

DISTINGUISH EMOTIONS FROM INNER TRUTHS

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psycaademy.co.uk](http://www.psycaademy.co.uk),
which deals with
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She says:*



Emotions only ever lie and intuition only ever tells you the truth. The trick is to distinguish between

negative thoughts and intuition. The latter usually guides you to do something, even if it's in reaction to a feeling that something is wrong. Emotion usually guides you not to do something, for example not getting out of a job or relationship which isn't right for you.

To help you distinguish between emotions and sixth sense you need to clear your mind of negative thoughts because they only clutter what your sixth sense is trying to tell you. Learn to take in everything around you using sights, sounds and sense to help develop your intuition.

There is a brilliant example of how sixth sense in this respect saved the life of a racing driver. During a race he braked and came to a stop on a bend because intuition told him to. In doing so he avoided a serious accident that had happened round the bend and it saved his life. After the incident he said he had no idea what made him stop. When he looked at video playback of the race he noticed that at that precise moment the crowd on the bend were all looking away from him and towards the accident he couldn't see. His subconscious mind had noticed this and told him there was danger ahead.