

Juliette Lee

Coaching · Workshops & Retreats · Speaking

Intuition

(gut feeling, hunch, instinct)

- Intuition is a natural human function.
- Intuition comes from the Latin “*intueri*” – to look inside.
- Intuition is perception via the unconscious.
- Intuition balances rational, left brain thinking
- Intuition is a leadership and visionary skill.
- Intuition communicates via the physical senses: physical feelings in the body, visions and pictures, sounds, tastes.
- Intuition communicates via dreams.
- Intuition is subtle and requires a calm mental and physical state.
- Intuition is strengthened through focussed practice, the first step being “paying attention”.
- Intuition favours the prepared mind.
- Intuitive guidance requires a **strong sense of Self**.



The intuitive mind is a sacred gift and
the rational mind a faithful servant.
We have created a society that honours
the servant and has forgotten the gift.

Albert Einstein

T +44(0)7740 416 891 **E** juliette@juliettelee.co.uk www.juliettelee.co.uk