



Our intuition is a powerful tool that you can use to improve challenging relationships. All four of the practices that I share with you below rely upon these basic principles and actions:

- Adopt this attitude: You do not have the power to change someone else. You only have the power to change yourself, your perceptions, responses, feelings, attitudes and actions. Center yourself in this understanding before doing any of the exercises below.
- Be observant: The shifts that will occur happen gradually and subtly. Keep a daily journal of what you are doing and how relationships are evolving.
- Make a commitment: Most of the steps below involve a regular practice, ideally done first thing every morning. For maximum effectiveness, do your morning practice faithfully every day, around the same time and in the same place.
- Find your center: Before doing any of the Four Intuitive Practices below, always breathe deeply, down to a quiet place.

Carrie Hart's Four Intuitive Practices

Practice One: State Intentions

In your journal, write down an intention statement to improve the relationship. Remember that it is about what *you* intend to do and create; it is not about changing the other person. Every morning, after you breathe deeply down, read your intention and feel it in your heart. Feel free to change the statement, until it feels right.

Here are examples of intention statements:

- I intend to treat Brandon with respect and consideration even when I am under pressure.
- I intend to let Peter know how much I love and appreciate him, every day.
- I intend to accept Tina as she is, even when I don't agree with her views.

- I intend to repair my relationship with Greg, so that we are again cordial and friendly in each other's company.
- I intend to improve my relationship with Tiffany, by choosing not to become irritated and annoyed with her mannerisms.
- I intend to present my ideas to Charlotte with confidence and clarity.
- I intend to improve my working relationship with Amy by focusing on the best way to accomplish our common goals.

Practice Two: Create Connection

Sit quietly with your eyes closed. Breathe deeply and focus on your heart. Fill it with love. Now, send a rainbow arc of love across to the person you wish to connect with, reaching from your heart to theirs. Allow the love to flow.

If connecting heart-to-heart feels uncomfortable or unsafe, which may happen when the relationship is very difficult or confusing, let go, breathe down again and connect as follows: Visualize that you each have a light above your head; know these lights as your higher selves. Next, send love and light from your higher self to theirs and ask to connect (at that higher level). Then relax and let it be. Trust that you have formed a connection between you.

Practice Three: Invite Answers

When you are in a state of connection, as established above, you have an opportunity to use your intuition to deepen your understanding of the other person. While connected, ask a question and then write in your journal the very first thing that pops into your head, whether or not it makes sense at the time. Also note any images, words and/or symbols that show up. It is so important to capture the first impression, probably just a few words, before your analytical mind steps in and gets sensible.

Here are some possible questions you might ask, using your intuition:

- What does this person truly care about?
- What does this person want or need from me?
- What does this person fear?
- What can I do to make this relationship work?
- How shall I approach this person?

Make your questions open-ended. If you pose yes-no questions, you are limiting the answers to the solutions you have in mind, not to the many other possibilities that may exist.

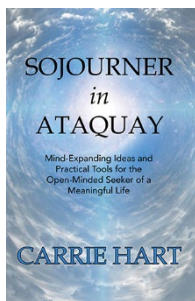
Practice Four: Process Your Intuitive Guidance

After you have received and written down the answers, set your journal aside. When you read it later, ideally the next day, the words and images will probably be clearer.

When you reread your journal, carefully consider what you have learned about this person and how your perspective may have shifted. Open your heart to acceptance, compassion and kindness both to yourself and the other person. Share your thoughts in your journal.

With what you know now, look at the intention you wrote in Practice One. Consider if you should change your intention to reflect your new, deeper understanding.

Repeat the Four Intuitive Practices periodically as your relationships evolve. The practices will become easier and quicker with time. Your trust in what you are receiving will also increase as your relationships transform.



For more ways to expand your intuitive powers and create the life you want, read my book, [*Sojourner in Ataquay, Mind-Expanding Ideas and Practical Tools for the Open-Minded Seeker of a Meaningful Life.*](#)

I wish you the very best on your journey. Keep in touch!

Love & peace,



Carrie

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