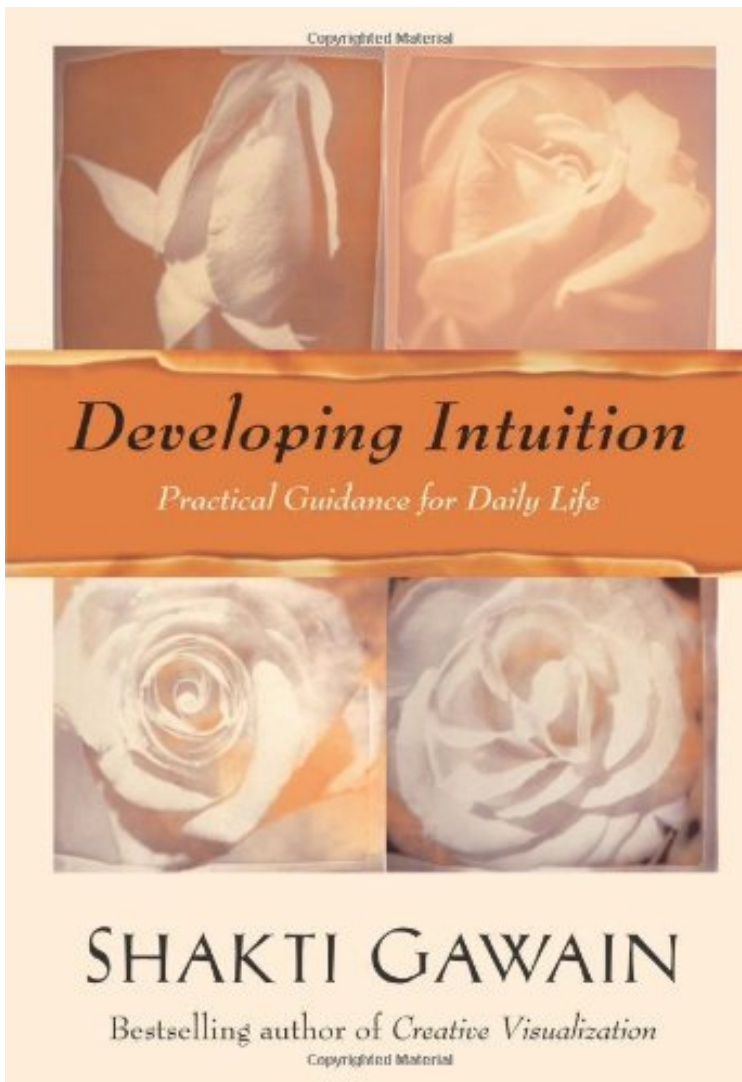


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Developing Intuition



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Description : Description du produitIf embraced and followed, intuition can be an accurate force that permeates all facets of life. Shakti Gawain teaches readers how to tap their innate inner knowledge and use it to enhance their lives and attain their goals. Chapters explore the role of intuition in health, creativity, work, and prosperity. Exercises based on Gawain's workshops help readers listen to their inner guide but also evaluate the worthiness of such knowledge in the context of the real world. Stories from her clients and her own life illustrate the practical advice she gives.

Prsentation de l'diteurIntuition is a birthright, but many have lost touch with it. If embraced and followed, intuition can be an accurate force that permeates all facets of life. Shakti teaches readers how to tap into their inner knowledge and use it to enhance their lives and attain their goals.Chapters explore the role of intuition in health, creativity, work, and prosperity. Exercises based on Shakti's workshops and seminars help readers listen to their inner guide but also evaluate the worthiness of such knowledge in the context of the real

world. Stories from her clients and her own life illustrate the practical advice she gives..com Everyone is born with intuition, explains author Shatki Gawain. The problem is, most people learned to suppress the natural connection to their intuition and were trained to rely solely on their logical, rational mind. "Many people who are not accustomed to being consciously in touch with their intuition imagine that it is a mysterious force that would come to them through some transcendent mystical experience," Gawain writes.

"In fact, intuition is a very practical, down-to-earth tool that is always available to help us deal with the decisions, problems, and challenges of our daily lives." Like Judith Orloff's *Guide to Intuitive Healing*, Gawain spends most of the book emphasizing the practical uses of this seemingly mystical skill. In her opening chapters Gawain offers relaxation and meditation exercises that nurture intuitive awareness. From there she discusses how to interpret and apply the intuitive messages we receive in our daily lives. For example, Gawain shows how intuition can help readers overcome addictive behaviors, create prosperity, or heal physical ailments. It can also be used to enhance emotional stability or clarify career paths. Gawain has a long history of writing straightforward, self-help primers that cover elusive spiritual material. Once again she has done an excellent job. *Developing Intuition* is a sensibly organized beginner's guide to intuition that steadily paces readers through a wealth of insight. --Gail Hudson
From Publishers Weekly
When *Creative Visualization* (Gawain's first book, now a New Age classic) was published more than two decades ago, no one had heard of Deepak Chopra, and seminars on creativity and intuition did not exist in the business world. Now that many of her pioneering ideas and practices have found a place in mainstream American culture, Gawain offers this collection of simple exercises for accessing and employing "a universal, intelligent life force that exists within everyone and everything" through daily meditation. Such practice, she claims, can singlehandedly "point us in the direction we need to go at any given moment," "keep us safe" and "connect us to the soul level of our existence." Unlike instinct, which, Gawain says, protects survival and procreation, intuition promotes "growth, development, self-expression, and higher purpose." She recommends balancing intellect, instinct and intuition, rather than relying too heavily on any one of them. As always, Gawain's conversational prose is clear and uncomplicated, her mood easy and low-key; and, by now, her concepts are acceptably mainstream. She shows her readers how to distinguish the "voice" of intuition, trust it, interpret its messages and receive insight on questions and problems involving work, money, health and emotional issues. This slim volume is a faster, easier read than *Judith Orloff's Guide to Intuitive Healing* (Forecasts, January 24) and has the potential to win Gawain back some readers in this crowded self-help subcategory. (Oct.) Copyright 2000 Reed Business Information, Inc.