

# Intuition in an Instant: Discover your Inner Wisdom Through Dowsing // 9780738730257 // 240 pages // Llewellyn Worldwide, Limited, 2011 // Kathryn Klvana // 2011

For instance, licensed clinical psychologist Sarah Schewitz states, "Intuition is that sneaking suspicion that you feel when something is not right but you can't put your finger on why. Intuition can be a powerful guiding force and is more developed for some than others. Some people feel a strong urge or sense in their core when something is wrong while others, with a less developed intuition, might feel a small inkling that they aren't really sure how to interpret it. Some people are born with a strong intuition and know how to listen to it from an early age whereas others have to learn. See what's new with book lending at the Internet Archive. Intuition : the path to inner wisdom : a guide to discovering and using your greatest natural resource. Item Preview. remove-circle. Share or Embed This Item. EMBED.Â Intuition : the path to inner wisdom : a guide to discovering and using your greatest natural resource. by Einstein, Patricia. We are all equipped with an intuition that is potent, trustworthy, and impeccably attuned to our true path. Whether you use it or not is up to you.Â We live in a fear-based culture that obsesses on trying to control life. We're terrified of uncertainty, so we're constantly anticipating everything that might go wrong and doing everything within our power to guard against inevitable disaster. It's an exhausting way to live, and it can lead to a chronic state of stress, anxiety, and exhaustion. Luckily, you don't need fear to protect you because you have intuitionâ€”a powerful inner knowing. We are all equipped with an intuition that is potent, trustworthy, and impeccably attuned to our true path. Whether you use it or not is up to you.Â Intuition is a way of perceiving the world and gathering information. Introverted intuitives focus on the subjective, internal world of the unconscious to find abstract and symbolic connections and relationships between the unconscious and the environment. Ni-users are focused on discovering underlying meanings, significance, and patterns.â€”Introverted intuitives are unique in their ability to perceive the internal world within, giving them an enhanced understanding of abstract connections, symbolic relationships, and the unspoken strings between the environment and the self. It is the ability Kathryn Klvana's Intuition in an Instant is a highly readable book that takes the reader, step-by-step, down a path of mindfulness and self-empowerment. Even if you don't "believe" in dowsing, you can enjoy and learn from the real-life stories in the book and the science and history behind the art of dowsing. As the author explains how to balance the body's chakras, she encourages her readers to hold various thoughts in their minds: "I create easily and effortlessly."Â Using both science and mystique, Klvana acquaints us with the age-old practice of dowsing as a link to our inner knowledge and connection to the world around us. The book carries the reader from the dowsing rods that Grampa used on the farm to a modern practice relevant to everyday decision-making.