

Art of Following Intuition

By Shakti Gawain

Listening to, trusting, and acting on your intuitive inner guidance is an art. Like any other art or discipline, it requires a certain commitment. It is an ongoing process in which we are always being challenged to move to a deeper level of self-trust.

For most of us, the practice of allowing our intuition to guide us is really a new way of life, very different from what we have been taught in the past. At times it may feel uncomfortable or even a bit frightening. If we have been conditioned to try to approach life entirely rationally, to follow certain rules (or to automatically rebel against them), or to do what we think other people want us to do, then beginning to follow our own inner sense of truth is a major shift. It's natural for it to take some time and it may be a little difficult and confusing at certain moments. It's important to be very compassionate with ourselves in this process.

At times we may be very aware of the conflicting voices inside of us. One part of us may be excited about making changes while another part of us is terrified about it. If we can acknowledge and honour all our different inner voices and their feelings, our intuition will show us an appropriate step to take -- one that moves us in the right direction without being too frightening for our vulnerable selves or too radical for our conservative parts.

Opening New Doors

The more we practice following our intuition, the more faith we get, because we see that it really does work. Not only is nothing disastrous happening (as in our worst fears), but our lives are actually getting better and better. Remember to start with small steps until you build a sense of confidence in yourself and can gradually tackle bigger issues.

Your intuition will most likely push you gently toward taking some appropriate risks and trying new things. For example, you might have a fantasy of doing something creative that you haven't done before, such as taking art, dancing, or music lessons. An inner critic voice might try to stop you from risking failure or embarrassment by whispering in your ear, "Don't be silly, you're not creative!" or "You're much too old to start something totally new." You can acknowledge your inner critic and thank it for its attempt to protect you from humiliation. Then you can go ahead and give it a try anyway.

Your intuition may be trying to show you that you have a new direction in which you need to move or that there is something within you that is trying to come through. If you give yourself permission to try it, you don't have to be great at it; just do it for fun. Follow your intuitive impulse and see what happens. It may open a new door for you. It may give you a chance to play and discover a new part of your personality that you haven't learned to express before.

Suppose you have always wanted to start your own business. Allow yourself to fantasize about it. Start thinking about what steps you could take in that direction. Ask your intuition to show you what to do. Try following any impulse you might have to explore this possibility. It may be that nothing will happen, or that you take a few steps and then feel blocked. This may be an indication that this is not the best course of action for you at this time. Or it may mean that you need to be open to it happening in a totally different and unexpected way. Stay open and see what happens. I know many people who have become very successful this way.

As you learn to live from your intuition you may find that the process of making decisions changes. Rather than just trying to figure things out in your head, you follow your intuitive feeling for a while and let things unfold. In the process, the right decisions usually get made.

For example, if you are unhappy in your job, don't immediately make a decision to go in and quit,

unless you truly have a strong gut feeling that that is the best course of action. Instead, explore and acknowledge your feelings, such as, "I'm really unhappy here, I'd like to work with people more," or whatever. Then turn it over to your intuition and allow it to show you step by step what you need to do. You will probably find that something will emerge. You may find that your current job changes and improves, or you may get an inspiration about a different career and begin to explore that possibility. You may follow an impulse to interview for another job and find that it is right for you. Or you may get very clear that you need to resign, and it will feel appropriate to do so. The right action will emerge from the process.

If you have a problem to solve, or a desire to fulfill, try turning it over to your intuition. For example, if you feel like your social life is boring or unrewarding and you'd like to make new friends, consciously ask your intuition to guide you in this process. You might find that a week or two later you read about a hobby group and you intuitively feel drawn to attend. You may end up joining a camera club or a hiking club and find a new circle of friends with a common interest. Some people fear that trusting their intuition will lead them to do things that are purely selfish, irresponsible, or hurtful to others. In reality, the opposite is true. Since intuition is connected to our souls and to the universal intelligence, it is always guiding us to our own highest good and the greater good for all concerned.

When we follow our intuition, we sometimes behave in new and different ways, and others may sometimes be temporarily disappointed or upset. For example, if you are a very giving person who has always tried to please and care for others, your intuition may push you to learn to say "no" when you really don't want to do something, and to set better boundaries with people. At first, this might upset someone. In the long run, however, you and everyone else you relate to will be healthier and happier because of this change.

It's actually quite amazing to watch how the intuitive process sorts things out so that everyone ends up exactly where they need to be, doing exactly what makes them happiest.

A Guiding Force

In the process of learning to trust intuition, some people go through a period of time where they feel like their life is falling apart. Relationships may end or change dramatically, you may move, change jobs, lose interest in familiar pastimes. These are indications that you are letting go of certain aspects of your old identity. If you tried to hold on to it, you would limit or imprison yourself. The forms in your life have to change because you are changing. It's a matter of trusting that even when things are not going exactly the way you expected, there is a deeper perfection in the process. New forms of relationship, creativity, work, and home will come into being and they will reflect your growth and development.*

*For more understanding about how following your intuition can change your life, I suggest reading my book *Living in the Light*.

It's important to have emotional support while you are going through these kinds of changes. Find a friend or group of friends that you can talk to about your hopes, dreams, and fears, someone who can support and encourage you as well as give you honest feedback.

Sometimes family or old friends feel too threatened by the changes you are going through and are unable to give real support. You may need to seek out people who are interested in personal growth. One of the best ways to do this is to go to a workshop or join a support group (or create your own). Learning to follow your intuition can sometimes feel a bit like "living on the edge". In a sense, it's learning to live without the false sense of security that comes from trying to control everything that happens to us. It's recognizing that as we follow our inner guidance, wonderful things are going to unfold for us, things that we may not yet even imagine.

Gradually we become less afraid and more comfortable with uncertainty. We can learn to enjoy not knowing! It's actually a very exciting, alive feeling. We can learn to move into the unknown with the confidence that we have a guiding force within us that is showing us the way.

FOLLOWING YOUR OWN ENERGY MEDITATION

Sit or lie down in a comfortable position. Close your eyes. Take a deep breath and relax your body. Take another deep breath and relax your mind. Continue to breathe slowly and deeply and let go of all tension or anxiety. As you relax, you find yourself in a deep, quiet place inside. Allow yourself to just rest in that place for a few moments, with nothing you need to do or think about.

From this deep, quiet place, begin to sense the life force within you. Imagine that you are following your own energy, feeling it, trusting it, moving with it in every moment of your life. You are being completely true to yourself, speaking and living your truth. You feel alive and empowered. Imagine that you are expressing your creativity fully and freely, and let yourself enjoy the experience.

Do this meditation as often as you like. I send you my blessings on your journey.

Six Ways to Increase Your Psychic Awareness

By Doreen Virtue, Ph.D.

Perhaps you already know that you have psychic skills. Or maybe you're just hoping that your ability to know who is calling on the telephone is more than mere coincidence. The truth is that you are psychic. New scientific research from leading international universities proves what many of us have known for a long time: that psychic abilities are a natural and normal human skill. Like any skill, you can practice and learn ways to increase your enjoyment and use of your natural psychic abilities.

Within the past decade, scientists around the world (including sceptical researchers who initially sought to disprove psychic phenomena) have verified the existence of ESP and telepathy. Cornell University scientists used airtight methodology in 11 successive experiments that concluded that telepathy is a real skill that everyone naturally possesses. During 1996, university laboratories in Nevada and Japan discovered that subjects' blood pressure and heart rate decreased or accelerated the moment another subject thought either loving or hateful thoughts about them. Scientists believe this may explain why people may call us soon after we think of them. The term, "sixth sense" isn't just a coined expression but a scientifically verified fact.

Even more, researchers have pinpointed specific factors which anyone can use to increase his or her access to psychic wisdom. By making simple adjustments to our home or office environment, and our ordinary lifestyle, we automatically receive more intuitive guidance. By incorporating these findings into my everyday life, my own psychic ability has felt more like a well-trained horse than a wild beast. I can now hold the reins and steer it at will. Today I'm in the habit of using my psychic power for practical details, such as, "What time will I arrive at my appointment?" and "Which street should I turn on to get to my destination?" My psychic guidance steers me to empty parking spaces, friendly bank tellers, and shopping bargains. On deeper matters, I receive psychic counsel about helping my clients, getting closer to God, and the best foods to eat for optimum health. In short, psychic awareness has great practical uses for daily living.

Here's how to increase your own psychic awareness

1. Know your psychic channels of communication. We often think of "psychic skills" as being the ability to see mental pictures, or "clairvoyance." However, seeing is only one means of receiving psychic information. Some people are clairsentient, meaning they get psychic guidance through their feelings. Psychic guidance can also come as clairaudience, which means "clear hearing" of a voice inside or outside your mind. Claircognizance is the ability to know entire chunks of information about various subjects, without knowing how you know. We naturally possess a primary channel of receiving psychic guidance, and one lesser or secondary channel of psychic communication.

3. Meditate daily. Studies show a definite relationship between meditating and psychic abilities. Scientists have observed that meditation synchronizes the wave patterns of the left and right brain hemispheres. This synchronization apparently allows a free flow of information from the "psychic" right brain into the left brain's verbal centres. Research also shows that a synchronization occurs between the brain patterns of one who meditates and the person she or he is thinking about. You don't need to spend a great deal of time meditating to achieve benefits from its practice. A mere fifteen minutes devoted to meditating first thing in the morning, and then five minutes before going to sleep, can greatly influence your intuitive, psychic, and healing capabilities. Remember that time is an earthly idea.

3. Chakra Cleansing and Balancing. After you have attuned yourself with your morning meditation, the next step in opening your channels of psychic and spiritual healing is to do a meditation

specifically designed to cleanse and balance the energy centres of your body known as chakras. There are many wonderful books, audiotapes, and classes that can help you learn how to balance and clean your chakras. This step will immediately increase your psychic communication abilities and boost your energy.

4. Mental Attunement. Mental attunement involves centering your awareness upon your higher self's connection to the source of knowledge and love. If we allow our mind to slip into the ego-self, our psychic readings become inconsistent and unreliable. Even worse, we become unhappy and afraid. We certainly have every reason to want to live in our higher self. Here are some ways that are helpful:

a. See yourself, and everyone you meet, as one with God, and your thoughts and actions will automatically align with love.

b. Avoid identifying with others' egos. Any time we declare the ego as a real state of being, we give power and life to the illusion.

c. Honour your true self. You are a wonderful person who deserves health, happiness, and prosperity - know that! If you spend too much time doing something that is not part of your sacred mission, your inner guide will nudge you. It's important to honour this nudging.

d. Watch out for the "special power" ego trap. As you begin doing psychic readings, be sure to guard your thoughts so that you don't fall into the trap of believing you have special powers. This sort of belief will trigger your ego-self to take over, and your psychic abilities will automatically reduce as a result.

5. Create an atmosphere that amplifies your psychic abilities. Your room environment can contribute or detract from your psychic abilities. Scientific studies conducted at leading universities find that people give more accurate psychic readings in distraction-free rooms that are dimly lit and have soft background music. I also find that I give better readings when I'm well rested, am dressed comfortably, and have fragrant flowers such as stargazers or tuber roses in the room.

6. Pray. A 1995 study by William MacDonald of Ohio State University found that people who regularly pray are more likely to have telepathic experiences than people who don't pray. MacDonald explained these findings by saying, "In one sense, the results aren't surprising. You can think of prayer as a type of mind-to-mind communication between a person and God. So prayer and telepathy are related concepts." How to Receive Psychic Guidance Now, it's time to put your psychic mind into action. There are two main ways to access psychic information: by asking a question, or by deciding to allow the information spontaneously to flow into your awareness.

In the first method, you allow your mind to become as blank and relaxed as possible. I visualize my mind as a giant ornate bowl, empty and ready for the infinite universal wisdom to fill it. Then I mentally ask a question. For example, "What time will I arrive at my destination?" or, "What issue does my client who has the 3:00 appointment today want help with?" You can specifically "address" your question to God, your guardian angel, or another loving guide. Or, you can just put the question in your bowl and trust that the highest wisdom applicable will come. You will receive the answer in your mind or body as a picture, feeling, knowingness, or audible words. The second method is similar, but instead of asking to know something, you decide or give yourself permission to know some information. So, after visualizing your mind as an open bowl, relax and make a mental statement. For instance, if you were driving somewhere and wanted to receive directions intuitively, you would affirmatively state, "I now know exactly which roads to take to get to my destination." You will immediately receive guidance by either hearing the names of the roads to

take, or feeling yourself pulled right or left at the crucial intersections.

Practice Makes Perfect Here are some specific exercises to increase your confidence in your ability to tap into psychic guidance: **Parking Spaces:** In a parking lot, allow your mind and body to relax and become as open as possible. Relax with deep breaths. Feel your way to an empty parking space and allow your intuition to guide you. Or, ask your angels or spiritual guide to find an empty parking space, and request that they give you signs or directions to lead you there. **While Driving:** Ask psychic questions about what moves the driver ahead of you is about to make, which road to turn on to reach your destination, or what time you will arrive. You will either hear the answer, see it in your mind's eye, get a feeling about the answer, or else simply know the answer.

Appointments: If you have an appointment to meet someone new, ask to receive psychic impressions about that person. You can also ask what time the person will arrive at your appointment, or whether they are running late or ahead of schedule. **The Telephone:** Whenever the telephone rings, allow the psychic impression of who is calling to enter your mind before you answer the call. Ask, "Is this a man or a woman calling?" and, "Who is calling?" With practice, you will become very tuned in to your incoming callers. **The Television Set:** Turn on a television program with which you are unfamiliar. Turn your back away from the television monitor, so you cannot see the screen or its reflection. Listen to the actors and actresses talking, and visualize what they look like. Turn around from time to time to check your accuracy. **Keep a Coincidence Journal:** Write down every instance, minor and major, in which a coincidence plays a role. This list helps you to focus your mind on coincidences. The more you pay attention to coincidences, the more of them will come your way.

As you adopt these methods into your daily routines, you will immediately find yourself receiving psychic information about your relationships, job, health, and future. I recommend that you keep a journal of all the transmissions you receive. This journal will help you to develop a trust in the validity of your psychic impressions. You will also be able to notice any recurrent themes within your incoming transmissions. If you ever feel overwhelmed by all the psychic data streaming into your consciousness, you can turn down its volume any time you want. To do so, simply decide that you choose to be less aware of the psychic frequencies. Use the power of your intentions to adjust the psychic volume to a comfortable and - most importantly - enjoyable level.

Dr. Virtue has appeared on Oprah, and she is a spiritual healer and author of over ½ million books in print worldwide, published by Louise Hay's Hay House. For more information on the conference, please call toll-free 1-888-LIGHT-55

4 Ways to Find Answers to Life's Questions Using Intuition

By Lynn Robinson

My favorite definition of intuition came from a 15-year-old girl I know who said, "Intuition is where, like, you know something, but like, where did it come from?" I believe that intuition is a reliable inner resource for wisdom to guide our lives. Fortunately, everyone has it, and we are capable of developing it for practical use in everyday life as well as for discovering and achieving life goals. Learn to listen to your intuition and learn from it by tuning in to these four cues.

1. Inner Voice

Many people report a "still, quiet inner voice." Your intuition will always communicate with you in a compassionate, loving manner that is perceptibly different from your normal inner chatter. If your inner voice seems quiet, try asking yourself a question like "What is the best course of action to take?" Pause for a moment and then think about all the options you've just been given. Does any one leap out as the best decision? If not, go deeper and ask the question again. A new answer may emerge. Write your results in your journal. Then, jot down three small action steps that can you take that will move you in the direction you chose.

2. Dreams

You can receive a wealth of guidance when you learn to ask for intuitive insight from your dreams. Our minds are still active and racing with thoughts while we sleep. As we replay our daily anxieties in our dream state, we are sometimes given answers and solutions to our problems. Often, these answers are revealed to us through symbols. A few years ago, I was torn between staying at my full-time job at a software company and leaving to devote my energies to my own business. I was still thinking about my decision when I drifted off to sleep one night. I dreamed that I was out on a lake with my feet planted in two different canoes both pointed in different directions. I knew then that I couldn't pursue both vocations and have the energy to realize my goal. I gave my notice the next day and haven't regretted it for a moment. Here are some ways that you can tune in to your dreams and get the answers you need:

Write a few paragraphs about your concern or problem.

- Try to summarize the issue in a question, and state the question to yourself as you drift off to sleep.
- Before you become fully awake in the morning, ask yourself, "What is the answer to my question?" Sometimes you may remember a specific dream and feel that you have your answer in the dream's symbolism.
- You may not remember the details of the dream but you may feel that you've awakened with an intuitive answer to your problem. That's an equally valid way of receiving intuitive guidance in your sleep.

3. Emotions

Intuitive information often comes through your feelings or emotions. You may simply "feel right" about a certain course of action. Or you might experience a sense of distrust about an individual or situation. Part of learning to trust your intuition is remembering to ask, "Does this decision make me happy?" or, "Do I feel energized by this decision?" There are many ways to ask the question and experience the answer but here's the truth: Your intuition will provide you with information to make positive choices. Would it make sense for you to be sent to earth with a magnificent inner guidance system and every time you trusted it you felt awful? No!

4. Physical Sensations

The Japanese call intuition "stomach art." We call such sensations a "gut feeling." You might find that your body feels heavy if a decision you've made is wrong. Your body may feel light or experience "chills" if it is the correct path for you. Here's an example of how these sensations guide us: You've just been offered the "perfect job." You notice that when you think about accepting the position your body feels heavy or there's a knot in your stomach.

If you feel physically uncomfortable when you think about the job, your intuition is imploring you to consider your choices. You can ask more questions and do more research about the position and the company to see if you can determine the cause of your intuitive response. Or, you can understand that your intuition is warning you away from this company for reasons you may not comprehend on a rational level. Intuition may lead you to pursue other opportunities based on those physical sensations. How many times have you ignored signals your body gave you only to later say to yourself, "I wish I'd trusted my gut instinct?"

About the Author

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Lynn A. Robinson is a Newton, MA, based author, speaker, and consultant who specializes in helping companies use intuition for successful decision-making. Her most recent book, *Divine Intuition*, was a featured selection of One Spirit Book Club and was chosen as one of Amazon.com's "Best of 2001" and was ranked among the top ten books of the year in the Spirituality category. Lynn publishes a FREE monthly Internet "Intuition Newsletter" which is available at her Web site: www.LynnRobinson.com.

ALL ABOUT YOUR INTUITION

...AND HOW TO IMPROVE IT

From an interview with Thomas Condon

Intuition is a lot like dreaming. We don't know how we do it, but we do it. Intuition is knowing something - but not knowing how you know it. Intuitive knowledge comes to us spontaneously and directly, without the use of reason or logical thought. Some people trust their intuition - they "believe" in it, and act on it. Example: you bypass a parking space because you "know" there will be a space closer to where you're going.

Others deny intuitive information, or distrust it as "irrational." But most of us can recall an instance when we ignored a "feeling" or "hunch" about someone or something - and later regretted it.

Knowing how to cultivate your intuition can help in every aspect of our lives. So, to help our readers get ahead, we spoke to the expert in this area, Thomas Condon. His insights: Intuition can be loosely defined as the ability to synthesize and make deductions from all of our accumulated unconscious experience. Most of the information we use in our daily lives is unconscious. We "know" much more than we realize.

Example: Which way doors open - in or out. Our senses provide us with ongoing information that never reaches our conscious awareness, unless we turn our attention to it.

Similarly, intuitive information comes to us through our senses. Examples : Some people get a "gut feeling" about things. Others hear "a little voice," "see the light" or see "a fleeting image." Still others sense good or bad "vibrations." Those who learn to "tune in" to their intuition find it a useful tool in their personal and professional lives.

Increasing Intuition

We can expand our intuitive capacities, like any other of our physical or mental capabilities, with training and exercise. The process :

1. Evoke, or awaken, our intuitive capacity, by identifying our personal intuitive messages.
2. Focus our intuition on practical outcomes ... improved relationships, confident decision-making, clear goal-setting, increased creativity and productivity, correct judging and forecasting.

Your Personal Intuitive Style

In my research and workshops, I have learned that each person experiences intuition in a different, highly individual way.

* Identify your intuitive style by remembering times you just "knew" something. Try to relive the experience. How does such information come to you? Do you see, hear or feel it? Is it loud and clear? Niggling and vague? Intuitive images, voices or feelings tend to have a consistent source.

Examples:

"Suddenly the big picture flashes before my eyes".

"I feel a sense of sureness in my stomach - a 'grounded' feeling."

"I hear my own voice inside my head."

"I literally feel pulled in one direction."

"I get a feeling in my chest that something 'wants out'."

Object: Learn where to look, listen, or turn your attention when you want intuitive information.

Exercise: Hone in on the part of yourself that transmits intuitive information - the voice in your ear, the screen in your mind, the feeling in your chest and belly. Pose clear "Yes or no" questions and be receptive to the responses you get. Result: The bridge between your conscious, active awareness

and your unconscious is strengthened. You will find that intuitive information is readily available - even if you are highly skeptical at first. Your "inner translator" will become more clear and accessible with more practice.

Skeptics seem to respond especially well to intuition exercises.

Reasons: Underutilized intuition often seems to blossom when it is cultivated. Skeptics don't "believe" in intuition, so they can play with the exercises free of any expectations, judgments or defenses. They react with surprise and delight when it works.

To Improve Your Intuition

- * Notice when you are being intuitive, and squeeze one hand with the other. Purpose: To create an association response so you can learn to access your intuition by squeezing your hand.
- * Learn your physical intuitive habits. Do your eyes move in a particular way ? Do you have a characteristic posture or facial expression ? Gestures or actions ? Assume these motions to access intuitive information.
- * Practise maintaining an open-minded, playful, experimental, non-judgmental attitude.
- * Daydream, doodle, brainstorm, and write down words or phrases that come to you when problem-solving.
- * Practice making wild guesses. Examples : What a salesperson's name is, what a new person or place will look like, who is calling on the phone. Imagine laughing when you are wrong about insignificant facts. Purpose : To free you to make wild guesses
- * Listen to your "inner dialogue."
- * Make positive suggestions to yourself ... pose positive, specific questions to your intuition.
- * Take up rhythmic exercise such as swimming, yoga or t'ai chi. Also helpful : self hypnosis, meditation.

When seeking intuitive information about yourself or others ... relax and get comfortable. Quiet your inner dialogue and look past the inner images that run through your mind. Focus your attention on the "blank screen" behind them. Immerse yourself in the activity of receiving the information that comes.

Observation exercises : In restaurants, on trains, shopping, etc., practise noticing non-verbal behavior in others ... posture shifts, hand motions, vocal tone or tempo. Guess how your subjects are feeling or what they are talking about.

And have fun ! Some people may believe that their intuition only works in tragic or exceptional circumstances. But that is like saying we only use our common sense in emergencies. Intuition, like common sense, is with us all of the time - if we are willing to use it.

From: Privileged Information - the Newsletter of Innovation

Awareness & Intuition

By Nancy C. Pohle and Ellen L. Selover

The more and more each is impelled by that which is intuitive, or the relying upon the soul force within, the greater, the farther, the deeper, the broader, the more constructive maybe the result...

-- 792-2, Edgar Cayce readings

Information is all around us. By merely turning on the radio, tuning in to a television channel, or clicking onto the Internet, we can have instant access to an incomprehensible amount of data. The key to sending and receiving this information is the intricate network of transmitters and receivers around the globe. We would be astounded if we could see all the sound waves, laser beams, impulses, and signals that cross back and forth beyond our levels of perception.

Our bodies are also powerful transmitters and receivers. We transmit through our voice and inflection, choices of words, facial expressions, actions, and body language. Likewise, our physical senses -- hearing, sight, taste, smell, and touch -- are powerful receptors, able to retrieve immense amounts of information every second. They send signals through the nervous system to the brain, which then processes and responds to that information with messages and impulses.

A simple way to become aware of these processes is to think about the information we receive upon stepping outdoors. Our senses instantly perceive and relay to the brain signals regarding the change in temperature, the moisture content in the air, the intensity of the sun, the flight of a bird, or the whine of a nearby lawnmower. We might smell the pungent odour of grease and oil or the unmistakable aroma of a backyard barbecue. All of these elements provide us with instant information about this new environment.

On the mental level, we transmit information through every thought we think and each emotion we express. These go out from us in the form of energy which can be perceived by others. Though we may often be unaware of the source of the signal, we still may pick up on the finer vibrations of thought and emotion, just as we do the physical sensations. We transmit and receive this information in a similar pattern, even though the energies are difficult to measure.

Mirka Knaster, author of *Discovering the Body's Wisdom*, suggests that the body's internal network of sensory receptors provides us with proprioception (awareness of the precise position of our body) and kinesthesia (the awareness of direction of movement) which, combined, function as a sixth sense, allowing us to know where we are in space and time. According to Knaster, it is these proprioceptors which pick up energy emanating from other people and other creatures around us. On yet another energy level -- the spiritual -- we become aware of influences and information through intuition. When we lay the groundwork for a spiritual connection to one another and to God, we sharpen these higher senses of receptivity. Intuition is our greatest link to our higher selves (our spiritual selves) and thus to God.

. . . Seek not from without, but to those consciousnesses, those voices, those feelings, those vibrations as may arise from within. For know, as has been indicated, there He, the Giver of all good and perfect gifts, makes to grow those seeds which ye have sown.

-- 1991-1 Edgar Cayce readings

The regular practice of meditation allows us to tune in to our higher senses and clear our sensory systems of the static of other influences. We become cognizant of the impulses that arise from within with which we truly resonate. Everything we do to become more spiritually attuned improves our ability to understand, interpret, and follow through on the guidance we receive.

One way to understand how this process works is to imagine a playground full of excited children, with a parent sitting on a sideline. That parent is so well attuned, so familiar with his or her own

child's voice, that he or she can, at any given moment, instantly pick out that voice from all the others on the playground. So it is with intuition. As we become more spiritually attuned, we can better pinpoint the "sound" of our higher self, or of God, and learn to recognize it.

How People Actually Experience Intuition

The intuitive impressions we receive come to us in a variety of different ways. As you read the following descriptions and examples, we hope that you catch a glimpse of the intriguing and often unanticipated ways that intuitive impressions can be experienced. Perhaps you will recognize your own talents below and realize that you are psychic after all!

CLAIRVOYANCE (clear seeing or clear vision) is experienced when an individual discerns objects, people, or situations, not with the physical eyes, but with an internal sense sometimes referred to as the "third eye". Such "visions" concern something beyond one's physical view, e.g., in the next room, down the street, or a thousand miles away.

CLAIRAUDIENCE (clear hearing) is the ability to receive thoughts or information about a person or situation through an auditory sense instead of a visual one. This information is actually inaudible to the normal hearing range. It can be experienced as delicate sounds such as music, bells, or singing. It might also manifest as a knocking, siren, or other attention-getting sound. Most often, it comes as a voice that is literally heard either directly in the brain or through the auditory sense, as if it comes from beside or behind the person.

This voice can have many aspects, at times sounding like the person's own, and at others taking on a change of tone, volume, or pitch and sounding like someone else. It can take on an authoritarian tone or that of warning, gentle prodding, or encouragement. It can also be very objective and matter-of-fact.

CLAIRSENTIENCE (clear sensing) is probably the most frequent way intuition manifests in our lives, through hunches, gut feelings, or a sense of knowing without knowing how one knows. This "sensing" is often accompanied by a physical sensation -- for some people in the solar plexus, for others in the heart area. Some feel a prickling of their skin. The physical sensation can vary with each person.

This information comes to us in a variety of ways. At times, it comes as a thought that walks across the mind in a natural, subtle manner. When intuition comes to us in this way, it is so much like the regular musings of our mind that we can easily miss it, dismiss it, or mistake it for our own ruminations.

Intuition Through the Other Senses

We can also experience intuition through our senses of taste and smell, known as CLAIRSAVORANCE and CLAIRSCENT, respectively, though these are not as common as the others. In one reading (5163-1), a woman asked Cayce what was the meaning of a particular scent that she smelled in the house periodically. His response was that it was the intuition that she needed to cultivate -- not an omen, but an influence that would be ever present. Some people have reported the experience of smelling a particular scent, such as lilacs or warm chocolate chip cookies, that they associated with a special person at the moment when that person passed away. It is also reported that people frequently smell the scent of roses whenever apparitions of Mother Mary occur.

The Perception of Vibration

Intuition can also manifest as the discernment of energy or vibration, which can take many forms. TELEPATHY is thought transference from the subconscious of one individual to that of another. This takes place nonverbally and is commonly referred to as "mind reading".

AURA PERCEPTION is the ability to see the energy field surrounding all living beings and inanimate objects as well. The Cayce readings refer to this field as an "emanation of the soul". The aura's colours and vibration can indicate the condition and health of one's physical body, the mental/emotional state of one's mind, and the level of one's spiritual development.

PERCEPTION OF OTHER REALMS. Yet another way this type of intuition manifests is the ability to visually perceive life forms from other dimensions. These forms might include loved ones who have passed on, spirit guides, angels, nature spirits, and others.

PSYCHOMETRY is the ability to discern information from the vibration of an object. By holding an object in one's hand, it is possible to pick up intuitive information about the object and/or the person to whom it belongs. Impressions can be received through visual images, words, thoughts, or physical sensations about the object, or through a combination of these. Insights can also come from the vibrations in a particular location or setting.

Intuition Through Time

Sometimes the intuition we receive relates to a time other than the present.

PRECOGNITION is the ability to know about something before it actually occurs. This insight into the future can happen in the conscious state as well as in the dream state, and can be experienced through any of the "clear senses" mentioned earlier.

RETROCOGNITION is the ability to know details about something that has taken place in the past without having been told or having read about it. As with precognition, we can experience these insights through any of the "clear senses" mentioned earlier. Past-life memories are an example of retrocognition.

Recognizing Intuitive Insights

How do we know when we are receiving intuitive information? How do we discern that particular type of information from the thousands of impulses we receive every day? As with the different types of information experienced by individuals, confirmations of intuition come to us in a variety of ways. Many people, especially those whose intuitive strength is through clairsentience, experience physical sensations that are harbingers of truth. If the impressions are of a warning nature, the physical indicators might include restlessness, physical pain, or discomfort in the stomach. Positive insights might trigger "goose bumps", a spinning sensation at the top of the head, spontaneous tears, warmth in the hands or at the base of the spine, or a sense of opening in the heart area.

Other people experience the existence of intuitive information through the emotions, such as a feeling of uneasiness, concern, or confusion. When the information is of a positive nature, joy, euphoria, or profound peace may prevail. Another indicator of intuitive information is a sense of great clarity, whether the insight comes as a thought, impression, voice, or vision.

Intuitive Development: Purpose and Intent

Hugh Lynn Cayce, eldest son of Edgar Cayce, worked a great deal with the material in the readings, particularly that which covered the inner workings of psychic abilities. After many years of interacting with Search for God study group members and experimenting with various ways of developing his own intuition, Hugh Lynn concluded that there are three valuable outcomes of

developing intuitive attunement:

Improved communications. When we learn to use our intuition in positive ways, a greater understanding of the motivations, thoughts, and feelings of others may result. This allows us to become more tolerant, accepting, and loving toward them.

Unleashed creativity. Intuitive insights motivate us to grow closer to the creative source, thereby igniting our own creative spark and expression, which is the essence of our true self.

Healing of others and ourselves. As we attune to the highest within ourselves and feel motivated to help humanity, we open ourselves to the One Force and allow its healing energy to operate through us

Nancy C. Pohle has lectured, counseled, and taught classes on dreams and intuition throughout the U. S. and Canada for more than eighteen years. She was featured internationally on Voice of America radio and appeared on A&E's Biography: Edgar Cayce as a representative of the Association for Research and Enlightenment.

Ellen L. Selover is a lifelong student of the Edgar Cayce readings. Her tenure on the staff of the Association for Research and Enlightenment, Inc., has included international study group coordinator, manager of youth programs, and program manager with membership and the Mission in Life Institute. This article was excerpted with permission from their book "Awakening the Real You", ©1999, A.R.E. Press, Virginia Beach, Virginia, USA. www.are-cayce.com

Intuition, therefore, brings with its appearance three qualities:

From Glamor - A World Problem

By Alice A. Bailey

Illumination.

By illumination I do not mean the light in the head. That is incidental and phenomenal, and many truly intuitive people are entirely unaware of this light. The light to which I refer is that which irradiates the Way. It is "the light of the intellect," which really means that which illumines the mind and which can reflect itself in that mental apparatus which is held "steady in the light." This is the "Light of the World," a Reality which is eternally existent, but which can be discovered only when the individual interior light is recognized as such. This is the "Light of the Ages," which shineth ever more until the Day be with us. The intuition is therefore the recognition in oneself, not theoretically but as a fact in one's experience, of one's complete identification with the Universal Mind, of one's constituting a part of the great World Life, and of one's participation in the eternal persisting Existence.

Understanding.

This must be appreciated in its literal sense as that which "stands under" the totality of forms. It connotes the power of recession or the capacity to withdraw from one's agelong identification with form life. I would like to point out that this withdrawal is comparatively easy for those who have much of the first ray quality in them. The problem is to withdraw in the esoteric sense, but to avoid at the same time the sense of separateness, of isolation and of superiority. It is easy for first ray people to resist the tendency to identify themselves with others. To have true understanding involves an increased ability to love all beings and yet, at the same time, to preserve personality detachment. This detachment can be so easily founded on an inability to love, in a selfish concern for one's own comfort - physical, mental or spiritual, and above all, emotional. First ray people dread emotion and despise it, but sometimes they have to swing into an emotional condition before they can use emotional sensitivity in the right manner.

Understanding involves contact with life as an integrated personality, plus egoic reaction to the group purposes and plans. It connotes personality-soul unification, wide experience, and a rapid activity of the indwelling Christ principle. Intuition is always spontaneous. Where the reasoning to an understanding enters, it is not the activity of the intuition.

Love.

As earlier said, this is not affectionate sentiment, or the possession of a loving disposition; these two later aspects are incidental and sequential. When the intuition is developed, both affection and the possession of a spirit of loving outgo will, necessarily, in their pure form, be demonstrated, but that which produces these is something much more deep and comprehensive. It is that synthetic, inclusive grasp of the life and needs of all beings (I have chosen these two words with intent!) which it is the high prerogative of a divine Son of God to operate. It negates all that builds barriers, makes criticism, and produces separation. It sees no distinction, even when it appreciates need, and it produces in one who loves as a soul immediate identification with that which is loved.

These three words sum up the three qualities or aspects of the intuition and can be covered by the word, universality, or the sense of universal Oneness.

Is that not something which all aspirants aim to achieve? And is it not something that each of you, as individuals, needs in a peculiar sense? Where it is present, there is an immediate decentralization of the dramatic "I," of that capacity always to relate all happenings, all phenomena, all group work to oneself as the center.

I cannot enlarge further upon the subject of Intuition. It is too vast a matter, and too abstruse. All I can do is to put before you its three aspects and then to urge upon you the need to submit to that

training and to apply to yourselves that discipline which will work out in your life as love, light and understanding. When the theory is grasped and the right adjustments are made and when the needed work is done, the personality then becomes magnetic, whilst the brain cells around the pineal gland, which have hitherto been dormant, become awakened and vibrant. The nucleus of every cell in the body is a point of light, and when the light of the intuition is sensed, it is this cell-light which will immediately respond. The continuance of the inflow of the light of the intuition will draw forth, esoterically speaking, into the light of day every cell which is so constituted that it will respond.

Definition of Intuition

From Intellect to Intuition

By Alice A. Bailey

This immediate access to Truth is the ultimate destiny of all human beings, and it seems probable that some day the mind itself will lie as much below the threshold of consciousness as the instincts now do. We shall then function in the realm of the intuition and shall talk in terms of the intuition with as much facility as we now talk in terms of the mind, and endeavor to function as mental beings.

Father Maréchal, in *Studies in the Psychology of the Mystics*, defines the intuitive perception in these terms:

"Intuition - defined in a quite general manner - is the direct assimilation of a knowing faculty with its object. All knowledge is in some sort an assimilation; intuition is an immediate 'information,' without an objectively interposed intermediary; it is the only act by which the knowing faculty models itself, not on an abstract likeness of the object, but on the object itself; it is, if you will, the strict coincidence, the common line of contact of the knowing subject and the object."

Maréchal, Joseph, S. J., *Studies in the Psychology of the Mystics*, page 98.

One of the most notable and suggestive books on the subject of the intuition, and one which gears in amazingly with both the eastern and western positions, is entitled *Instinct and Intuition*, by Dr. Dibblee [163] of Oriel College, Oxford. In it, he gives us several interesting definitions of the intuition. He remarks that

"as sensation is to feeling, so intuition acts to thought, in presenting it with material,"

Dibblee, George Binney, *Instinct and Intuition*, page 85.

and he quotes Dr. Jung as saying that it is an extra-conscious mental process of which we are from time to time dimly aware. He also gives us Professor H. Wildon Carr's definition:

"Intuition is the apprehension by the mind of reality directly as it is and not under the form of a perception or conception, (nor as an idea or object of the reason), all of which by contrast are intellectual apprehension."

Carr, H. Wildon, *Philosophy of Change*, page 21.

The intuition, he tells us

"is interested in purely intangible results and, if it disregards time, it is also independent of feeling."

- Dibblee, George Binney, *Instinct and Intuition*, page 132.

In a particularly clear passage, he defines (perhaps unintentionally, for his theme is with other matters) the coordinated practical mystic or knower.

"...intuitive inspiration and instinctive energy are finally tamed and unified in the complete self, which ultimately forms one single personality."

- Dibblee, George Binney, *Instinct and Intuition*, page 130.

Here we have the mechanism guided and directed in its physical relations and reactions by the apparatus of the instincts, working through the senses, and the brain, and the soul in its turn, guiding and directing the mind through the intuition, and having its physical point of contact in the higher brain. This idea Dr. Dibblee sums up in the words:

"The point at which I have arrived is the definite acceptance of two distinct organs of intelligence in human beings, the thalamus, which is the seat of instinct, and the cerebral cortex, which is the seat

of the allied faculties of intellect and intuition."

- Dibblee, George Binney, Instinct and Intuition, page 165.

This position is closely paralleled with that of the Oriental teaching, which posits the functioning coordinating center of the entire lower nature to be in the region of the pituitary body, and the point of contact of the higher Self and the intuition to be in the region of the pineal gland.

The situation is, therefore, as follows: The mind receives illumination from the soul, in the form of ideas thrown into it, or of intuitions which convey exact and direct knowledge, for the intuition is ever infallible. This process is in turn repeated by the active mind, which throws down into the receptive brain the intuitions and knowledge which the soul has transmitted. When this is carried forward automatically and accurately, we have the illumined man, the sage.

INTUITION

Every one of us possesses the faculty, the interior sense, that is known by the name of intuition, but how rare are those who know how to develop it! It is, however, only by the aid of this faculty that men can ever see things in their true colours. It is an instinct of the soul, which grows in us in proportion to the employment we give it, and which helps us to perceive and understand the realities of things with far more certainty than can the simple use of our senses and exercise of our reason. What are called good sense and logic enable us to see only the appearances of things, that which is evident to every one.

The instinct of which I speak, being a projection of our perceptive consciousness, a projection which acts from the subjective to the objective, and not vice versa, awakens in us spiritual senses and power to act; these senses assimilate to themselves the essence of the object or of the action under examination, and represent it to us as it really is, not as it appears to our physical senses and to our cold reason. "We begin with instinct, we end with omniscience."

H. P. BLAVATSKY

What is Intuition and How Do I Use it?

By Michelle L. Casto, M.Ed.

Intuition is an incredible resource and gift that we have been given to help us live our best life. Unfortunately, not many people know what it is or how to use it. The word intuition means "in to you" in Latin. Florence Scovel, a theologian, once said, "Intuition is the spiritual faculty that doesn't explain; it seemingly points the way." It's also been said that intuition is your divine Spirit talking to you. If you will stop for a moment and acknowledge this, you will begin to realize the incredible perspective you have at your fingertips. You have this very amazing power! And you don't even have to get any special training to start using it. All you need to do is raise your awareness about it and set your intention to harness it.

Intuitive messages range from an inkling to a strong sign or message. Your inner self is persistent and consistent. It will keep trying to get your attention until you finally wise up! An inkling is like a glimmer or passing feeling/ thought that comes from somewhere inside and usually precedes a hunch or intuitive message. A "hunch" is accurate information from a higher intelligence; therefore, you can rely on it. An intuitive message ranges from hearing actual words, seeing a clear picture, or a deep inner knowing. Some people experience intuition as a feeling, others a gut reaction, others will see images or have a dream, others hear an actual message. Become familiar with how your inner self communicates with you. Once you receive the message, check it out with your research and common

The best ways to get in touch with your intuition are:

1. Be quiet Practice taking time out every day to experience silence. Calm your mind with traditional or active meditation. Release your need to think, analyze, and know everything. The best information comes from the deep recesses of your soul.
2. Be open Open to the gift of intuition and accept what it has to tell you. Many times, our ego thinks it has it "all figured out," but your true path may look very different than the one you are on. Being open to new possibilities and ways of living is key.
3. Be creative There are many ways to be creative, painting, writing, dancing, designing a website, etc. Do something that helps you get into the "flow," that place where time seems to fly by and the work is leading you. Creativity is an expression of your soul and goes hand-in-hand with intuitive guidance.
4. Ask questions When you ask yourself questions, you gain additional insight and clarity. When you ask a question like "What is the next step I need to take?" know that you already know what you need to know. Trust yourself. You already have everything you need inside.
5. Journal When you write, you tap into thoughts, feelings, ideas and direction that you are not consciously aware of. Writing allows the truth to come forth and is an easy way to gain insight from your inner self.

You can further develop your intuitive guidance by preparing yourself by gathering the necessary information and experiences to provide more of an opportunity for your intuition to surface. Intuition cannot be forced; you need to allow it. After loading up your mind with information about the issue, give your intuition time to work on it. And then become open to the answer. You will likely experience an "Aha" moment, which is a moment of instant awareness, where the answer

sprouts from "out of the blue." If you have an important decision to make and are not 100% sure about something happening, stop and think before making a decision. Usually this is your intuition trying to tell you that something is not quite right. Likewise, if you feel that you should go for it, do it, so you don't miss a valuable opportunity. Intuition is your very own best friend. It is always there for you. It waits patiently for you. It gives the absolute best advice, and all you have to do is ask! Like any good friendship, all it takes to nurture it is a little time and attention. If you decide to be close and intimate with your intuition, I promise that your life will transform into something wonderful.

About the Author - Michelle L. Casto

Michelle L. Casto is a whole life coach, speaker, and author of the Get Smart! LearningBook Series, which teaches the importance of self-awareness, active reflection, and following your intuition. Her coaching practice is BrightLight Coaching, she helps people come up with bright ideas for their life and empowers them to freely shine their bright light to the world. Visit virtually for free articles and resources: www.getsmartseries.com and www.brightlightcoach.com

Intuition: The Most Trusted Guide

By Isaac E. Nwokogba

As you're passing by the phone in the house, you stop suddenly, not knowing why, and look at the phone with a strong feeling that it is about to ring. Immediately the phone starts to ring.

You suddenly have a feeling that something has happened and become very uneasy. Shortly after, you receive terrible news about someone you know.

The phone rings and as you reach out to pick it up, the image of someone flashes in your mind or someone's name comes to mind. You pick up the phone and the person whose image or name crossed your mind is at the other end of the phone.

You haven't spoken to, or seen a relative for years and suddenly you thought of this relative and plan to call the person. Before you could place the call, the person calls you.

Those are just a few examples of the experiences that most people have had, or will have at some point. We often describe these and similar experiences as premonition, psychic impressions, or intuition. However we describe these experiences, they all have one thing in common: they all come from within us. These experiences should indicate to us that there's more to our existence. Well-developed intuition can be our most trusted guide. It is always right and responds in our best interests.

Developing our intuition is not as difficult as it may seem. We all have it and it's always working even without any effort on our part. It is a force within us that is constantly yearning to express itself especially when so much is at stake for us. Our challenge is to recognize its powers and follow its directions more often than most people currently do. All that is required is for us to pay more attention to what it has to tell us.

Allowing your intuition to express itself may be as simple as asking who's at the other end of the line before picking up the phone; where should I go for dinner?

Which road should I take? Should I make this call now or wait, or will I get this job? These are simple questions we sometimes ask ourselves without allowing the answers to come from within us. The tendency here is to immediately interrupt the response with objective analysis or try to guess the answers: maybe it's my mother calling; I don't like this or that about that restaurant; or that road is always too busy.

Developing your intuition is as simple as allowing the answers to these simple questions to come from within, without interruption, guesswork, or objective analysis. Unlike probing the subconscious where you seek general guidance and the response to which is not expected to be immediate, you ask these questions with the expectation of an immediate, direct response from within.

Let's examine more closely how you can begin to nurture and cultivate the power of intuition. The easiest way is to begin with simple questions and make a conscious decision to wait for answers from within. You can begin with asking out loud or thinking, as you reach out to pick up the phone, "Who is calling?" "Who might this be?" "I wonder who this might be," or any other similar question. As you ask this question and without time to analyze before you have to pick up the phone, you would naturally wait for a few moments. These few seconds are the most critical point. Resist the tendency to guess, analyze, or think of anything else. If you're close to the phone when it starts to ring, simply reach for it without picking it up right away.

With your hand on the phone, mentally ask the question and wait momentarily before picking it up.

As in any exercise dealing with development, you may not observe the results in the beginning. Practicing this exercise persistently will eventually produce the desired result. The result could come as an image of the person on the phone, the name, some activity, a place, or an incident that will indicate, without doubt, who the person is. The most common response in my personal experience is the name.

You're not limited to the telephone for practicing this exercise. Asking about where to go eat or what to have for dinner is another good example of a simple question you can use for this exercise. You may even have narrowed your choices to two or three restaurants or types of food to have for dinner. Although you may have narrowed your choices, don't be surprised if the response that comes to you is completely outside those options. This is likely to happen if there's a similar but better restaurant or dish similar to the one on your short list that you may not have thought of when you decided on the few restaurants or dishes. It may occur for your own protection. There may be something you don't know about your options, and not following the inner guidance could result in the so-called ill-luck, bad coincidence, or "being at the wrong place at the wrong time."

"What time is it?" Asking this question out loud or holding that question in mind is another exercise to use. In the beginning, it would be purely guesswork on your part, and you would be way off, but as time goes on you would come close to the nearest hour, half-hour, minutes, and finally the exact time. Be aware that it is easy to cheat with this exercise, but don't. It is best if you've lost track of time. Maybe you've been very busy for a long time, and before checking your time, you should ask the question, allow a few seconds, receive some impression, then look at your watch. Knowing the time, or checking the time an hour or half-hour before this exercise is not a good idea. Doing so would interject guesswork and objectivity into the exercise and influence the result.

If you have alternate routes to take on a trip or to work, asking or thinking to yourself which of the routes to take would be another good exercise. Before leaving home, simply ask yourself the following or any other similar questions: "Which road should I take?" "Should I take route 'A' or 'B?'" However, there are things you should know if you are to use this exercise effectively. The effective use of this exercise requires a higher degree of "confidence in acceptance." You must be committed. For example, let's assume that you're ready to leave the house and have asked the appropriate question and have received a response to take road "A." Upon entering your car and turning on the radio, you hear a traffic report that road "B" should be used because of very light traffic. What would you do? Would you change your mind or trust your intuition over the traffic report?

If indeed what you received is an intuitive response to your question, you would be better off taking road "A" no matter what the traffic report says. Because intuitive feeling is always right, chances are great that by the time you enter road "B," conditions would have changed and road "B" would be impassable. There is always the possibility of auto accidents occurring. No matter the traffic conditions, it may very well be that you're being directed to an alternate route for your own good. By taking an alternate route, you may have avoided a serious accident, and probably saved your life in the process.

It is also possible that you're being directed to one of those so-called coincidences when you're being directed to take an alternate route. Some of these coincidences do have direct and positive impact on our lives, and the help or answer you seek may well lie on following up with intuitive responses.

Relying on intuition may sometimes test your resolve to the limit. Knowing that true intuitive

feeling is always right, those "tests" will give you the opportunity to prove the powers of this inner feeling when developed.

Another thing to be aware of about this exercise is that the intuition may be right at the time you ask and receive the response. However, in some cases, we may change the outcome, leading some people to think that they've been misled by their intuition. Let's assume that after you received an intuitive response on which way to take to work, you decide to run some errands before leaving for work. An hour or two had passed before you actually leave for work. It would be better to repeat the exercise. Road conditions may have changed since you asked and received an intuitive response to take one route over the other. If you don't, your intuition was not wrong. You didn't act on it when it was given. Again, intuitive response is immediate and often requires an immediate follow up.

The response to these questions shouldn't take more than a few seconds. Waiting for minutes for the response would indicate that you've either missed the response or that you may not yet have awakened the faculties within you that are responsible for these intuitive responses. The response you receive after waiting for a longer period of time may not come from intuition, but may be the result of your objective analysis. This may explain why some people sometimes claim that their intuition was wrong. True intuitive feeling is never wrong!

After listening to a story, you can mentally ask, "Is this the truth?" "Is there anything else I need to know?" "Can I trust this person?" Or for purchasing decisions, "Should I buy or sell?" These are simple questions requiring a "Yes" or "No" answer. However, the response from within may not be in those exact words. Instead, you may momentarily have a strong feeling that would unmistakably be positive or negative. Although you may receive a direct answer to these questions, you should not expect your intuition to engage in a conversation with you.

For example, if the response to the question, "Is this the truth?" is a "No," you shouldn't expect your intuition to tell you what the truth is, what else you need to know, or why you shouldn't trust a person. It would be up to you to pursue it further to find the truth. As you practice the exercises in this chapter, the main thing to remember is that you're working towards awakening certain faculties in you that may have remained dormant for a very long period of time. Don't be discouraged if you don't notice the intended results in the beginning. It takes time, but your persistence will eventually pay off.

You've been given only a few simple exercises to help you become in tune with your intuitive feelings. You can think of many other ways you can consciously engage your intuition. In the beginning, you would be asking questions and making efforts to listen and follow the responses from within you. These exercises would enable you to become more sensitive to your intuitive feelings. Later, after you've become more sensitive to your intuitive feelings, you'll begin to pick up on these feelings even without your asking questions.

Trusting and following your inner, intuitive feelings can make a difference between realizing the things you petitioned for. Some answers to petitions come through intuitive feelings and following those feelings eventually lead to the resolution of those needs.

Points to remember:

- Intuition can be developed through simple exercises.
- True intuitive response is never wrong! It is immediate and often requires an immediate action on your part.
- As you practice the exercises on intuition, the main thing to remember is that you're working towards awakening certain faculties in yourself that may have remained dormant for a very long period of time. Don't be discouraged if you don't notice the intended results in the beginning.

- Recognizing answers to your petitions and your ability to receive what you have petitioned for will sometimes depend on your ability to use the powers of your intuition. Failure to follow your intuition could amount to not receiving the answer to that which you've successfully created.

About the Author

Isaac Nwokogba has studied numerous religious and metaphysical traditions, from his childhood in rural Nigeria to his adulthood in the United States of America. He earned a masters degree in business from Southwest Texas State University and has spent years working as a rate analyst for utility companies and commissions in Texas and California. His previous books, "Ea\$y Dollars" and "America, Here I Come," explain the principles of making money from lotteries, and America's role in his fulfilling of his spiritual destiny, the purpose of his coming to America. He has appeared on the cover of Kiplinger's Personal Finance Magazine.

What is Intuitive Healing?

By Judith Orloff, M.D

Intuitive Healing means getting in touch with your heart to hear your intuition, then using that information to heal. The first step is finding that still, small voice inside that tells you the truth about things--a kind of guardian angel. You have to be very quiet to hear it. Intuitive healing is integrative. It means respecting the intelligence of your analytical mind but also calling on a deeper wisdom to guide you. Your intellect and intuition are allies; they can work together well. Just remember that the intellect, no matter how brilliant, is limited by its linear focus. It can see only so much. In contrast, intuition is multidimensional, can penetrate surfaces, offers solutions about your health and happiness that the mind alone cannot appreciate. The difficulty is that the mind's chatter is often so loud it drowns out the knowledge within.

There are five intuitive steps that can transform your health and life. Each step represents an indicator that can help you avoid illness, replenish energy and bring insight into any problem. Utilizing this structure will enhance your intuition, or enable you to find it.

Step 1: Notice Your Beliefs

Your beliefs set the tone for healing. Positive attitudes accentuate growth, negative attitudes impair it. Honesty is required to flush out counterproductive perceptions so ingrained you may not realize how pernicious they are. If we examine our beliefs, we won't be subject to subterranean undermining influences. Our beliefs trigger biochemical responses. No organ system stands apart from our thoughts. What you believe programs your neurochemicals. I'm not suggesting that you be Pollyannaish or put on a happy face to please, but that you be absolutely true to yourself. This will liberate you from unconscious impulses that impede your healing.

Step 2: Be in Your Body

Your body is a richly intuned intuitive receiver. You must be in it completely to heal. This may require some adjustment. We're trained to function from the neck up, denying the rest of our bodies. I want you to reorient yourself, to respect the intellect but delight in your physicality as well. Being aware of the sensuousness of the body can open intuition. This may mean noticing the early signs of pain so you can act on them, trusting your gut about relationships, or awakening your sexuality. We can't afford to ignore such life-informing signals. Being attuned to your body is a treasure.

Step 3: Sense Your Body's Subtle Energy

Tapping into your body's subtle energy can heal. From an intuitive standpoint we are all composed of vibrantly collared energy fields (whose centres are called chakras) that emanate from us. These can be sensed. They contain truths about our physical, emotional and sexual needs. Energy has different manifestations, from erotic to psychic. Invisible to most people, it can be sensed with intuition. To heal you must first learn to identify energy. Then you can direct it to specific parts of the body. Feeling energy can be very sensual. I assure you, it won't be all work!

Step 4: Ask for Inner Guidance

A range of answers lies within you. To access them I'll focus on two intuitive techniques: meditation and remote viewing. Meditation is a state of quiet that amplifies the intuition. In practical terms it lowers blood pressure, relieves stress, can help reverse heart disease, even retard aging. Remote viewing is an intuitive technique to move through both time and space. It enables you to tune in to the past, present and future, or to visualize a person place or situation, even at a great distance. With this knowledge you can help diagnose illness by picturing the body's organs, predict proper treatment, appraise current therapies--all mandatory when conventional medicine seems unable to find a cure.

Step 5: Listen to Your Dreams

Intuition is the language of dreams. We speak it every night, during the REM state, the phase of sleep when your brain waves impart secret healing formulas. This mystic symbology--images, messages, scenarios--has rules different from those in our waking life. A dream's tone can be as restorative as its content; the nonverbal often presides. Also, in dreams, revelations about illness and relationships are often conveyed. Dreams do heal, but first you must retrieve them. During sleep we experience a kind of amnesia. To the intellect dreams are alien, language that does not compute. Dreams cannot be captured by the rational mind alone; intuitive memory is needed. As you learn how to remember and interpret dreams, you'll be able to draw on this form of healing.

You can apply these five intuitive steps to every health challenge in your life, as well as every emotional or sexual issue. I live them every day--in my medical practice, my relationships, dating, choices about health or new directions. They are yielding, expansive, reflecting possibilities. Try not to cling to any one too tightly; simply allow them to illuminate. Find the most natural outlet for your intuition, have fun, and give yourself permission to explore.

The form your intuition takes may vary: images, dreams, sounds, gut feelings, a sense of knowing, a kaleidoscope of creative flow. Often while I'm working with patients snapshot like flashes come through. In a split second I receive a world of information. It's exciting. As a physician I've come to depend on these moments of insight. Notice if such flashes happen to you. Write everything down immediately in a journal. The material can be relayed quickly, but it slips away if undocumented. Watch closely. We all have our intuitive styles. Discover yours.

About the Author

Judith Orloff is a board-certified psychiatrist, an assistant clinical professor of psychiatry at UCLA, and a staff member at Cedars-Sinai Medical Center. She is also the author of the best-selling book *Second Sight*, a memoir about coming to terms with her intuitive abilities.

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Intuition: Intuition and Psychic Energy - Where Do They Come From?

By Sonia Choquette, Ph.D.

Intuition and Psychic Energy: Where Do They Come From?

It is easier to train your senses to notice your intuitive impulses if you have an understanding of where those intuitive flashes originate. In every psychic development class I teach, I ask the students where they think psychic or intuitive feelings and impulses begin. Some answer, "from my subconscious mind." Others say, "from my Higher Self." Some believe, "it's dead people talking to you," or "your guides."

If you are going to convince your mind to listen to your intuitive feelings, your mind has to value those feelings. Your mind requires an acceptable reason to value psychic feelings. The best way to convince your mind to pay attention to these feelings is to introduce it to where these feelings come from. After all, there is a big difference between listening to Joe Nobody's opinion on something, and listening to a highly knowledgeable expert. Whom would you listen to?

Ask yourself:

Where do I think my psychic information comes from?

Why should I listen?

Do I think it's trustworthy? Do I think it comes from a helpful and knowledgeable source?

Am I comfortable tuning in to it?

It's important to ask these questions. The good news is, the answers are very specific and enlightening.

Where Does It Come From?

Actually, psychic energy comes from various sources. Our conscious minds have been trained to focus on one broadcast on our sensory radio: the broadcast of our five-physical-sense relay. But there are other relays broadcasting that we can and spontaneously do tune in to now and again which give us our psychic information.

The first of these psychic relays comes from our own subconscious minds. Our subconscious minds are like giant computers taking in thousands of bits of information every day, information that slips past our conscious attention, yet nevertheless is perceived and saved for a future moment. Every detail of every experience that we've had since the beginning of our lives, and in our last lives as well, is stored here and held unless released spontaneously by some necessity. It would be overwhelming for our conscious minds to process every detail of every event, so the mind allows unneeded information to slip unnoticed into this huge storage library. If the subconscious is jogged by need or by visualization or relaxation, the subconscious will release back to the conscious mind necessary and helpful information.

An extreme example of this is the case of an accident or crime witness. The events witnessed may have occurred too quickly or have become clouded over by emotions of surprise or shock, and the

details lost. But if this same person were to relax through hypnosis, his or her recollection would become nearly perfect, because the subconscious memory can be accessed.

This also occurs in everyday events. Perhaps you have been mulling over a problem for weeks, coming to no specific solution. Then suddenly, when daydreaming during another task like watering the lawn or taking a long drive, a solution will pop into your head. This relaxed frame of mind is a receptive frame of mind, and in this receptive state, your subconscious can scan its stored information for possible solutions. If it does find one "Eureka!" you'll have a psychic flash.

This type of psychic experience happens most often in your work or in an area that you've spent a great deal of time learning or reading about, or in an area of natural interest. The fact is, you may have acquired bits and pieces of useful knowledge along the way, information that would provide an answer or solution. Your subconscious mind can take in and rearrange these bits and pieces and create new and significant relationships among these bits of understanding. The solution lies in finding new relationships to old information.

All this occurs below your conscious awareness. Can you believe that your subconscious mind not only records your experiences perfectly, but can also combine different records, thus creating solutions that couldn't be found just in examining the pieces? Yet it does, naturally. Through proper training, you can develop far greater access to this stored information than you ever believed possible.

Telepathy

The second type of psychic experience is with telepathic connections to others. How many times in your life have you found yourself humming a tune silently in your head, only to have someone next to you start singing the same tune out loud? How many times have you been thinking about someone and had them call within a short time? How many times have you taken up a new interest like skiing, cooking, or sewing, only to find people with the same newfound interest popping up all around you? Psychic? Yes - telepathic!

We are all silent radio stations broadcasting our own tunes, and even though we are not conscious of it, we do like to harmonize with one another. We gravitate naturally toward people playing "our tune" and together we amplify our broadcast.

One of my spiritual teachers once told me that we are always telepathically tuning in with many, many others - up to six thousand people at any given time - even though it is usually not conscious. It sounds incredible, but this is what creates mass consciousness. Groups of people band together and "group think" about things: pro-lifers, animal rights activists, rebels and fundamentalists, to name a few. People think in blocks all around the world, and these blocks of mental energy float and move in space, influencing political ideas, religious beliefs, and social and moral values.

Telepathic connections can be useful and amusing, as in the case of the telephone call from the old friend you were concentrating on. If you are lazy and undiscerning about your thoughts, however, you can become a psychic garbage pail, in which all sorts of negative or mass beliefs settle and take over your mind. An example of this is the telepathically relayed belief that cities are now extremely dangerous and suburban areas are safer. Many people telepathically accept this belief as fact. In reality, some aspects of city living are dangerous, and

some are vitalizing and marvellous. The fact is also that many suburban areas are riddled with dangerous people, and one is not really in any more or less danger in one area versus another. Safety is governed by awareness more than geography. If you are susceptible to negative mass beliefs, you will overcome this problem when you begin your psychic development. You cannot be psychic if you are mentally lazy.

You'll need to snap out of your dreamy state and be here now. If you have a sharp focus to your mind, telepathy will automatically become more specific, filtering away unnecessary and unconsciously unexamined "group thought" to attract only what is helpful to your focus. One way to do this is to set goals so that you will focus your attention and eliminate mass thought influences. Setting goals keeps you free of collective negative emotion and attracts telepathic support.

The Superconscious or Higher Source

The third and most interesting source of psychic energy is from the superconscious plane of energy. Every one of us has, as our spiritual birthright, access to a Higher Source of knowing and loving guidance.

This Higher Source is actually composed of several distinct levels of spiritual guidance. These types of psychic impulses influence your future and the present choices you make that will set up your future.

This level of psychic guidance influences your perspective and helps you look at your choices from a new point of view. These kinds of communications are felt as warnings, urgings, new ideas, inspirations, breakthroughs in understanding, desires to redirect your life, a need to stop or let go of what you are doing, or a need to commit or go forward with what you are hesitant about.

Remember, these types of psychic experiences are loving but not flattering to your ego; stable, consistent, and unwavering but not coercive; subtle but distinct. They will always leave you feeling reassured, relaxed, and certain of yourself, in spite of appearances, if you listen and pay attention. Additionally, these types of psychic feelings help you with questions in love and relationships, health and well-being, and creativity and purpose in life, and above all will help you find inner security and spiritual peace of mind.

Let's face facts. Your conscious mind will be more amenable to listening to these impulses if it is given a reason to listen. After all, your conscious mind would like to consider itself reasonable. If it accepts and understands the reasonability of listening to your intuition, it will do so far more easily. You would not ignore the advice of an expert if you were building a house, would you? Especially if the advice were free? And painless?

It is just as foolish to ignore the assistance of your psychic guidance as you build your life, especially knowing that your psychic sense is offering you a solution from your subconscious mind, from a telepathic relay, or from the loving guidance of your superconscious. The psychic experience comprises all these sources of assistance.

What Does It Involve?

Essentially what psychic development involves is becoming keenly aware of what is going on around and inside you, here and now. By tuning in to your little psychic impulses, you will notice

what you heretofore may have ignored. Once you make this realization, you can begin your development.

Have you ever had a hearing test? If so, do you recall (when wearing the headphones) that all your senses perked up to hear the barely audible beep that sounded for but a split second? Or an eye test, where you wore a patch first over one eye, then over the other, while scanning a screen for a teeny blip of light moving over the area? These exams are designed to test your ear and eye sense acuity. The more acute, the more subtle the beep or flash you noticed.

Psychic development requires the same acuity. Relax and enjoy, notice impulses you otherwise overlooked. Don't worry that you are imagining things. You aren't. You are just redefining your sphere of awareness and allowing it more room to play.

Once you understand where your intuition and psychic feelings come from, you need to learn how to gain freer and easier access to these channels of the subconscious, telepathic, and superconscious broadcasts, so that they are available when you need them.

Sonia Choquette is a world-renowned revolutionary psychic, alchemist, healer, and spirited teacher. She specializes in instantly transforming people's vibration from a five-sensory paradigm of limitation and fear to a six sensory paradigm of creative possibility and personal power, leading others out of the dark ages and into the 21st Century. Visit her at <http://www.trustyourvibes.com>

Intuition and Reality Testing

By David A. Burnet

Intuition is a way of knowing, just like any other source of information; and because we can misunderstand or misinterpret...reality testing is useful.

How can we approach reality testing so that we utilize our intuition more effectively, without building distrust of our intuition? Here are several ways you can explore:

1. Realize, and remember, that you interpret and apply intuition, for it to be useful. Most mistakes are made in the interpretation and application...sometimes with the assumptions that we make...such that we inadvertently add to the original intuition.
2. Make a note of the intuition, without adding anything at all, as you received it...as soon as possible. Since intuition is first held in our short term memory, it can be forgotten, easily, if we don't take steps to remember. It might seem like we don't need to write it down...and sometimes, when we don't...we are later sorry. So write it down, faithfully, adding nothing.
3. Realize that intuition comes to you through your own filters, prejudices, and cultural assumptions. Some intuitions have a hard time being recognized or realized, when they are counter to our personal or cultural filters. Sometimes only part of the information gets through, so we don't have a full realization.
4. Practice trusting and acting on your intuition, quickly; the more quickly, the better -- unless, of course, you have an intuition about when and how to act.
5. If you have strong personal needs, that is likely to colour what intuitions you receive or don't, and how you understand them. It is hard to maintain personal integrity while you have unmet needs. When you do have unmet needs, take responsibility, and be open about them to yourself and others. This helps prevent them from tending to act on their own, without your approval. Perception, including intuition, is likely to be cleaner.
6. See if you can tie in your intuition with other knowledge or other indicators. Several indicators, together, is strongest.
7. Use your intuition to check on your understanding of an intuition.
8. Many times your intuition isn't clear until you are getting ready to act on it. Before taking a final, committing step...check if your intuition and inner peacefulness are in harmony with what you are about to do.
9. Check to see how your intuition fits with other, earlier intuitions, and also with inspirations from our Creator that you know about.
10. Consider an intuition a private source of knowledge, a secret source, a privileged source...such that you use the knowledge but don't reveal its source...unless your intuition tells you otherwise. This can help keep you from appearing crazy or pushy, to others. Sometimes an intuition is for you to know and pray about...not to act on, directly. If you are unsure...ask!

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On Inner Work, Intuition and Love

By Craig Chalquist

Quotations taken from "Women Who Run With the Wolves",
By Clarissa Pinkola Estés, Ballantine Books, New York, 1992

Throughout most of recorded history the idea of becoming who you are has drawn blank stares. People ask: become who you are? Don't you do that automatically anyway?

No, you don't. You aren't you in the same way that a tree is a tree or a tiger a tiger. We aren't merely blocks of wood or patterns of habit or bundles of instincts. As visionary human beings have always known, becoming yourself not only requires an effort, but perhaps the most sustained effort there can be.

And that is because of a fact unique to sentient beings: self-consciousness can be fragmented. Identity remains a figural island floating in a background sea of unconsciousness. The choice is to live on a larger island or a smaller one, to visit and sail upon the sea of potentiality or wall it off sharply.

We experience ourselves as fully alive, fully human, only when the island of self-consciousness is an unfragmented whole. Walling off huge portions of ourselves —thoughts, feelings, fantasies, memories, powers, potencies, even dreams and aspirations— makes us sick. It is even possible in extreme cases of self-alienation for one's waking self to be almost entirely false. When that happens, we usually cling to the assumption that we know who we are, that nothing inside is a mystery; and meanwhile the real self, its interior voices ignored, slowly dies.

The purpose of getting to know oneself, a process that goes by names like inner work, self-actualization, self-realization, self-study, and individuation, is to open up the waking consciousness to its unconscious foundations by reclaiming disowned aspects of oneself. We undo our repressions, make contact with our bodies, rediscover our feelings, study our wants and needs, exercise our dormant talents, dream our dreams. We work through long-standing emotional conflicts. We unblock the creativity we all possess. We "listen with a third ear" to the quiet movements of the emotional/intuitive depths in us, knowing that feedback from our entire organism is more trustable than the limited, one-sided reactions of the waking self.

So where does one start?

The Four Attitudes.

Carl Rogers has identified three therapist attitudes that facilitate personality change: congruence (genuineness), empathy, and unconditional positive regard. (He also speculated about a fourth: the subtle spiritual power that emanates, often unconsciously, from every sincere healer.) Oddly, he did not, to my knowledge, discuss the necessary client attitudes. I believe there are four: innocence (e.g., the Beginner's Mind of Zen), commitment, courage, and self-responsibility (fully owning the work).

These attitudes also apply to self-awakening. If all are present, then one will move forward; if any are lacking, then one will remain where one is. The reason is obvious: becoming oneself is the most difficult task there is and so requires complete seriousness, willingness to suffer, inward integrity, total involvement; in short what Karen Horney called wholeheartedness.

Here are some other tools for your self-work toolbox:

Never, never assume you know yourself or are completely familiar with a particular facet of

yourself.

This grandiose assumption kills inquiry: why look at what you already "know"? It may also be the single greatest deterrent to finding out about yourself.

Be brutally honest with yourself.

You can assume right up front that you have some illusions to lose —illusions about yourself, about loved ones, about beliefs and values, norms and standards— and that you will resist seeing them for what they are. Everyone resists finding out too much too soon. The resistance is a problem only when it's not temporary. If you find yourself hanging on to something, defending a vulnerability, or losing interest in self-work, then realize that you may be closing on a sensitive area of your life. Give yourself permission to proceed with caution. (You might also wish to acquire a list of Freudian defense mechanisms, the devices we use to hide things from ourselves.)

Trust your impulses.

You have good reasons for feeling, thinking, imagining, acting the way you do. If you are prompted from within to try something and it won't hurt you or anyone else, then why not try it? Such promptings are attempts to teach yourself something. Outwardly, certain actions should be curtailed if there's any question of causing harm —but inwardly, anything is allowed.

Avoid people who invalidate your efforts to know yourself.

All the great spiritual teachers agree that it's best to avoid people who subtly or overtly knock down who you're trying to become. The world is filled with unhappy, routine-ridden, envious emotional vampires who avenge their personal failures by demeaning your strivings. All are cynics, though some go about as surface idealists who quickly turn away when you wish to discuss your anger or loneliness or spiritual bewilderment. Avoid them all. Having secretly given up on themselves, they have nothing to offer the seeker.

Spend time with people who support your work on yourself.

This includes seeking out people to whom you can safely share your uncertainties and express your feelings. Look for them with the eye of a hungry tiger: those who strive seriously to explore themselves are far and few between, and it's almost impossible to do this kind of work without such support.

Read good books.

Seek out the books that seem to have something to say to you. Use your own feelings to guide you to them. Generally, they will be books that develop "deep" themes —identity, personal growth, inner healing, spirituality, meaning vs. meaninglessness. There are plenty of people who've walked the way of individuation ahead of you; read what they've written about the journey.

Expect to hurt.

People who start to listen to themselves usually encounter those painful emotions that lie just under the surface of consciousness: anger, shame, guilt, loneliness, depression, sadness, confusion... This is normal, so don't let it scare you. Bear firmly in mind that feelings are temporary states that take care of themselves when you find appropriate ways to express them. And that you are always more

than your feelings. At most they indicate to you where you need to grow.

Keep a journal.

If only to write down what you learn about yourself so you won't forget it. Some people collect whatever "speaks" to them: paintings, photographs, plants, rocks, soil, songs, magazine clippings, childhood possessions, crayons, seashells... Just about anything can be a part of your record of the journey.

Decipher your dreams.

Dreams are not random brainwaves or the remnants of last night's meal. They are snapshots of your state of mind—but snapshots from the point of view of the unconscious, which talks to you in images rather than words or linear logic. If you make it a habit to sleep with paper and pen next to your bed, your ability to remember your dreams will grow steadily. When you have one, write it down (or talk into a recorder if that works better) so the next day you can do what Freud called free-associating to each symbol. The associations indicate what aspects of yourself the symbols stand for—e.g., in my dreams rain stands for a release of emotional tension, plants for growth, cars for conscious ways to move forward. As Jung discovered, later dreams will correct you if you misinterpret the symbols in a current dream.

Construct a "mental health" family tree.

Amazing psychological patterns surface when you draw a family tree and then write in who was depressed, who was addicted to something, who was abandoned by a parent, who was chronically ill, who was a rager, and other such details. (Refer also to my paper "Twelve Characteristics of a Family System".)

Look at events through the eye of initiation.

"Eye of initiation" is Michael Meade's term for seeing things in terms of initiation into selfhood. Old wounds, a divorce, a layoff, the death of a loved one, illness, a painful argument: properly understood, these can provide raw material for inward growth. See them as lessons to be learned about who you are.

Take care of your body.

In part your self-esteem is based on your "body ego", the bodily image with roots that go back to infancy. Exercising, resting enough, and eating right help maintain self-esteem and support your work on your psychological self. A fit body is also less likely to hang onto buried emotions.

Replace victim-thinking with survivor-thinking.

It's important to be aware of what something or someone has done to you and how you feel about it, but it's also important to own that you have options, that you can always choose what stand to take. Victim-thinking creates a "responsibility leak" that drains your life of energy and your activities of sincerity. As I often tell clients, having someone to blame is the best way to stay stuck. Focus on what you will do with the past and present givens in your life—including protecting yourself assertively from oppressive or abusive situations at home, at work, or anywhere else they occur. Becoming yourself is incompatible with letting someone mistreat you.

Live on your ground floor first.

Using an image of Freud's, Sam Keen points out that quite a few people seek to skip the "first floor" preliminaries of inner work and live instead on the second or third floor —the spiritual floor. That is so. If you listen carefully to some of the folks who talk most about archetypal this and New Age that, you can hear a certain pomposity, a tone of "look how deep I am" that signifies some very important emotional homework left undone. Remind yourself that a spiritual activity of the highest significance consists in integrating your flaws and weaknesses into your human, all-too-human everyday consciousness.

Make use of amplification.

"Amplification" is C. G. Jung's term for applying associations, ideas, readings, and other material to themes that emerge in your dreams and fantasies. If you dream, say, about dragons, then try fantasizing about them, looking them up in the library, drawing pictures of them, examining paintings of them, learning a bit about their cultural history, and getting a hold of any other material that might clarify what that symbol means to you.

Look for magical thinking.

"Magical thinking" is a therapy term for the very early fantasizing we do as infants and toddlers. At that age, wishes and reality are indistinguishable. Remnants of magical thinking usually surface in relationships, when we alternate between idealizing and despising a partner. Expecting them to be perfect, to always be nurturing, to "know" what we want from them, or to depend entirely on us for emotional self-fulfillment are examples of magical thinking. It helps to learn to tell such thinking from realistic thinking.

Look for splitting.

"Splitting" is a term from object relations psychology—a series of schools that evolved from Freud's psychoanalysis—and refers to the early tendency to divide self, internalized parent-images, and the accompanying feelings (Fairbairne) into good self/bad self, good mom/bad mom, good dad/bad dad, pleasant/painful feelings. We generally focus on the good stuff and repress the "bad"; the result is a tendency to alternate between idealizing and hating, being really up and crashing, feeling confident and feeling helpless. Getting in touch with both sides of an internal image, feeling, or other aspect of ourselves heals these splits and permits us to see ourselves and other people more realistically.

Make use of the mirror of relationship.

Krishnamurti was fond of saying that who we really are emerges in "the mirror of relationship." Watch how you behave with your partner. Monitor your fantasies, feelings, interior self-talk. Check out how your body feels at different times. Relationships are wonderful opportunities to find out more about who you are.

Befriend your shadow and the rest of your "cast of characters."

As Jung discovered, what we fail to integrate into our waking selves tends to collect into autonomous "complexes," meaning that unowned aspects of ourselves manifest in dreams and fantasies as mini-personalities. A prominent one is the shadow, a deposit of those aspects of ourselves we consider negative, unpleasant, or inferior. In dreams the shadow is the same gender as the dreamer and often shows up at first as an attacker, a criminal, a lunatic, or some other strange or alien figure. Owning what we don't like about ourselves —our insecurities, our fears, our anger, our

less acceptable drives— turns the shadow into a more benevolent figure. His (or her) job, after all, is to bring back to us those aspects of ourselves we try to throw away.

Size up your ego.

Probably all of us receive ego wounds; even the best of families inflicts them. We usually compensate for them by reflation, by feeding a mostly unconscious self-importance. Even low self-esteem can reflect this: "He who despises himself still respects himself as someone who despises" (Nietzsche). Mentally catalog your customary methods of reflation (e.g., fishing for affection or compliments, being a class clown, workaholism, controlling a mate, pontificating, lecturing, sex, passive aggression, etc.). Explore the pain that goes with failing to restore your ego to its normal size after something has deflated it.

Allow personal constructs to become tentative.

"Personal constructs" are conclusions, convictions, beliefs, attitudes...anything conceptual we use to make sense of our world. When rigid they become dogmatic filters over the eyes of awareness, thereby blocking our openness to new experiences, viewpoints, meanings. Allowing constructs to be "what I think or value or believe just now" isn't wishy-washy; rather, it's a mature recognition that constructs are always working hypotheses constructed by an imperfect being who is always open to new learnings.

Ground yourself in the everyday.

Some of us go to the extreme of getting so absorbed in inner work that we let everything else — work, school, bills, health, relationships— go to hell. Don't. It not only works against you outwardly, it eventually dams up your inner process too. Divisions in your life should decrease, not increase, as you get to know yourself better. Inwardly and outwardly, pace yourself and stay fully present.

Get comfortable with being different.

Erich Fromm once put it well: the fact that millions of people believe a lie does not make the lie a truth. And Abraham Maslow used to discuss "the pathology of normalcy." The fact that you explore yourself more than others, that you dress differently, that you don't find idle chatter entertaining, that you aren't faddish, that you despise television, or that you don't respect "public opinion" (an oxymoron if ever there was one) may mean that you live, not below the standard of normalcy, but above it. And believe me, it's a pretty low standard these days. Being thought of as strange by chronic conformists who are afraid to stand out from the crowd or question authority figures or form their own opinions can be a mark of distinction. It can also mean you belong to the perennial community of those who are bravely trying to be their real selves.

Expect miracles.

I seldom meet a person newly committed to self-exploration without sighing to myself, "Ah, how wonderful to be just at the beginning of the adventure again!" Getting to know myself better has hurt more than I could ever have foreseen; it has also brought me immeasurable joy, meanings to live by, answers to what I thought were unanswerable questions, healing for old wounds I believed would bleed forever. It has decanted a strange serenity such that very little wrenches at me anymore. And it has made my life indescribably rich in magic. If you haven't walked this path until now, you can't imagine the miracles you will meet with. Prepare yourself for them.

The Purpose of Education

From Intellect to Intuition

Alice A. Bailey

Perhaps in the turning of the great wheel of life, we are due again to revert to the ancient method of specialized training for the special individual - a reversion which will not involve a discarding of mass education. In this way, we may ultimately unify the methods of the past and of the East with those of the present and of the West.

Before considering these two methods let us attempt to define education, to express to ourselves its goal and so clarify our ideas as to the objectives ahead of all our endeavor.

This is no easy thing to do. Viewed from its most uninteresting aspect, education can briefly be defined as the imparting of knowledge to a student, and usually to an unwilling student, who receives a mass of information that does not interest him in the least. A note of dryness and of aridity is struck; we feel that this presentation deals primarily with memory training, with the impartation of so-called facts, and with giving the student a little information on a vast number of unrelated subjects. The literal meaning of the word, however, is "to lead out of," or "to draw out," and this is most instructive. The thought latent in this idea is that we should draw out the inherent instincts and potentialities of the child in order to lead him out of one state of consciousness into another and wider one. In this way we lead children, for instance, who are simply conscious of being alive, into a state of self-consciousness; they become aware of themselves and of their group relationships; they are taught to develop powers and capacities, especially through vocational training, in order that they may be economically independent, and thus self-supporting members of society. We exploit their instinct of self-preservation in order to lead them on along the path of knowledge. Could it be said that we begin with the utilization of their instinctive apparatus to lead them on to the way of the intellect? Perhaps this may be true, but I question whether, having brought them thus far we carry on the good work and teach them the real meaning of intellection as a training whereby the intuition is released. We teach them to utilize their instincts and intellect as part of the apparatus of self-preservation in the external world of human affairs, but the use of pure reason and the eventual control of the mind by the intuition in the work of self-preservation and of continuity of consciousness in the subjective and real worlds, is as yet but the privileged knowledge of a few pioneers.

If Professor H. Wildon Carr is right, in his definition of the intuition, then our educational methods do not tend to its development. He defines it as

"the apprehension by the mind of reality directly as it is, and not under the form of a perception or a conception, nor as an idea or object of the reason, all of which by contrast are intellectual apprehension."

- Carr, H. Wildon, *Philosophy of Change*, page 21.

We rate the science of the mind or the modifications of the thinking principle (as the Hindu calls it) as strictly human, relegating man's instinctual reactions to qualities he shares in common with the animals. May it not be possible that the science of the intuition, the art of clear synthetic vision, may some day stand to the intellect as it, in its turn, stands to the instinctual faculty.

Dr. Diblee of Oxford makes the following interesting comments upon instinct and intuition, which have their place here on account of our plea in this book for the recognition of an educational technique which would lead to the development of a faculty of a higher awareness. He says:

"...both instinct and intuition begin within the extra-conscious parts of ourselves, to speak in a local figure, and emerge equally unexpectedly into the light of every day consciousness... The impulses

of instinct and the prompting of intuition are engendered in total secrecy. When they do appear, they are necessarily almost complete, and their advent into our consciousness is sudden."

- Dibblee, George Binney, *Instinct and Intuition*, page 128.

And he adds in another place that intuition lies on the other side of reason to instinct. We have, therefore, this interesting triplicity - instinct, intellect and intuition - with instinct lying below the threshold of consciousness, so to speak, with the intellect holding the first place in the recognition of man, as human, and with the intuition lying beyond both of them, and only occasionally making its presence felt in the sudden illuminations and apprehensions of truth which are the gift of our greatest thinkers.

Sensor or Intuitive: The Forest or the Trees?

By Paul D. Tieger and Barbara Barron-Tieger

<http://www.twbookmark.com>

Each of us continuously takes in millions (perhaps billions) of pieces of information every day, the great majority of which are processed unconsciously. Some people take in this information primarily through their five senses—what they see, hear, touch, taste, or smell—hence the name Sensors. Others take in information through their sixth sense, focusing not on what is, but rather on what could be. We use the word Intuitives to describe these people. Remember that no one is a pure Sensor or Intuitive any more than a person is a pure Extravert or Introvert. Each of us has the ability to use both Sensing and Intuition, and all of us do use both every day. But we have a natural, inborn preference for one over the other.

Below are several questions to ask yourself to determine whether you are a Sensor or an Intuitive.

Do I usually pay more attention to the facts and details or do I try to understand the connections, underlying meaning, and implications?

Sensors see the trees, while Intuitives see the forest. By this we mean that Sensors naturally pay attention to what they are experiencing at the moment. Handed a flower and asked to tell you about it, the Sensor will note how vivid the colours are, the smooth texture of the leaves, the delicate fragrance, and how light and fragile it is—in other words, what her three senses tell her about the flower. Hand the same flower to an Intuitive and ask her to tell you about it, and you are likely to hear something more like: "This reminds me of my grandmother. She used to have these growing in her yard, and when we'd visit each summer, we'd pick them to put on the table for family meals." You'll notice that the Intuitive perceived the flower in a very different way than the Sensor. Instead of focusing on what is, she immediately focused on her connection to the flower, and her associations with it.

Here's another metaphor that can help demonstrate how different the focus is for Sensors and Intuitives. Imagine a photographer taking a picture with a single-lens reflex camera (the kind of camera that you focus by turning the ring on the lens). The photographer is shooting a person who is standing in front of a huge panoramic view of a mountain range. With Sensors, it's as if they turn the lens until the person in the foreground (the detail) is in sharp focus, while the view behind (the big picture) is blurry. With Intuitives, it's just the opposite: they turn the lens so that the view (the big picture) behind the person is in focus, but the person in the foreground (the detail) is blurry and out of focus.

Arnie, a very clear Intuitive, learned just how attentive to details Sensors are when his apartment got robbed. Fortunately, he was away at the time and discovered the intrusion upon returning home. When the police arrived, they gave a cursory look around the kitchen first and asked him: "Was that drawer open when you left the house?" So inattentive to details was Arnie that he was embarrassed to admit he had never even noticed there was a drawer where the officer was pointing!

While Sensors tend to think in a linear fashion, one thought following the next, Intuitives frequently engage in intuitive leaps in thinking.

Jessica and Ian were driving in their car one afternoon when she happened to notice and point out an exceptionally beautiful tree they were passing. After only a few seconds of looking at the tree, Ian turned to Jessica and said: "You know, I'm really ticked off at Jimmy." Now Jessica and Ian had been together long enough for her to understand the way his mind worked, and to often be able to track the origin of his many intuitive connections. But she was at a total loss this time. "Okay,

explain how you got from seeing that tree to being mad at Jimmy [one of Ian's oldest childhood friends]." Ian explained: "When we were growing up, Jimmy had a tree house in a tree that looked a lot like that one. As soon as I saw it, it reminded me of him and the fact that he hasn't called me in two months. So that's why I'm mad at Jimmy."

These fundamental differences also may be seen early on in children. While one child has memorized every one of his favourite baseball player's stats, and can reel them off with impressive accuracy, his brother can't remember where he left his sneakers five minutes after he took them off.

Am I a more down-to-earth and sensible person or an imaginative and creative one?

It bears repeating that it is not better to have one preference over another. However, there are definitely gifts that are unique to each. Intuitives are often (but not always) creative; able to see possibilities and alternatives that aren't immediately apparent. Typically, they have rich imaginations, which they use to engage in fantasies of all kinds.

By this, we do not mean to imply that only Intuitives possess creativity, for this is certainly not the case. Creativity, like intelligence, takes many forms. But the ways that Intuitives express their creativity seem to be in seeing or doing things differently from the way they've been seen or done before. Sensors more often demonstrate their creativity by finding a new application for something that has already been invented or established. This tendency stems from their natural inclination to trust what they know from experience, their own or others'. One of the reasons Sensors like data so much is that data are just facts that have been collected in a purposeful way. Intuitives are generally satisfied with less empirical proof in order to believe something is possible, or doable, since they have greater faith that although an answer may not be apparent, it just means it hasn't been found . . . yet!

Which do I trust more: my direct experience or my gut instinct? Am I more tuned in to the here-and-now or do I often imagine how things will affect future events?

Many Type experts believe that of the four type dimensions, the Sensing and Intuition scale represents the greatest differences between people, since it really influences one's worldview. A research project we conducted demonstrated this vividly. People were presented the facts of a murder case that involved a young woman accused of stabbing her live-in boyfriend. The boyfriend had abused the defendant in the past while intoxicated. Her attorney argued that she suffered from "battered woman syndrome." And so, at the time of the incident, she had reason to believe that her life was in jeopardy, and acted in self-defense. On the other side, the prosecution claimed she offered no proof that she had reason to fear for her life, could have left the scene, and therefore had no justification for killing her boyfriend.

While the majority (75%) of both Sensors and Intuitives voted "not guilty," Sensors were more than twice as likely to vote for murder as were Intuitives. These results were consistent both with Personality Type theory and with our experience as trial consultants. "Battered woman syndrome" is a theory; an idea, a concept that requires jurors to imagine how an abusive relationship can cause a particular psychological response. It is not a condition that can be documented or verified scientifically. Since Intuitives are naturally interested in the psychological workings of human relationships, they are much more likely to accept this theory as valid than their Sensing counterparts.

Sensors, on the other hand, prefer clear, tangible proof, and are naturally drawn to practical, rather than theoretical, explanations. In this case, the Sensors focused on the murder itself, and the fact that the defendant was physically able to leave her boyfriend that evening, while the Intuitives

focused on the defendant's motivations and psychological justification for her behavior.

Sensors and Intuitives tend to have different attitudes about important issues such as crime and punishment, as their answers to this question demonstrate

To fight crime, tax dollars would be better spent on (1) more police, tougher sentencing, and more prisons or (2) more social programs for disadvantaged youth.

Twice as many Intuitives as Sensors answered "social programs," and Sensors were more than three times as likely to answer "more police and prisons" as Intuitives. Predictably, Sensors favoured established actions designed to have an immediate effect (such as adding more police or building additional prisons), and whose effect could be somehow measured. Intuitives sought solutions that took into account the underlying causes of societal problems (such as how the lack of social programs is related to increased crime), and were more eager to seek new, untried, and innovative solutions. And their focus was on how actions taken today would affect future generations. The results reinforced the belief that, politically, Sensors tend to be more conservative and Intuitives more liberal.

Do I like new ideas just for their own sake or only if they have practical utility?

Many Sensors are most comfortable with what is familiar, while Intuitives are usually drawn to what is new and different. Theories, concepts, and hypotheses appeal to most Intuitives because they represent possibilities. The fact that something is untried and unproven is not a turnoff to Intuitives. Rather, it is the potential offered by the new idea or situation that excites them the most. Sensors, of course, are also interested in new ideas, but only once they are convinced that something real and useful will come of them.

Sal was always inventing something. If it wasn't a brand-new idea, he could find ways of improving just about anything. His latest idea was a new kind of bracket to hang pictures on the wall that would keep them straight—eliminating the need for constant straightening. As he had with countless other ideas, Sal discussed this with his brother-in-law, Jack, with hopes of persuading him to invest the necessary seed money to make a prototype. Jack, a clear Sensor, had his doubts. First, he questioned whether the world really needed a better way of hanging pictures. After all, the old way must be good enough, since it had been around forever. He was sceptical that this new mechanism would really work as Sal promised, and, even if it did, wondered whether Sal had the patience and single-mindedness required to make his idea a reality. Fortunately, Sal met another amateur inventor, who had a contact at a fastener company. Sal met with a representative there, who expressed genuine interest in his project. When Sal reported this to his brother-in-law, Jack's attitude changed completely. Having received validation from a credible source that Sal's gizmo might really be marketable, Jack became more enthusiastic and eventually provided Sal's seed money.

If Intuitives are the "thinker-uppers"—people who love to invent the better mousetrap—then, certainly, Sensors are the "getter-doners"—the people who actually make the idea work. As we've said before, people of both preferences have different gifts, and it is easy to see the important role each plays in so many areas of life. Take business, for example. Each year, thousands of new businesses are started up in this country. Many are franchise operations, which duplicate already successfully tested ideas. But others are truly entrepreneurial, the result of someone's vision (or intuition) about a product or service which doesn't yet exist, but that the entrepreneur believes people will want.

Would I rather use an established skill or do I become bored easily after I've mastered it?

For many Intuitives, it is the creative part of the process that is most energizing. Once their inspiration has been given life, and the bugs have been worked out, they would rather go on to something else, leaving the details to others. Fortunately, those people are usually Sensors, who often enjoy and excel at setting up systems and following procedures so that things run smoothly. This is called being efficient. While the exact statistics of all the many hundreds of new businesses started each year are often disputed, it is common knowledge that a high percentage of them fail. Although many reasons are cited for this, including undercapitalization, lack of experience, and unanticipated market forces, there is another possible explanation that has a lot to do with Type preferences. Quite simply, the people who are talented at thinking things up are seldom as talented at making them work. This rests primarily on the fact that they dislike, and therefore avoid, any routine or repetitive activity for any period of time. Their interest tends to wane as soon as the creative challenges have been met.

Conversely, Sensors enjoy learning a skill, then using it repeatedly in an effective way. Whether as a surgeon performing an operation, an artist painting a portrait, a bookkeeper tallying figures, or a plumber installing a toilet, Sensors' combination of being very aware of their bodies and living totally in the present moment enables them to derive pleasure from performing the act itself. Intuitives often have a very different experience. For them, what the act means or represents is often more important than the act itself. And coupled with their future time orientation, they are often less than fully engaged in whatever task they are performing at the time. Therefore they don't usually experience the same pleasure Sensors take in repeating a task or using the same skill once they've mastered it.

From the time he was a young boy, Thomas, an Intuitive, thought he wanted to be a dentist. Of course the fact that both his father and grandfather were dentists may have influenced his decision a little bit. By his second semester of dental school, Thomas realized he had made a big mistake. For while the other students enjoyed learning standard tooth repair techniques, such as filling a cavity, Thomas thought he would go crazy if he had to do the procedure the same (excruciatingly boring) way, even one more time. When he found himself fantasizing about all the other ways a tooth could be filled, even outrageous ones like going in through the ear, or removing the top of the head, he realized he would never be happy as a dentist and fortunately (for him, and future patients!) changed professions.

That Sensors and Intuitives are often drawn to different subjects in school should come as no surprise. Intuitives are often more interested in theoretical studies like philosophy, psychology, sociology, and literature, while Sensors are often interested in more tangible subjects with practical applications, such as engineering, science, and business. This is not meant to imply that there are no Intuitive engineers, or that Sensors can't be successful psychologists, only that they don't tend to gravitate to these types of occupations in nearly the same percentages.

Sensors represent about 65 percent and Intuitives about 35 percent of the American population, giving Sensors somewhat of a numerical advantage. By now you should have a fairly good idea of whether your preference is for Sensing or Intuition.

8 Ways to Strengthen Your Intuition

By Lynn Robinson, M.Ed

1. What Does Your Intuition Tell You?

Your intuition can contribute "quick and ready" insight. Too often we discount the role of intuition in decision-making. Begin to pay close attention to what your intuition is telling you; it could lead directly to positive changes in your life.

2. How Does Your Intuition Communicate With You?

Each of us has a predominant form in which we receive intuitive information. It may come through feelings, images, body sensations (gut feelings) or through your thoughts. When you are making a decision, pay special attention to all of these ways that your intuition communicates with you.

3. Ask Your Intuition For Help

Many people believe that intuition comes completely unbidden. I have found that when you ask your intuition for additional insight it will respond with answers. Ask, "What should I do in this situation?" or "What do I need to know about this?" Remember you may get the answers from a variety of sources including feelings, words, physical sensations, and images.

4. Act on the Information You Receive

developing your intuition is like learning any new skill. It's not unlike learning an athletic ability. The more you practice, the better you get at it. If using your intuition is new for you, it may be best to use it in relatively low-risk situations at first. This will help you develop your intuitive muscles.

5. You May Not Receive the Answer Immediately

If you don't understand something, ask for clarification. It is possible to get your guidance in dreams, for instance. Many people ask for intuitive guidance during a meditation and don't receive information immediately. You may find that the insight you desire will come seemingly unbidden at some point later in the day while you're involved in other tasks.

6. Learn to Take Small Steps

Most of us feel quite anxious when making big changes in our lives. We're afraid we'll make a mistake that we'll later regret. I've found that taking small steps towards a decision works great. You may find, as many do, that as you take those small steps, the decision becomes clearer, your resolve becomes stronger and the fear begins to lessen.

7. Write Down the Guidance You Receive

whenever you're facing a tough decision, write about it in a journal you keep for this purpose. Always jot down what your intuition is communicating. What feelings do you have about this decision? What images come to mind? Are there any body sensations that indicate a good or bad decision? Is there a still, quiet, inner voice that informs you? It's helpful to look back at this journal from time to time to see how accurate your guidance was. Did you trust the information you received? Did you act on its wisdom?

8. Don't Forget to Use Your Left Brain

Remember to use your logical mind in this process as well. There needn't be competition between the intuitive and the logical mind. Your left-brain logical side can help you find out facts and assist you with details of your decision. Your intuitive mind, or right brain, simply adds another level of information often described as, "I know, but I don't know how I know."

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ABOUT LYNN A. ROBINSON, M.ED Lynn A. Robinson, M.Ed., is an author, speaker and intuition consultant who specializes in helping individuals and companies use intuition for successful decision-making. She's the author of "Divine Intuition: Your Guide to Creating a Life You Love" (DK Books 12/00) and the co-author of "The Complete Idiot's Guide to Being Psychic" (Macmillan 1999). She publishes a monthly Internet "Intuition Newsletter" which is available at her web site: <http://www.LynnRobinson.com>

Tuning in to Intuition

By Andrea Hess

"How do I know it's really my intuition talking? How do I know I'm not just making things up?" This is one of the biggest concerns many of you seem to have when it comes to accessing your own intuition.

The fact is that our intuition is always "on." It is constantly giving us information, every day of our lives. Imagine a radio music station, running quietly in the background, wherever you are, whatever you may be doing. The music is so omnipresent that you don't even really hear it anymore. Every once in a while you may catch an auditory glimpse of it, a sweet chord that all too soon gets lost in the hustle and bustle of everyday life. But because it is always with you, it colours your life through your emotions and moods. Subconsciously, you are absorbing information from it all day long. This is how we get "gut feelings." Our subconscious sends us intuitive information, and suddenly something hits us as being "off." Or we feel incredibly drawn to people or situations. Most of the time, this is how our intuition communicates with us.

Now, however, we wish to access our intuition at the conscious level. We want answers to specific questions. We want information around the issues we are working on right now. And so we sit down and meditate. We dowse. We use tarot cards, runes, angel cards, or whatever other medium we may be drawn to. We turn up the volume on that radio. And invariably, we're a little disappointed. "This can't be my intuition," we think. "I already knew all that." The little voice inside of us is just like our own. It's nothing earth-shattering at all.

The music of our intuition has been running quietly in the background all our lives. Is it any surprise that, when we turn up the volume, every song seems awfully familiar? There are no lightning bolts, no striking visions that remove us completely from reality. No booming voice resounds in our head, gifting us with startling revelations that change our lives. That's the Hollywood version, but that's not how it happens.

The voice of your intuition is a quiet, familiar voice. It's your own! Your intuition is a part of you, and always has been. You've been hearing it every day of your life. The difference is that now you've started listening. When you consciously tune into that little voice, trust it. Believe in your own inner wisdom. Act on what that small, familiar voice says. The proof is in the pudding, as they say. Start with a leap of faith, and see how your life unfolds.

About the author

Andrea Hess is an intuitive consultant working with spiritual seekers who want practical, accurate information about their life path and purpose. You may visit her site at <http://www.andreahess.com> for more information, and a free Sample Session.

Intuition: Opening to Your Natural Knowingness

Recognizing, Trusting, and Taking Action on Your Intuition

Message from Orin and DaBen on Intuition Practice to Strengthen Intuition

Orin's [Intuition: Connecting With Your Divine Self](#) audio course.
DaBen and Orin's [Intuition Course, Graduate Light Body](#)

Please note - this information has been [moved to a new page](#). Please bookmark the new page.

Greetings from Orin and DaBen

We are putting our energy into assisting you in developing your intuition and inner knowingness as an important step for your spiritual growth, becoming your higher self and living as your soul. We wanted to offer you a short message, some written information, and an online guided journey to encourage and assist you in paying attention to your intuition.

What is Intuition?

Intuition is knowing without words, sensing the truth without explanations. It operates beyond time and space and is a link to your higher self. Intuition knows that past, present, and future are simultaneous, and can see the whole of any event. It often speaks to you as the playful child that would lure you away from a harder path to a more joyful one. Your intuition is always leading you toward aliveness and joy, and out of stuck places. Your intuitive mind synthesizes information in a flash, giving you answers to problems and decisions. It shows you the most effective steps to take to achieve your goals and dreams.

Often intuition comes to you as fleeting feelings, thoughts, or sensations that you barely notice until later, when you look back and think, "Yes, I had a feeling to do this, or not to do that." You can make these intuitive feelings more visible, so that you notice them and can act upon them. You can learn to distinguish between the quiet voice of your intuition that is showing you a good choice or direction, versus the often louder voice of your fears and doubts that want to stop you from doing new things and taking risks.

You are already Intuitive

You are already intuitive, and are probably receiving intuitive guidance in many ways. Your body may be speaking to you, giving you hints of the healthy and healing foods it would like to eat. Your emotions may be speaking to you, telling you to follow your heart, take a risk, and do something you love in some area of your life. Your

mind may be speaking to you, bringing you intuitive messages and dropping new ideas into your head. Your spiritual intuition may be guiding you to explore new inner places and to try out new spiritual practices.

Why follow your Intuition?

Your intuition guides you to do new things, to be in the flow, to experience more grace and ease, to follow your heart, and guides you to be in the right place at the right time. It is the voice of your soul and higher self communicating with you to show you how to follow your higher path and to live your higher purpose.

Following your intuition leads you to taking good care of yourself, your health, and your emotions, and to having improved relationships with people. It can make your career, creative endeavors, and work life better, more enjoyable, and even effortless. Following your intuition can increase the flow of money and prosperity in your life, for as your internal guide and teacher, it is always showing you what to do to increase the flow of energy. Money is one symbol of energy flow in your life, and as you act upon your intuitive guidance, you can experience more aliveness and flow in all areas.

When you follow your intuition, you have more energy moving through you - you are in the flow, you feel alive! When you don't follow your intuition, life can become a struggle, like swimming against the tide. You can train your intellect to listen to your intuitive knowingness, and learn not to ignore, discount, or contradict the intuitive feelings you are getting. You can trust your own inner knowingness, and make yourself the authority of what is right for you.

What is your Intuition telling you now?

Think of these areas of your life and ask yourself, "Is there some intuition I have, some feeling of something I need to do, or stop doing?" If there is, let that become more visible to you now, or in the following few days, to show you how to be on a higher path in these areas:

- My body, health, and physical well-being

- My career, job, and daily activities

- My relationships with my family, friends, co-workers, and others

- My relationship to money, prosperity, financial independence

- Spiritual Growth - what is next for me?

As you review each area, notice if one stands out for you. Ask yourself if there is something you are getting a feeling to do differently, or to change. Have the intention for your inner guidance to become clearer to you, so that you can recognize what it is showing you. The only action you need to take right now, if you are not sure what to do, is to ask that your intuition become stronger and clearer so you can take action on it.

Orin: I am teaching a course on the seven qualities of Divine Will. The Will to Harmonize is the Will that awakens intuition. You can work with this quality of will through the practices I have written.

Practice to Strengthen Intuition

Think of these areas of your life and ask, "Is there some intuition I have, some feeling of something I need to do, or stop doing?" If so, let that become more visible to you now, or later, to show you a higher path in these areas:

- My body, health, and physical well-being
- My career, job, and daily activities
- My relationships with my family, friends, and others
- My relationship to money, financial independence
- Spiritual Growth - what is next for me?

As you review each area, notice if one stands out for you. Ask yourself if there is something you are getting a feeling to do differently, or to change. Have the intention for your inner guidance to become clearer to you, so that you can recognize what it is showing you. The only action you need to take right now, if you are not sure what to do, is to ask your Divine Self to reveal to you your next steps in these areas.

Please note - this information has been [moved to a new page](#). Please bookmark the new page.

There are several single journeys on intuition you may want to explore, such as [Developing Intuition](#) (010), and [Trusting Your Inner Guidance](#) (SI107), the beginning of which is posted on the link above to listen to in RealOne Player.

If you do not have [RealOne Player](#), you can read the meditation journey below:

Orin Journey: Trusting Your Inner Guidance

Please note - this information has been [moved to a new page](#). Please bookmark the new page.

Greetings from Orin. I am delighted to be here with you in this journey where you will learn to recognize and to trust your inner guidance. You are a wise being, and you have everything you need within you. It is important to trust your inner guidance, for it is from within you that your inner teacher talks to you and gives you messages. It is from within you that you gain the greatest growth.

There is no such thing as a completely correct or completely incorrect answer. There are many choices and many paths. As you begin this journey, let go of the thought that you will have right or wrong guidance. There is only growth and learning. Your inner teacher is working with you to teach you the lessons you need, to give you the growth and the expansion that is next for you. Your inner guidance is always leading you to your evolution, to your growth, and to the highest path for you.

Take a deep breath in. And as you breathe in, imagine that you are opening an area at the top of your head called your crown center. Bringing in light like a channel of light that goes through the top of your head straight upward into the higher dimensions of light where you live as your higher self. Light is coming down through this channel, down through the opening in the top of your head and out into the world on your out breath

With each breath in you are connecting to your higher self, and with each breath out you are sending that connection into the world around you. Opening with each breath your spiritual center, your crown center, and building that channel upward into the higher dimensions of yourself.

Relax your body and let your breathing become very relaxed, taking you deeper and deeper within. Adjust your posture so that you feel comfortable. Your arms are at

your side. You are feeling so relaxed, so peaceful. Notice your breathing shifting ever so slightly, taking you even deeper into a state of peace and relaxation.

Relax your shoulders, your arms, your hands. Let your chest and stomach relax. The muscles around your spine are relaxing. Relaxation comes into your thighs and hips. Your calves, your ankles, and your feet are relaxing. Let your face relax. Let your jaw drop open slightly and the muscles around your eyes grow calm.

You might want to imagine you are looking at a scene in a distance, and then at a scene up close. Let your eyes focus at the distance that is most comfortable, resting your eyes.

Your higher self is joining you in this journey. You might imagine that off in the distance is a great, beautiful light symbolically representing your higher self. This being is approaching you. It is you; a higher dimension of you. It is coming closer and closer. You can feel its light.

Your higher self begins to merge with you. At first your higher self blends with your aura, as if you are coming together at a deep level. Your energy becomes more integrated, balanced, and harmonized in the light of your higher self. All of your being begins to take on a higher vibration, as if you are still you, but you at a higher level, a higher vibration, greater wisdom, more ability to see clearly, more light about you.

There might be a sense of yourself that feels more completely like who you really are deep within as you blend with your higher self. This is the "you" that you know you are deep within, wise and compassionate, complete and whole. Every time you do this blending you allow your higher self's energy to come into the cells of your body, activating the DNA and the light codes within you to bring you to a higher level of light so you can be your higher self in your everyday life.

Your higher self is now activating your third eye, the Ajna center between your eyebrows, sometimes called the sixth chakra. It is the chakra of intuition, of insight, of inner knowingness. Energy is pouring into this area, stimulating your inner vision. You may even want to touch this area with your hand, activating it even more.

Your higher self is lifting any veils that might be standing between you and clear seeing. Let that happen right now, and tell yourself, "I am willing to see clearly. I am willing to see the truth. Let all veils of illusion, let all that is standing in the way of my clear seeing dissolve."

You know what is good for you. You know what you want. You now bring in the quality of courage to believe in yourself, in your path, and in the guidance you are receiving. Imagine that the quality of courage exists as a very real energy pattern, a color, a texture, a light. There is a pure tone of courage out in the universe, the courage to stand up for what you believe in, the courage to speak your truth, the courage to believe in the insights you are receiving.

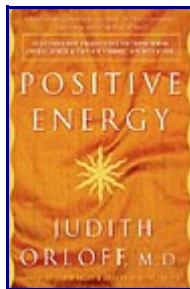
Imagine that you are building a bridge of light between yourself and the quality of courage. You might imagine that you are weaving fabric of woven light to this quality of courage, drawing it into your heart, into your throat. Drawing it into the crown center at the top of your head. A new level of self-confidence, of trusting your own

inner guidance above anyone else's.

The Courage to Follow Intuition

by Judith Orloff, M.D.

I'm a psychiatrist and intuitive in Los Angeles. What I do isn't my job. It's my life's passion. With patients and in workshops, I listen with my intellect and my intuition, a potent inner wisdom that goes beyond the literal. I experience it as a flash of insight, a gut feeling, a hunch, a dream. By blending intuition with orthodox medical knowledge I can offer my patients and workshop participants the best of both worlds.



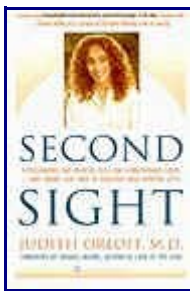
Now, listening to intuition is sacred to me, but developing the courage to trust it has taken years. I've written my book *Second Sight* to assure anyone who ever thought they were weird or crazy for having intuitive experiences, that they are not! Also I want to give you the courage to trust intuition, and live a life based on that wisdom.

I grew up in Beverly Hills the only daughter of two-physician parents with twenty-five physicians in my family. From age nine, I had dreams and intuitions that would come true. I could predict illness, earthquakes, even the suicide of one of my parent's friends. This confused and frightened me, as it did my parents who were entrenched in the hard-core rational world of science. At first they tried to write my intuitions off as coincidence. Finally, though, after I dreamed my mother's mentor would lose a political election--which to my horror, came true--she took me aside and told me, "Never mention another dream or intuition in our house again!" I'll never forget the look in my dear mother's exasperated, frightened eyes, nothing I ever wanted to see again. So from that day on, I kept my intuitions to myself. I grew up ashamed of my abilities; sure there was something wrong with me.

Luckily, I've had many angels in human form who've pointed me to my true calling as physician and helped me develop the courage to follow intuition. In the sixties I got heavily involved with drugs in an attempt to block my intuitions out—not something I'm recommending to you! Following a nearly fatal car accident at age sixteen when I tumbled over a treacherous 1500 foot cliff in Malibu Canyon, my parents forced me to see a psychiatrist. This man was the first person who ever "saw" me--not who he wanted me to be, but who I was. He taught me to begin to value the gift of intuition, and referred me to Dr. Thelma Moss, a intuition researcher at the UCLA Neuropsychiatric Institute. She was to become my mentor and give me the courage to develop my intuitive side.

While working in Thelma's lab I had an amazing dream which announced, "You're going to become an MD, a psychiatrist, to help legitimize intuition in medicine." When I awoke, I felt like someone was playing a practical joke on me. I'd never liked science, and I was bored around all my parent's doctor-friends. I was a hippie living in an old converted brick Laundromat with my artist-boyfriend in Venice Beach, working in the May Company's towel department. (I've had a great love of towels and sheets since!) The last thing I envisioned doing was medicine. But because I was beginning to trust my intuition, I enrolled in a junior college just to see how it would go. This took

courage on my part since I was pretty sure the dream wouldn't come true. That little bit of courage let me meet my destiny. So one course became two, became fourteen years of medical training--USC medical school and a UCLA psychiatric internship and residency.

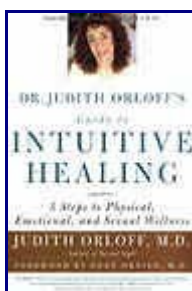


The irony was, that during my medical training I strayed far from the intuitive world again. Traditional psychiatry equates visions with psychosis. Working in the UCLA emergency room, I'd keep seeing psychotics who were wheeled in screaming, strapped to gurneys, accompanied by cops with billy clubs. These patients professed to hear God and to be able predict things. They also felt their food was poisoned, and that the FBI was on their tail. No one tried to sort through this mishmash of claims. Typically, patients would shot up with with Thorazine, hospitalized on lock-down inpatient units until their "symptoms" subsided. Seeing this so many times I doubted whether it was safe or appropriate to integrate my intuitions in medicine.

When I opened my Los Angeles psychiatric practice in 1983, I had every intention of it being traditional; I'd use medications, psychotherapy, but I didn't intend for intuition to play a role. My practice was extremely successful. Since I was a workaholic and also loved helping people, I had twelve hour days, though very little personal life. But then I had a heart-wrenching wake-up call that changed everything. It was an intuition that a patient, on antidepressants, was going to make a suicide attempt. Because she was doing so well--nothing supported my hunch--I dismissed it. Within a week she overdosed on the antidepressants I'd prescribed and ended up in a coma for nearly a month. (Had she not survived I would've been devastated.) The hardest part, though, was that I thought I'd harmed her by not utilizing a vital piece of intuitive information. This was intolerable for me. From then on, I knew, as a responsible physician, I had to integrate my intuitions into my work. Again, this took courage because I was so afraid of what my peers would think.

After this episode, my journey to bring intuition into my medical practice began. I didn't know how I'd do it, but I put out a silent prayer to the universe to give me the courage to do this. Soon, I began meeting people, more angels, who showed me the way. Gradually I grew comfortable with my intuition, set out to write "Second Sight." This took me seven years to complete because I had so much fear about coming out of the closet as an intuitive. It took me a while to build up my courage to speak out. I was afraid of what my physician-peers would think, that they'd mock me or blackball me from the profession. My mother warned, "They'll think you're weird. It'll jeopardize your medical career." Ah Mother: I loved her, but thank god I didn't listen. Finding my voice as a psychiatrist and intuitive has been my path to freedom.

Sure, there's a risk when you stretch yourself, but the rewards of courage are enormous. Now, I'm blessed to travel around the country giving workshops on intuition to auditoriums full of extraordinary people--health care professionals and general audiences alike--who long to embrace their inner voice. I'm heartened to see that many physicians are eager to deal with patients in the new way I offer. Recently I gave an intuitive healing workshop at the American Psychiatric Association convention, a annual gathering of the most conservative psychiatrists in the world. I'm pleased to report the response was wonderful.



I'm sad to report that my mother didn't live long enough to see this. In 1993 she died of a lymphoma. But, on her deathbed, she decided to tell me our "family secrets." She told me, "I want to pass the power onto you." I was astounded to learn that I came from a lineage of intuitive healers on her side of the family--my Jewish grandmother who did laying on of hands in a shed behind the pharmacy she and Grandpop ran in Philadelphia. East coast aunts and cousins I'd never met since I grew up in California. Also, my mother, herself, had a strong inner voice which told her how to treat patients for over forty years. She'd listened to this voice and secretly used her innate healing powers to keep her lymphoma in remission for many years. "Why didn't you tell me?" I asked her. She said simply, "I wanted you to lead a normal, happy life, not to be thought of as weird like your grandmother was." Oh Mother... I'll always be grateful for what she shared, but, still... she'd waited so long. Even so, I believe in the wisdom of the paths we've been given. Mine has been to fight for what I believed in despite what my parents or anyone said. An invaluable but rugged lesson in empowerment.

These days, no matter what I'm going through, especially when my heart is torn in a million pieces my intuition has given me courage and has sustained me. I hope that my journey in my book "Second Sight" can help you. One thing I'm certain of: if you follow your intuitive voice, you can't go wrong, and your courage will build. Stay true to it. Intuition is about courage, not having to conform to someone else's notion of who you should be. It's about being true to yourself, and all the goodness that comes from that.

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Inspired Intuition - Following Your Inner Voice
By [Vicki Miller](#)

Article Word Count: 717 [[View Summary](#)]
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"Some people call the still, small voice insight or intuition... Our insight is a gift from God, not to be taken lightly or for granted... If we acknowledge that the voice doesn't just pop up in our mind like some haphazard jack-in-the-box, that it is available to us always, we have the most important source of assistance in building our dreams. We can turn random intuition into regular inspired insight." From Building Your Field of Dreams by Mary Manin Morrissey

Inspired Intuition - Following Your Inner Voice

I have a wonderful story to share with you - one that comes from a client who has given me permission to share her story. This client (Jenny) was on a journey of self-discovery, acknowledging her life's dream (working with plants and landscape design), and being open to the possibility of exploring her dream. A natural fear that kept popping up was how to pursue her dream and generate income at the same time. Along the way Jenny got her answer and if she had ignored her intuition, she might have missed it!

Here's what happened: Jenny always received a quarterly newsletter from her alma mater which she normally tossed without reading. One quarter, when the newsletter arrived, an inner voice (intuition) told her to read this particular newsletter. In the newsletter was a request for a sorority house mother. Reading this, Jenny got very excited, because she also dreamed about being a house mother and working with young people (something she is very good at by the way). Quickly her mind kicked in and said "Oh, why bother to call? They've probably filled the position". But following her heart and intuition, she called anyway and was immediately asked to come for an interview. The sorority loved her and hired her on the spot.

Now here's the best part – she received a salary, a furnished apartment in the sorority, all meals, cleaning service, holidays and summers off, a chance to work with young people, and time to take all the courses she wanted in landscape design right there at the university! And all because she followed her intuition (reading the newsletter) and acted on the synchronistic event (the opening for a sorority mother). This is a perfect example of SynchroDestiny – trusting one's intuition, acting on synchronicities, and following one's natural path (destiny). When we do this, we are on the path of least resistance, and resources line up to support us.

How many times have you had a hunch, inkling, a gut reaction or other display of intuition and failed to act on it? Sometimes our intuition is a warning; other times it's a nudge to do or follow something. What happens when you don't follow your intuition? Do you regret it later and say: "I knew that would happen!"? Here's a personal example when I am playing golf: I am ready to play my approach shot to the green and my intuition (first reaction) is to take a 9 iron for the shot. But then my mind takes over and says, "What are you crazy? You'll never get the ball there with a 9 iron! You need a different club." And so I talk myself out of the 9 iron, reach for an 8 iron, and hit the ball over the green! Then I say: "I knew the 9 iron was the right club! Why didn't I trust my intuition?" I find that the golf course is an excellent place to practice listening to my inner voice!

How do we know when it is intuition? Things happen synchronistically; there is a feeling of effortlessness; there is a feeling of elation or inspiration; it just 'feels' right; and it keeps coming up. (Remember the story).

Are you paying attention to your intuition? If not, what's an area in your life where you could start listening to and following your inner voice? Pick one area and over the next week listen to your internal guidance. What is it telling you to do or not do? Take a chance and follow the guidance.

The more we pay attention to and act on this guidance, the clearer it becomes. And with clear guidance comes more synchronicities leading you on your natural path. Voila! SynchroDestiny!

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As a Life Transition Coach I work with clients to identify what's most important to them and prioritize around these values. I help my clients identify and remove obstacles in the way and bring clarity and focus to their dreams. What is your dream? Are you undergoing a major transition and not clear where to turn? Call (972-306-4489) or email me, (coach.v.miller@verizon.net), to set up a complimentary, no obligation 30 minute coaching session. Download my FREE e-Book, 12 Fun Ways to Change Your Life, or sign up for my FREE monthly newsletter at <http://www.thrivingthroughchange.com>

Article Source: http://EzineArticles.com/?expert=Vicki_Miller

from *Developing Intuition* by Shakti Gawain.

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What Is Intuition?

There is a universal, intelligent life force that exists within everyone and everything. It resides within each one of us as a deep wisdom, an inner knowing. We can access this wonderful source of knowledge and wisdom through our intuition, an inner sense that tells us what feels right and true for us at any given moment.

Many people who are not accustomed to being consciously in touch with their intuition imagine that it is a mysterious force that would come to them through some transcendent mystical experience. In fact, our intuition is a very practical, down-to-earth tool that is always available to help us deal with the decisions, problems, and challenges of our daily lives. One way that we often describe an intuitive prompting is as a "gut feeling" or a "hunch."

Intuition is a natural thing. We are all born with it. Young children are very intuitive, although in our culture they are often trained out of it early in life.

We are accustomed to thinking that some people are intuitive and some aren't. Women are generally considered to be more intuitive than men, for example. Yet many men follow their hunches on a regular basis. In reality, we are all potentially intuitive. Some of us consciously develop this ability, while a majority of us learn to disregard and deny it. Still, many people are unconsciously following their intuition without realizing it.

Fortunately, with some practice most of us can reclaim and develop our natural intuitive abilities. We can learn to be in touch with our intuition, to follow it, and to allow it to become a powerful guide in our lives.

In many cultures, including those of most of the indigenous peoples of the world, intuition is acknowledged, respected, and honored as a natural and important aspect of life. Every moment of daily life is guided by a strong sense of connection to the universal creative force. These societies create powerful rituals, such as group councils, dream sharing, chants, dances, and vision quests, that support their connection to the inner intuitive realms. Individuals within those cultures learn to trust and follow their own inner sense of truth and offer it as their wisdom to others. They have a profound sense of the interconnectedness of all life.

Our modern western culture, on the other hand, does not acknowledge the validity or even the existence of intuition. We respect, honor, and develop the rational aspect of our nature and, at least until recently, have disregarded and discounted the intuitive side.

Our school system reflects and reinforces this bias. It focuses almost exclusively on developing our left-brain, rational abilities and mostly ignores the development of the right-brain, intuitive, holistic, creative capacities. We often see the same bias in the business world. Only in recent years have some schools and businesses begun to truly value intuition, and to encourage the kind of creativity and progressive thinking that results from intuitive awareness.

The rational mind is like a computer -- it processes the input it receives and calculates logical conclusions based on this information. The rational mind is finite; it can only compute the data that it has received directly from the external world. In other words, our rational minds can only operate on the basis of the direct experience each of us has had in this lifetime -- the knowledge we have gained through our five senses.

The intuitive mind, on the other hand, seems to have access to an infinite supply of

information, including information that we have not gathered directly through personal experience. It appears to be able to tap into a deep storehouse of knowledge and wisdom -- the universal mind. It is also able to sort out this information and supply us with exactly what we need, when we need it. Although the message may come through a bit at a time, if we learn to follow this flow of information step by step, the necessary course of action will be revealed. As we learn to rely on this guidance, life takes on a flowing, effortless quality. Our life, feelings, and actions interweave harmoniously with those of others around us.

In suggesting that our intuition needs to be the guiding force in our lives, I am not attempting to disregard or eliminate the intellect. Our rational faculty is a very powerful tool that can help us organize, understand, and learn from our experiences, so of course it is important to educate our minds and develop our intellectual capacities. However, if we attempt to direct our life primarily from our intellect, we are likely to miss out on a great deal. In my experience, it works best to balance and integrate logic with intuition.

Many of us have programmed our intellect to doubt our intuition. When an intuitive feeling arises, our rational minds immediately say, "I don't think that will work," or "What a foolish idea," and the intuition is disregarded. We must train our intellect to respect, listen to, and express the intuitive voice.

Shakti Gawain, Developing Intuition, Part 3

Most of us have spent a lifetime developing our rational minds. Fortunately it doesn't take a long time or a lot of work to develop our intuitive abilities. In fact, I've facilitated thousands of people in this process and I've found that with a little explanation and practice the vast majority of them are able to get in touch with their intuition and begin following it on a regular basis. From there, the whole process of balancing logic with intuition happens easily and naturally.

Intuition and Instinct

People often use the term instinct interchangeably with intuition. In reality, instinct and intuition are different, but related.

Animals live by their instinct, a genetically programmed part of them that naturally directs them toward survival and reproduction. Human beings are animals and we also have instinctual energies that prompt us toward self-preservation and the preservation of our species. In addition to instinct, we humans have intuition, a faculty which gives us a much broader spectrum of information, related not only to our survival but our growth, development, self-expression, and higher purpose. Instinctual behavior is usually similar in all members of a given species, whereas intuition seems to be fine-tuned to our individual needs in any given moment.

As human beings have become more "civilized," we have tended to repress and disown our instinctual energies, such as aggression and sexuality. To some extent that may be necessary to have an orderly, law-abiding society. If our instincts become overly repressed, however, we lose a lot of our life energy, and our natural capacity to take care of ourselves. When we disown our instinctual energies we often lose touch with our intuition as well. So we need to develop a healthy balance of intellect, instinct, and intuition. (We will discuss more about developing and balancing the different energies within us in chapter 8.)

Intuition and Psychic Ability

When people begin learning about intuition, one question that often comes up is, "What is the difference, if any, between intuition and psychic ability?"

The word psychic can be frightening for many people. They may associate the term with

weird, far-out phenomena. Some may have had a confusing or disturbing psychic experience themselves or know someone who has. They may have read about or encountered psychics who are strange, flamboyant, inaccurate, or untrustworthy. Some people have simply seen too many Hollywood movies in which psychic abilities are presented in a dark and frightening way.

The terms intuitive and psychic are often used more or less synonymously. If intuition is equated with psychic ability, some may fear that developing their intuition will lead them somewhere they don't want to go. Others feel the opposite: They are fascinated with the idea of being psychic and for various reasons want to develop that ability.

Shakti Gawain, Developing Intuition, Part 4

I would like to clarify my understanding and use of the two terms. As I have said, intuition is a natural ability that we are all born with. If our family and our culture support our intuitive gift, it will develop into a natural and practical asset. If not, it may go undeveloped unless and until we choose to consciously focus on developing it. Some people, however, have an especially strongly developed intuitive sense. They may be born with it, or they may develop it early in life. These are the people we think of as natural psychics. Others may consciously choose to develop their intuitive abilities to the point where they become psychic.

People who are psychic may receive a great deal of intuitive information about themselves and others. Like any other talent, this can be a mixed blessing. Their challenge is to learn to manage this ability in such a way that it works in their lives.

So we are really talking about a spectrum of experience.

On one end of the spectrum, we have not developed our intuitive gifts. As we move to the center we are learning to follow the daily, moment-to-moment intuitive feelings that nudge us in the direction we need to go. They are not usually very dramatic and they generally give us only the information we need at that moment. If we move farther along the spectrum we may have more frequent and perhaps more dramatic experiences in which we have a strong feeling, a clear vision, or receive a lot of information. There is an infinite range of experiences on this spectrum, and we may fluctuate at different times to different places on the spectrum. For example, sometimes a person with a totally undeveloped intuition has a spontaneous dramatic psychic experience.

This book is focused primarily on helping you explore and find your balance in the middle ground of the spectrum. It's about accessing and learning to trust your natural intuitive ability so that it can take its rightful place as a positive guiding force in your life. Wherever you currently are on the spectrum, it can help you get comfortable with your intuition in a simple, practical way that really works in your life.

Intuition - Your Inner Guide

Have you ever thought about someone out of the blue and then they called you. Have you ever made a decision that everyone else thought was crazy, but you knew was right for you, and it worked out perfectly? Have you ever followed your gut instinct on something and was proved gloriously RIGHT!

If any of these have happened to you, you have experienced the power of intuition. Most of us at some stage wish we could have an inner guide that would tell us the right thing to do. The good news is that we do have an inner guide, the bad news is that the message can be fuzzy!

Benefits of being guided by intuition

So what are the benefits of following your intuition as opposed to listening to the promptings of parents, partners and others? First of all, this begins to give you confidence in your own judgment. It helps you judge whether this person or opportunity is the right one for you even if it may not seem so on paper.

Secondly I have never met anyone who regretted following their intuition. Yes it may have meant making a difficult decision but it WAS the right ultimate decision for them. Many great business deals have been gone through on a hunch or intuition?

Developing your intuition

1. Recognition: I have relied on intuition for making most of my major decisions but I still have difficulty sometimes distinguishing between it and just a passing thought, so here are some guidelines I use?

a. Feeling: What's the feeling around it? If it's gentle that's usually a sign of intuition. Something that is fear-based and urgent is not intuition.

b. Persistent: You find that you keep having the same thought about something, check it out.

c. Messages: You find that the issue crops up again in all sorts of ways..it gets mentioned on the news, you hear it in passing conversation.

2. Trust. So after you have got these messages and confirmation, if you wish to use this, you actually need to do something about it. You must learn to trust this feeling. Follow promptings and see where they lead you.

3. Openness: Be open to where intuition can lead you. One thing I can promise you..is that you will be surprised and delighted by where it leads you..

4. Sometimes it doesn't mean anything. This is one thing I have noticed about being guided by intuition. Sometimes hunches and gut instincts don't actually seem to mean anything but we don't know that until afterwards so accept that you may have the odd intuitive red herring!

So this week begin paying attention to your hunches. Call that friend, read that book, make that call and who knows what delightful things could come to your door..

About The Author

Anne Walsh is a life coach based in Co. Galway, Ireland You can sign up for her monthly ezine Bring your best self to light at www.annewalshcoach.com/subscribe.htm

When you do, you will automatically receive the first part of a 10 part free e-course called Personal Freedom delivered once a week to your in-box.

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Do You Know Where You're Going To?

How Tapping Into Your Intuition Can Lead You To Unexpected Places



When it hasn't been raining like the end of times, I've been taking walks in Fort Greene Park to get a little nature fix and some fresh air before sitting down to toil at the computer. Quite the creature of habit, I've practically worn a groove in the sidewalk because I take the same route, every time, to and from the park. Blech. I was starting to drive myself crazy. It's like when someone's scratching your back, which is a nice thing, but they only scratch the same place over and over again until your eye starts twitching.

On my way home the other morning, I stopped at an intersection and asked myself which way I should go. I stayed put, wondering what kind of information I was going to get. And I swear, the right side of my body started tingling as if someone had plugged my toe into a socket. So I went right where I normally would have gone straight, toward the main drag in my neighborhood that I generally avoid because it is crowded with people. When I got to the busy street, I took a left, the direction of home. But my right side was still humming, so I crossed over to the other side. One block later, I spied a friend I had been meaning to call. He was sitting at a sidewalk café and we had nice cup of tea together. Coincidence? Or did my right side have some kind of ESP?

On my next walk, there was an enormous steam roller partially blocking an intersection, and a large piece of the sidewalk was roped off. My right side was humming again, which made no sense because to the right was where the sidewalk was blocked. But when I looked to my immediate right I saw a small path leading to a college campus I had never stepped foot on before. What the heck, I figured, I'll learn a little more about my neighborhood. As soon as I got on campus, I spied a set of stairs off to the left that led to the front door of a building. The staircase was lined with flower pots, and looked so pretty I was compelled to take it, even though I had no business in the building. What I couldn't see until I got to the top was that the stairs also led to a path that dumped me back out on the sidewalk, just beyond the wet cement. Hmmmm.

We have access to a lot more information than we realize, and trusting this information can lead us to lovely places and people we might never find if we only stick to our well-worn paths.

While neither of these events is particularly earth-shattering, they are convincing me that we have access to a lot more information than we realize, and trusting this information can lead us to lovely places and people we might never find if we only stick to our well-worn paths, both physical and mental. Next time you're out for a stroll, or even in your car, try asking which way you should go when you come to a crossroads. The information can come in many forms – I tend to feel it in my body, but you could get an image, or a song might pop into your head, or you might feel it as an emotion. By practicing on small decisions, you'll be able to learn more about how your intuition speaks to you. Next time you've got a bigger decision to deal with, you'll know how to access your inner wisdom and be better able to trust the information it gives you.

How Does Your Intuition Speak to You?

Have you had any experiences following your intuition? I'd love to hear them and post them on the "your thoughts" page. We so rarely get the message to trust our inner voice, we can't hear inspiring reminders to listen to ourselves enough. Please send me your stories at kate@msmindbody.com. If I publish your post on the main page of [msmindbody](http://msmindbody.com), I'll send you [Meditation for Beginners](#), a 2-CD set by renowned meditation teacher Jack Kornfield, as well as some soothing music to listen to as you meditate.

Take care and keep breathing,
Kate

Where the Wild Heart Leads, Joy Follows



What is your wild heart? What does it have to do with intuition?

Before I answer those questions, I have a story to tell you.

When my daughter was about six, she picked up my pre-printed To Do List and created my instructions for the day. Here is what she wrote:

- ~ Sing
- ~ Play
- ~ Hop
- ~ Watch a show
- ~ Buy pets (100)

She was at the age where she put on daily shows for me, complete with dress-up costumes or puppets - - - those were the days!

I keep this list where I can see it often, because in its simplicity it contains everything I need to remember to find my joy daily: creative expression, play, movement, enjoying the efforts of my loved ones, and reveling in wildness and unconditional love. While we certainly didn't need 100 pets, that number reminds me that my daughter knew she could love without limits. In fact, at three she once tickled me by saying, "I love **everybody!** What are their names?"

Did you notice that every activity on my treasured list is infused with the joy of being alive and able to create with wild abandon? Wouldn't you like to recapture that sense of wonder?

If so, then you've come to the right place. For here you will find encouragement, creative ideas, and a wellspring of inspiration as you learn to follow your wild heart, developing intuition and allowing your life to unfold in your own joyful and authentic way.

What is your wild heart?

Your wild heart is your heart untamed, your heart as it was before it became shrouded by the expectations of others and your own abandoned dreams. It's the love you expressed when you sat on the swing and literally sang your heart out, when you loved new people and experiences and had no idea what it even meant to "look foolish". When you went from tears to goofy smiles, without any transition because you just couldn't remember the hurt that long, you were living in your wild heart.

Without even knowing it, you were listening to your intuition, for it is nothing more and nothing less than the *voice* of your wild heart.

So what happened?

Life, with all its demands, expectations and directives. You started to listen to everyone's voice but your own, and that's when the going got tough.

When you get back to following the wisdom of your own wild heart, you find out that **creating a life of joy doesn't have to be so hard.**

As we move on the path to living intuitively, what most of us need are stepping-stones: gentle reminders of what we already know in our wild hearts and a few wonderful ideas for how to stay in the flow of our intuition. We also need each other, because having a friend to laugh with us at our mishaps, give us a hand up when we need it, and lovingly cheer us on makes the journey far more fun.

So let your intuition flash and your imagination run riot . . .

Grab your wild heart, your spirit of adventure, and your desire to draw your own maps, and jump right in!

Intuition - Your Inner Guide

By: **Anne Walsh**

Have you ever thought about someone out of the blue...and then they called you. Have you ever made a decision that everyone else thought was crazy, but you knew was right for you..and it worked out perfectly? Have you ever followed your gut instinct on something and was proved gloriously RIGHT! If any of these have happened to you, you have experienced the power of intuition. Most of us at some stage wish we could have an inner guide that would tell us the right thing to do. The good news is that we do have an inner guide, the bad news is that the message can be fuzzy!

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So this week begin paying attention to your hunches. Call that friend, read that book, make that call...and who knows what delightful things could come to your door..

Following Your Intuition is Better than Following Predictions

Spoken by Supreme Master Ching Hai, Florida, USA,
February 15, 1999 (Originally in English) *Videotape #635b*



Q: I've been studying astrology as a hobby and I think to some degree it can help you analyze people's potentials and shortcomings, not only in a material way but also spiritually. I started it as a hobby, but now I'm not sure as a practitioner if it's right or not to tell other people what I see. I'm not sure if it really helps them or if on the other hand maybe it's the opposite and it creates karma for me.

M: Well, sometimes we can influence people in a bad way. For example, if something good is coming and you tell the person, "Your luck is changing. Oh, my God! You're going to win a million dollars!" That person might have a heart attack right there and die. Or if something bad is coming and you say, "Your girlfriend is going to kick you out and get another boyfriend." What is the use of that? Because maybe they can make up with each other due to their spiritual strength; it's possible they could alter destiny or at least postpone it. But because you say that, they fixate on it. Then they give up and are miserable.

So what is the point of telling people their future? It's good enough to take care of today! And the past we don't even care to think about. Even if you tell someone, "Before, in your last life, you were a butcher. That's why you look like a pig right now." (Laughter) So what's new? He still looks like a pig, and his temper won't change just because you told him that he was a butcher in his last life. So, what's new in the universe?

Q:But Master, what if I can analyze people's potential, say, in a spiritual way?

M:Do you mean outside people?

Q:Yes.

M:Do what you like; nothing is forbidden, OK?

Q:It's just that many people are concerned about their karma. Especially recently I notice that many people are not just concerned about worldly things like marriage or relationships but also about their future in terms of spiritual practice.

M:If they want it, you can let them know, but I don't know if it will be accurate or not.



Q: I think it is.

M:But things can always change, always! Even the weather can change according to some person's consciousness or the group consciousness or someone's magical touch. So it doesn't matter if we predict that something will happen; it might not happen. Or it might happen, but so what? People still do what they do. A lot of people go to fortune tellers and become sad or happy accordingly.

So I think you should just live naturally. Most of the time if you practice the Quan Yin Method you have an intuition about what is going to happen and you just do the most correct thing. Even if you do not know it at the time, later you discover, "Oh! I did that and it was right."

Q:Yes. That's true.

M:And so sometimes even though the astrology is really correct, if you've already matched your thinking and doing with the astrology, it's also good. You can feel that it is correct. You don't have to read the astrology; you just do the correct thing all the time.

So your intuition is enough. That way, you don't read beforehand; you read afterwards to confirm. We do not need astrology. We can do the right thing ourselves.

Q:Do you mean that in some sense astrology can be helpful?

M:No, it's not. There is no need for it! We are practitioners; we don't worry much about tomorrow or yesterday. We're just hanging in there waiting to die; we're just hanging on. Meanwhile, we eat a lot of candy and cake because we're not attached to not eating. (Laughter) And we can do what we like for fun. ❤️

GUIDELINES FOR AWAKENING INTUITION

by Frances Vaughan

INTENTION: The first requirement for consciously awakening intuition is a clear intention to do so. Intuition is already within you, but to awaken it you have to value it and **INTEND** to develop it.

TIME: Your willingness to devote time to tuning in to your intuition, making a space for its unfolding in your life, is part of valuing and developing it.

RELAXATION: Letting go of physical and emotional tension gives intuition the space to enter your conscious awareness.

SILENCE: Intuition flourishes in silence. Learning to quiet the mind is therefore part of the training for awakening intuition. Various meditative practices are useful in learning to maintain the necessary inner silence.

HONESTY: Willingness to face self-deception and to be honest with yourself and others is essential. Creating any kind of smokescreen interferes with clear vision. Giving up pretenses is a big step in awakening intuition.

RECEPTIVITY: Learning to be quiet and receptive allows intuition to unfold. Too much activity or conscious programming gets in the way of intuitive awareness that emerges when a receptive attitude is cultivated.

SENSITIVITY: Finely tuned sensitivity to both inner and outer processes provides more information and expands intuitive knowing. Sensitivity to energy awareness and the quality of experience is particularly useful.

NONVERBAL PLAY: Drawing, music, movement, clay, and other forms of nonverbal expression done in a spirit of play, rather than for the purpose of goal-oriented achievement, provide excellent channels for activating intuitive, right-hemisphere functions.

TRUST: Trusting the process, trusting yourself, trusting your experience, are the keys to trusting and developing your intuition.

OPENNESS: If you are afraid of being seen, you may close up and then be unable to see. Being open to all experiences, both inner and outer, gives intuition the space it needs to develop fully.

COURAGE: Fear gets in the way of direct experience and often generates deception. Your willingness to experience and confront your fears will facilitate the expansion of intuition.

ACCEPTANCE: A nonjudgmental attitude, an acceptance of things as they are, including self-acceptance, allows intuition to function freely.

LOVE: Opening your heart to feelings of nonjudgmental love and compassion allows you to see into the nature of things. Emotional empathy and intuitive identification are facilitated by love and compassion.

NONATTACHMENT: The willingness to let things be as they are, rather than trying to make them be the way you would like them to be, or the way you think they should be, allows intuition to emerge. You can see things as they are only when desires and fears are out of the way.

DAILY PRACTICE: Intuitive awareness grows with daily attention. If you discount or neglect it most of the time and only want it to perform occasionally, it may not respond.

JOURNAL KEEPING: Keeping a record of intuitive flashes, hunches, insights, and images that come to mind spontaneously at any time of the day or night, can help stabilize and validate them.

SUPPORT GROUP: Finding one, two, or more friends with whom you can share your interest in the development of intuition, as well as your successes, failures, hopes, and fears, can facilitate and

accelerate the process of development. Sharing experience with someone who is willing to listen without judging or interpreting is very useful.

ENJOYMENT: Following intuition does not always feel good. At times it may seem difficult and entail arduous work. At other times it may be effortless. Enjoying the creative resources of intuition is based on the intrinsic satisfaction of expanding consciousness, taking responsibility for your life, and surrendering to your own true nature.

Source: Awakening Intuition by Frances Vaughan

Practical Intuition

Living in Flow, Making Decisions More Easily

By Laureen Rama

June, 1999

As a shamanic healer and teacher and a creativity consultant, I teach people techniques for accessing their inner knowing. The techniques I teach range from creative thinking techniques (eg. brainstorming), guided visualization, using intuitive tools (eg. tarot cards, pendulums), to shamanic journeying--deliberately going into a waking dream state.

I have found though, that a general approach to life that honours the ongoing voice of our intuition is more effective in tapping intuition than using techniques once in a while to seek answers. The techniques are very helpful when confused or unsure, and for validation of important decisions. Using techniques also hones one's intuitive sense so tapping in during everyday life becomes easier. The more experienced I become in my shamanic and creative work, the less often I use these techniques for myself, because I don't feel the need.

My understanding is that our intuition is truly a sixth sense that's operating all the time. We just need to be able to notice what it is sensing. For example, if we compare intuition with hearing, another sense, it is like most of us are very hard of hearing and just pick up little hints of sensation. We need to learn to pay attention to those hints and how we experience them, so we can understand the messages we are picking up from our intuition.

I know when something intuitively feels right to me when I hear a sound like the rushing ocean in my ears, when my body perks up, or when I start physically moving towards something without having thought about it first. I know when something feels wrong when I have no sensation in my body or my body tenses in on itself. Sometimes my intuition also signals me through fleeting thoughts or even words in my head. I have my intuition students pay attention to how they experience their intuition when I say certain phrases. Some of them hear inner responses, some see visual cues (such as a red light or a green light), some just know what's right, others feel things in their body like me. Knowing how you sense your intuition can help you tune in better.

When we can hear well, we focus on what we want to hear and tune out the rest; we have an intention and focus that allows us to pay attention to what's important to us, so that we're not overwhelmed with stimuli. Ask anyone with a hearing aid how confusing it is when you can't tune out most sound! And yet, parents will notice the sounds of their children in distress, even in the midst of much other noise. We can also learn to focus our intention and our attention to help us tap our intuitive sense.

Setting an intention for what you want, or asking a specific question, is key to tapping intuition. When you set an intention, it should be framed positively; the unconscious mind does not recognize negatives. One night long ago when I was driving home through a blizzard, I kept saying "I don't want to crash." A friend of mine more experienced in this field said "Next time say 'I want to get home safely.' Your unconscious doesn't recognize the 'not' and was getting the message that you wanted to crash!"

Make your intention specific enough that you would recognize a positive response to your intention, but not so specific that you don't allow for better ways than you can think of for your intention to be answered. For example, if you're heading into a meeting, set an intention for the meeting to have a positive result that will be in everyone's highest interest, rather than specifying a certain result you want. It is helpful to set this intention long before the meeting and to be putting out the energy of that intention. It seems that you and others will pick up that energy, which helps manifest the intention. One of my students did this at work around some contentious labour issues and reported that the meetings had been much less tense, more enjoyable, and more productive.

If you're asking a question, keep it simple, specific, and unambiguous. For example, "Would it be in my best interest to buy my Grandmother's house?"

Once you've set an intention or asked a question, it's best to not focus directly on it, but to pay attention to the cues your intuition will give you. Just as you would hear the sound of your child in distress, setting your intention allows you to notice the signals your intuition gives you when something is relevant to your intention.

Nancy Rosanoff's* four principles of intuition help you know how to pay attention. The first principle is that intuition is the art of the impossible--it is non-analytical--we know WHAT to do before we know WHY. This is leap before you look. I have found this helpful in learning to follow my intuitive hunches. When I ask myself why should I do that? about my intuitive hunches, I rarely get an answer. If I dismiss my hunch then, I've found I often miss valuable opportunities. Even though it is sometimes challenging to shut off my analytical mind, I'm learning to do so, when I'm clearly getting a strong intuitive hunch.

For example, a year and half ago, I had an intuitive sense that I should move to Edmonton to purchase my Grandmother's house. This came to me after a phone call about some possible contract work in Edmonton. Within twenty minutes I tentatively decided to move. This move made very little logical sense--it would mean uprooting my business and my life in Calgary and increasing my expenses. I had already rationally decided not to buy the house, but my intuition was so strong I felt I should follow it--I heard the phrase in my head "I should buy my Grandmother's house and move to Edmonton" and then I heard the ocean roar in my ears, and I could not sit still my body felt so supercharged.

Over the next months, I used every intuitive technique I knew to verify my sense that I should move and they all came up positive. When I asked my intuition why I should make the move, the only answer I got was "it's your destiny." How can you argue or respond to that? The contract work that triggered my intuitive hunch has not come to pass, but now I am very happy in this house and in Edmonton. After the move I realized that it could have been in response to my asking for years for a place to live that would combine living in the country with living near a city. This house is in a huge park in the middle of the city so it combines the best of both in a unique way I had not considered.

Nancy Rosanoff's second principle for paying attention to intuition is to look for effortless ease. Robert Fritz calls this following the path of least resistance--the title of his book on creativity. Rosanoff suggests that if you imagine the progress of your life as going down a mountain (vs. climbing a mountain), you would take the easiest route. Your intuition flows with the underlying energy that links everything. If you go where your energy most easily flows, you will be following your intuition. This also means that if roadblocks appear, you go around them, take another route, or just wait--there may be a good reason for a delay or a block. This is rather than putting effort into removing the block.

When I was purchasing my Grandmother's house, I called some mortgage brokers to help me. The one who answered the call right away and said that he could arrange it for me was the one who got me the deal. It seemed almost too easy. When the bank lost the papers for two weeks and then there were more delays it was nerve-wracking but I could do nothing to push the process, so I told myself this had to be working out for the best, and it did!! Mortgage rates plummeted as we waited and the Calgary market heated up, so I got a much better mortgage rate and price for my Calgary house.

Robert Fritz also mentions that when you seem to be getting in your own way of following the path of least resistance, you may need to examine your core beliefs about what's possible for you. You may have a deep-seated belief (eg. I'll never amount to anything, I don't deserve love, women should not earn more income than their spouse) that is holding you back. I have found rituals of burning and releasing things that represent that core belief to be the best way to transform them. I've found using deep intuitive techniques, such as guided visualization or shamanic journeying, is the

best way to identify these beliefs.

Rosanoff's third intuitive principle is that everything is subjective. Follow what attracts you and has meaning for you and move away from that which repels you. I love the house I bought from my Grandmother. It is in a beautiful park and it has so many happy memories for me. I feel good here. In other situations, such as gatherings, I scan a room and notice how my body responds to the people--I'll go talk to those who attract me, even if I don't know them. I've made so many wonderful connections this way, or learned valuable things, or sometimes heard the message I needed to hear to answer the question I'd asked.

Rosanoff's fourth principle of paying attention to intuition is that everything is connected. So pay attention to everything--the answer to your question could be in the phrase your two year old repeats or in the song on the radio. I teach people how to connect with their power animals--intuitive guides we all seem to have who represent our personal power. Sometimes in workshops people are not sure what their power animals are. I suggest they pay attention in the few days after the workshop. People have seen the actual animals, or representations on t-shirts, or the animal has been in the name of a restaurant (the Dragon Pearl).

I've found learning to set positive intentions, ask questions, and then pay attention to what my intuition focuses on is an adventurous and delightful way to make decisions and live my life. I can make decisions more quickly and easily. I also seem to enjoy myself more as I do what I'm drawn to do, when the time feels right, and I associate with people I'm drawn to. This is rather than doing what I rationally think I should be doing.

Try it! It's simple and it works!

*I learned Nancy Rosanoff's 4 principles in her workshop I was intuitively drawn to when I was putting together a course in Practical Intuition. She has written "Intuition Workout".

Trusting Intuition: A Path to Serenity and Peace by Judith Orloff, M.D.

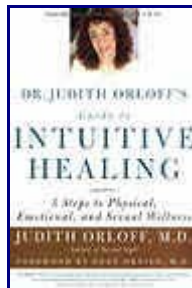


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The best way I know of to have serenity and peace is to trust my intuition.

I have found, in my own life, the lives of my patients and workshop participants, that one of the biggest and most painful stumbling blocks to serenity is refusing to listen to our own inner truth or denying it exists. When we doubt and negate our own hunches, it creates stress and tension, and can wreak havoc in our lives. Intuition is the potent inner wisdom that guides us. When we shut ourselves off from it, we can throw our lives off track. It happened to me.

As a psychiatrist and intuitive, I combine spiritual awareness and intuition with mainstream medicine. With patients and in my workshops, I listen with my intellect *and* my intuition, a potent inner wisdom that goes beyond the literal, the rational. I experience it as a flash of insight, a gut feeling, a hunch, a dream. By blending intuition with orthodox medical knowledge I can offer my patients the best of both worlds.



Now, listening to intuition is sacred to me, but learning to trust it has taken years.

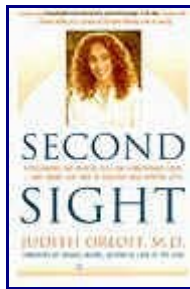
Relying on my own insights has brought greater clarity and serenity to my life, even when the insights are painful, difficult or sad. I've described my journey in my memoir *Second Sight* which is meant to assure anyone who has ever thought they were weird or crazy for having intuitive experiences, that they are not! I believe we can all find greater peace and purpose in our lives when we trust our intuition. It can liberate us from many of the fears and doubts that work against serenity in our lives. Embracing inner wisdom, now, can heal us from times that we felt we had to quell or ignore that part of ourselves.

I grew up in Beverly Hills the only daughter of two-physician parents with twenty-five physicians in my family. From age nine, I had dreams and intuitions that would come true. I could predict illness, earthquakes, even the suicide of one of my parent's friends. This confused and alarmed me, as it did my parents who were entrenched in the hard-core rational world of science. At first they tried to write my intuitions off as coincidence. Finally, though, after I dreamed my mother's mentor would lose an election for judgeship – which to my horror, came true – she took me aside and told me, "Never mention another dream or intuition in our house again!" I'll never forget the look in my dear mother's exasperated, frightened eyes, nothing I ever wanted to see again. So from that day on, I kept my intuitions to myself. I grew up ashamed of my abilities, sure there was something wrong with me.

Luckily, I've had many angels in human form who've pointed me to my true calling as a physician. In the Sixties I got heavily involved with drugs in an attempt to block my intuitions out. Following a nearly fatal car accident at age sixteen when I tumbled over a treacherous 1500 foot cliff in

Malibu Canyon, my parents forced me to see a psychiatrist. This man was the first person who ever "saw" me – not who he wanted me to be, but who I was, the magic that therapy can be. He taught me to begin to value the gift of intuition, and referred me to Dr. Thelma Moss, an intuition researcher at the UCLA Neuropsychiatric Institute. She was to become my mentor and guide to developing my intuitive side.

While working in Thelma's lab I had an amazingly specific dream which announced, "You're going to become an MD, a psychiatrist, to help legitimize intuition in medicine." When I awoke, I felt like someone was playing a practical joke on me. I'd never liked science, and I was bored around all my parent's doctor-friends. I was a hippie living in an old converted brick Laundromat with my artist-boyfriend in Venice Beach. The last thing I envisioned doing was medicine, but because I was beginning to trust my intuition from working with Thelma, I enrolled in a junior college just to see how it would go. So one course became two, became fourteen years of medical training – USC medical school and a UCLA psychiatric internship and residency.

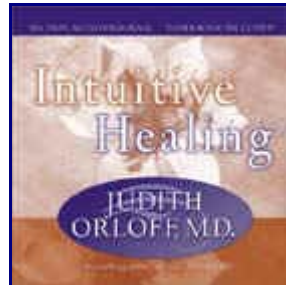


The irony was, that during my medical training I strayed far from the intuitive world again. Traditional psychiatry equates visions or even an extra-assertive inner voice with psychosis. Working in the UCLA emergency room, I'd keep seeing psychotics who were wheeled in screaming, strapped to gurneys, accompanied by cops with billy clubs. These patients professed to hear God and to be able predict things. They also felt their food was poisoned, and that the FBI was on their tail. A mishmash of claims no one even tried to sort through. Typically, these patients would be medicated with Thorazine, hospitalized in lock-down units until their "symptoms" subsided. Seeing this so many times I doubted whether it was safe or appropriate to integrate my intuitions in medicine.

When I opened my Los Angeles psychiatric practice in 1983, I had every intention of it being traditional; I'd use medications, psychotherapy, but I didn't intend for intuition to play a role. My practice was extremely successful. Since I was a workaholic and also loved helping people, I had twelve hour days, though very little personal life. But then I had a heart-wrenching wake-up call that changed everything. It was an intuition that a patient, on antidepressants, was going to make a suicide attempt. Because she was doing so well--nothing in her life supported my hunch – I dismissed it. Within a week she overdosed on the antidepressants I'd prescribed and ended up in a coma for nearly a month. (Had she not survived I would've been devastated.) The hardest part, though, was that I thought I'd harmed her by not utilizing a vital piece of intuitive information. This was intolerable for me. From then on, I knew, as a responsible physician, I had to integrate my intuitions into my work.

After this episode, my journey to bring intuition into my medical practice began. I didn't know how I'd do it, but I put out a silent prayer to the universe to help me. Soon, I began meeting people, more angels, who showed me the way. Gradually I grew comfortable with my intuition, set out to write my first book about my struggles to claim my inner voice. This took me seven years to complete because I had so much fear about coming out of the closet as an intuitive. I was afraid of what my physician-peers would think, that they'd mock me or blackball me from the profession. My mother warned, "They'll think you're weird. It'll jeopardize your medical career." Ah Mother: I loved her, but thank god I didn't listen. Finding my voice as a psychiatrist and intuitive has been my path to freedom.

Sure, there's a risk when you stretch yourself, but the rewards are enormous. Now, I'm blessed to travel around the country giving workshops on intuition to auditoriums full of extraordinary people – health care professionals and general audiences alike – who long to embrace their inner voice in all decisions, health and otherwise. I'm heartened to see that an increasing number of physicians are eager to deal with patients in the new way I offer. Recently I gave an intuitive healing workshop at the American Psychiatric Association convention, an annual gathering of the most conservative psychiatrists in the world. I'm pleased to report the response was wonderful.



[Audio Cassette](#)

To my great sadness, though, my mother didn't live long enough to see this. In 1993 she died of a lymphoma. However, right before her passing, she decided to tell me our "family secrets." At her deathbed, she said, "I want to pass the power onto you." I was astounded to learn that I came from a lineage of intuitive healers on her side of the family – my Jewish grandmother who did laying on of hands in a shed behind the pharmacy she and Grandpop ran in Philadelphia, and east coast aunts and cousins I'd never met since I grew up in California. Also, my mother, herself, had a strong inner voice which told her how to treat patients for over forty years. She'd listened to this voice and secretly used her innate healing powers to keep her lymphoma in remission for many years. "Why didn't you tell me?" I asked her. She said simply, "I wanted you to lead a normal, happy life, not to be thought of as weird like your grandmother was." Oh Mother... I'll always be grateful beyond words for what she shared, but, still... she'd waited so long. Even so, I believe in the wisdom of the paths we've been given. Mine has been to fight for what I believed in despite what my parents or anyone said. An invaluable but rugged lesson in empowerment.

These days, no matter what I'm going through, especially when my heart is torn in a million pieces or I feel isolated and alone my intuition has sustained me. Whether a situation appears promising or downright dismal, I now have the resources to look beyond the obvious, to achieve a deeper understanding of the picture. I always strive to hear the greater message--not acting hastily out of fear but driven by a sounder sense of truth. The great gift of intuition is that it allows me to tune into an authentic inner authority, offering me an alternative to acting out the negative scripts in my head.

I hope you are inspired by my story, that my struggles and triumphs can help you. We're all fellow-travelers on this spiritual path. One thing I'm certain of: if you follow your intuitive voice, you will follow a more peaceful and serene path. Your intuition is the best friend you'll ever have.

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Judith Orloff, M.D. is a board-certified psychiatrist and a practicing intuitive. She offers this article and her story as a glimpse into her memoir *Second Sight* which is a compelling portrayal of her journey, struggles, and the triumphs she faced in opening up to her intuition. She is also the author of the bestseller *Guide to Intuitive Healing*. Her third book *Positive Energy*, is due out from Harmony Books in April 2004. Dr. Orloff is an assistant clinical professor of psychiatry at UCLA and an international workshop leader. Her work has been featured on CNN, PBS, A&E and NPR. You can visit Dr. Orloff's web site at www.drjudithorloff.com

Intuition: Your Best Friend in Business

Claudette Rowley

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"Trusting your intuition means tuning in as deeply as you can to the energy you feel, following that energy moment to moment, trusting that it will lead you where you want to go and bring you everything you desire. It means being yourself, being real and authentic in your communications, being willing to try new things because they feel right, doing what turns you on." - Shakti Gawain

In business, we make decisions, arrive at crossroads and take risks on every day. Making choices that affect people, revenue and strategy is a big part of any business, whether you're the CEO, an entrepreneur or an employee in an organization. When faced with a fork in the road, how do you choose the best path?

Listen to your intuition. It'll become your biggest ally in business.

Intuition is simply knowing something without knowing exactly how you know it. Intuition is a form of inner guidance. Think back to a time that you had a "gut feeling" about something - a job that you knew you shouldn't take even though on paper it looked great, or a relationship that just felt right for you. That's your intuition tapping you on the shoulder. Intuition is the GPS of inner wisdom.

Ask yourself, "How does paying attention to my intuition benefit me?"

- You develop the skill of intuiting. We are each born with intuition, and many of us even hear its message, yet so often we dismiss it. How often have you thought, "My gut kept telling me that decision was the wrong one to make. But I made it anyway because logically it made the most sense."
- You tap into inner wisdom versus conventional wisdom. The problem with conventional wisdom is just that - it's conventional. When you use your intuition, it may take you outside of what's known or expected. And this place may be exactly where you need to go. We are each born with a wealth of inner wisdom that can become obscured by distrust in our inner guidance systems and by beliefs that limit us.
- You "stick to your guns" in the face of opposition. Sometimes the decision that is right for you or your business is an unpopular or seemingly illogical one. Trust in your intuition helps you to stave off an attack of the "I don't know..." and remain true to yourself and your values.
- You're able to make choices when you have less information than you'd like. That's when listening to your "gut" really comes in handy. We've all heard leaders allude to making a decision based on a "gut" feeling, using their instinct as an internal barometer.

How do I hone my intuition?

Listen, notice and trust. Intuition is largely intangible - it often can't be seen, felt or heard. In order for it to be effective, you must trust it. Intuition and your faith in it are closely tied together. You must first trust your intuition before you see the positive results of it. So often, we want guarantees or tangible evidence before we trust. Once you start incorporating your intuition into your business choices, you'll never go back! Intuition is one of the most valuable skills in the human toolkit.

Intuition can assume a variety of forms. Here are some examples:

- Body signals - Your body gives you a tremendous amount of useful, intuitive information. For example, when your boss calls you into her office; does your stomach tie up in knots? When you feel passionate and alive, does your chest feel warm and open? Body signals offer

- us valuable information designed to let us what works for us and what doesn't.
- "The Gut"- Some people do feel their intuition in their physical gut. When I first started coaching and learning to access my intuition fully, I'd picture a string connecting my heart to my abdomen as a way to connect with my intuition.
 - Pictures in your mind's eye - Sometimes, I see an image in my mind's eye that is an intuitive message.
 - Dreams - The week after my son's birth, I had a difficult decision to make. One night, the lyrics to the song "Heart of Gold" by Neil Young appeared in my dream, reminding me that the intention with which I make a decision is far more important than the decision itself.
 - Energy - Your energy level is an intuitive cue. If your energy spikes at the thought of one choice, while it plummets when you contemplate another, the decision is clear.
 - Just as a feeling, a hunch - a more generalized feeling that one choice is better than the other. For some, it feels like an internal tug.
 - External signals - Intuitive hints can also present themselves externally. For example, within the same day, two people recommend the same networking contact to you, or three colleagues mention the same book to you within the same week.

The next time you have an important business decision to make, tune into your intuition. Do you use it and not even recognize it? Do you hear its message and ignore it? At your next crossroad, I challenge you to listen to your intuition, to trust it and follow it. After all, trusting your intuition is simply another form of trusting yourself.

Claudette Rowley is the founder of MetaVoice Coaching & Consulting. She's an intuitive coach and author who helps career-changers and entrepreneurs harness their potential and soar to new heights. For more information visit her website at www.metavoice.org.

THE POWER OF INTUITION: DR. ORLOFF'S PERSONAL JOURNEY ([click here to print](#)) by Judith Orloff MD

I'm a psychiatrist and intuitive in Los Angeles. What I do isn't my job. It's my life's passion. With patients and in workshops, I listen with my intellect and my intuition, a potent inner wisdom that goes beyond the literal. I experience it as a flash of insight, a gut feeling, a hunch, a dream. By blending intuition with orthodox medical knowledge I can offer my patients and workshop participants the best of both worlds. Now, listening to intuition is sacred to me, but learning to trust it has taken years. I've described the details in my memoir *Second Sight* which is meant to assure anyone who ever thought they were weird or crazy for having intuitive experiences, that they are not! This brief synopsis gives you a good sense of the book.

I grew up in Beverly Hills the only daughter of two-physician parents with twenty-five physicians in my family. From age nine, I had dreams and intuitions that would come true. I could predict illness, earthquakes, even the suicide of one of my parent's friends. This confused and alarmed me, as it did my parents who were entrenched in the hard-core rational world of science. At first they tried to write my intuitions off as coincidence. Finally, though, after I dreamed my mother's mentor would lose a political election—which to my horror, came true—she took me aside and told me, "Never mention another dream or intuition in our house again!" I'll never forget the look in my dear mother's exasperated, frightened eyes, nothing I ever wanted to see again. So from that day on, I kept my intuitions to myself. I grew up ashamed of my abilities, sure there was something wrong with me.

Luckily, I've had many angels in human form who've pointed me to my true calling as physician. In the sixties I got heavily involved with drugs in an attempt to block my intuitions out—not something I'm recommending to you! Following a nearly fatal car accident at age sixteen when I tumbled over a treacherous 1500 foot cliff in Malibu Canyon, my parents forced me to see a psychiatrist. This man was the first person who ever "saw" me—not who he wanted me to be, but who I was. He taught me to begin to value the gift of intuition, and referred me to Dr. Thelma Moss, a intuition researcher at the UCLA Neuropsychiatric Institute. She was to become my mentor and guide to developing my intuitive side.

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a practical joke on me. I'd never liked science, and I was bored around all my parent's doctor-friends. I was a hippie living in an old converted brick Laundromat with my artist-boyfriend in Venice Beach, working in the May Company's towel department. (I've had a great love of towels and sheets since!) The last thing I envisioned doing was medicine. But because I was beginning to trust my intuition, I enrolled in a junior college just to see how it would go. So one course became two, became fourteen years of medical training--USC medical school and a UCLA psychiatric internship and residency.

The irony was, that during my medical training I strayed far from the intuitive world again. Traditional psychiatry equates visions with psychosis. Working in the UCLA emergency room, I'd keep seeing psychotics who were wheeled in screaming, strapped to gurneys, accompanied by cops with billy clubs. These patients professed to hear God and to be able predict things. They also felt their food was poisoned, and that the FBI was on their tail. No one tried to sort through this mishmash of claims. Typically, patients would shot up with with Thorazine, hospitalized on lock-down inpatient units until their "symptoms" subsided. Seeing this so many times I doubted whether it was safe or appropriate to integrate my intuitions in medicine.

When I opened my Los Angeles psychiatric practice in 1983, I had every intention of it being traditional; I'd use medications, psychotherapy, but I didn't intend for intuition to play a role. My practice was extremely successful. Since I was a workaholic and also loved helping people, I had twelve hour days, though very little personal life. But then I had a heart-wrenching wake-up call that changed everything. It was an intuition that a patient, on antidepressants, was going to make a suicide attempt. Because she was doing so well--nothing supported my hunch--I dismissed it. Within a week she overdosed on the antidepressants I'd prescribed and ended up in a coma for nearly a month. (Had she not survived I would've been devastated.) The hardest part, though, was that I thought I'd harmed her by not utilizing a vital piece of intuitive information. This was intolerable for me. From then on, I knew, as a responsible physician, I had to integrate my intuitions into my work.

After this episode, my journey to bring intuition into my medical practice began. I didn't know how I'd do it, but I put out a silent prayer to the universe to help me. Soon, I began meeting people, more angels, who showed me the way. Gradually I grew comfortable with my intuition, set out to write "Second Sight." This took me seven years to complete because I had so much fear about coming out of the closet as an intuitive. I was afraid of what my physician-peers would think, that they'd mock me or blackball me from the profession. My mother warned, "They'll think you're weird. It'll jeopardize your medical career." Ah Mother: I loved her, but thank god I didn't listen. Finding my voice as a psychiatrist and intuitive has been my path to freedom.

Sure, there's a risk when you stretch yourself, but the rewards are enormous. Now, I'm blessed to travel around the country giving workshops on intuition to auditoriums full of extraordinary people--health care professionals and general audiences alike--who long to embrace their inner voice. I'm heartened to see that many physicians are eager to deal with patients in the new way I offer. Recently I gave an intuitive healing workshop at the American Psychiatric Association convention, a annual gathering of the most conservative psychiatrists in the world. I'm pleased to report the response was wonderful.

I'm sad to report that my mother didn't live long enough to see this. In 1993 she died of a lymphoma. But, on her deathbed, she decided to tell me our "family secrets." She told me, "I want to pass the power onto you." I was astounded to learn that I came from a lineage of intuitive healers on her side of the family--my Jewish grandmother who did laying on of hands in a shed behind the pharmacy she and Grandpop ran in Philadelphia. East coast aunts and cousins I'd never met since I grew up in California. Also, my mother, herself, had a strong inner voice which told her how to treat patients for over forty years. She'd listened to this voice and secretly used her innate healing powers to keep her lymphoma in remission for many years. "Why didn't you tell me?" I asked her. She said simply, "I wanted you to lead a normal, happy life, not to be thought of as weird like your grandmother was." Oh Mother... I'll always be grateful for what she shared, but, still... she'd waited so long. Even so, I believe in the wisdom of the paths we've been given. Mine has been to fight for what I believed in despite what my parents or anyone said. An invaluable but rugged lesson in empowerment.

These days, no matter what I'm going through, especially when my heart is torn in a million pieces my intuition has sustained me. I hope that my journey in my book "Second Sight" can help you. One thing I'm certain of: if you follow your intuitive voice, you can't go wrong. Stay true to it. Intuition is about empowerment, not having to conform to someone else's notion of who you should be. It's about being true to yourself, and all the goodness that comes from that.

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Intuition and Spiritual Practice

Tuesday, August 28th, 2007

A student recently asked if spiritual practice is more about “following my intuition” than about process. By “process,” she meant the specifics of technique, or of a tradition.

My first teacher, and the first Tantrik teaching I encountered back in my twenties, was about intuition. Now, when most of us consider intuition, we think it has something to do with what we feel is right or wrong, or desirable or undesirable. Or we simply believe that whatever we want the most is our intuition pointing us in the right direction.

This is not intuition from a Tantrik perspective. And when feeling is mediated mostly at the level of the second chakra, we are in danger of mistaking compulsive self-pleasuring for the wisdom of intuition.

From a Tantrik View, intuition is direct knowledge, or direct realization. One doesn't cultivate intuition by focusing on “my” feelings, but by relaxing all of the senses into a 360 degree attitude of listening.

In order to exercise intuition, you must reach out and develop the capacity to instantaneously take in a total situation. You must reorient yourself toward the world, not just inward, and begin to relate to the world as living wisdom, “readable” by your skin, your eyes, your breath, your ears, your nose, your motion, and unconditioned mind.

Feelings are only one aspect of being alive. We also have sensation, sound, smell, sight, mobility and the apprehension of time and timing. And the gross senses are only one level; all of the senses have more subtle capacities that develop as we practice.

This sounds complicated, but only if we try to imagine we have to somehow put all of these pieces together, one-by-one.

Luckily for us, all we have to do is follow the processes or practices given to us by our teachers.

The ritual, yogic, and meditative techniques of Tantra were discovered, explored, refined and disseminated by Rishis, Mahasiddhas, Sat Gurus and other accomplished beings.

The practices of the tradition already have the intuition of these highly evolved beings built in. When we practice faithfully, we eventually receive the transmission of the full wisdom that is inherent in these practices. No assembly required.

Sri Ma Anandamayi called the highest level of intuition “*kheyāla*.” *Kheyāla* is about being a consummate player of the world game. We are in an open, communicative situation, and we directly realize how to dance with the totality. At this level, we can directly perceive the play of the primordial, unconditioned intelligence as it enters into “worldliness” as the five elements.

When we mature as practitioners, we do not need so much close supervision from our teachers. We have opened to a greater capacity to directly understand what is appropriate and what is not. But this is not because we know how we feel and are able to make decisions based on our feelings. It is because we are better able to listen and follow the *kheyāla* of the world.

In Matriseva,
Shambhavi

The Secret Wisdom of the Inner Voice

From [Dr. John F. Demartini](#)

[\(Continued from Page 1\)](#)

Following Your Inspirations and Intuitions

Be sure to act on your inspirations as soon as possible. When you don't follow the inspirations and intuitions of your inner voice promptly you can begin to emotionally beat your self up. This is not terrible though for it is simply part of the grand and magnificent design of conscious evolution. It is a blessing for it assures that no matter what happens, you will eventually learn and gradually or immediately unfold your inner spiritual mission, talent, and destiny. Life events will at times force you to listen to that wise voice within. The inspired beings throughout history learned to follow it. Those who have ignored it have passed by many opportunities it could have provided.

For decades many psychologists have considered individuals who have heard their inner voices as bordering on the edge of sanity.

But, if you look carefully at the many great spiritual leaders, scientists, artists, musicians and social leaders, they regularly listened to their inner voices. They gratefully awakened this special inner communion regularly. The great philosophers have stated that they would rather have the whole world against them than their own inner soul. Today, you have an opportunity for expanding your greatness. When your wise and masterful voice on the inside becomes greater than the many little voices on the outside a life of great fulfillment, wisdom and genius can become yours.

About this Contributor: Dr. John F. Demartini speaks internationally with a mission to inspire wisdom, healing, personal success and leadership. His programs explore diverse topics ranging from the sacred healing of ancient cultures to cutting edge personal development technologies. best-selling author of *Count Your Blessings*, *You Can Have an Amazing Life in Just 60 Days*, *The Healing Power of Gratitude and Love* & *The Breakthrough Experience*, *A Revolutionary New Approach to Personal Transformation*. Two of his most popular workshops include "The Breakthrough Experience" and "The Demartini Method".

Make your inner voice loud and clear

by Psychic Tanya Published: 07/31/2007

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Life is easier when we can rely on our intuition to help us make decisions large and small. But how do we learn to trust it? How can we rely on it when sometimes what we hear in our head sounds like it could be wishful thinking?

The saying goes, *always follow your first instinct*. But is following your first instinct really acknowledging your intuition - or are you just having a desired thought or is fear taking over? Sometimes it's hard to tell the difference. But here's what it comes down to: intuition is pure, and a desired thought or fear isn't. Your intuition is the truth of the matter, not an emotionally influenced idea

So how do you tell the difference between a purely intuitive thought and an answer you're hoping for or fearing? You've got to strengthen your intuition, so that it becomes second nature and recognizably trustworthy. Only then will there be no more (or a lot less) second-guessing. But where do you start?

The best way to intensify your intuition is to practice meditation because it enables you to clearly identify your inner voice, which is really what intuition is. Acknowledging and identifying this "voice" when life is challenging can prevent a loss in time, energy or money (just to name a few). Listening to it when things are prosperous can lead to innumerable benefits - like a great job, a wise investment or even the love of your life!

There are many, many methods of meditation (and a little research will fill you in), but *concentrative* and *mindfulness* meditation are two great places to begin. Both require that you sit in a quiet, calm manner to simply receive information.

Concentrative meditation requires you to simply focus on your breath, an image, a sound or mantra. This works to still the mind and allow a greater awareness and clarity to emerge. *Mindfulness meditation* involves becoming aware of images, feelings, sensations and thoughts as they occur without becoming involved in actually thinking about them.

There are lots of classes you can take, books to read or meditation methods to discover online. Find one that's right for you. Meditating can even be part of a regular yoga class. Once you start meditating, it will come naturally to you and your ability to detect your own inner truth will become second nature.

Want A Successful Life? Follow Your Intuition

by Lynn A. Robinson

Special offer below for OfSpirit.com readers!

Think of someone you know who leads a successful life. They exude an aura of calm and inner peace, yet you can almost see their "spirit." They crackle with infectious energy. They may have millions or they may not, but their success is obvious in their "presence." They enjoy life and they love to share that joy with others. Does that sound like you? It could be, because you have within you a mechanism that can guide you unerringly to a positive and vibrant life. That mechanism is intuition -- the compass of the soul. It's available to you 24/7, fifty-two weeks a year, ready to point you in the direction of energy, passion, and joy. And best of all, you don't have to be a "gifted" intuitive to take advantage of all that it offers. You can get started on a successful life -- or a *more* successful life -- right now by following these simple suggestions:

Trust Your Inner Wisdom — People who believe in trusting their intuition tend to be more successful in life. Intuition is often referred to as a "gut feeling." However there are many more ways to receive this vital information. It may come to you through feelings, words, physical sensations, images, fleeting impressions, or dreams. Learn to pay attention to how you receive these impressions and check in often with your inner "Intuitive Success Coach."

Ask Your Intuition Questions — When you're in the midst of a difficult life situation begin the habit of asking questions of your intuition. "What is it that I am here to learn?" "What is the best possible outcome for this situation?" The answer may not always leap into your mind. It takes time to retrain your thinking to "hear" the subtle messages from your guidance system. You may find that the answer comes in an impulse to try something different, or a gradual awakening to a new way of thinking about an obstacle you're confronting. Remember that your intuition can help guide you to peace in any situation.

Discover What You Love to Do — Each of us has chosen to come into this life with a mission that will bring us joy and enthusiasm. The root of the word enthusiasm is *entheos*. It literally means "God Within." When you feel enthusiastic about your dreams it means that God is speaking through you and saying "yes" to your goals! The feeling of enthusiasm is one of the ways intuition speaks to us. Successful people pay attention to what they feel passionate about. They commit to spending time each day doing what they love. For some it's a job that pays. For others it may be volunteer work or a hobby. When you feel excited about something, that's a hint about what to pursue.

Practice Gratitude — Ample evidence exists that you get what you focus on. Do you often whine and complain about what you don't have and ignore the abundance all around you? Begin to notice and appreciate what you attract easily into your life. Perhaps you have a healthy body or a wonderful group of close friends. Pay attention to small things around you -- the new flower in your garden, the sound of your cat's purr, the laughter of a child or the beauty of freshly fallen snow. Before you know it, abundance in all forms will begin to flow into your life. Intuitive guidance comes more easily when you are open to and appreciative of life.

Shift Your Thoughts — If you accept that what you focus on becomes intensified in your life, why not put all your attention on what makes you happy, challenged and healthy? One of the techniques that works for me when I'm feeling upset is simply to ask myself, "Is there another way to think about this issue/concern/worry?" I catch myself in the early stages of worry and negative thinking and begin to focus on what I *want* instead of what I don't want. Become aware of the inner dialog you have with yourself. Ask for guidance if you need help with this. One client asked in prayer, "Please guide my thoughts, my words and my actions. I wish to think, speak and act with love." She was astonished at the difference this simple affirmation made.

Don't Be Afraid of Fear — Fear is the biggest hurdle that stops most people from achieving their dreams. It happens when you move out of the comfort zone of the life you've known and into a life on the borders of your dreams. Many of us feel the fear and say, "I'm not going one step further." Or "Give me a guarantee of success and then I'll move forward." Or even, "I feel scared. This must be my intuition telling me that this direction is wrong." As you take action on your dreams you may feel as if you're on the edge of a cliff. You're about to take a leap of faith and no one is there to catch you. But you're not alone. The inspiration and direction from your intuition is there to guide you safely to your hopes and dreams.

Choose to Be Happy — Part of learning to trust your intuition is remembering to ask, "Does this decision make me happy?" or "Do I feel energized by this decision?" There are many ways to ask the question and experience the answer, but here's the truth: your intuition will provide you with information to make positive choices. Research has shown that happiness is a choice. It is not necessarily dependent on life circumstances. There is always a positive and a negative aspect to any change that occurs in your life, but *you* get to choose your focus. Get in the habit of asking, "What's good about this situation?" You'll be surprised at the happiness that brightens your world.

Lynn A. Robinson, M.Ed., is one of the nation's leading experts on the topic of intuition and its role in contributing to personal and business success. She is the author of four books on intuition including *Compass of the Soul: 52 Ways Intuition Can Guide You to the Life of Your Dreams* (Andrew McMeel, 2003) and the best-selling *Divine Intuition* (DK Books, 2001). Her free, "Intuition Newsletter" is available at www.LynnnRobinson.com.

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Developing the Habit of Intuition

by Arupa Tesolin



Beyond emotional intelligence lies the ability of intuitive intelligence closely aligned with common sense (of which we seem to have a collective deficit). While the E.I. involves a wide realm of people skills, communication and creativity, the latter involves the deeper levels of self knowledge that are discerned by individual hearts and souls.

Intuition involves the "deep listening" to the Higher Self, irrespective of reality and social/cultural conditioning. Through intuition we learn what is right by us, how to live with integrity, express our truest selves and honor the soul. The fulfillment and freedom of life offered to those who "go deep" is beyond measure.

Geniuses, shamans, mystics, and visionaries throughout the ages have been able to access "non-ordinary" states of consciousness for direction, power, and wisdom. These activities were connected with reverence for life, healing and continuity, achieving extraordinary skills and feats, quantum leaps of thought, invention, breakthrough ideas, and bursts of creative power.

As our lives become more filled with information the value of how it is used and for what purpose becomes more important than the information itself. By comparison, information gets cheaper and has shorter and shorter life cycles. The meaning in all this is that Self-Knowledge becomes all the more valuable - the new gold standard.

We need new explanations of the new mind skills required for our current age. In the last century we became accustomed to using our "logic" habits more than our "intuitive habits". The 21st century mind needs to operate on all multi-dimensional fronts. We to regain a full balance in order to reduce anxiety and unproductive and unfulfilling busyness. We can be more productive, more creative and happier when we relax.

Perhaps the best way of putting the value of intuitive intelligence is what I read recently by an unnamed physicist. He says that deeper levels of self-knowledge create an "energy reservoir" that is capable of creating a desired outcome almost instantly by directing one's desire and intention. This means real power in today's world where anything can happen and everything is unprecedented.

For most of us not following our intuition has been at times both expensive and regrettable. We can usually look back and with hindsight notice that all of "those feelings" or "early warning signs" were there. Long dismissed as "touchy-feely" we now realize that learning to work with intuition is not only necessary but vital to business and personal success.

People who are more in touch with their intuitive skills are better listeners, they hear the "whole" story, both the part you're telling and the part you're not telling. They are better able to discern when the pieces don't fit because information is missing or conflicting, or when to ask more questions because the underlying agenda is speaking louder than the words. They also have less stress and more energy and synchronicity because they're able to maintain a "flow state" of energy that's more sustainable for both the body and the creative spirit.

Well, the good news is you CAN train yourself to use your intuition better and its not that difficult. But training yourself does require the discipline of practice - something you cannot get from a book. Even 5 to 10 minutes a day of almost any meditative or self-awareness training will make a difference.

It doesn't matter where you start, but it does matter THAT you start. And gee, isn't it a relief to turn the information off and close your eyes for a bit?

Here are some of the ways to start:

MEDITATE FOR 5-10 MINUTES A DAY

The simplest way is to watch your breath. See the inhale, see the exhale. Imagine inhaling pure essence and exhaling all the bad air, negativity, worry of your day. Make sure it's something that suits you personally; there are many ways to meditate. Even conscious walking can be a meditation. Or just listen to your heart beat.

CATCH YOURSELF WITH AWARENESS

During the day make several attempts to catch yourself. Become aware of your thoughts, your feelings, your inner essence. Be non-attached, simply watch the video, let thoughts pass, as you witness yourself in your world.

MAKE A DECISION AFTER CHECKING THE "INTUITIVE FACTS"

We all have certain ways of getting information, solving problems, thinking, acting, etc. Next time you have to make a decision, turn your attention within and notice what your intuition is telling you. This will be beyond any "fact". Notice if there is unresolved energy. You may need to ask more questions, clarify another person's intention, or change your approach. Also look at potential paths to take. Good ones fill you with energy and power, not good ones bring doubts and other feelings.

KEEP AN INTUITION JOURNAL

Capture dreams, insights, ideas that come to you without effort. Reread them after a few weeks and see how they related to what went on in your life and how your intuitive senses were communicating with you.

USE MINI-INTUITIVE EXERCISES

Teach yourself how to get a quick yes/no answer. Visualize an internal sign or meter that you can see clearly a yes or no. I like to use a speedometer model with a needle with one side green for yes and the other side red for no, but let your intuition present something to you using your own internal language. Practice testing it with clear 'yeas' and clear no questions. Then ask questions with unknown answers. When you become good at this then you can use it accurately even in a pressure situation.

TAP YOUR INTUITION ON DEMAND

Often the hardest things to get intuitive insight on is your own. Use a tool like Intuita MindWare to bring you to a state where you can ask and answer your own questions without getting caught up in the emotional currents. You can check out one of the MindWare processes in the MindLab at www.intuita.com and also experiment with other mini-meditations and insight exercises.

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Developing intuition

Many of the most difficult problems have been and are not susceptible to a primarily intellectual approach. Intuition aids us in dealing with these problems as a sort of poor relation to intellect. We recognize the need for inspiration and creativity, but treat these as magical gifts and not as a talent that can be developed or neglected.

The creative arts are further along at developing intuitive talent than academia and the worlds of science and technology. Intuition is at the core of the creative arts, but it is equally central to any creative endeavor. In the creative arts, intuition is often holds center stage. There are disciplined approaches to developing and extending it. Method Acting is one example.

How do we recognize and develop intuitive talent? When I entered the University of Illinois at Urbana as a freshman I took a test for the Math Honors Program. The test consisted of three problems one of which one needed to solve to pass the test. A straightforward solution to the problems required a course in mathematics one level beyond what one had taken in high school. I only got as far as analytic geometry at my small Catholic high school and so a straight forward solution to the problems required a knowledge of calculus. Of course you did not need to reinvent the calculus, but you did need to invent some aspect of the ideas that led to the creation of the calculus. A thorough understanding of the mathematics one had studied was not enough to pass the test. One had to come up with a creative approach to the problem.

This is one approach to testing for intuitive talent. Can one extend what one has learned to solve problems that do not have a straightforward solution? When I taught a course in logical design at UCLA I included a question that most students missed even though it was a 'who is buried in Grant's tomb?' type of question. One can construct logical circuits like those described in Section 5.3 with multiple levels of logic. The outputs of lower levels are inputs to higher levels as shown in Table 5.2. If one has a truth table for such a circuit one can construct the minimal two level solution, i. e. the one that has the fewest logical operators: AND and OR. The problem started with the diagram of a logical circuit. There were three parts to the problem. First construct the truth table for the circuit. Second construct the the minimal two level circuit that implements the truth table. Third note that the circuit you constructed has more logical elements than the original circuit. Explain how it can be the minimal two level solution. The answer was that the original circuit had three levels.

Why did so many students miss this obvious answer? I think it is because they are not taught to make connections. They are taught to apply methods. If you are exploring possible connections than the phrase 'minimal two level circuit' suggests that a three level circuit gives you more options to try and might be better than a two level solution. Intuition is always making connections and seeing possibilities. Invariably most of these connections and possibilities are meaningless, nonsense or false. But that is how intuition must work. If it is constrained by what makes sense logically than it cannot do its job. Intellect and other functions are needed to evaluate the work of intuition, but they must not limit the scope of its functioning. Often that is precisely what we are taught in formal education.

After all intuition can be extremely distracting. Instead of focusing minds on the material at hand it leads off in all directions. We need the discipline of focus, but we equally need the discipline of intuitive rambling. We need to give space for and encouragement to both. Formal education almost universally discourages intuitive wandering. No doubt one of the effects of Ritalin widely prescribed to children for 'Attention Deficit Disorder' is to weaken intuition.

There are three components to developing intuition. First is providing the personal material in terms of learning and life experience that intuition uses. Next is exercising the intuitive muscle by using intuition. This should involve both random rambling and focused problem solving. The problems must always be ones for which one knows no canned intellectual approach. It is a challenge to

create such problems. One cannot give a standardized test for intuition because one can always educate for the test. Finally there is the need to develop the archetypal images that intuition relies on. The best of Fairy Tales is one way to do this for small children.

Astrology, the I Ching and Tarot are examples of ancient methods of developing intuition. They focus on archetypal images. They describe the seeds of transformation that exist in a current state. They are immersed in superstition. No attempt has been made to integrate them with scientific understanding or to create similar new forms that are compatible with contemporary science. This is particularly difficult because archetypal material have a numinous chthonic aspect.

How can we develop intuition, let it lead the way and yet hold it back from leaping into the abyss. For intuition to become more universal it must become more developed and differentiated. We must know when and how to use it and we must know with some, albeit imperfect, reliability when it leads us too far afield from what is practically possible.

The one sided culture I am so critical of has provided one important tool for this. The computer allows us to create artificial universes to play with ideas and refine our intuition. I can learn complex technical material best if I can program it and play with the program. A mass of equations without the opportunity to make them alive in a computer is virtually meaningless to me. It is not that I am unable to understand them, but the mode that I can understand them has to involve an element of playfulness and has to be tolerant of many silly errors which I continuously make. Although a computer is completely intolerant of mistakes, it allows as many tries as you are willing to make to get it right.

Intuition is not as quick as intellect but it is deeper. Intellect can easily grasp things as a series of complex operations. This is impossible for intuition. Intuition must know how the operations relate to each other and to a host of similar operations that are already understood. This takes time and it takes playing with ideas. For complex systems this is impossible without a computer to handle the details. Of course there is no intuitive only or intellectual only learning. All learning involves sequences of steps, playing with ideas and relating new ideas to old ones. The difference is one of emphasis.

The computer combined with communication technology is a powerful aid to intuition in another way. It can create learning and dialog networks of people concerned about a particular issue. The misnamed newsgroups on Internet serve this purpose. Although they do contain some news the vast majority of traffic involves networks of people exchanging ideas and learning from each other material that is far from new. For me this was an effective way to learn the language and some of the technical content of quantum mechanics. It helped me to extend my ideas and put them in a context that others could more easily understand.

Technology can change the value of human talents. Gauss had an advantage over his colleagues in being a skilled calculator. That was an important asset for a mathematician in his time, but is of little use today. No matter how good a calculator you are you can buy a better one for a few dollars.

Computer technology allows us to automate many of the simpler intellectual skills such as calculation. Inevitably this lowers the value of those skills while opening new possibilities to those with different skills. We are just beginning to understand what can be done and still view this opportunity too narrowly. We want to automate mathematical proofs so we try to create completely automated theorem provers. We want to automate chess so we make a computer program that can beat a grand master. Technology is far from being able to replace the human mind. The enormous calculating power of modern computers is sufficient to defeat the best of human chess players with the brute force methods that such chess programs use. That is not the way to make the best chess player. To do that combine the special skills of the computer with the subtle skills of the human. Let the human use a computer program to aid play just as you let a student use a calculator during a physics exam. The best computer aided chess player will almost certainly not be the same person as the best unaided chess player.

Finding the worlds best computer aided chess player may not be important to cultural development, but effectively using the computer to amplify human mental skills is. This is starting to happen with intuitive graphical user interfaces, programs to do mathematical analysis as well as computation and tools for scientific visualization. However we must recognize how primitive our understanding is. People with powerful intuition that have played a major role in science like Einstein and Jung are usually in Jung's terminology thinking types. Their greatest strength is their powerful intuition, but it is only through the dominance of intellect that they are able to digest the fruits of that intuition to a form that can be appreciated by our intellectually dominated culture. To get beyond this stage is no small task. We have *regressed* in the institutional structures to develop intuition since the middle ages. It is not possible for anyone to say what a world with intuition and intellect in more equal roles would be like other than it will be markedly different and far richer than the world we know.

DEVELOPING INTUITION

**By Estelle Nora Harwit Amrani,
2001**

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As a favorite teacher of mine (Torah) reminds us, "Your intuition is pure. It isn't conditioned by some other hidden agenda you would have in your psychology." Intuition can help us get more in touch with our authentic self, as well as guide us in the best direction. Intuition can be developed gradually through some basic exercises, as follows:

To begin, always start with centering yourself: relaxed breathing, grounding, with a request to open to information for the highest good of all. As you get better using your intuition, the routine will kick in more automatically.

1. Each day pay attention to your subtle, inner voice and your body reactions that have an immediate response to a situation or a person. This voice or body reaction may caution you about something, offer advice, tell you something about a person or situation you wouldn't otherwise know. It could be about taking a certain route, parking in a particular space, avoiding something or someone, or receiving insight in how to communicate with someone. Often we ignore these little feelings, but I am asking you now to note them and to make note of them, in writing. Observe yourself. See what your feelings, body, intuition are telling you and where you feel it in your body.
2. Secondly, note how your intellect interacted with, and responded to, your intuition: did you tell it to be quiet, or make fun of it, disbelieve it, shove it aside and replace what you think makes more "sense?"
3. Did you follow your gut instinct, your intuition, in spite of what would more commonly make sense? How did it turn out? Was your intuition more accurate, or less accurate? If less accurate, examine potential reasons for being less accurate. Was something else influencing your thoughts? Doubt?
4. Make written brief notes about your intuitions and the outcome of either following them, or not following them. What does this say about yourself?
5. Practice safely blocking off one of your senses, such as sight or sound, and use your other senses to see what you can pick up in terms of an object, energies, colors, information, emotions. Put your hands close to a plant and its leaves and see if you can feel its energy. Can you tell if a glass is becoming full while pouring a liquid into it if your eyes are closed?
6. Practice new ways of doing everyday things. Change hands for a task. Reverse the order of something. If you put on your right shoe first, switch it to your left shoe first. Alternate your daily routine. Getting out of the habit of doing everything exactly the same way will open up your intuitive abilities because it breaks you out of a rut, expands your experiences, and lets you feel life in a new way. Note how your body responds to a change in your routines.
7. Give yourself a little test. See if you can guess what someone will say before they say it, or if you know the outcome of a game show when it's half-way through, for instance.
8. Pay attention to how your body tells you that you are right on target. There is a definite difference between true "knowing " and "guessing." Not knowing something for certain leaves you with a feeling of emptiness or jitteriness, you don't feel solid or centered. When you really know the information you receive is accurate, you feel confident and strong.

9. Just because you may have insight into things that does not make you solely responsible for anyone other than yourself, or the outcome of a situation. Nor does it give you permission to manipulate others or abuse your intuitive abilities. (Just remember what goes around, does come around.) You have to also realize that what you receive might contain symbolism - so you have to figure out how to decipher the symbols for yourself. When you are focusing on what is for the highest good for yourself and others, your Higher Self, your intuition, will tell you the best course of action to take.

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Developing Intuition
By [Steven Gillman](#)

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Developing intuition starts by realizing you have it already. If you've ever had a hunch about something, that was intuition. Intuition is just your mind using more than what you are consciously aware of. But can you trust your intuition? How do you improve it?

Developing Intuition In Three Steps

- 1. Recognize it and encourage it.**
- 2. Study it to make it more trustworthy.**
- 3. Give it good information to work with.**

Gary Kasparov will admit that a computer can calculate chess positions many moves further ahead than he can. Yet he still beats the best computers out there because of his intuitive grasp of the game. His experience allows him to combine analysis with a "sense" of which move is best. Try to find areas in your own life where you intuitively operate.

Of course, intuition is also a warning device. Both my wife and I felt we shouldn't get on that bus in Ecuador. This is no psychic power. Crowded busses are prime locations for pickpockets. A drunk man was bumping into people repeatedly. We didn't consciously pay attention, but these things registered in our minds, warning us. We felt "something isn't right here." When we ignored our intuition, I was robbed.

When I bought a conversion van, I saw them all over. Maybe you've had a similar experience. Looking for and recognizing a thing trains your mind to find more of it. The same process will happen if you watch for your intuition - you'll start to see more of it.

Unfortunately, a strong hunch can be for irrelevant reasons too. If you were hit by a yellow taxi as a child, you might have "intuitive" hunches not to get into yellow taxis for the rest of your life. So even learning to recognize your intuition and encourage it may leave you wondering when to trust it.

Study Your Intuition

Start questioning your hunches. If we had asked why we felt bad about that bus, it may have occurred to us, "Oh yeah, crowded busses are a bad idea - we know that." Study your strong feeling about that taxi, and you might say, "Oh, it's just my fear of yellow taxis." Get in the habit of paying attention to and studying your intuitive feelings.

Where does your intuition work best? If you're always right about your intuitive stock picks, give a little credence to them. On the other hand, if your hunches about people are usually wrong, don't follow them. Just pay attention more, and you'll be developing intuition about your intuition.

Give Your Intuition Good Information

Your skill, knowledge and experience determine the potential effectiveness of your intuition. No weak chess player will never intuitively beat that computer, like Kasparov can. Learn enough about a subject, before expecting good hunches about it - or before trusting the hunches. Work in the area you want more intuition in. When enough information is in your mind, it will go to work for you with or without your conscious participation, so feed it well.

Recognize your intuition and you'll have hunches and ideas more often. Study it and you'll

learn when to trust it. Give it good information and you'll be repaid with good hunches and ideas. This is the simple formula for developing intuition.

Steve Gillman has been studying brainpower enhancement, creative problem solving, and related topics for years. Subscribe to his free [Creative Problem Solving Course](#), and get a free gift at: <http://www.ProblemSolving101.com>

Developing Intuition

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Ever have that gut feeling about something – but just don't know what that message is or where it's coming from? Well that gut feeling is really your intuition. And just what is intuition? Think of intuition as a partner – someone who only wants to help you and guide you. The only problem with this partner is that it doesn't speak the same language as you. That is; it doesn't always spell things out for you and give you instructions in terms you'll understand. In order to develop your intuition – you have to first understand it's language – and this is often the tricky part.

How Intuition Works – Understanding it's Language.

Intuition sends us messages in different forms all the time, everyday. Sometimes intuition can be that gut feeling that I just mentioned – when you know something – but just don't have anything to substantiate what you know. For example: last week I was driving on the highway – I had at least another hour to go before I got close to my destination. A limousine went speeding by me – and for a moment I thought about tagging along behind him – but something just didn't sit right. I chose not to speed with him and stayed where I was. About a half-hour later I saw the same limousine pulled over along the side of the road getting a speeding ticket and thought – that could have been me – good thing I stayed where I was. Here's another example; several years ago I was in Seattle – a city I'm somewhat familiar with but not completely knowledgeable of all the streets. I recall driving along near Pike Street Market – trying to figure out how to get back on to highway 5 and head north. Finally I figured out how to get back on the highway – and decided to speed up a little – but the car in front of me was going rather slow so I thought about passing it – but again something didn't sit right—so I just stayed behind him. A minute later another car zipped past us both – it was not more than 20-feet ahead of us going through a green light when another car smashed into it – the other car was going through a red light. We had to stay and talk to the police – but again my instincts saved me – that could have been me in the accident had I chose to pass the car a minute earlier – but I trusted my gut and stayed put.

I remember when I was in an investigative reporter in New York and I was interviewing the Chief of Detectives for the New York City Police Department. It was his last day on the job before starting a new life as a public citizen now that he was retiring. He had spent 25 years on the job and let me tell you – he'd seen just about everything. I asked him: “How can an average citizen, walking down Broadway just after sunset, protect himself or herself from a mugger? No everybody carries mace or has self-defense training? What can Miss. Or Mr. Average do to protect themselves?” I'll never forget his response. This elderly man, with his receding gray hair, leaned forward and said: “Karim, at some point, just before something bad is going to happen to you – those little hairs on the back of your neck stand up. They're telling you not to cross the street, not to go further, to stop in your track and turn around – go in a direction where help can be found. If the average person paid attention to that – paid attention to those little hairs standing up on the back of their necks – they'd live a long time.” Those little hairs stand up because your intuition is trying to tell you not to do something or warn you of imminent danger so – you then have to take the necessary steps to get out of the situation as quickly as possible. Quite simply – intuition can save your life if you just listen to it.

Fellow readers – I can't tell you how many times my intuition has saved me. There are probably numerous other times that my intuition has saved me and I'm not even aware of those instances. These are situations when I followed my instincts but don't know what the outcome would have been had I not followed them. Sometimes we won't know what would have happened if we didn't follow our instincts.

Intuition comes in many forms – like I said at the beginning – think of intuition as a partner trying to help you and guide you along the way – so that no harm comes to you. Sometimes this partner will speak with a feeling, sometimes it will speak with words through another person, sometimes it will give you signals, sometimes it will simply try to stop you from doing something that isn't good for you. We have to understand how it is speaking to us and when it is speaking to us. Let's go over some of the examples I just mentioned.

I've gone over how intuition speaks with feeling. Sometimes it's a gut feeling – an overwhelming feeling that you should do something, avoid something or follow up on something. Sometimes intuition will speak with words through someone else. For example: you may be thinking about buying a new home but you're not sure what area. The first person you speak to mentions a particular area, the next person you speak to mentions the same area and then a third person mentions the same area – then you're looking in the paper and you see an article praising the area that you're friends were telling you about. In this case your intuition is likely trying to get you to consider that certain area – and perhaps it's time to take a look.

Sometimes intuition will try to give you signals – the article in the newspaper in the above example is a signal. Seeing things that correspond with what you are trying to find an answer to is a signal. Sometimes intuition will try to stop you from taking a certain course of action. You may want to buy a home in a certain area – but everything you find is not up to your standard or way out of your price range. Here you may be getting a signal to look in another area, be patient until you find the right place, or think about other options. You may be trying to get a certain job at a certain place – but there are no openings and nothing is coming up. Intuition may be telling you to look for other options and not pursue the job you are so set on.

In all cases – the message isn't always as clear as we would like it to be. The way intuition speaks to us isn't always easy to understand. But if you keep testing it and keep searching the answer will become clear. The feeling will be overwhelming. The signals will be repeated and clear. The messages from other people will be repeated over and over again. Then the message becomes clear. Sometimes you may not understand the message until years later. But it will all make sense at some point – and that point is when the time is right.

The common element in all of the situations that I just mentions is that in every case there was a question involved. If you want to find an answer to something and you will always get a response. You just have to understand the message. The first time you get the response – you may not understand it and it may not be clear. If you're not sure – don't do anything – wait until you get another message and see if it's along the same lines as the original message. The key is not to be fooled by your mind. Your mind is not your intuition – so don't think that when you ask for something you'll get an immediate answer from your mind – that's not an answer. That's just your mind playing tricks with you.

So how can we get our intuition to help us and how can we better understand the answer?

If you want to get guidance from your intuition first decide what it is you want – then ask for an answer. For example: you want to buy a new home – say I want to buy a new home and I want to know what area I should buy in. What area should I buy my home in? Where should I buy my new home? Keep repeating the question. Then tell yourself that you have the answer – say I know where to buy my new home. Then let go. Don't expect an answer immediately. If you get one in your mind – it's not the answer – it's just your mind and ego playing tricks with you. Let go. Forget about it. The next step is often the most difficult – trust that the answer will come at the right time. As human beings we like to take control of things – we like to know what is going to happen and we want to make things happen. But sometimes you can't – sometimes you just have to be patient and wait for the answer – trusting that it will come at exactly the right time. When it does come – you'll know and you'll follow through. You can do the above exercise for anything you want or for any answer you are seeking. In time you will get the answer – but it will be at the right time – and not on your time.

Another thing that you can do to develop your intuition is to meditate and stay positive. By meditating you calm your mind and by staying positive you become more positive and understand that you will get the answer. The Creating Power System will teach you how to develop your intuition, it will teach you how to better understand the messages your intuition is sending you, Creating Power will teach you how to meditate so you get answers and how to stay positive so the answers come naturally and easily.

Finally – I said that in some cases we don't know the outcome had we not followed our intuition. This is very important because once you learn how to trust your intuition you won't need the reassurance of know what would have happened had you not followed your intuition. We can't always know everything and at some point we have to trust and let go – once you learn to do that everything will flow to you naturally and easily.

Creating Power teaches you how to achieve your goals by developing the power of your mind and subconscious mind. Creating Power will teach you how to develop your intuition so you always get the guidance you are seeking.

When you work with Creating Power you'll learn to take control of your mind and direct it so that you achieve your goals. You essentially learn how to think and create the life you want. Creating Power is your instruction book for the mind – with Creating Power you'll learn how to control your mind and send the right messages to your subconscious mind so that you create the life you want.

Developing Intuition Exercise #5

January 31, 2007 7:44 pm hershel [Spirits Awaken Class](#), [6th Chakra- Intuition](#), [Kundalini Yoga Kriyas](#)

How exciting is it that we as humans can work on developing intuition!

Intuition is one of those things that is elusive to describe at times, yet is known to be a powerful asset for people. There are times when we simply get feelings and thoughts that tell us the proper course of action to take. We don't necessarily know where the impulse came from, but we know it is there.

We have several descriptive names for it, women's intuition, mother's intuition, a gut feeling whatever you want to call it, it exists. And through Kundalini Yoga we have one means of exercising intuitive prowess.

The Intuition center is closely connected to the Pituitary Gland, or Master Gland. It is often called the Master gland for it is responsible for regulation of other areas of the endocrine system.

So for our 5th installment of [Spirits Awaken](#) class we will be focusing on stimulating our pituitary glands and our center of intuition. We are going to start with an exercise to charge our magnetic fields, then follow that up with some [Power Center](#) work, (helps pull up the gut instinct.)

There will be an pose that is very potent at pituitary gland stimulation and immediately after that we will take on a fun exercise to help polarize the magnetic field, or aura once again.

be well

Hershel

PS- this kriya is taken from the Kundalini Yoga Experience book



Sit in a quiet place. Make sure you are comfortable. Place both feet on the ground and begin to mentally prepare for your meditation.

Close your eyes. Concentrate on your breathing. Always focus on each breath. If you become distracted return to the breathing. Take a few minutes of this breathing relaxation to prepare for your mindful meditation.

Inhale...

Exhale...

Relax deeper into your chair. Think of nothing but breathing.

Picture in your mind a walkway. It is narrow and enclosed by blank, clean walls. Walk down this pathway until you come to an opening. It may be a door, or a gate, or just a break in the wall. Go through the opening and find yourself in a deep, quiet, safe open space. It may feel like a forest or a cave or a valley. Whatever it seems to you, it is safe. It is safe for you to sit down and wait.

The place you have chosen is very quiet. It is all yours. There is no one else aware of your place. No one expects anything from you. Allow yourself to sit quietly as long as you like.

When you are ready become aware of another presence nearing you. It is of you, and brings various messages. Whatever you have been seeking, this presence is aware of and has a feeling to share with you. It has an essence to give you that will make you aware of the answers to your own questions.

Ask it any question you may have. Ask it to please answer you in whatever way it is able. Ask it for help, then wait. An answer will come. You will feel the answer inside yourself. Another presence may join you. Ask for additional information or ask for new feelings to answer another question. The answers will come to you.

Always know you are safe with each question, each answer, each presence. Stay with your thoughts in this place until you are ready to return. You will feel in touch with this inner messenger and you will trust the answers that came to you.

Know that you can return here any time. You may come back for new answers or to reaffirm the feelings you have just received. Thank those that came to you this day. Acknowledge the feelings that are part of you. Hold dear your sense of instinct and

intuition. They are the conscious source of this intuition. Allow them to become part of your life.

Get ready to leave this place you created. It is your sacred place now and you will return often to gather more information for your life.

Walk back through the opening, back down the long pathway. You may be moving slightly more quickly now, Anxious to awaken with your new sense of yourself, anxious to see how this will become part of your life. Your breathing may become quicker. Notice your breathing. Pause a moment and open your eyes.