



The Art of Intuition: Cultivating Your Inner Wisdom

By Sophy Burnham

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From the *New York Times* bestselling author of *A Book of Angels*, a wise and inspiring guide to strengthening one's intuitive abilities.

Are you intuitive? Do you trust your intuitions? In *The Art of Intuition*, Sophy Burnham contends that we all have hunches and sudden insights and that we need only awaken to our inborn abilities in order to develop our inner wisdom.

In this fascinating book, Burnham tells the stories of individuals who have "seen without seeing" to illustrate the workings of what she calls our "intuitive hearts." Exploring such topics as how loved ones are able to communicate with one another telepathically to skeptics who deny their power to see into the future, this book represents an important spiritual thinker's take on a subject that is vital to us all. According to Burnham, intuition is always right, and when you receive messages from Spirit-be it in the form of a subtle impression or a thunderous bolt from the blue-you must always, always follow the call.

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The Art of Intuition: Cultivating Your Inner Wisdom By Sophy Burnham Bibliography

- Sales Rank: #693480 in eBooks
- Published on: 2011-02-03
- Released on: 2011-02-03
- Format: Kindle eBook

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Editorial Review

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To most people, the concept of intuition is a mystery. Best-selling Burnham looks at it another way: to her, intuition is an indelible part of being human. We all have it, she contends, and we all can find ways to nurture it. In fact, Burnham, who has worked as a psychic and medium, asserts that psychic abilities are as natural "as the blink of our eyes" and, with practice, can be cultivated. Spiritual awakening, she continues, "brings a falling away of anxiety and fear." Writing in an appealing and accessible style, Burnham distinguishes intuition from fear, talks about various kinds of perceptions from clairvoyance to premonition, examines inspiration and creativity, and suggests that the latter can be interpreted as an aspect of intuition. She also chronicles the history of the aura and of spiritualism; and looks at such concepts and practices as divination, dousing, and magic. Throughout, Burnham includes brief exercises that encourage readers to develop intuition, from something as simple and universal as daydreaming to engaging in what she calls deep listening. --June Sawyers

About the Author

Sophy Burnham is the author of twelve books, eight plays, and numerous essays, articles, profiles, and pieces of investigative journalism. Her books have appeared on the New York Times, Washington Post, and Publishers Weekly bestseller lists, and she has appeared on such esteemed television shows as Oprah, Larry King Live, The Today Show, and Good Morning America. Burnham currently divides her time between Washington, D.C. and Taos, New Mexico.

Users Review

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