



Is It a Message from your Intuition/Spirit or Wishful Thinking?

With intuitive relationship coach, healer and author, Diana Dorell

Have you ever had to make a really big decision and instead of feeling confident in what to do, your head is all over the place and you end up staring into space more confused than ever?

Should I go this way? Or should I go that way?

It's exhausting, isn't it?

The key is to hone and trust your intuition. This isn't a new concept. We all have a sixth sense or a knowing about what to do and it comes to us in different ways-sometimes through dreams, through a book we read or even a song on the radio.

The rub is where *we confuse our intuition with plain 'ole wishful thinking or fear.*

But how do you even begin to tell the difference?

As a professional intuitive, I get asked this a lot and I want to start out by saying, **"You are not alone!"** When I first started doing this work professionally, and honestly before that, this is a question that I would ask myself *constantly*. Over the years, I have learned to trust and discern between the two and it is my intention that the tips below help you distinguish for yourself.

***Note:** I receive messages primarily through my body and thoughts/"knowings" (clair-sentience/clair-cognizance) so this is written from my personal experience/viewpoint and should be used as a guide, not the be all-end all! After all, as you continue to trust your intuition, Spirit will find unique ways to communicate its powerful messages with you. Trust, trust trust!

Your Secret Checklist

When it's Wishful Thinking/Ego based "message"

- You feel afraid, have scattered thoughts or feel nervous, as if something bad will happen if you do not follow the message.
- Is based on fear and separation (i.e.: If I don't act now, someone else will get this. There is more than enough for everyone in this Universe!)
- Your body feels tight, uncomfortable and you may experience shallow breathing or your heart racing even after a "message" has been delivered to you.
- Uses language like "you should do _____ or else _____", or uses a tone that is menacing, sarcastic or compares you to another. (again, Ego belief that you are separate from another.)
- The message is erratic and changes with your mood.

In short: It focuses on what you should *not* do.

An Authentic Message from Spirit

- You feel alert, your senses are heightened and you feel grounded.
- Is based in love and connection.
- Your body feels at ease and peaceful OR for my clairsentients especially, you may find that a certain part of your body responds or reacts (this can be tightening, a temperature change or tingling for example) but **as soon as the message is sent/felt, it either goes away or lessens drastically. Our bodies again are our barometers and if you pay attention and Spirit feels you "got" it, whatever tension or body part that reacted will return to its normal relaxed state.
- Uses loving, peaceful language that never feels like you are scolded. You feel supported and understood. Ex: "Think about _____. Call _____ like you have been meaning to."
- The message is consistent and repetitive (hey, sometimes we don't want to hear it the first time, so they try again!) The key is *consistent* vs. *insistent*.
- In short, a message from your intuition focuses on what to do vs. what *not* to do.

Try it for Yourself: Exercise

Is it a real message or just wishful thinking that you can ignore?

- Write down a question that has been on your mind that you'd like a little bit of clarity on. I always recommend to physically write it down vs. typing it.
- Close your eyes, take at least 3 deep breaths and pay attention to your body. Assess what you feel without judging the process.
- Looking at the list at the top of this report, check off the true statements. The one that has the most check marks will tell you if it's something you need to listen to or whether you need to re-ground yourself and re-assess at a later time!

Great job! It gets easier with practice and I believe in you. Whether you are feeling a bit stuck right now, are looking to just raise your energy and remove these blockages, or just want to gain a clearer picture of who you really are, remember to be patient and loving with yourself. It is all a process and you are exactly where you need to be. I am a firm believer that you have all the answers you need inside you, but sometimes you just need to learn some tools or need to clear the mental, physical and emotional cobwebs so that you can really trust it.

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All my Love,

Diana Dorell

About Diana:

Diana Dorell is a third-generation healer, certified Angel Therapy Practitioner with Doreen Virtue, numerologist, Reiki Master and former radio host. Diana helps powerful women feel confident and magnetic in their relationships, starting with themselves! She's the founder of the Angel Reiki Renewal Institute, has led workshops on how to trust your intuition all over the US and was recently a speaker at the State of Now #140conf in New York City along with Deepak Chopra, Ann Curry and others. She's passionate about helping people connect with their intuition and helping them have amazing relationships. She is the author of the best selling book, *The Dating Mirror: Trust Again, Love Again*. To get a free gift: Top 5 Common Ways You Block Money, Love, and Miracles from coming into your life visit www.DianaDorell.com

