

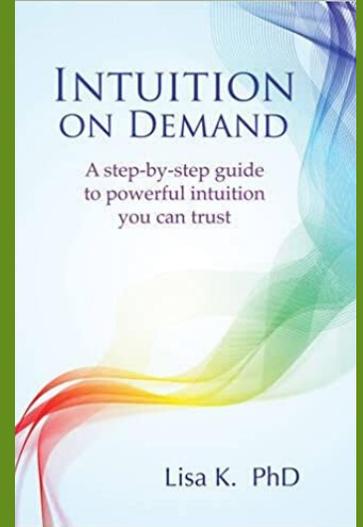
JUNE 8, 2020

E092 - INTERVIEW WITH LISA K:

How to Recognize Your Intuition



Michelle's Recommendation



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Remember:

Your intuition doesn't use a lot of words. It's peaceful and calm. There's no tension and a lot of ease. It fits just like a puzzle. Ahhhhh!

COMING SOON!!

**Watch out for
Lisa's Spiritual
Business
Program**

Intuition & Science? Who knew?

We had a fantastic interview with Lisa K. today that really hits home on intuition. Lisa is a scientist, first and foremost. So, her interview was full of really great observations as well as some powerful, "that's so cool," moments.

Although we just touched the surface with this interview, Lisa let us know a lot about our intuition!

How do we know it's our intuition and not fear? Our intuition doesn't use a lot of words. It comes to us peacefully and calmly. It will come with ease, not tension. It fits very easily, like a puzzle. Fear has a lot of tension, emotion, and you often hear that voice in your head rattle on and on and on. That's not intuition. Fear often feels overwhelming. Intuition, peaceful & calm.

Still not sure? Ask yourself:

What don't I know? What do I know? What can I do?

Her latest book is *Intuition On Demand* - a step-by-step guide to intuition you can trust, published by Inner Traditions, which is available on Amazon. Please pick up a copy using the links on our page.

Get to know Lisa. Go to her website to find out more and to listen to her amazing podcast! Science is fun, especially when you find out we just may all be connected to something so much bigger than ourselves!

Lisa's website is LMK88.com. While there, pick up her free guide that shows you *How to Make Good Decisions* and, again, pick up her book on Amazon.