

3 KEYS TO INTUITIVE DECISION MAKING

Nanci Deutsch LCSW, CHt, CMT

INTUITIVE BREAKTHROUGH EXPERT



1 - Clearing

You need to be in a calm, peaceful space to receive accurate impressions. If you're upset, attached to a specific outcome, or expecting a particular answer, it can block you from getting a correct intuitive sense. You may need to clear the emotions, beliefs and subconscious patterns preventing you from obtaining answers.

Visualization:

Focus on your breath. Every breath helps you relax more and more. Imagine in your mind's eye, there is a column of light that comes down through you and goes all the way down to the center of the earth and feel this column of light. Take a deep breath in, and on the out breath imagining letting go of any emotions that need to be released. Imagine letting go of anything that would keep you from making your best decision.

And feel yourself letting go of emotions and limiting beliefs, breathing them all out. Take another deep breath in and again on the out breath letting go of all energy that no longer serves you.

Releasing any energy that's interfering with you making the decision that's in your highest and greatest good. And one more time, take another deep breath, and on the out breath, letting go of all energy that doesn't serve you and that would keep you from making a decision for your highest good.

And we ask that this energy go into the Earth and be transmuted into higher vibrations.

And feel your breath and relax. Now feeling your breath and feeling your body. Notice now how you are feeling more connected with your body.

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2 - *Connecting*

Connection is joining with a deeper part of you, such as your soul or your Higher Self (a wise, unconditionally loving part of you); you may also connect with your angels and spirit guides.

Learning to be grounded, present and in your body, and to feel peaceful in order to receive information, is another important aspect of intuition.

Visualization:

Now imagine connecting with the part of you called your Higher Self (a wise, unconditionally loving part of you.) And you may imagine this self as light, or perhaps an angel, or a being like a wise man or woman. And just allow yourself to imagine. Be curious and even if you can't see anything, maybe you sense or feel this higher part of you. You may not see but imagine and feel the unconditional love being sent to you as you connect with it.



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3 – Communication

Asking your question and then listening for the answer is an essential aspect of intuitive decision making.

The Universe and the higher parts of you are always talking to you. Are you listening? You need to recognize your intuition and then listen, so you can use it. Listening is an essential part of working with your intuition.

Visualization:

Think of the decision that you want to make and ask in a very clear way, “What is the answer for my highest and greatest good?”

When you are asking, imagine you are speaking to your Higher Self, the universe, or other beings here to guide you that can support you to obtain an answer. Your job is to receive it.

And now listen for the answer. And the answer may come in a feeling, it may come in your gut. You may get a sense or a knowing or a vision. You may hear words or sounds or music. Your intuition can come in all of these ways. Trust your first feelings, thoughts, and impressions and allow yourself to receive the answer. Perhaps it's a message that you need to know, perhaps another step you need to take to make this decision.

If it is a major decision, you may need to do many steps before you come to that decision. So perhaps it's an action you need to take or perhaps you just want a message for the day.

You may not receive the message the moment you ask. You may receive the message or the information later in the day. All of a sudden, you may get a knowing or an ‘aha’. Just be open and allow yourself to know that the answer is coming.

Once you receive your answer, take action on it. Follow the steps your intuition is guiding you to take so that you can create an inspired and empowered life!

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Work with Nanci

For more information on how to continue working with Nanci through trainings, workshops, and one-to-one sessions, go to her website www.nancideutsch.com.

To book an Intuitive Breakthrough Session [click this link for the application](#).

During a 30-minute Intuitive Breakthrough Session you will:

- Learn what keeps you from your next level of your intuition, income & impact
- Discover the # 1 biggest block in the way of your next level
- And then we'll go over your next steps of how you can clear that block
- You'll also receive an individualized scan of where that block is showing up in your energy field and your body. Often, we're so close to it we can't see it ourselves.

Nanci Deutsch, L.C.S.W., CHt, Intuitive Breakthrough Expert, is the go-to authority for holistic psychotherapy, coaching, and personal/professional development. She helps people accelerate the process of becoming the best versions of themselves.

Nanci is a Licensed Clinical Social Worker, now for over 30 years, a Certified Hypnotherapist, certified through the International Association of Counselors and Therapists, a Master Practitioner of NeuroLinguistics Programming™ (NLP), Certified PsychoNeuroEnergetics Practitioner, trained in P.E.E.R™ counseling emotional release work, a graduate of the Enwaken Coaching Program where she received an impressive Certification as an Intuitive-Energy coach. She is also a Certified Energy Medicine Practitioner from the Rhys Thomas Institute and trained in EMDR (Eye Movement Desensitization and Reprocessing). She has many other trainings and certifications to help you achieve your vision and goals.

Nanci is also the Founder and Producer of "The Inspired & Empowered Living TV Show", airing Tuesdays at 11:00 am Eastern on W4WN.com and YouTube. The show is heard on 12 podcast sites, including iHeartRadio.

Nanci uniquely combines her counseling, coaching, and intuitive abilities to facilitate, motivate, and educate professionals to up level their income and impact to live an inspired and empowered life!

<https://bit.ly/nancid-youtube>

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