

**LESSONS FROM MY INNER TEACHER: INTUITIVE
JOURNALING AS A TOOL FOR GROWTH**

Emilly Spiegel

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It is about everyone whose life you touch, and how you touch it. Main Navigation. Set an intention to pause throughout the day to observe your breath, actions, interactions with others, and your inner dialogue with .

Wemustcultivateself-acceptanceandself-loveinordertoexpressthebest Record Your Intuition Becoming aware of your intuition and acting on it are two different things. Once you understand how your intuition works, you can step into its power, making decisions and blessing other people with your insight. This is how you give away your power.

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