

Free Report

How to Use Your Intuition In Relationships And What Happens When You Do Not Follow Your Intuition

Our Intuition/Inner Guidance Affects Every Aspect of Our Life

We are multifaceted human beings. Our self is composed of the thoughts we think (our beliefs), the feelings we feel (emotions), and the images that flash across our mind to create our self-esteem. In my book "Self-Esteem, the Essence of You, It reads you are unique, one of a kind; there is no one like you, so you should never compare yourself to anyone. Also, greatness is your birthright; no one can give it to you or take it from you. Your Divine higher self is inside of you and shows up as your Divine-Self. You can read more about this in my book Say Goodbye to Your Smallness, Say Hello to Your Greatness. Your greatness, your Divine Self, is our Authentic Self. It is below the surface of who we are. We rarely let people see who we are. They see the superficial us. When we connect with people on a heartfelt level, they get to experience our hurts, our loss, our pain, and disappointments. No one can have compassion for us when we are a fake expression of an original masterpiece.

When you awaken to the splendor and beauty of your Authentic Self, people will see a self that is joyful, playful, blissful, fun-loving, spontaneous, kind, compassionate, gentle, and dynamic. When you are aware of its essence, you become vibrantly alive in your body as a human being. Your self is continuously evolving to become its best self, both personal and professional. And all of this happens through your-self- love and Intuition/Inner Guidance.

I will show you how to reclaim the joyful, blissful, playful child inside you; so that you are secure in your identity of self and experience more love and fulfillment in all of your relationships.

We all crave and need love. We are starving for love and feel deprived and lonely without it. Some Areas of Concern in all Relationships are our style of communication and the words we use.

Not Being our Authentic, Real Self. Our Attraction Factors: Body Language, Beliefs, Family History, and Societal Conditioning.

This book gives you tips on "How to Look for Love in the Right Places."

Your self-esteem is a blueprint of who you are, how you have been treated, respected, appreciated, and identified by those around you. The way you act is a measure of your self-esteem. And it is determined by your cultural upbringing, morals, and the values of your individual and cultural identities.

Your self-esteem tells others how you think and feel about yourself and your relationship with others. It is the essence of who you are, not what anyone may see you as.

Your self is fragile. It can be affected by many factors and needs continual maintenance. It reflects how you view, honor, respect, and value yourself. It paints a mental picture of your inner belief of who you think you can be in a relationship or what you believe you can do in your life.

Your self-esteem is the vehicle you use to move through life to achieve your goals. It is the package you create to get the things you want or to reach the goals you have set for yourself. Each person has a different plan, determined by what you are supposed to do in this lifetime. If your self-esteem is wholesome, and you feel good about yourself, you can accomplish great things. If your self-esteem is damaged, or a negative self-concept will hamper less than what it could be, your ability to perform or achieve. That gloomy picture will create a self-image that tells you that you are less than others, not good enough, that you cannot or will not be successful in your love life. Each person is unique and different. We need to see ourselves as kind, loving, understanding, and powerful. Remember who you are is Spirit's gift to you, and what you make of yourself is your gift to Spirit.

We are all in the Process of Becoming Our Best Self. Life is a journey, not a destination. When you stop growing, you die slowly. So pause and take time to enjoy the scenery and the stage production you created. Who you are, is beautiful and magnificent, a rare gem.

My goal is to reveal your **Best Self to You** and to have **Judgment Free Awareness about yourself**. To be authentic, you must be vulnerable and show yourself to you and others. In life, you can either **Play Safe or Play Big**.

Your Self-Concept is the foundation of who you are. It is your acceptance of self. Our Self- Acceptance is both personal and spiritual. To have Self-acceptance, we must become friends with all our hurts, fears, and emotional pain. We want to look at our old thought patterns and give ourselves a choice to be in the present moment rather than dwell on our past thoughts.

Most of us spend little time developing our Spiritual-Self; however, it is just as crucial as your Self-Concept. Both need to be cultivated and built up. We achieve maturity and grow spiritually by working on our mental, physical, and emotional bodies. We have an inner drive to succeed, excel, and be a better person to gain mastery in all areas of your life. Your goal is to seek ways to improve these three aspects of yourself.

Your Desire is your dream or goal - Our Desires are the longings placed inside us to help maintain our connection to the Divine. Believe in yourself; like yourself enough to invest in your- Self.

Clear Up Old Baggage From Your Past

It takes courage to clear up the old baggage from our past. Sometimes it may feel more comfortable with cramming the feelings of the past down deep into the pit of our soul where it remains stuck as we trod along. There are some things that you might want to set aside to deal with later, but at some point, the emotional bill will come due. Eventually, all those past hurts, resentments, and frustrations will find a way to bubble up and generally at the most inopportune moments, and most definitely during your romantic relationships.

Try this test: Consider how you would feel when thinking about the potential of dating and meeting someone new. If your gut reaction is nausea, panic, stress, and you want to run the other way, you likely have some baggage to sort through. The first step is to do a self-inventory. Remember, it's taken you a long time to gather this baggage, so don't expect to find it cleared and moved from your life in a day. It's possible never to be baggage-free. Some bags can be helpful, and some baggage can protect us. At the same time, we heal—but if you continuously operate on a criterion to search for love outside yourself, it will make your search for love more challenging. So commit to tackling your self baggage one small piece at a time.

When you first start your self-inventory, it may seem overwhelming or big. When I feel like something is too much, or too big to tackle, I remember the statement someone said to me:

Remember, it has taken you a long time; to collect your emotional baggage due to your hurts and habits. Be kind to yourself and be patient in the process of clearing the clutter and energy so you can allow a loving relationship with yourself and others to take the place of what you've cleared away. In doing this, you can make room in your heart, mind, and life to clear the way for love to show up again.

Does Everyone Have Issues With Self Love? I would say everyone has some degree of self-love. However, our self-love is fragile and can be depleted or wiped out, if we do not connect to our Divine Self.

How Do You Get It and Keep Self -Love? Our self-love connects us to our Divine Self, and God speaks intuitively (Intuition/inner Guidance) to us through our Divine self. Our Intuition is the glue that brings everything together. Our Intuition is our inner guidance, our connection to Source/God. It is our Inner-GPS; it is God speaking to us regularly. Our self-love/Divine Self grows and evolves through our trust, faith, and acceptance in a Power greater than us. Most scientists, scholars, physicists, and theologians recognize it to be accurate, and there are a life force and power that keeps the universe in order. They all call this Force by many names. It is called God/Source/Universal Spirit/Universal Good/The All, Allah, The Alpha, and Omega/Jesus Christ. You decide for yourself what you want to call this Divine Power. There is a Divine Power that lives inside you that guides and directs your path in life. TD Jakes calls it Instinct; I call it Your Intuition, God.

Your Intuition/Inner Guidance is your Divine, High Self. It is Perfect, All-Wise, All-Loving, and All-Knowing

Whatever you decide, know there is a Power for Good in the Universe. It is All Good, It Loves You Unconditionally, It Sees Your Innate Worth, It never Slumbers or Sleeps, and it keeps the universe in perfect order. This Force supports us with the Sun, Moon, Ocean, Seasons of the year, birds of the air, fish, and sea life in the ocean. It gets our attention through the thunder, lightning, tornado, hurricane, earthquakes, volcanic eruptions, and unexpected disruption in our life. This power and Force is always prompting and urging us to come closer to God through our

Intuition/Inner Guidance. I call our Intuition the voice of God within us. It is here to guide, protect, nurture, provide worthiness, love, and provide safety from harm and danger when we listen to and follow its promptings.

Your Divine Self is without fault or judgment

The key to the enjoyment of life is to love yourself inside and out. Having negative feelings about yourself comes at a price and usually affects the most critical areas of your life (love, sex, relationship, etc.). It causes unnecessary struggle and strife. If you follow these simple steps, you will be on your way to feeling good about who you are and expressing yourself more fully. And can cause more happiness, more fulfilling relationships, higher job satisfaction, better connection with your family, and other life-changing situations.

Remember, you cannot love another fully until you love yourself. We are going to show you some simple steps that will help you to feel good about yourself and your life!

L  **VE**
YOURSELF

**The #1 strategy that can help you get more clients, lead more powerfully, and serve more fully is a strategy at your fingertips 24/7—
YOUR Intuition!**

Reclaim Your Power to Heal Your Inner Pain

If you looked at my life from the outside, I had all of the markers of success. I was a Registered Nurse, Had a BA in Psychology, Masters in Counseling, and I was

studying to become a licensed Marriage Family Therapist and worked as a School Nurse when I met my husband. Shortly after we met, It seemed if I could not get rid of him, he was at my house every hour of the day. We started dating, and he wanted to move in with me. My mentoring dad said no, only if I was married to him. So he proposed marriage, and we set a date to get married.

My story: When I did not listen to my Intuition

What Happened When I Did Not Listen to My Intuition

When I decided to marry Luther, I was the most nervous I had ever been in my life. My Intuition and body gave me signals that I ignored and later regretted because my life went from peace and tranquil to anger, aggression, violence, and verbal, emotional, physical abuse. I started noticing my husband's controlling behavior. He became very jealous, critical, vocal, and emotionally abusive.



"I've trusted the still, small voice of intuition my entire



life."Oprah Winfrey

After our marriage, I discovered that

He was an alcoholic, had gone to prison for stealing social security checks. He was a womanizer and abuser of women. It took me a year to discover this information because he kept it hidden in the trunk of his car. When I decided to leave him, he became physically abusive, and my life became a nightmare.

When I decided I would leave him, he became physically abusive. I was not hit as a child, so I made up my mind that I would defend myself and fight back. My husband was an ex-boxer, and I soon found out, I was no match for his fist and started thinking of ways I could harm him. I realized that my thoughts were bordering on violence. When I decided, I no longer tolerate his physical abuse and that I would hurt him the next time he hit me. I decided it was better to leave and divorce my husband than to serve time in prison.

After I divorced my husband, I realized I did not know who I was because my husband had destroyed my self-esteem, self-identity, self-image, self-worth, and self-confidence. I realized he had taken away self-esteem and personal power by

telling me I was to blame for all our marital problems and treating me as not valued or valuable. He repeatedly criticized me and found fault with everything I did. He was very controlling, and I had to do things as he wanted, or there was a fight if I wanted to have my thoughts or do something that he did not like. I felt as if I was a bird in a cage, and I tried to break out of his cage and be free to fly. He had clipped my wings (my self -identity), and I could not fly.

Your Intuition can help in life and business

To find me, I decided to help abused women to help myself. So I started teaching self-esteem classes at the homeless shelter for abused women and the recovery homes.

I had always been a self-starter and self-leader who never doubted myself or what I was capable of doing. I always knew who I was, what I wanted, and still found a way to get what I wanted or needed. I had forgotten who I was. My husband controlled where I went and what time I got home from work. I had to find a way to take back my power.

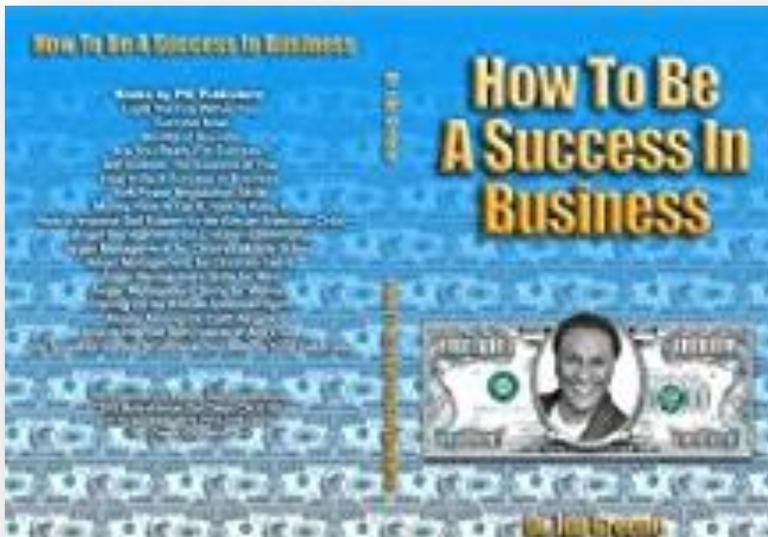
My entire background has led to this



My divorce and recovery was a healing process on my journey to self-love, and I am now able to teach others how to take their lemons and turn them into lemonade.

I went back to college to become an ordained minister, DD, and to get my Ph.D. in Theology with a minor in Psychology. I wrote an article in the San Diego Newspaper about my abuse. And I taught classes on Anger Management and violence for 7th-grade students in the Chula Vista school district. I wrote several books: Self-Esteem, The Essence of You, How to Improve the Self-Esteem of the African American Child, How to Improve The Self-Esteem of Any Child, Anger Management Skills for Women, Men, Elementary School Child, Anger Management for Middle School, and Anger Management for Teens, Soft Power Negotiation Skills (I spoke and conducted a workshop on this book). And to take back my power, I wrote the book Light the Fire Within You (to reignite the passion in your life). I traveled and started speaking professionally and was hired by Blue World Travel Cruise line to do a workshop and sell my books aboard the ship.

Bestselling Author of 22 Best Selling Books



If you want to transform your life and your relationships, I suggest starting growing your self-love and become more connected to your Intuition and Divine Self. Dr. Ida does this through her channeled messages from God Source.

Everyone has Intuition; it was given to you by God/Source. You have to activate this Divine energy for its loving rays to radiate from your body out into the world.

Dr. Ida does an Intuition Activation that awakens your Intuition so you can have greater access to the magic genie inside you.

- **When you use your Intuition, you will have**
- **A calm demeanor that allows others to relax in your presence**

Dr. Greene has many programs to help you create a self, you, and others' love. She offers a Complimentary Relationships That Works Discovery session at www.calendly.com/dridagreene/30min to explore all the programs available to you and see what is a good fit for you on your journey to self-mastery and beyond.

Remember to ask about the 5 Steps/Strategies Relationships That Works 90 Day program and the Awaken Your Intuition/Inner Guidance 6-month program. And the Individual Intuitive Coaching is inclusive in both programs as well as the Emotional Trauma Release to Remove Blockages.

• **VIP Day Intensive to Jumpstart Your Life and Business to have more Passion and Aliveness for your Life and Business**

Remember to join our Facebook Relationships That Works Group, where the fun 5-Day Challenges take place. You get to share how you used your Intuition in your Relationships and how the results changed your life for the people you serve, know, or love.

For information about our Coaching programs, and to qualify for a \$200 Discount toward any program, schedule a Relationships That Works Discovery Session with Dr. Ida at www.calendly.com/dridagreene/30min

Dr. Ida, Intuitive Relationship Coach

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