

INTUITION *Your Superpower*

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Intuition Your Little-Known Superpower

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INTUITION

YOUR LITTLE-KNOWN SUPERPOWER

BY CHEZZI DENYER

The quiet voice that already knows
more than you think it does.

Hello! I am so glad you are here!

This topic of intuition is so important to me... and I am so grateful I get to share all I've learned with you..

If someone had told me twenty years ago that I would one day write a bestselling book about intuition, I probably would have laughed.

Not because I wasn't interested in intuition.
Because I didn't fully understand it.

Like many people, I thought intuition belonged in a category separate from everyday life. Something mysterious. Something difficult to explain. Something reserved for certain people.

What I have come to understand is something very different.

Intuition isn't reserved for a select few.
It isn't a gift given to some and denied to others.
It's something we are all born with.

Writers use it.

Business leaders use it.

Parents use it.

Teachers use it.

Doctors use it.

Athletes use it.

Creatives use it.

In fact, many of the most important decisions we make in life begin not with certainty, but with a feeling.

A knowing.

A nudge.

An idea we can't quite explain.

This guide was created to help you better understand that inner voice.

Not from a place of blind belief.

Not from a place of fear.

But from a place of curiosity.

Whether you are writing a book, building a business, navigating a relationship or simply trying to make a decision about your future, intuition can become one of the most powerful tools available to you.

My hope is that these pages help you reconnect with something you already possess....

Your own inner wisdom.

Because the truth is:

You probably know more than you think you know.

So let's begin...

Chezzi xxx

INTRODUCTION

What If You Already Know?

Intuition sounds like one of those words that gets thrown around a lot.

You'll hear it in conversations about business, relationships, creativity, parenting, spirituality and success.

People talk about "trusting their gut."

They talk about "having a feeling."

They say things like:

"Something just told me not to do it."

"I knew the minute I walked into the room."

"I can't explain why, but I knew."

But what exactly is intuition?

The dictionary defines intuition as:

"The ability to understand or know something immediately, without conscious reasoning."

In simple terms, intuition is an inner knowing.

A quiet awareness.

An internal compass.

It isn't something reserved for psychics, mediums, spiritual teachers or people who meditate on mountaintops.

Every single human being is born with intuition.

You have it.

I have it.

Your children have it.

The question isn't whether you possess intuition.

The question is whether you've learned to hear it.

Some people seem naturally connected to their intuition.
Perhaps they've been encouraged to trust themselves.
Perhaps they've had experiences that strengthened that trust.
Or perhaps they simply haven't spent years being taught to ignore it.

Because here's the interesting thing:
Intuition rarely shouts.
It doesn't usually arrive with fireworks, flashing lights or dramatic announcements.
More often, intuition whispers.
It's subtle.
Gentle.
Quiet.
And because it's quiet, it can easily be drowned out by louder voices.
Fear.
Doubt.
People-pleasing.
Overthinking.
The opinions of others.
The endless chatter of the mind.

Think about how many times you've watched a movie and somehow known exactly how it would end.
Not because you'd seen it before.
Not because there were obvious clues.
You simply knew.
Or perhaps you've made a purchase and heard a tiny voice inside say:
"This isn't a great idea."
Yet you overrode it because you wanted the item, justified the expense or convinced yourself you were imagining things.
Only later to realise that first instinct was right.
Most people can recall dozens of moments like this.
Moments where they knew.
Not because they had evidence.
Not because they had proof.
But because something inside them recognised a truth before their logical mind caught up.

That something is intuition.
The challenge is that many of us have spent years questioning our inner knowing.

We have been taught to trust external opinions more than our own wisdom.
We've learned to ask everyone else what they think before asking ourselves.
Over time, that inner voice becomes quieter.
Not because it disappears.
But because we stop listening.

One of the most common misunderstandings about intuition is that people confuse it with anxiety.
They are not the same thing.

Anxiety tends to create endless fearful possibilities.
It repeatedly imagines worst-case scenarios.
It loops.
It spirals.
It seeks certainty.

Intuition behaves differently.
Intuition is usually calm.
Clear.
Direct.
Often it arrives as a single thought.
A single knowing.
Then it leaves.
It doesn't argue.
It doesn't try to convince you.
It simply offers information.

And here's something many people don't realise:
Intuition isn't always warning us about danger.
Sometimes intuition guides us toward opportunity.
It nudges us toward a book we need to read.
A conversation we need to have.
A career change we need to consider.
A person we need to meet.
A dream we need to pursue.
Many highly successful people quietly admit that some of their biggest decisions came down to intuition.
Not spreadsheets.
Not focus groups.
Not endless analysis.
Intuition.

They may not call it that publicly because intuition still carries a reputation for being a little too "out there."

But privately, many leaders, entrepreneurs, artists and innovators acknowledge that some of their greatest successes began with a feeling they couldn't explain.

Deep down, most of us already know the truth about many situations.

We simply don't always want to hear it.

Or we're not ready to hear it.

Or we're afraid of what it might require us to do.

Animals don't struggle with this.

A deer standing in a forest doesn't analyse a thousand possibilities.

It doesn't call three friends for advice.

It doesn't create a pros-and-cons list.

Something tells it that it is no longer safe, and it moves.

It trusts the signal.

Humans receive those same signals.

The difference is that we often talk ourselves out of them.

We rationalise.

We justify.

We explain away.

And then later we say:

"I knew it."

How many times have you heard someone say those words?

How many times have you said them yourself?

The purpose of this guide is not to convince you to become someone different.

It is not to turn you into a psychic.

It is not to ask you to abandon logic or common sense.

Instead, it is an invitation.

An invitation to reconnect with a part of yourself that has always been there.

To strengthen your ability to recognise intuition.

To understand how it communicates.

And perhaps most importantly—

To learn how to trust it.

Because when you can access your intuition and trust it with confidence, you possess one of the most powerful tools available to any human being.

A superpower that was there all along.

INTUITION VS ANXIETY

Learning The Difference

One of the biggest reasons people stop trusting their intuition is because they become confused about what they are actually hearing.

Is it intuition?

Is it fear?

Is it wishful thinking?

Is it anxiety?

Or am I simply making it all up?

It's a fair question.

In fact, it's probably the question I am asked more than any other.

The good news is that intuition and anxiety feel very different once you learn to recognise them.

The challenge is that many of us have spent so many years listening to anxiety that we've forgotten what intuition sounds like.

Let's start with anxiety.

Anxiety lives in the future.

It wants certainty.

It wants guarantees.

It wants to protect you from every possible outcome.

Anxiety asks questions like:

"What if I fail?"

"What if they don't like me?"

"What if something terrible happens?"

"What if I make the wrong decision?"

"What if I embarrass myself?"

"What if I'm not good enough?"

Anxiety is relentless.

It doesn't ask once.

It asks repeatedly.

Again.

And again.

And again.

It circles.
It revisits.
It searches for evidence.
It creates scenarios.
Then it creates new scenarios just in case those scenarios aren't enough.

Anxiety is loud.
Intuition is different.
Intuition rarely argues.
It rarely repeats itself.

Most often, intuition arrives as a single piece of information.
A knowing.
A feeling.
A thought.
A nudge.
Then it steps aside.

You may be driving to work and suddenly think:
"Take a different route today."
That's it.
No drama.
No explanation.
No endless conversation.
Just a quiet suggestion.
Or perhaps you're meeting someone for the first time and immediately feel comfortable in their presence.
Nothing dramatic has happened.
They've done nothing extraordinary.
Yet something inside you says:
"You can trust this person."

Again, intuition doesn't usually arrive with a lengthy explanation.
It simply presents information.

One of the easiest ways to identify intuition is to notice its emotional tone.
Anxiety feels urgent.
Intuition feels calm.

Even when intuition is warning you about something important, it is often surprisingly peaceful.

The message itself might be serious, but the delivery is calm.

Anxiety says:

"Something bad is going to happen!"

Intuition says:

"This isn't right."

Anxiety says:

"You need to decide right now!"

Intuition says:

"Wait."

Anxiety screams.

Intuition whispers.

Anxiety creates confusion.

Intuition creates clarity.

Anxiety wants certainty.

Intuition offers guidance.

Think about a time in your life when you ignored your first instinct.

Maybe it was a relationship.

Maybe it was a job.

Maybe it was a business deal.

Maybe it was a purchase.

Maybe it was simply a decision that didn't feel right.

If you're honest, there was probably a moment right at the beginning when you knew.

Not because you had proof.

Not because you had evidence.

But because something inside you recognised the truth.

Then came the second voice.

The negotiating voice.

The explaining voice.

The rationalising voice.

The voice that said:

"You're being silly."

"You're imagining things."

"Give them another chance."

"Don't be so dramatic."

"You're overreacting."

Many people discover that intuition was the first voice.

Everything after that was the mind getting involved.

I often ask people this question:

If you could go back and replay some of the biggest decisions of your life, what was your very first thought?

Not your tenth thought.

Not the thought after you asked six friends for advice.

Not the thought after you spent three weeks overthinking it.

The very first thought.

You might be surprised how often that first thought turns out to be the one that was right.

This doesn't mean intuition is always perfect.

We're human.

We all bring our experiences, biases, hopes and fears into every decision we make.

But intuition is often far more accurate than we give it credit for.

The problem isn't usually that intuition fails us.

The problem is that we don't trust it.

The more we ignore intuition, the quieter it appears to become.

The more we acknowledge it, the clearer it becomes.

Think of intuition like a muscle.

The more you use it, the stronger it grows.

The more you trust it, the more confidently it communicates.

The more you listen, the more you begin to recognise its unique voice.

And that voice is already within you.

You don't need to buy it.

You don't need to earn it.

You don't need to become someone different.

You simply need to remember how to listen...

A Simple Exercise

Think about three situations in your life where you eventually found yourself saying:
"I knew it."

Write them down.

Then answer these questions:

What was my very first instinct?

How did I feel in my body?

Did the feeling arrive calmly or dramatically?

What made me ignore it?

What happened afterwards?

Don't judge your answers.

Simply observe them.

Because every one of those moments is evidence.

Evidence that somewhere within you is a voice that has been trying to guide you all along.

And now the next step is learning how to hear it more clearly....

The Neuroscience Can Explain Some Things – But Not Everything

One of the things I find most fascinating about intuition is that science can explain a great deal of it.

Neuroscience tells us that our brains are constantly processing information beneath our conscious awareness.

Every second, we are taking in thousands of cues from our environment—facial expressions, body language, tone of voice, previous experiences, memories, patterns and subtle shifts in our surroundings.

Much of this information never reaches conscious awareness.

Instead, the brain quietly processes it in the background.

Sometimes, before our conscious mind has had time to catch up, we simply know.

Researchers often refer to this as pattern recognition or non-conscious processing. Our brains recognise something familiar before we can explain why. This is one reason you may have met someone and instantly trusted them. Or instantly felt uncomfortable around them.

You may not have been able to articulate the reason at the time, but your brain was likely processing far more information than you realised.

Science also points to the fascinating connection between the brain and the body.

The gut and brain are in constant communication through what researchers call the gut-brain axis.

Hundreds of millions of neurons reside within the digestive system, sending and receiving signals throughout the day.

Perhaps this is why so many people describe intuition as a "gut feeling."

The body often knows before the mind can explain.

Anxiety, on the other hand, appears to involve different systems within the brain.

Structures such as the amygdala play an important role in identifying potential threats and helping us stay safe.

This system is incredibly valuable.

Without it, our ancestors may not have survived.

The challenge is that modern life often activates these ancient survival systems in situations that are not life-threatening.

Giving a presentation.

Launching a business.

Publishing a book.

Having a difficult conversation.

Putting ourselves out into the world.

The anxious brain is trying to keep us safe.

Intuition is trying to guide us.

Learning to recognise the difference can be life-changing.

Yet even with all of this knowledge, there remains something interesting.

For many people, there are experiences that don't fit neatly into any scientific box.

Experiences that leave them saying:

"I don't know how I knew that, but I knew."

Perhaps you've thought about someone moments before they called.

Perhaps you've had a dream that later seemed significant.

Perhaps you've met someone and instantly felt as though you already knew them.
Perhaps you've ignored a strong feeling, only to later discover it was right.
Perhaps you've experienced something that you have never shared because you worried others would dismiss it.

I have spoken to doctors, teachers, lawyers, police officers, business owners, journalists, scientists and academics who have quietly shared stories like these.

Not because they necessarily have an explanation.
But because they happened.

The purpose of this booklet is not to convince you of any particular belief system.

It is not to tell you what intuition is.
It is simply to encourage you to become curious.

To pay attention.

To observe.

To notice.

Because whether intuition is subconscious pattern recognition, deep self-awareness, spiritual guidance, or perhaps something we do not yet fully understand, the outcome remains the same:

Human beings often know more than they realise they know.

And the more we learn to listen, the more we discover that intuition and logic are not enemies.

They are partners.

The strongest decisions are rarely made by logic alone.

Nor are they made by intuition alone.

The most powerful decisions occur when the head, the heart and the gut are all invited to the table.

That is where wisdom lives.

Reflection

Before you move on to the next chapter, take a moment to consider this:

How many times in your life have you said:

"I knew it."

Not because you had evidence.

Not because you had proof.

Not because somebody else told you.

But because somewhere deep within you, there was already a knowing.

Perhaps it was a relationship.

A business decision.

A job opportunity.

A friendship.

A purchase.

A conversation.

A crossroads moment that changed the direction of your life.

Often, when we look back, we realise that the answer was there from the beginning.

The challenge wasn't receiving the information.

The challenge was trusting it.

We live in a world that encourages us to seek answers everywhere outside of ourselves.

We ask experts.

We ask friends.

We ask social media.

We ask complete strangers.

Yet rarely do we pause long enough to ask ourselves...

Your intuition may not always provide all the details.

It may not hand you a roadmap.

It may not tell you exactly how everything will unfold.

But it often knows the next step.

And sometimes, the next step is all you need.

So I invite you to become curious.

Not convinced. Not certain.

Simply curious.

Notice the moments when something inside you whispers.

Notice the nudges.

Notice the feelings.

Notice the quiet knowings that arrive before your thinking mind gets involved.

Because intuition rarely forces itself upon us.

It simply waits to be heard.

And perhaps the greatest gift you can give yourself is not becoming more intuitive.

But....

It is remembering that you already are.

A Thought To Leave You With

You do not have to know everything.
You do not need all the answers.
You do not need to see the entire path.
You simply need to learn to trust what you already know.

Because intuition is not about predicting the future.
It is about becoming more deeply connected to yourself.

And when you learn to trust yourself, something remarkable happens.
The noise begins to quieten.
The confusion starts to lift.
The second-guessing loses its grip.

And little by little, you begin to realise that the wisdom you have been searching for has been within you all along.
That quiet voice.
That subtle knowing.
That gentle nudge.
It was never absent.
You were simply learning how to hear it.

And now, perhaps, you're ready to listen....

So what is your heart calling for?
What will you do today?
What step forward will you take in the direction you're being called towards?

This downloadable guide is Part One of the Complete
'Intuition Is Your Superpower' Study Course.

To find out more, please head to
www.chezzidenyer.com.au



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