question you asked prior to going to sleep? Take time out during the day to consider your dream. What do you notice? Is there a message?

- **Be mindful and grateful**

For me, this step means noticing what is going on around me and feeling grateful or thankful. No matter what happens, I have learned there is always a reason why. Nothing seems to happen 'by accident'. Being mindful and grateful is basically setting yourself up to always have a positive attitude. Be happy for what you have, not what you don't. Notice all of the blessings in your life. For example, you could do a top ten list everyday featuring ten things you are grateful for and ten things you want to attract into your life. List the things that your soul desires deep down. Perhaps there are things you feel that only your guides could provide. Those are the items to write down.

There is no reason not to put everything you desire down on just a sheet of paper or a journal. You could get a large piece of construction paper and design a dream board. Your dream board can be filled with magazine pictures, phrases, letters, numbers, whatever you like. I have seen people put them up in their offices so they look at it every day. The most amazing part of was that I noticed nearly everything these people posted on the board eventually came true. A dream board is like a super manifester which brings dreams and visions to life.

What are the ten things you are grateful for today? What are the ten things you want to attract into your life today? Write them down. Start noticing all of the blessings in your life... with them comes the intuition you seek.

- **Notice How You Feel**

As your intuition grows, you'll spend more time noticing how you feel around certain people or situations. For example, I would bet that you know almost immediately if a new person you meet is someone you want to get to know better or not. This would be your intuition or guides giving you a message. Something similar happens to me during readings. I notice that if someone has negative energy, I start feeling sick around them. My stomach hurts or my eyes start watering. The first few times this happened, I didn't make the connection between the person in front of me and my intuition. It only became clear after the reading was over and the person walked away. Suddenly that ill feeling stopped. Perhaps you get the same reaction around some people. Do you listen to it? Do you follow the message or suggestion?

Here's another example: I have begun noticing that if I had a struggle about something during the day, at least one of the readings I do that night will be about that same issue. In the beginning, I thought this was a coincidence. But now it happens so often I know that it is my guides sending me the same healing message I share with the client during the reading. I know that what I hear and what I then immediately say applies both to the person who I am drawing cards for and for me. Somethings though, I don't even draw cards to hear the answers. They just seem to come. That is from my channeling and it is something that started as I became more 'connected'. I believe this can also happen for you.

Throughout the day, pause and take a deep cleansing breath. Notice how you feel. What are your first thoughts? Be open to feeling a sense of what is happening around you. Do you hear something? Could that be your intuition speaking to you?

- **Test yourself**

Now that you are more tuned into yourself and your personal energy, let's put it to the test. It's easy. Ask yourself a question about the future or a situation and then write down or notice the very first thing that comes to mind. That is your intuition speaking. It is not what comes after... you know... all that negative self-talk etc. Granted when I first started doing this it wasn't easy. It takes practice. So be kind to yourself and just let whatever happens happen.

Another way to experiment is to measure how much you 'knew' something was going to happen after it did. This version doesn't really require any action on your part to start. You are just noticing outcomes. The more you notice, the stronger you become. The stronger you become, the more your intuition grows.

Here's another idea. When I was first starting this process, I was at one of my favorite lunch spots and when the cashier took my order, I felt like she was pregnant. I didn't say anything at the time because I can't imagine that there is every a time to ask a woman that question. Then about a week or so later, I was there again and she was telling everyone that she was pregnant. I am sharing this just to show you that as long as you allow yourself to listen, you will eventually start getting the answers.

Just once a day, test yourself. Ask a question to yourself about the people around you. Did you hear your intuition? If not, that's perfect. Just keep trying. It will all happen when it is supposed to.

Summing it up

Those are the steps that I continue to take on my journey as a psychic. I share them with you, a member of my community, because I want you to have the same experience I do. There is plenty of intuition to go around so there is no reason for me not to want to help those who have the same calling as I do.

It all starts with taking deep calming breaths, learning how to quiet the mind, learning how to listen to that small voice that can't be ignored and being grateful. By implementing some of the suggestions here, I know you can be just as successful, if not more successful than myself.

**”Trusting your intuition means
tuning in as deeply as you can to the energy you feel,
following that energy moment to moment,
trusting that it will lead you where you want to go
and bring you everything you desire.”**

Shakti Gawain

Bonus Content

BiddyTarot.com, one of my mentors put together a great list of the top ten Tarot Cards which will appear in any reading when you ask about developing your intuition. I am including them because perhaps as you look at the cards and read the description, one of them will 'talk' to you. That 'talking' is your intuition and your connection.

Top 10

Tarot Cards for
Intuition &
Psychic Ability

If you're looking for intuitive energy and psychic ability in a Tarot reading, here are the top 10 Tarot cards that are likely to appear:



HIGH PRIESTESS

The most intuitive card of the Tarot deck



MOON

Attune to the subconscious mind and the intuitive 'pull'



QUEEN OF CUPS

An intuitive guide supporting you on your journey



ACE OF CUPS

Emotional energy overflowing with joy & bliss



FOUR OF CUPS

Intuitive messages that come during times of retreat



ACE OF SWORDS

Crystal clear insight that accompanies a breakthrough



LOVERS

Insights that are filled with pure love & thought



EMPRESS

Connect with creativity and connect with your intuition



PAGE OF CUPS

Learning to access intuition



STAR

Connecting with the universe in beautiful ways



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