



THE BEING ZONE

Intuition E-Book

By Marla Williams



Four Easy to Learn Tools Guaranteed to Increase Your Intuition

Intuition E-Book

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Published by PS Zone

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The BEING Zone™

Marla Williams

The BEING Zone : A Transformational Experience for Rediscovery, Reconnection, and Healing

Logo Design by John Browning

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The names and identifying details in the client stories that follow have been changed to protect the privacy of individuals. Except for a few clients who wanted their story told.

The information contained in this e-book does not constitute medical advice. It is meant as a source of valuable information for the reader but is not a substitute for direct expert assistance. Please consult with your physician or medical professional to determine what may be best for your individual needs.

First Edition

FOUR EASY TO LEARN TOOLS GUARANTEED TO INCREASE YOUR INTUITION

Your E-Book for Becoming More Intuitive

Are you ready to have confidence in all your decisions, always knowing you are doing the right thing or making the right decisions? These tools will increase your clarity, and certainty while increasing the number of coincidences and synchronicities that show up in your life. Begin to transform your destiny today!

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“The word intuition comes from Latin in-tuire, which can be translated as contemplating, looking, regarding, or knowing from within.”

We are all born with natural intuition. Just watch a young child who follows their natural instincts. I have one son who was all about sports and balls from age 6 months on and another who loved to take things apart, figure out how they work and put them back together from a young age. That was natural intuition, natural instincts. They were naturally following what felt right to them deep inside.

Are you Intuition or Subconscious Driven? As we age, we quit listening to how things feel. We tend to get stuck in our subconscious belief system where we care more about pleasing others or fitting in instead of following what feels right. We exist in our busy minds full of should, could, and would have's. This is all your subconscious or ego-based responses. We also are moving through life at a fast pace, doing and going and sometimes are not able to quiet or busy minds down enough to tune into our intuition.

Why you Want to Listen to Your Intuition: Learning to use your intuition adds meaning and quality to your life. It is an extremely useful part of your life. Using your intuition leads you towards truth or what I call authentic, heart-connected magic. I have found it is where you begin to experience like coincidences, synchronicities, and miracles.

The Path to Intuition: The real pathway to accessing your intuition is to listen and trust your own inner guidance as truth, to discern the difference between your true intuitive knowing and your mind chattering. And that is quite easy and straight-forward to learn. 'Intuition allows you to see and sense possibilities that are inherent in a situation but have not yet been realized. it opens the way to inner freedom which can then be expressed in personal choices and decisive action'.

Where Your Intuition Resides - Your Three Brains: Historically, we believed the brain controlled the heart, we have since learned, that communication between

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the heart and brain actually is a dynamic, ongoing, two-way dialogue, with each organ continuously influencing the others function. And the same is true with the gut. We have three brains and your natural intuition is centered in all three of your “brains” (heart, gut, and head), described below. When you tune into your three brains, you will always feel confident in your decisions, because these are the places where your intuition and universal guidance reside.

- 1. Conscious Brain:** This is the brain you think you use most of the time, but scientists say we use very little, proportionately. It comes in handy for studying or creating. Most of your creativity and logic lie here, in the left and right brain. Your conscious brain provides your reasoning.
- 2. Heart Brain:** The most powerful brain in your body is your heart brain. The HeartMath Institute has measured the heart’s electrical field with an electrocardiogram (ECG). They have proven the heart brain is about 60 times greater in amplitude than the conscious brain. The findings point to the human heart as playing a pivotal role in the intuitive process, and a recent study at the HeartMath Institute concludes the heart receives intuitive information faster than the brain and the concept of a heart brain is widely accepted today. They believe that the heart has independent intelligence, so pay attention to your heart and how things feel to you. If your heart feels warm and happy, it is in coherence and you want to listen to it. If it cools down and seems off, that is a warning sign.
- 3. Gut Brain:** The gut brain gives you warnings if something isn’t safe or right. It often shows up as a gut-clenching feeling. People say, “I feel it in my gut,” or “my gut is telling me not to do that” or “not to trust that person.” According to scientists, the vagus nerve runs from the brainstem into the abdomen and acts as an intercom system. This system delivers messages back and forth from the gut to the brain. Scientists say 90% of the fibers in the vagus nerve carry information from the stomach upwards to the brain, rather than the other way around. In other words, this gut brain axis” serves as a communication system whereby your gut and brain are in constant contact. Listen to it.

Core Foundation of Listening to Your Intuition: Learning to breathe to get present in the here and now is a basic requirement of tuning into your intuition. It

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is the starting point. It is hard to tune into your mind, body, spirit when you are always going, thinking, and doing.

Preparation:

Three-Part Breathing Process:

1. Take a deep breath in through your nose on a count of three, now hold it for a count of three, then release through your mouth on a count of three. Then repeat.
2. Take a deep breath in through your nose on a count of three, now hold it for a count of three, then release through your mouth on a count of three. Then repeat.
3. Take a deep breath in through your nose on a count of three, now hold it for a count of three, then release through your mouth on a count of three.

Now you should feel much calmer and present.

How to Listen to Your Three Brains: Your body knows what is best, because it is where your intuition resides. When you trust your body to tell you the truth, you will begin to have more confidence in your decision-making, and it becomes an internal compass for directing your life. Beyond listening to how your heart feels or paying attention to your gut instinct, below are three physical tools you can use for tuning into your intuition. I encourage you to practice the three tools on things you know for sure and then gradually make it harder. In each activity, you'll tell yourself something true and something that is a lie so that you can see the ways your body reacts. Start with very basic truth statements, like "my sons name is _____," or "I love my dog _____." Once you have a positive response, then try lies. Again, start with something easy. Make up an outrageous name and say, "my son's name is _____," or say, "I don't like dogs." You can make a game out of it. When you get reliable responses every time on something you know for a fact, you'll become more confident asking questions about things in your life where you are not sure. Pay attention to any messages or hunches you may get in the process. Also, tune into how your body feels in each situation. Each person will find one of the four below tools as the best solution for them. Try them all and decide.

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Four Easy to Learn Tools for Listening to Your Three Intuitive Brains:



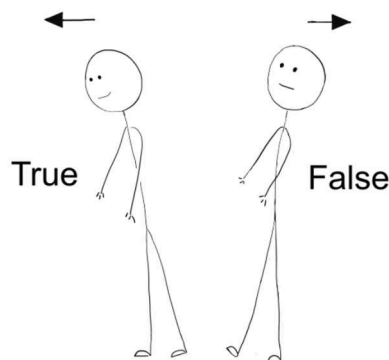
Tool #1- Sway Test: Learn to listen to the wisdom of your body with the Sway test.

1. **Stand with your feet about hip-distance apart.** Keep your knees slightly bent and set yourself in a firm stance, where I would not be able to tip you over easily if I came and pushed you.
2. **Drop your hands by your sides** with your palms facing forward in a relaxed manner.
3. **Say a true statement** and pay attention to what your upper body does. Look for movement.
4. **Say a lie** and notice what your upper body does. See if you notice movement.

True/Yes/Beneficial: If you are telling the truth or asking a question that the answer is yes, your body will lean into truth. It will slightly sway or move forward, or you will feel an expansion in your chest or upper body.

False/No/Harmful: If you are telling a lie or asking a question that is a no answer, your body will fall back. It will sway back, constrict or collapse.

Do not force this! Allow your body to move naturally. It will tell you whether it is a yes or no. A small percentage of people may sway the opposite direction.

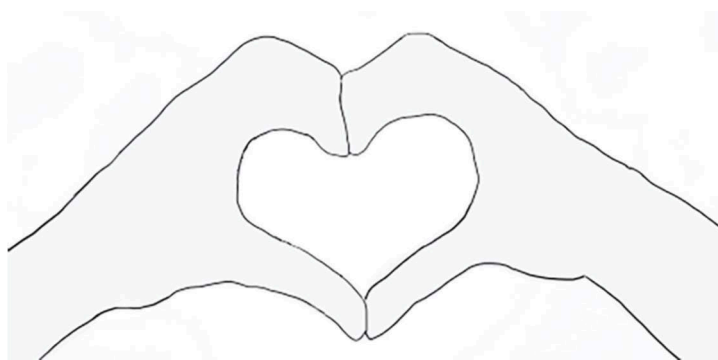


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Tool #2 - Warm Heart Test: This is a favorite of many who are in tune with how they are feeling.

- 1. Think of someone or something that brings you unconditional feelings of love,** like a pet or baby, or someone, something, or some place that has no conflict or stress attached. The reason is you want to feel the love in your heart with no reservations or judgement.
- 2. Visualize that person, place, or thing and how it makes you feel.** Focus on feeling that unconditional or open-hearted love you feel when you are with them or at that place. Take a moment to bask in the feeling of that pure love for a moment. What does that feel like to you? Heightened energy, an expansion feeling, a warming feeling, a tingly feeling? If you are not sure if you are feeling anything, try think bask in the feeling of that pure love for a moment. What does that feel like to you? Heightened energy, an expansion feeling, a warming feeling, a tingly feeling?
- 3. If you are not sure if you are feeling anything, try thinking of something that makes you upset** and notice how your body feels differently than when you are feeling love. There is typically a visceral difference in the way your body feels and responds to positive and negative stimuli. You just want to start feeling that difference and be in a loving place when you start the activity.
- 4. Ask Yes/No questions.** If your heart warms, it is yes. If it cools, it is no.



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Muscle Testing: Muscle tests are your body telling you what is true or not. A variety of health practitioners (naturopaths, chiropractors, acupuncturists, etc.) use muscle testing as part of their practice. Typically, they will have the patient hold their arm out and then ask them yes/no questions. When the arm holds, it is the truth; when it drops, it is a no. When you are doing this on your own, it is easier to do Finger Muscle Testing. There are two ways to do finger muscle tests on yourself and we will explain both.



Tool #3 – Finger Muscle Test #1: (On Self)

1. **Make an OK symbol** on your left hand by touching the tip of your pointer finger to your thumb. Put your right thumb up through the opening and bring the right pointer finger down to touch the right thumb. You will have two OK Symbols attached. Hold them very lightly, no pressure. This is not about strength.
2. **Move your finger/thumb back and forth** against each other very lightly without pressure.
3. **When you say a truth statement**, your fingers will hold as you see in the diagram on the left.
4. **When you lie**, they will slip as you see in the photo on the right.

See illustration below for the visual of this exercise.



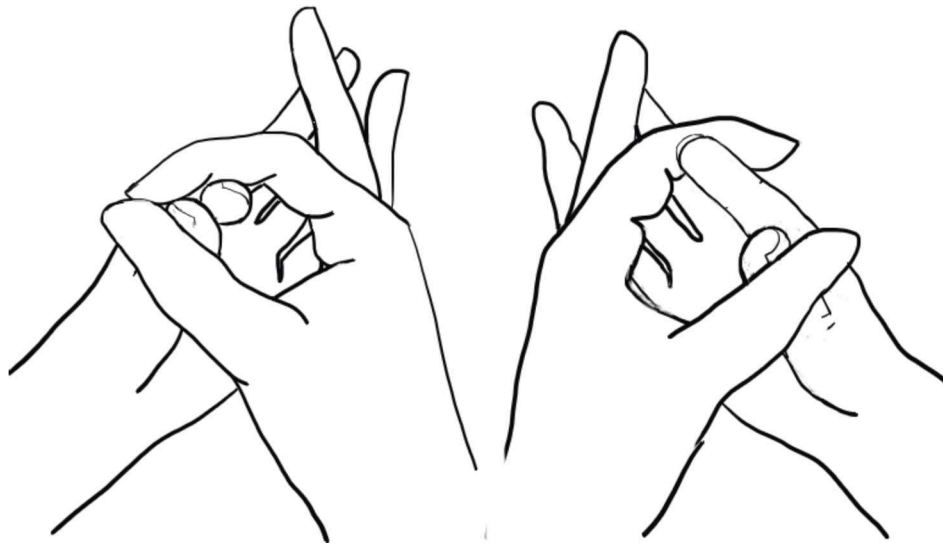
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Tool #4 – Finger Muscle Test #2: (On Self): The same premise holds for this finger muscle test. When your fingers hold, the statement is true, and when they slip, it is false. The setup is different and works better for some people.

1. **Put your pointer finger pad up to your thumb pad on your left hand, making an OK symbol.** This time hold it tight. For this exercise, try to keep it together.
2. **Put your thumb pad and pointer finger pad together on the right hand and slide them inside the circle** on the left toward the top opening.
3. **Tell a true statement** and try to force your left-hand fingers apart with your right-hand fingers.
4. **If they hold, it is a yes or truth.** If they open, it is no or false.

See illustration below for the visual of this exercise.



We hope you enjoyed learning more about listening to your intuition. Our clients tell us these tools were game changers in their lives as instead of worrying about something, they can get clear definitive answers and know what decisions to make. We wish you the best at incorporating these tools into your life.

To Learn more: Go to www.TheBEINGZone.com or find The BEING Zone book and The BEING Journal on Amazon.

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Marla Williams is an Intuitive Life Coach, Trainer, Speaker, and Author of The BEING Zone and its companion, The BEING Journal. The book is a guide for creating a transformational experience of rediscovery and reconnection with yourself, which leads to healing. After leading a life full of worry and stress, resulting in various illnesses, her doctor told her if she did not stop, she could die. Marla began to live mindfully, transforming her life into calm, happiness with intention, and now teaches others to do the same. You will learn as she did that the art of happiness is in the pause. Join Marla and learn how to exist in The BEING Zone.

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