

# SACRED INTUITION

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# Introduction

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If you're reading this guide, chances are you're looking for something. Maybe you're hoping that enhancing your intuition will have a positive impact on your life. Perhaps you wonder if you're missing out on something by not being tuned in to your intuition. Your ego may have its own reasons for sending you here - maybe it thinks this is the way to get happier or to feel more in control.

Whatever your mind's reasons for pointing you in this direction, I believe your intuition played a significant role in nudging you to this moment, reading these words. It's already with you, even if your unaware of it.

I can't imagine life without my very active relationship with intuition. When I was younger I wasn't aware of what exactly I tuning in to. I just *knew* things and by following this inner knowing, life tended to turn out well.

I didn't think of myself as psychic – the experience was a lot more mundane than how I would have imagined psychic powers to be. The *knowing* was such a natural, matter-of-fact occurrence that I never analyzed it.



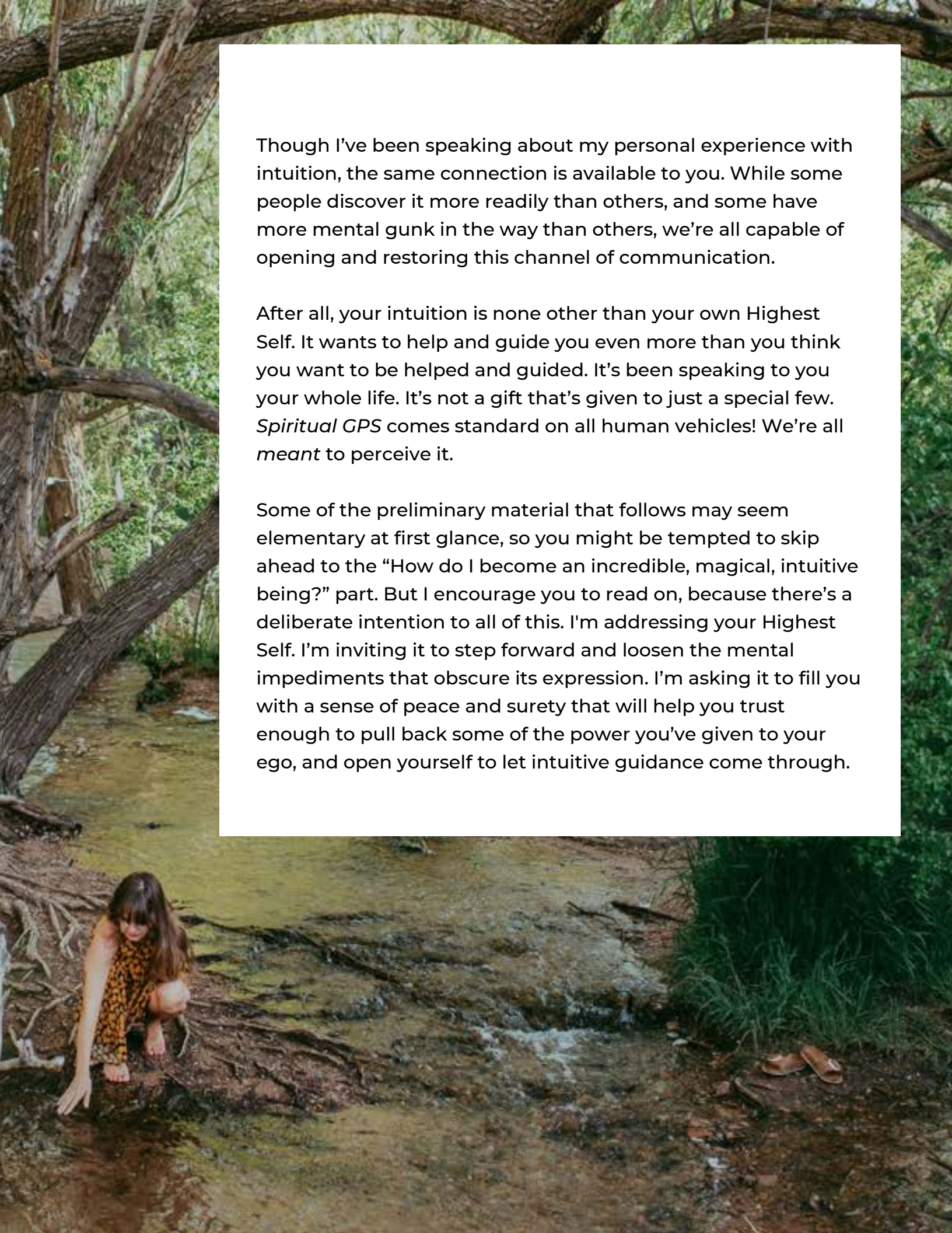
Other than waiting tables throughout my teen and early adult years, all of my working life I've been involved in some form of healing. Looking back, I can see that my intuition led me to this path, but I wasn't in a conscious dialogue with it for much of that time. I was just doing my thing – giving massages, writing Ayurvedic formulas, leading a team of bodyworkers and aestheticians, creating wellness products, writing books with my husband, and so on.



While my intuition was pointing me in the right general direction throughout these years, I wouldn't say my connection was always strong and clear. Mental clutter and the promptings of my ego got in the way much of the time and lots of decisions were made purely on the basis of mental analysis. It wasn't until I began to intentionally invite it into my inner conversation that intuition came up from the back seat to sit shotgun next to me. From that point onward, my intuition became a conscious and indispensable part of how I work.

Besides making me *better at what I do*, it's always there to offer a broader perspective than what I'd get solely from my senses and the available data. Another benefit of this relationship is that not much ruffles my feathers. My intuition is an always-present source of guidance. Even though there's a lot of uncertainty in the world, I know this inner intelligence isn't going to leave me.



A woman with long brown hair, wearing a leopard-print dress, is crouching on the bank of a small stream. She is looking down at the water. The stream flows over rocks and has a small waterfall. The background is a lush green forest with large trees and dense foliage. The scene is peaceful and natural.

Though I've been speaking about my personal experience with intuition, the same connection is available to you. While some people discover it more readily than others, and some have more mental gunk in the way than others, we're all capable of opening and restoring this channel of communication.

After all, your intuition is none other than your own Highest Self. It wants to help and guide you even more than you think you want to be helped and guided. It's been speaking to you your whole life. It's not a gift that's given to just a special few. *Spiritual GPS* comes standard on all human vehicles! We're all *meant* to perceive it.

Some of the preliminary material that follows may seem elementary at first glance, so you might be tempted to skip ahead to the "How do I become an incredible, magical, intuitive being?" part. But I encourage you to read on, because there's a deliberate intention to all of this. I'm addressing your Highest Self. I'm inviting it to step forward and loosen the mental impediments that obscure its expression. I'm asking it to fill you with a sense of peace and surety that will help you trust enough to pull back some of the power you've given to your ego, and open yourself to let intuitive guidance come through.

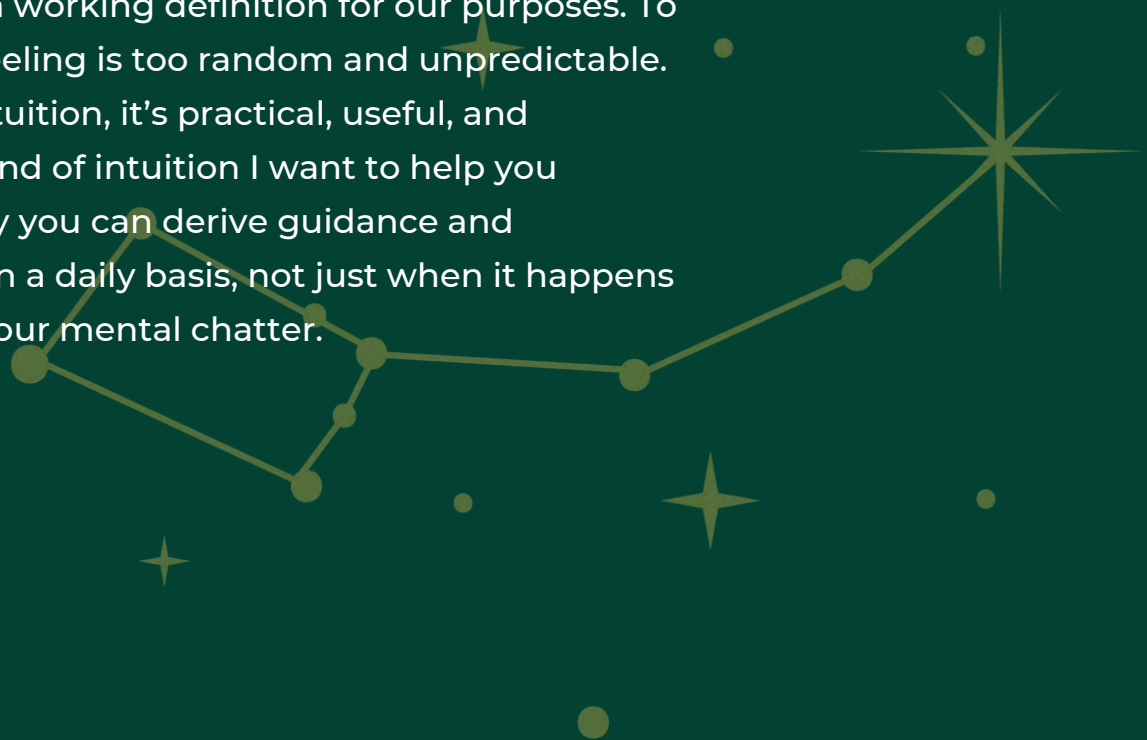
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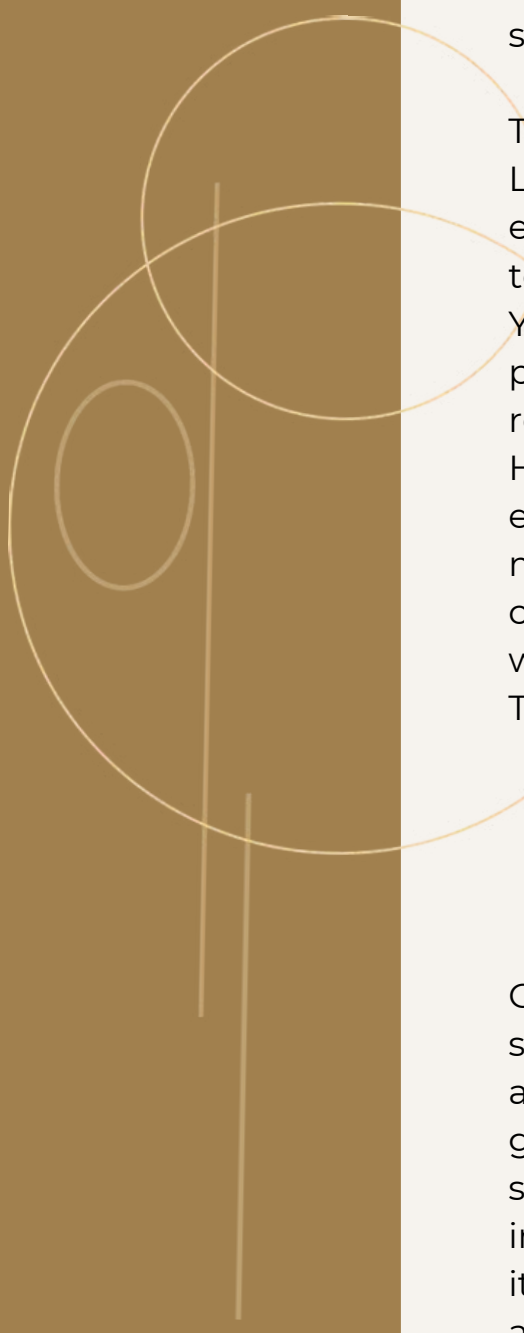
# What Is Intuition Anyway?

People use the word intuition to mean a number of different things. One definition is “the ability to acquire knowledge or understand something immediately without conscious reasoning.” That is, we’re learning something without figuring it out through the usual means of mental processing.

Sometimes intuition is described as having a hunch or “gut feeling” about something. Francis Cholle defines it as “a process that gives us the ability to know something directly without analytic reasoning, bridging the gap between the conscious and nonconscious parts of our mind, and also between instinct and reason.”

I’d like to propose a working definition for our purposes. To me, having a gut feeling is too random and unpredictable. When I speak of intuition, it’s practical, useful, and dependable. The kind of intuition I want to help you cultivate is a faculty you can derive guidance and perspective from on a daily basis, not just when it happens to break through your mental chatter.





As I said, I consider intuition to be a matter of tapping into the wisdom of our Highest Self. The Highest Self goes by lots of different names. You might call it Universal Awareness, or God, or Spirit, or Divine Light, or Buddha Nature, or something else.

The Highest Self is timeless and eternal. It is Love. It's infinitely intelligent. It's connected to everything. It is nonjudgmental and unattached to the details and drama of our human activities. Yet it wants us to awaken to our glory, our potential, and our freedom. It wants us to recognize that we and it are one. We *are* our Highest Self, riding around in a human body, exploring the world, and experiencing life. So it makes perfect sense that our Highest Self is constantly communicating to us and that it wishes for us to perceive these communications. This is intuition.

**Intuition is the information, perception, and guidance that come to us through our connection to our Highest Self.**

Given the origin of this intelligence, it's meant to serve our growth and healing, our awakening and liberation, and the common good. So, if the gut feeling you're getting is telling you to steal someone's purse or run away from a job interview because you're too nervous, I suppose it's *possible* that in some complex way these actions would serve the common good, but it's more likely that this is *not* intuition. Not as I define it anyway.



# Why Build A Relationship With Intuition?

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You probably don't need a lot of convincing since you're already here reading this, but there's a key word in the sentence above: BUILD. Building means a certain amount of work. There's work involved in clearing the way for intuitive messages to come through. There's work involved in "turning up the volume" and sharpening the clarity of the messages – not unlike strengthening a muscle you've never worked out before. And there's work in learning to trust and act on these messages. Because the payoff for this work isn't as immediately gratifying as, say, scrolling through Instagram, it's helpful to know clearly why you're doing it. So here are some of the many reasons this work is worthwhile.

1

It gives you an internal compass that points you toward what's best for you. Your intuition may also reveal direct access to knowledge; understanding things your rational mind hasn't learned; and insight into patterns you might not have otherwise recognized.

2

It helps build self-trust and confidence.

3

It opens the spiritual dimension of your life – it connects you to your Highest Self, expands your perception, and helps you understand your place in the world.

4

It frees you from depending solely on outside guidance and mental analysis to understand your life and to make good decisions.

5


It teaches you to discern when you're being driven by something *other than* your Highest Self, such as your ego, fear, negative beliefs, or your inner critic. When you can tell the difference, besides benefiting from intuitive wisdom, you also begin to free yourself from these constraints.



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Your commitment to yourself comes through in your intuition. Your soul *chose* this life and knew you'd still have access to this field of intelligence and loving guidance. You jumped into this human body knowing you'd have access to the resources that would enable you to get through all of life's challenges – and even better, to wake up to the divine being that you are.

Intuition is more than just a cheat sheet or answer machine, it's a link to your Divine Self, a link to the truth that you are more than this personality and that life is more than just the drama that's on the stage, but a deeper interconnected PLAY.



Tapping into your intuition is a means of learning more about yourself, your gifts, your purpose, your strength, and your inner peace.

It's a means of growing, a means of healing, a means of reaching more people, and of connecting to the Universe.

When you *don't* listen to it, you often go through unnecessary hardship, "learn things the hard way" (or don't learn at all), and repeat the same mistakes.

Everyone is already connected to their intuition. The degree to which we are receptive to it is what varies.

Among those who are highly receptive to their intuitive promptings, some may be completely unaware of the connection.

They simply lead exceptional lives, make beautiful art, write stellar poetry, speak eloquently and persuasively, get into relationships with healthy and inspiring people, find themselves in the right place at the right time a lot, choose the best course of action, and seem to live a charmed life.

Are those reasons enough for you?

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If we're all meant to have access to it then

*why is it so subtle?*

What we experience as subtle – meaning a relatively “quiet” internal communication – only seems that way because of (1) how relatively *loud and domineering* our thoughts and emotions tend to be, (2) our tendency to put our awareness on our five primary senses, and (3) our lack of practice at tuning in to the frequency of our intuition.

The first issue – that our intuition tends to get eclipsed by louder internal noise – is a natural consequence of how we've been conditioned. From the first years of life you were praised for the workings of your mind. You repeated words, you mimicked behaviors, you gave the right answer and your family and teachers were delighted. Not only does your mind know the best ways to get rewards and approval, it also knows how to avoid being wrong and earning disapproval or shame. You quickly learned that your mind is extremely helpful, and without realizing it, you gradually *gave your consciousness* entirely – or almost entirely – to your mind.

Is your mind *who you are*? No. It's really just a recording and processing device. It stores and retrieves data, makes predictions and analyses, and does its best to direct you toward pleasure and safety and away from danger and pain. But what you really are is so much more than your mind. In moments when you're free from thoughts and emotions, you remember this experientially. You don't cease to exist when your mind quiets down.

No, if anything you

*expand.*

You become something bigger than what you thought you were. You might notice that the edge where *you* end and “not you” begins is much less clear than your mind would have you believe.

Another reason the mind is dominant is because of cultural prejudices against more instinctive forms of knowing. Intuition isn't scientific and it can't be confirmed – or controlled – by authorities. We often discredit whatever can't be explained by science, and science isn't (yet) broad enough to explain spiritual phenomena like intuition. Also humans like to set ourselves apart from animals by pointing out that we have the ability to reason and analyze. Therefore we might believe that we shouldn't make decisions based on instinctive or spiritual cues.

The point is, we habitually allow our mind (our thoughts, emotions, and identities) to dominate our consciousness, and this makes it hard for us to perceive other sources of information and guidance.

The second issue is that, besides the internal noise of the mind, our attention goes to our senses. Of these five, the bulk goes to what we see and hear – vision especially.



This means the sights and sounds around us (especially from our devices with screens) are incredibly good at capturing our attention. It's hard for intuitive communications to compete.

These *attention defaults* are like preset “stations” on the radio. We rarely go searching for anything else because our preset stations are always playing our favorite songs. That's why the third issue exists – our lack of practice at tuning in to the frequency of intuition. An important part of the practice of “tuning in” is actually *tuning out* the attention defaults. Meditation, for example, is like tuning the radio to dead air. Whereas each station is a different mental stream, “tuning out” is the choice to not listen to *any* mental band, resting instead in the *space* between these stations.





In the vast spaciousness between mental stations we experience a form of liberation. These thought streams aren't just noisy, they're manipulative. They compel us to latch onto them and go for a ride, to take sides, to get upset, to judge, and to mentally tend to all sorts of situations without actually doing anything real about them.

When we let go of compulsively following the mind, the stillness beneath is revealed and it's deeply replenishing to bask in this state. Over time we begin to remember that the stillness is always present – even when we're wrapped up in the mental commotion.



My Method For Opening the  
*Intuitive Dimension*  
of Your Life

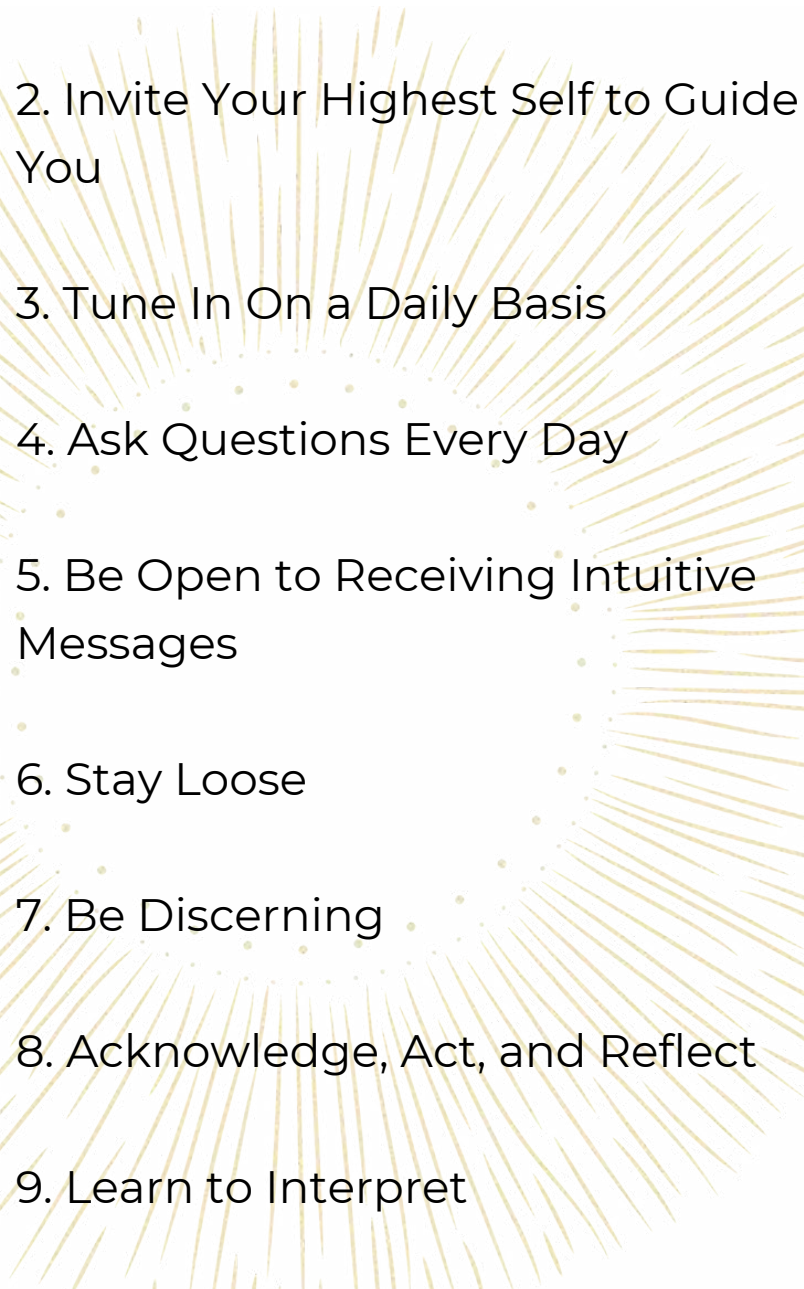




Although it's taken several pages to get to the specifics, I want to reiterate that what you've read up to this point was intended to begin the process of attuning you to intuitive perception.

We need some buy-in from your "small self" in order to loosen the dense mental structures that get in the way and invite your Highest Self to have authority in guiding you.

By following these eleven practices you can break free of a reality that feels confined, uncertain, and full of conflict, and begin living a life that's full of magic and serendipity, with a source of guidance that's always there for you.

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1. Commit To Opening This Communication Channel
  2. Invite Your Highest Self to Guide You
  3. Tune In On a Daily Basis
  4. Ask Questions Every Day
  5. Be Open to Receiving Intuitive Messages
  6. Stay Loose
  7. Be Discerning
  8. Acknowledge, Act, and Reflect
  9. Learn to Interpret
  10. Heal and Clear Blocks
  11. Track Your Experiences

# 1: *Commit To Opening This Communication Channel*

A journey of a thousand miles begins with a single step and this first step is choosing to open yourself to intuitive guidance.

It's important that the choice be made consciously, with total enrollment, and that it be continually re-chosen.



Making this choice consciously means doing so in a *wide awake, clear, sincere, this matters* way.

Create a ceremony of it if you choose. Quiet your mind but don't zone out. Proclaim this choice and intention knowing that you're planting a seed. It's serious. But it can also be joyful.

When I say *total enrollment*, I mean getting your whole self on board. There are inevitably going to be aspects of your mind that are resistant to the idea. They might feel doubtful about the trustworthiness of intuitive guidance. They might be worried that if you're listening to your intuition, you'll pay less attention to what *they* have to say. They might be concerned that if you follow your intuition you'll become someone you don't approve of. So, speak with authority and conviction to these doubting sub-personalities and assure them that this is good for you and it's safe. Tell the critical parts of your mind that they can trust you. They can take a rest. You've got this.

Then, to the best of your ability, imagine  
you're unifying the whole  
*Community of You*  
– body, soul, heart, mind –  
and that, as one, you're in agreement  
that this choice is right. Trust.



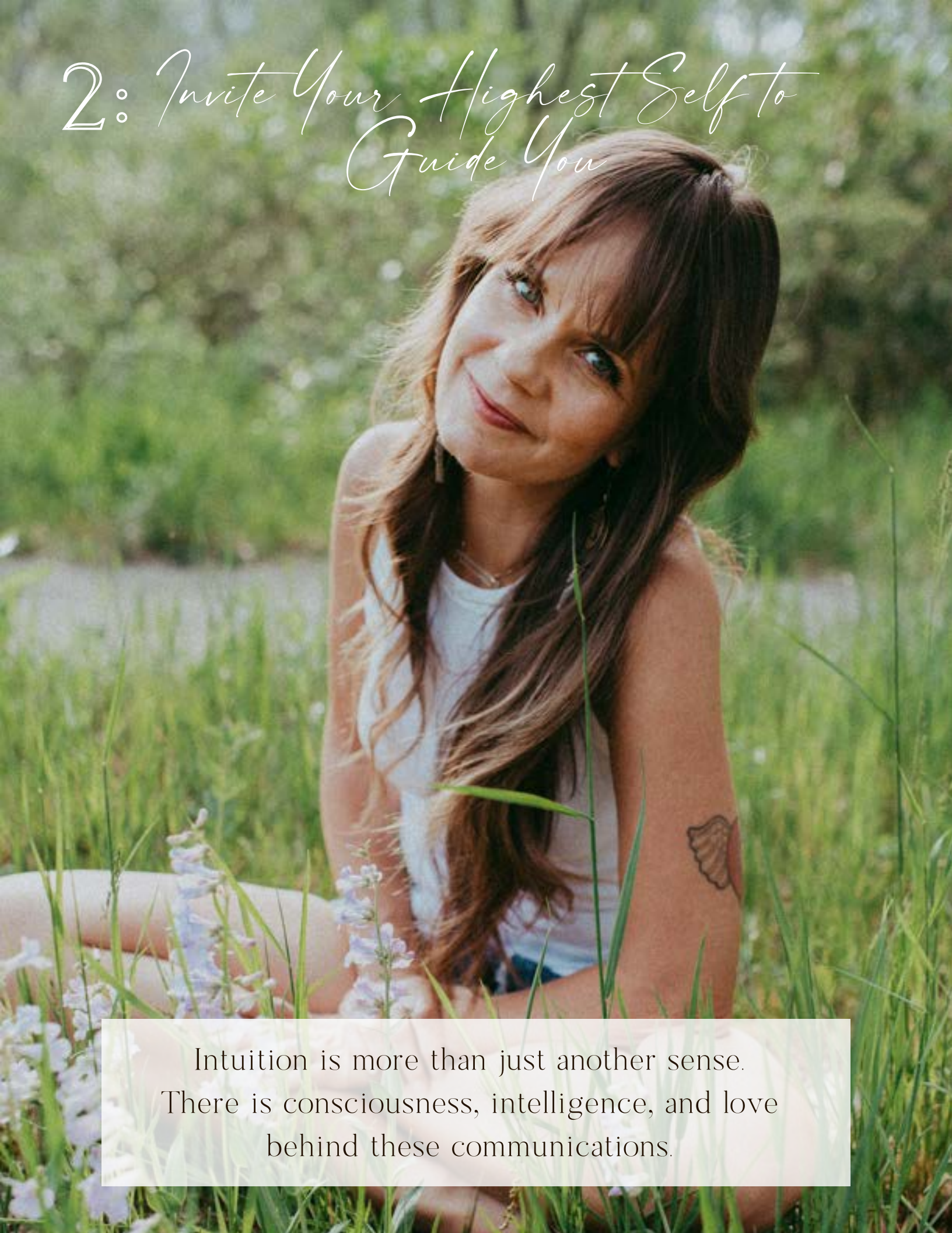
Third, wouldn't it be great if this were a “one and done” kind of deal? But let's be honest – we're *really* distractible creatures. You could make this choice in a super focused amazing ritual and then forget about it forever. It's kind of a rare thing to hold your focus on a single idea for an extended time, to maintain the same intention over a course of days, weeks, months, or years as it grows and matures into what you dreamed of.

What exactly are you choosing? Well, you get to decide, but I encourage you to expect that you will hone this ability, that you'll grow it and become increasingly comfortable and conversant with it. I encourage you to expect a deeply fulfilling relationship with your Highest Self – a palpable presence you can rely on.

So figure out the wording, write down what you choose, revisit it *every single day*. For instance, you'll be *continually re-choosing a wonderful, inspiring, illuminating, supportive relationship with intuition that will yield consistent benefits in many parts of your life*.

Intend that this will be the case and make it so.

## *2: Invite Your Highest Self to Guide You*



Intuition is more than just another sense.  
There is consciousness, intelligence, and love  
behind these communications.

When you *invite your Highest Self to guide you* this potentiates the opening of your intuitive channel.

Again, if the words “Highest Self” aren’t your favorite, choose a word or words that feel better to you.

The point is to acknowledge that intuitive guidance is *transpersonal*, meaning it involves a form of perception that is *beyond* the ego, the rational mind, or our conventional ideas of the self.

You can make this request as part of your initial ceremony described previously in #1, and I also recommend doing it every time you tune in for intuitive guidance. It’s a special thing. You may notice that when you make this statement you feel a sense of peace, expansion, or a connection. Use whatever words feel good to you.

Some ideas:

*I humbly ask for Divine Guidance*

*Highest Self, I invite you to enter me and guide me*

*Spirit, I call upon you to please help me understand  
what would best serve me*

Making this statement reminds you of the presence of your Highest Self, invites your Highest Self to share this experience with you, and takes the pressure off the “small self” to build the relationship or provide the intuition. Give yourself over to your Highest Self and let it do the “heavy lifting.” It’s mostly a matter of simply allowing it to happen.



Part of why I like to say these messages are coming from your Highest Self rather than using the term “God” is that our ideas about God are almost always colored by religious influences, and in many people’s upbringing there’s a belief that God’s love and help are conditional (whether or not this is a correct interpretation of their religion’s teachings).

Even if you were taught that God is all-loving, you may also have internalized some negative ideas, believing perhaps that you’re a sinner, that God doesn’t care about you, that you need to be punished, that you’re cut off from God, that God can’t take care of everyone’s needs at once, or that God is something fundamentally different and other than you. Such beliefs may make it difficult to believe that loving guidance is always being offered to you.

If you think of the source of intuitive guidance as coming from your own Highest Self – which is still you, but without limits – then you have every reason to believe this guidance is available and accessible! You are one with the Source. So it’s about You helping You, and why wouldn’t your Highest Self want your everyday self to be happy?





3: Tune In  
On a Daily Basis







Making a habit of tuning in is one of the most beneficial things you can do for yourself. The practice I'm talking about is as much a matter of *tuning out* as it is tuning in. *Tune out* the incessant mental chatter. *Tune out* the stimuli around you – screens, conversations, possessions, everything that reminds you of chores or obligations, and anything that takes you out of the present moment.

In ashtanga yoga there is a practice called *pratyahara* which means *withdrawal of the senses*, and it's a good way to start. Sit comfortably (or lie flat on your back), close your eyes, and imagine that you're shutting down each of your sensory systems. Your vision turns off and your eyes relax. Your tasting turns off and your tongue relaxes. Your smell turns off and your nose and nasal passages relax. Your hearing turns off and your outer and inner ears relax. Your touch turns off and all your skin relaxes.



Pratyahara is often taken to mean that your senses should “go offline” both in an outward way *and an inward way*. The idea is that our senses – whether directly outwardly or inwardly – are the means by which the mind *attaches to objects* (externally it's the objects of the world, and internally it's the objects of the mind). So if we turn off these senses, we're no longer attaching to anything and we can just BE. This is excellent for a deep meditative experience and can be incredibly restful and restorative.

However, for the purpose of developing your intuition, I recommend that part of the time your practice entails tuning out the outside world while

*opening your deeper senses to your inner world.*

In fact, as you work on building your intuition, you may notice a sharpening of your *inner* seeing, your *inner* hearing, etc.



So, after you withdraw your external senses and release your thoughts, simply notice **what you** feel in yourself. Notice your **breath** coming and going. Let yourself settle **deeply** into the *here and now*. With each breath, let go of anything that's getting in the way of being free and present. Allow each exhale you help you anchor into the sweet, soft, stillness that lies beneath all the noise.

When thoughts arise, don't bother with them. Just let them pass without engaging with them. This takes practice. At the beginning you might open your eyes and realize you just spent the last ten minutes in a closed-eye thinking session! Over time, you'll notice you have increasingly long periods without jumping on any thought trains. Sometimes you'll find yourself in the middle of meditation thinking, "I'm doing really well. I just went for so long without thinking!" The ego loves to find ways to insinuate itself in everything – including meditation. So even these happy self-congratulatory thoughts are best to let go.

I've described this practice as a drawing inward, and pratyahara is sometimes compared to a turtle pulling into its shell. But although you're tuning out the stimuli of the outside world, your inner world is certainly not *confined*. If anything, you'll find that the experience is usually *expansive*. Through the inner world, you can go anywhere. Your access is unlimited.



# 4: *Ask Questions Every Day*





Like building  
a muscle, you  
have to use  
your intuition  
in order to  
strengthen it.

Start a  
practice of  
asking a  
question  
every day.



Here are some sample questions you can ask at any time:

- *What would help me grow, heal, and be my best self today?*
- *What do I need to know right now to be an effective emissary of Love?*
- *What would help me to better understand myself?*
- *How can I live my life's purpose today?*
- *How can I come more into alignment with my Highest Self?*
- *Inner Light, what would you like to tell me at this time?*
- *What would guide me toward peace and balance?*
- *How would moving forward with this . . . affect my wellness?*

You'll usually be able to ask and perceive the most clearly if you do this in the meditative state described in #3, but that's not always going to be possible in the various situations when you'll want intuitive guidance. If you can, I recommend at least a brief tune-in. The following steps can be done in most situations and could be performed in half a minute:

- Take a breath, drawing it deep into your belly, gathering up any tension and letting it out with the exhale.
- Let go of intense emotions to the best of your ability.
- Clear your mind to the best of your ability.
- Take another breath, imagining as you inhale that your energy is being magnetized to align at the midline of your body.
- Express love to yourself.
- Express gratitude for this process.
- Ask for guidance from your Highest Self.
- Ask your question.

The more you ask questions and pay attention to the responses, the more natural the process will become and the more you'll start to trust it.



# 5: *Be Open to Receiving Intuitive Messages*







In simple terms, we tend to have two modes – directive and receptive. They're not mutually exclusive, but when we're in *directive* mode – doing, planning, choosing, judging, talking, making requests, etc. – being *receptive* is secondary.

Our culture glorifies being directive and active – dominating even – which goes along with the patriarchal nature of society. So it's common to feel that in order to be a successful human we should be pounding the pavement, demanding that the world give us what we want, speaking our mind, and running the show.

Meanwhile, feminine qualities – including receptivity – are devalued. For this reason, men are taught to suppress their intuition (and emotions) from a young age, and women, though naturally more intuitive, may feel that their intuitive impressions aren't appreciated. Most of us have some “deprogramming” to do.

There's nothing wrong with our directive and rational qualities; we simply function as healthier, more complete beings when these qualities are balanced by receptive ones. For every successful intention, there must be both a directive side (choosing, asking, acting, etc.) and a receptive side of the equation. The receptive side includes: being perceptive to signals and guidance along the way; feeling all the feelings; being adaptable, flexible, and able to change course; giving form to a creation; and being open to receiving what we've brought into being.

If you're a highly rational or analytical person, it's likely that you've emphasized these aspects of yourself and de-emphasized the receptive, emotional, and intuitive inner selves. See if you can allow more of a balance. It's okay to let the rational self have its say, but not healthy to let it eclipse the rest of you.

When it comes to intuitive guidance, receptivity is vital. This guidance has been offered constantly for your whole life, so if you haven't been picking up on it – totally understandable given your socialization – you haven't been receptive. Or you've been receptive but blocked (we'll get to that) or uneducated and unpracticed.

*As a start, expect responses to your questions, and expect helpful messages to come to you throughout your life. Your Highest Self uses the whole palette of your inner and outer world to get through to you.*

It's most important to be open to receiving a communication immediately after asking a question, though ideally I believe we should practice such openness as a way of life.





Intuitive communications can come in many forms. It's common to wish that they'll be like a clear angelic voice in your ear telling you exactly what to do, but I'm sorry to say it doesn't usually happen that way. This is mostly for the reasons I explained previously in the section on why intuitive communications are subtle (i.e., the noise of your thoughts and emotions, the noise of your sensory information, and our lack of practice at utilizing our intuition), and partly because your Highest Self may see the process of *figuring it out* as beneficial for you.

From the perspective of your Highest Self – eternal, all-loving, and all-knowing – this life of yours is an incredible game (hopefully your small self recognizes this sometimes!) which you tend to take way too seriously. What would be the fun in moving your piece directly to the finish line? There are lessons, treasures, and countless rich experiences to have along the way.

So, when you ask, "What should I do?" your Highest Self hears, "What would support my highest good?" The response may be a more convoluted answer or a more circuitous path than you were hoping for, but if you can just *trust the process*, great wonder, awe, satisfaction, and delight await you. Someday, you and your Highest Self will laugh about it together.



Thus, these communications may amount to a gentle nudge in the right direction, rather than a step-by-step instruction manual.

You may *see* something in your mind's eye or elsewhere in your body. You may receive an image or brief movie of something significant. If you use tarot or other cards or symbols as a palette for the intuition, you may be presented with a meaningful picture. Or you may be drawn to notice something visual in your surroundings – some expression of nature, words in a book or on a billboard, etc.

You may *hear* something – a voice in your mind, a song or other meaningful sound. Or you may get an auditory message through a poignant snippet you catch on the radio or an overheard conversation or some other avenue.

You may *taste or smell* something that has a particular meaning to you (even though the source of the taste or smell may not be present).

You may experience a *physical sensation* somewhere in your body. Part of you may “light up,” or you may get the feeling that you’re being pressed, pulled, tickled, lifted, enlivened, anchored, spun, moved, sedated, or given some other bodily signal.

You may experience a *knowing* of some useful piece of information, like why a particular event occurred, or what would help a certain medical condition, or the meaning or significance of something you didn't previously understand, or how best to conduct yourself in some situation, or the answer to a question you asked.

You may feel an *impulse to act* in a certain way – to light a candle, to get into water, to put your feet in the soil, to go into the woods, to breathe, to stretch, to wear a certain garment, to take a certain herb, to vomit, to make a communication, to go to a certain location, etc.

You may have a *dream* that provides answers, gives directions, reminds you of something you'd forgotten, shows you how a certain course of action would play out, puts you in touch with helpers.

You may be *approached by a helper* of some kind. This could happen physically – through the assistance of another human or an animal, or by an element (water, wood, fire, earth, metal, or air). Or it could happen spiritually through the help of a spirit animal, an angel, or another kind of guide.





Over time (or occasionally all of a sudden) you may experience a sharpening of one or more of your special senses or “clairs.” These include:

- Clairaudience – Intuitive Hearing
- Clairvoyance – Intuitive Seeing
- Clairsentience – Intuitive Feeling
- Claircognizance – Intuitive Knowing
- Clairalience – Intuitive Smelling
- Clairgustance – Intuitive Tasting
- Clairempathy – Intuitive Emotional Perception
- Clairtangency – Intuitive Touch

When we hear terms like clairvoyance, most people think “rare mystical psychic power,” but these abilities are far more common than people think. I haven’t met a client who didn’t have potential in at least one of these special senses. They’re learnable. You don’t need all of them – one or two dependable avenues for channeling intuition are enough.

*Be Open*

# 6: *Stay Loose*





Receiving intuitive guidance can't be forced. As I've explained, your Highest Self *wants these messages to come through*. When you don't receive them, it may be that you simply need to **loosen up a bit**. Notice as you tune in:

- *Am I clenching tightly around this issue?*
- *Am I feeling pushy or urgent?*
- *Am I trying to make something happen?*
- *Am I only willing to get one answer to my question?*

When you're looking for guidance on something you feel strongly concerned about, your own mental and emotional noise may be getting in the way. Sometimes all you can hear is your own thoughts, all you can feel is the emotions associated with those thoughts. And if your nervous system is activated that can add a lot of static – covering or distorting the intuitive signal.

When this happens, the best advice is often to just let go. Let go of the need to have an answer right now. Let go of the idea that the message is going to come through in a particular way. Let go of any tension in your body. And to the best of your ability, let go of the thoughts and feelings that have you convinced that this is SO important. Trust yourself to manage whatever comes. Trust that your Highest Self has got your back.

Another way to facilitate letting go is to do something completely different for a while. Go exercise. Sing a song. Play your ukulele. Paint a picture. Cuddle with a pet. Take a nap. You may find that as soon as you release your grasp on the issue you were inquiring about, the message comes through. However, if you undertake the alternate activity in a half-present way with the hope that it's going to get you the result you want, it's less likely to work (because you aren't truly letting go).



If you're still feeling stuck, you can begin to take action in the general direction of whatever it is you are uncertain about, meanwhile maintaining an openness to receive guidance. Let yourself get embodied in the process and often some form of confirmation or a nudge in a certain direction will come through. Sometimes as you engage in a particular course of action, the intuitive feedback gets "louder" as to whether this is or isn't in alignment with your Highest Self.

Finally, here are some insights that may be a bit harder to swallow, but it's important that you're aware of them. First, it's possible that the guidance you're meant to receive is to engage in these *loosening up measures* to get the intuitive communication lines open. So you've already received the message and begun acting on it.

Second, it's possible that what's blocking your intuition is an unwillingness to hear / receive it. Perhaps you believe that if you follow through on what it tells you that you will lose control, you'll fail, you'll lose people's approval, you'll hurt someone, your life will fall apart, etc. Remember that true intuitive guidance always has your highest good at heart. And you aren't relinquishing the steering wheel just because you open yourself to these insights.

Third, it may be minutes, hours, days, or even weeks before the message comes through.

*Be patient. Stay open.  
Keep listening, on all levels.*

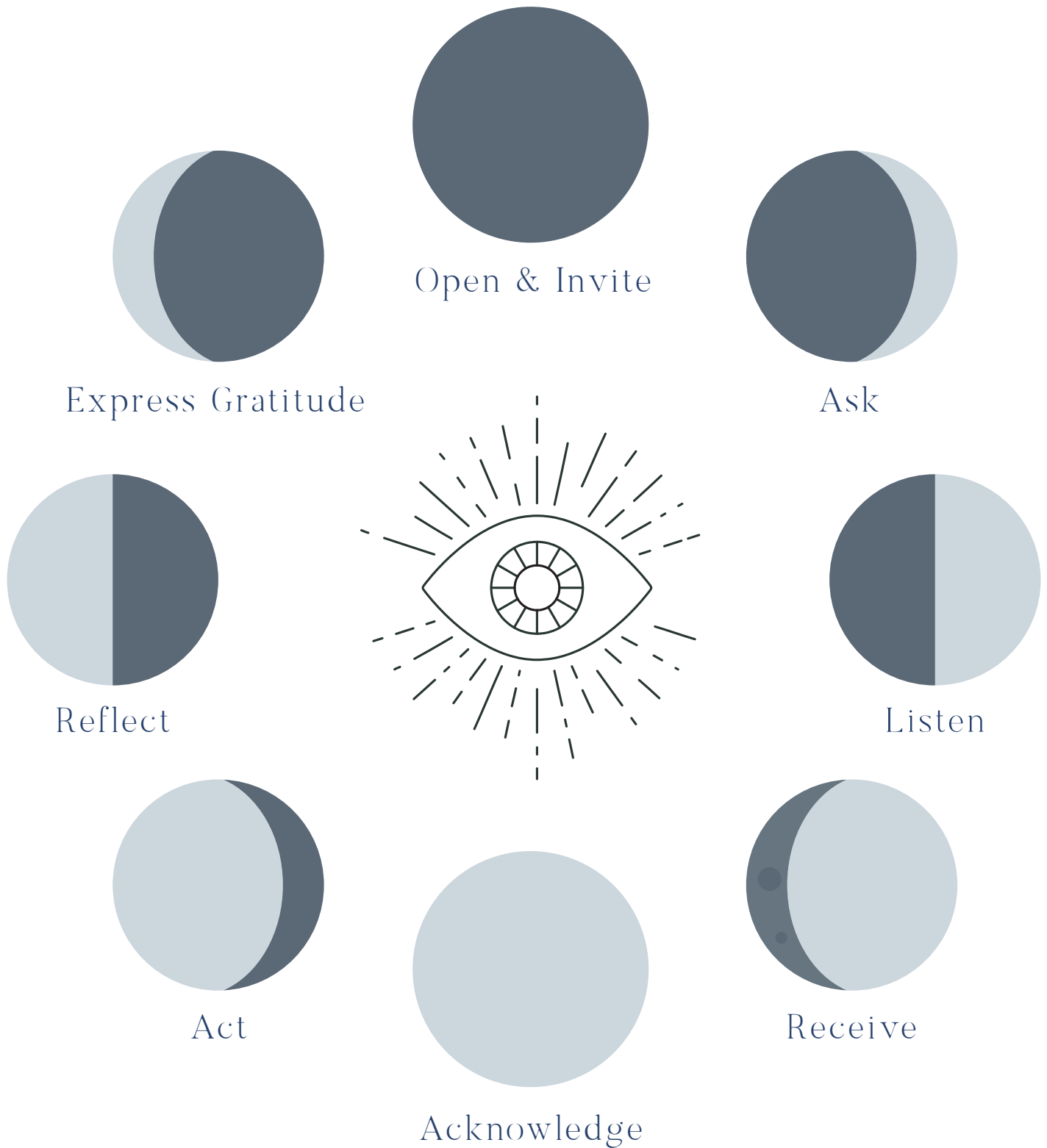




# 7: *Acknowledge, Act and Reflect*



Through the feedback loop of asking, listening, receiving guidance, **acknowledging** that guidance, **acting** on it, and **reflecting** on the outcome we build trust and become proficient at using our intuition. Actually, a more complete loop might look something like this:





In this section, I want to focus on the **Acknowledge – Act – Reflect** portion of the cycle. It's the most instrumental part in building trust, reinforcing a "growth mindset," and changing the way you relate to life.


Most of us almost never acknowledge the guidance that comes to us. We just get an impulse (where did it come from?) and we act on it if it feels good. But taking a moment to pause and point it out to ourselves rewires our thinking.

When you *acknowledge* that *I'm being shown the way*, that *I'm not alone*, that *Help is being provided*, that *The Universe is listening to me*, you begin to counteract the beliefs that make you feel alone, disconnected, confused, and uncertain. Every acknowledgment reaffirms that *life is magical, I can trust myself, and I am a spiritual, multidimensional being!*

The next step is to *act*. Only through action do you get **proof** that this guidance is trustworthy. Your action is a demonstration of integrity. You show both your mind and your Highest Self that you are committed to becoming the best version of You.

Finally, it's time to *reflect*. The act of reflection is easy to skip. Things worked out well, so why look back? Because, through **reflection** you complete this feedback loop by showing yourself, *I asked, I listened, I received, I acknowledged, I acted, and good things happened.*





Through reflection you not only convince yourself that this works, you also learn about yourself and how you relate to intuitive guidance, which helps you refine the process.

Through reflection you may discover that one subtle change in how you prepared, how you listened, or how you acted made a big difference. You may discover that even during the *action* phase, you were still receiving guidance and making useful course corrections.

As you may have noticed in the cycle diagram, the next step is to *express gratitude*. Actually, I believe it's worth expressing gratitude *throughout* the process at every opportunity.

In many ways our socialization and the wiring of our nervous system trains us to *spot problems*, and while this may occasionally save our lives, it has the big downside of keeping us focused on what's wrong.

Expressing gratitude does the opposite. It helps us focus on what's good and what's working. It makes us optimistic. It reminds us that we're more than this personality and this body. It keeps us in touch with our Highest Self and causes us to see life as our soul intends – as a glorious, miraculous gift.



# 8: *Be Discerning*



Sometimes it's hard to know whether the feelings and information we're receiving are coming from our intuition or from somewhere else. This is especially common at the beginning. Over time, everyone I've worked with has become more proficient in making this differentiation. I recommend practicing a combination of trust and discernment.

The trust part is something most people need to build, and the guidelines we just covered in #7 are instrumental to that process. Trust is vital for balancing the generally mistrustful attitude of the rational mind. Without trust, every intuitive message will be scrutinized, and unless it makes sense analytically, it's bound to be discredited. But we also need discernment, because there are plenty of thoughts and emotions that wouldn't serve our best interests if we let them lead us.

There are a number of "sources of misguidance," including your autonomic nervous system, your ego, old stuck emotions, and more. Your autonomic nervous system is amazing and troublesome. It's what allows most of your bodily systems to run on autopilot, from the beating of your heart to your breathing to digestion. As incredible as it is, it's also kind of primitive. Whenever it encounters anything that seems potentially threatening, it has the power to override reason to ensure your survival, and unfortunately, it makes a lot of mistakes. Anything that remotely resembles danger can trigger it – your fight-flight-freeze response – producing a wide range of feelings that you might mistake for a genuine intuitive warning.



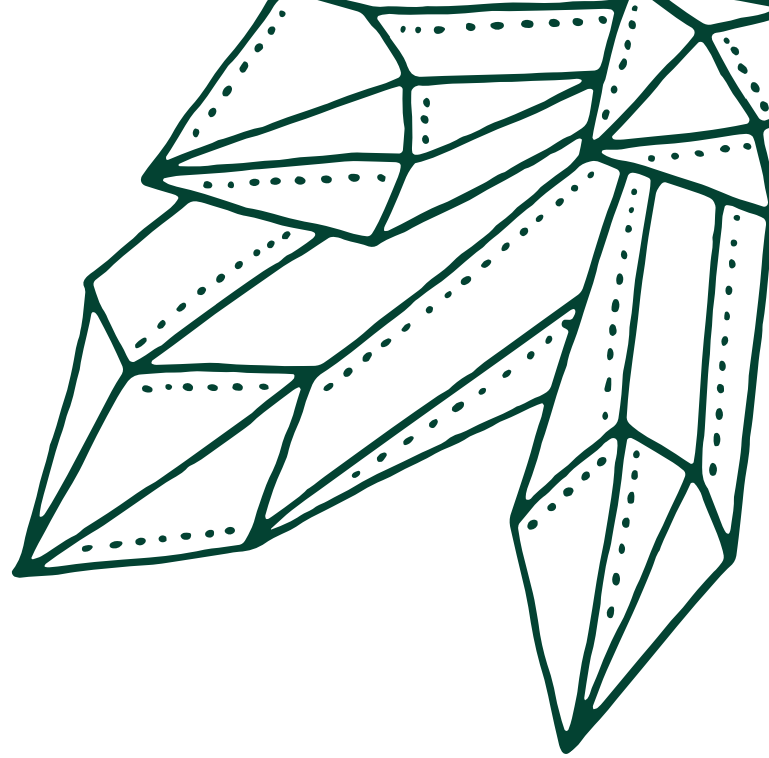
Your ego is the mental construct that believes it's You. Ego is Latin for I, and when you say, "I..." it's generally the ego that's speaking. It's *who you take yourself to be* – it's responsible for your sense of personal identity – and it's intensely protective of itself. Your ego is really just a tiny sliver of the whole spectrum of what you are, and it can feel threatened by your efforts to realize and expand into your True Self. So it will sometimes produce intuition-like messages to keep you in its control.

One of the most common experiences my clients and students report occurs after they have some form of spiritual expansion and feel significantly less *ego-constraint*. They feel powerful, peaceful, and free. The next thing they know, they're feeling sad or bitchy or angry or suddenly like the experience that caused the expansion must have been a bad idea. This is the work of the ego, which often forcibly "contracts" us back into our (dis-)comfort zone when we verge on transcending it. One of its most effective ways of getting us to "play small" again is by engaging us in conflict and drama.



Confusing signals can also come in the form of stuck or *trapped* emotions that occurred in the past but were never fully experienced and resolved. It's likely that when they arose we resisted them and unintentionally *compartmentalized* them in the body. These trapped emotions prime us to re-experience those feelings throughout our life, or until we resolve them. When they come up we may mistake them for intuitive guidance.

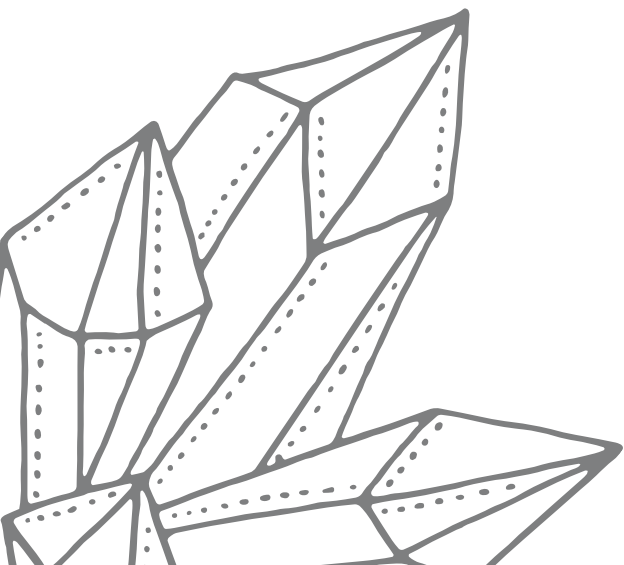
Finally, once in a while I see clients who are afflicted with what would be called "possession" in certain shamanic traditions. It's usually more mundane than what you might imagine. Some entity – e.g., a foreign energy or spirit, a drug, a cult, a powerful religious or political ideology, a domineering individual, the energetic imprint of a traumatic experience, a fragmented part of one's own psyche, a stifling family culture – overpowers a person's own authentic expression. You've undoubtedly witnessed this, though you probably didn't think of the person as "possessed."



Such a condition makes it almost impossible to discern accurate intuitive guidance, and the clearing of this foreign energy and/or reintegration of the splintered psyche needs to be a top priority.

When you get what feels like an intuitive message but you're uncertain about it, first engage your trust. Trust that you can manage your life (even in the absence of intuitive guidance). Trust that your Highest Self will always steer you to truth and wellness. And trust that you have the ability to discern the voice of your Highest Self and to know genuine intuitive guidance when it comes.

Then apply discernment. The simplest question is *where is this coming from?* You can ask this inwardly and see if you feel clearer.



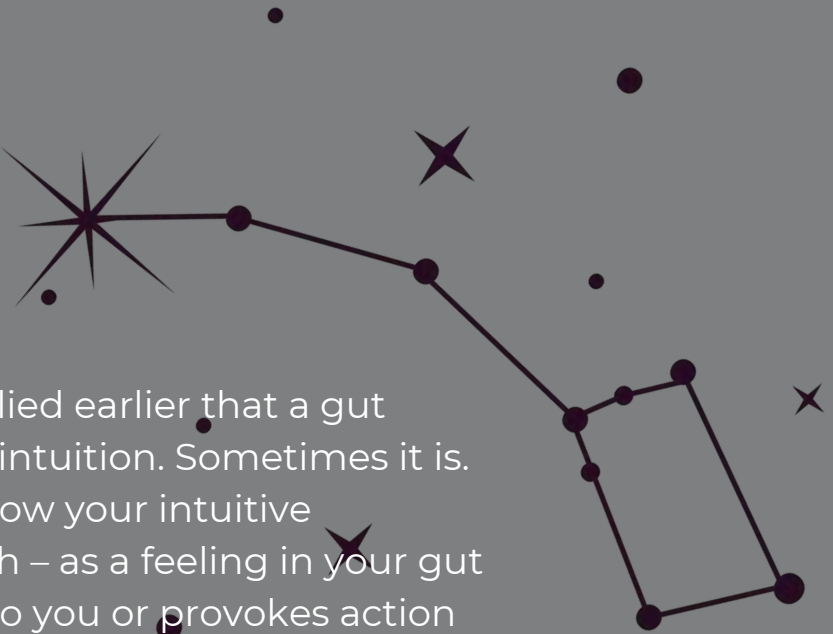




Here are some additional questions to support your discernment if you still need help:

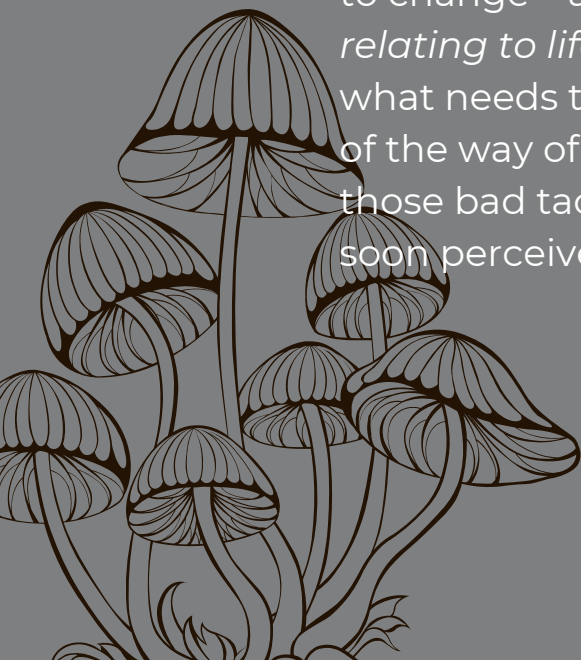
- *Is this coming from my Highest Self?*
- *Would following this course be good for me?*
- *Is this guidance founded in Love (or is it generated by fear)?*

Another way to tell if the guidance is coming from somewhere other than your Highest Self is this: *If you challenge the guidance*, the source will tend to *get defensive, produce fear or hostility*, or will come up with thoughts of *unpleasant repercussions* if you don't do what it suggests. Your Highest Self will never behave in this way. It doesn't hijack your nervous system or bully you into doing what it suggests. It is never offended if you don't follow its advice. It may occasionally give you some tough love or show you a glimpse of the unpleasant outcome that may result from a potential course of action, but it does this from an undeniable foundation of LOVE.



As for *gut feelings*, I implied earlier that a gut feeling isn't usually true intuition. Sometimes it is. It's possible that this is how your intuitive guidance comes through – as a feeling in your gut that means something to you or provokes action in a certain way. However, it's important to recognize that your nervous system, which is most often provoked by fear, is also densely wired into your gut (as well as your heart, your head, and the rest of your body), so any stress tends to cause digestive upset, from gut pain to acid reflux to diarrhea to constipation. This isn't a sign that you shouldn't do something you've been contemplating; it just means you're tense. Or maybe you ate a bad taco.

That said, I don't mean that you should entirely disregard gut feelings and other unpleasant bodily sensations. They are expressions of useful information. They indicate that something needs to change – and very often it's *the way you're relating to life* that needs to change. Occasionally what needs to change is that you need to get out of the way of an oncoming car or to stop eating those bad tacos. Practice discernment and you'll soon perceive the difference.



# 9: *Learn to Interpret*





At the beginning – and occasionally later – you'll get some intuitive messages that stump you. You'll see an image or draw a card or hear a sound or feel a feeling that you just don't know how to interpret.

Here are some ways to make sense of them:

**Ask for clarification.** Your Highest Self isn't usually insistent that you need to understand the message in the way it was presented. You can always ask, "Can you please tell me this in another way or explain more?"

**Go deeper.** Feel into it, follow it, get more multisensory. Take the intuitive message as a starting point rather than a complete explanation. Go deeper with it. Explore the nuances of the message. See if it's connected to anything else. Is this just one word or sentence in a paragraph of information? Are there threads joining this message to other ideas? If you follow it, where does it lead?



If the message came through via a particular inner sense, investigate if there are **other dimensions** to it. For instance, if it's a sound, what does it *look like*? If it's an image, what does it *feel like*? If it's a knowing, what does it *taste like*? If the message were given free rein of your body, *how would you move*? What action would you perform?

**Find more details.** If it's an image, zoom in close to see what you discover, and back up to get a wide-angle view that includes more context. If it's a sound, dive into the sound. Where does it come from? Whose voice is it in? Where does it resonate most in your body? What does it stir in you?

Think in terms of metaphors, puns, archetypes, and symbols. If it doesn't make sense on the surface, consider what symbols and archetypes may be present. If you're presented with a symbol that doesn't mean anything to you, before rushing to look it up on the internet, first try *taking it in*. What is your *felt experience of it*?

If it's still not clear, you may gain insight by researching what the symbol means in other cultures and times. I always prioritize a personal interpretation over what a book or teacher says a particular symbol or card implies. However, the continuity of symbols and archetypes in the collective consciousness makes them powerful messengers of timeless, multidimensional ideas.

If the message doesn't seem significant in a literal way, also think about what it might mean metaphorically or even as a pun. Sometimes metaphors are more powerful than a straightforward declaration. If, for instance, you were shown a single flower in a parched desert, what this represents might speak to a deeper place in you – potentially untangling a misunderstanding more effectively – than a simpler message. As for puns, don't underestimate your Highest Self's ability to use humor to make a point.



**Get to know yourself.** This will happen naturally through the process of consistently accessing your intuition, but can be facilitated by paying attention. You may notice patterns emerging. It may be that one form of deeper investigation works especially well. You may find that messages of a certain tone (e.g., "watch out") come to you in a particular way while messages of another tone (e.g., "trust yourself") come via a different avenue. Intuitive communications may activate certain parts of your body to convey certain things. The more you do this, the more readily you'll recognize what's trying to come through.



Finally, I believe the most basic and important interpretation of any intuitive message is this:

*This is a sign*  
that I am in an ongoing  
conversation and relationship with  
*my Highest Self.*

My Highest Self  
is constantly doing things  
*to delight me,*  
to remind me  
*of its unfailing presence,*  
and to show me  
*that we're always connected.*

Often there's no more interpretation needed than that. It's just your Highest Self saying, "Heyyy! Remember me? You asked me to be in your life and here I am! Always."



# 10: *Heal and Clear Blocks*



It's beyond the scope of this guide to explain all the ways to discover and release blockages, but I'd like to give you an introduction. Blocks are some form of persistent impediment to authenticity, truth, presence, connection, integration, or wellness.

This topic is relevant to our conversation for two reasons. First, some blocks can make it difficult to receive accurate intuitive guidance. As they're cleared the intuitive channel will open and become much clearer. Second, one of the most important uses of intuitive guidance is to facilitate resolving whatever blocks are in the way of your freedom, self-realization, creative power, etc.

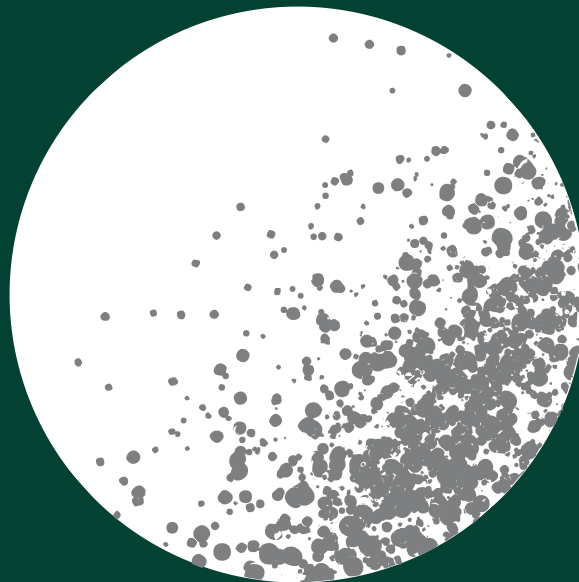
There are many kinds of blocks. Let's look at some of the most common ones I encounter. Sometimes a block is a *complex* that involves several of the following.

- **Inner child blocks.** Some pattern (energy, emotion, thought) was established in childhood that restricts a person's freedom and development. Often this amounts to the inner child believing it must maintain control – usually through shame, fear, grief, or other negative emotions.
- **The residue of a toxic or traumatic event.** It's very common for negative events to result in incomplete resolution and for the "residue" to become a block.



- **Energetic blocks.** This could be a blocked energetic circuit or meridian, a blocked connection to the Divine, blocked integration of the soul – mind – body, an energetic misalignment, an imbalance from side to side, a distorted toroidal field, etc.
- **Physical blocks.** Sometimes there's a physical issue that's at the root of a multi-layered block, such as dehydration, bone misalignment, toxins, impaired breathing, severe nutritional deficiency, incompletely healed trauma or surgery, or an infection.
- **Belief blocks.** Very often our own thinking apparatus gets us into trouble and causes blocks that keep us in a miserable and stagnant state. Deep beliefs such as these can be monumental to clear: *I don't deserve (happiness, health, life, respect, to speak, to have love, authority over my body, etc.); I must be punished; I'm bad; There's something wrong with me; I don't want to get better; I fail at everything; I'm out of control; I'm not safe, etc.*

- **Inherited / adopted blocks.** Sometimes our blocks aren't formed by us – we inherit them from our parents (who likely inherited them from their own parents) or we adopt them from family members or peers. They generally need to be addressed a little differently, since they involve a lineage that extends beyond us.
- **Possession.** This block is due to the presence of some energy which obscures the true Self (including some of the previous blocks in this list). Sometimes the possessing entity is akin to an unwelcome parasite (a biological parasite, some unembodied consciousness that has latched onto a person, or the residual presence after an abusive event such as rape). Other times it's something an individual adopted because it seemed to promise safety, comfort, or power – like an intense political movement, cult membership, or a drug – which eventually displaced their Highest Self's authority.



One strategy for discovering if a block is present and what it's all about is to simply ask questions inwardly and see where they lead. It's important to be able to perceive an inner *yes* versus *no*.

You can ask your body and intuition to guide you. Start by asking, "Show me what YES feels like," then, "Show me what NO feels like." You'll experience these in your own way, but often *yes* will feel something like this: *strong, ease, right, in the flow, connected, moving forward, aligned, rooted, or open*. And *no* will usually feel something like this: *weak, disconnected, stagnant, moving backwards, unpleasant, falling, or closed*.



A typical flow might look something like this (usually you won't need so many questions):

- Do I have a block?
- What's the nature of this block?
- Do I need to know more about it in order to clear it?
- What does it represent?
- What age did it begin?
- Where in my physical or energetic body is it centralized?
- Who does it belong to? (If it's not yours. . . Can I give it back? or Can I heal it for the whole lineage?)
- What is its effect on me?
- How is it bound to me?
- Is there a knot that needs to be untied or a cord that needs to be severed?
- Is there a dark or hiding place that needs to be illuminated?

Let yourself be directed to discover everything that's relevant and useful about this block, and to be instructed in how to resolve it.



There are many approaches for healing and/or clearing blocks. You may discover that for you a certain approach works almost every time. Or you may find that each block requires a unique response. Besides the inner journeying approach I just covered, I have often seen blocks resolve by: informing a part of the self to see its role differently; shining light into the block; infusing the block with love, fully accepting and forgiving the underlying issue; claiming ownership of one's being and physical vessel; and intentionally clearing the block from the central energetic channel of the body.

Removing blocks can sometimes lead to instability, like removing a Jenga block from the stack. Even though it was a rotten or dysfunctional piece, it still occupied a consistent space. In its absence, you may feel a void, grief, anxiousness, insecurity, resentment, or craving.

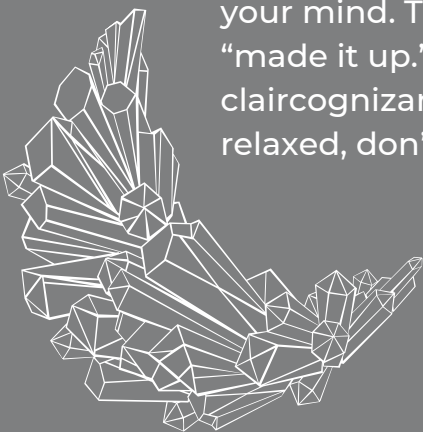


If a clearing isn't stabilized in a healthy way, you may find yourself looking for something to fill its place – possibly even acquiring a new block. For this reason it's a very good idea to follow any block-clearing with an invitation for Virtue (Love, Highest Self, Fundamental Wellness) to enter the place where the block was, intending that you are stabilized in this healthier state.

Clearing blocks is the bulk of what many systems of medicine focus on – whether they see it that way or not – and I facilitate such clearings with my clients every day. Much of this work can be done by yourself without an outside helper, but because of the nature of blocks we don't always have the perspective to see our blocks, or the clarity and power to clear them on our own. So, if you're feeling blocked around your blocks, and especially if you feel you can't clearly discern an inner yes from a *no*, it's worthwhile to get some assistance. It's nothing to be ashamed of, nor is it a sign that you lack proficiency. We all need an outside perspective sometimes and most would benefit from having it on a regular basis.

Remember . . .

Sometimes you may feel you're not picking up intuitive messages when you truly are. Don't expect this guidance to feel like it's coming from an outside source or that it should have a voice that's different from your own. Often you're *so close to the source* that there's no perception of separation or distance between incoming messages and your mind. Thus, you may conclude that you're blocked and you just "made it up." More likely is that your primary special sense is claircognizance (inner knowing). Meditate on what comes to you, stay relaxed, don't force it, try acting on it, and trust.



# 11: *Track Your Experiences*





As vivid and amazing as some of our intuitive experiences can be, it's surprising how readily we can forget about them. Remembering them is the key to a process that builds on itself, resulting not only in a more useful power, but also the positive change in *how you feel about life* that I've been talking about. Tracking your experiences locks in the flavor. It's like hitting the save button.

Furthermore, writing things down makes them even more real. The process of putting an experience into words helps clarify it and often yields a greater depth of understanding. Sometimes I've gotten zero benefit from an intuitive message until I wrote about it – and then it became a profound revelation.



Over time, as you fill a journal (and then multiple journals) with the records of your intuitive guidance and the related work you've done – clearing blocks, honing your inner senses, acting in alignment with your Highest Self, etc. – it becomes undeniable that *you are an intuitive being*.



# A Few Final Words

Don't worry if your life changes as you get more connected to your intuition and begin following it. As you live as a more direct expression of your Highest Self, it's natural that certain behaviors and preferences will fall away because they aren't serving you or they don't align with who you really are.

The more you live in alignment with your Highest Self, the more you'll recognize aspects of your personality, lifestyle, and beliefs that you adopted unconsciously, or that you developed as a way of meeting challenges at a certain time in your life, but which no longer serve you. While an in-depth exploration and total update of all of your current ways would be pretty intense and difficult for most people, by simply tuning in to the essence of your Highest Self and regularly choosing to embody that, you basically accomplish the same thing.

So, while you might have been thinking when you picked up this guide that you were going to learn a little bit about how to tune in to an inner helper, what I want for you (which I believe is also what your Highest Self has in mind for you), is much more ambitious and life-altering. And I believe, should you choose to take this path, it will be a great blessing to you and those you interact with.

So much love,

*briana*