INTUITION

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Intuition is the ability to perceive and process unconscious information, to highlight the main and important things in it, to suggest how and what to do. This ability is embedded in us. Intuition tells us what is vital for you. We read the answers of intuition from our body-intuition is the ability of a person to hear the inner self. In intuition there is an innate component, as one of the unconscious automatisms of the body; and an acquired component, as the accumulated experience of professional work.

We often rely on intuition in interpersonal relationships; when choosing a friend, a life partner, or a business partner. Intuition helps you find the right solutions in your personal and business life. It suggests important directions for our personal development, development in science and creativity. One of the types of intuition – empathy-feeling the emotions of a partner at a distance. Everything that can tell us

Everything that our intuition can tell us, we read as signals of our body. We have no other feeling-except the feeling of ourselves. The properties of the body need to be able to listen. We can teach you that. This is the main thing we teach.

During the training, we will learn to listen to the body's signals. It is interesting that different levels of movement construction suggest us the answers to different questions:

- Level A-the ability to assess the comfort and significance of a particular social environment for you;

- Abdomen-feels situations that are dangerous for our lives: - feeling another person at a distance-empathy;

- Level B-the ability to "keep your nose in the wind", where it will lead;

- Sublevel C1-Path option selection; - ability to " see " boundaries;

- Sublevel C2-selecting a real target;

- Level D-connecting to the collective unconscious; - choosing the correct answer to a specific question; - the ability to talk to the body, to your unconscious, to archetypes;

- Levels E-problem solving, insight.