

Back Roads Marketing

The Power of Intuition

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Introduction

Intuition comes very close to clairvoyance; it appears to be the extrasensory perception of reality.

- Alexis Carrel

Have you ever just “known” something? Maybe you just knew who was calling before you picked up the phone or you knew you could trust someone even though you didn’t know the person. There was no reason to believe as you did, at least not on the obvious physical level of the visible world around us, yet nonetheless, you knew it to be true. And you were right!

This is intuition. Most of us have probably heard that word many times. We certainly have all heard of “women’s intuition” or that “gut feeling”. But think about it. What does this really mean? Do you really know or are these just terms and phrases you have bandied about since you were a child because they were used by others around you? Of course, we all have at least some vague understanding of what intuition is, but there are deeper meanings to the word than many people realize and most people are not aware of the power or even the existence of their own intuition. Well, it just may have been your intuition that guided you to purchase this eBook.

That is what we explore in these pages. What is the true meaning of intuition? Where does it come from? Does everyone have intuition or is it a privileged few? How do you access and develop your intuition? Is intuition a psychic phenomenon, does it have a basis in science, or is it purely spiritual in origin? Or, is intuition a combination of all of these?

Intuition has been revered throughout human history so this is where we will begin our intuitive journey. It is important to understand, to the best of our ability, what intuition is and where it comes from. However, we all know it does not make one bit of difference if we know how a car works if we have no know knowledge of how to turn it on and how to operate it. This is the same as intuition. Since the accessing and understanding of intuition is crucial, the majority of this book will focus on how to do this. You will be instructed in ways to stimulate your intuition and ways to access it. We will explore how to interpret the intuitive messages you receive so that you can make the best decisions possible in life. We will also discuss how to trust your intuition and why you must do so. There is a lot of ground to cover so let’s get going.

What is Intuition?

Intuition is the supra-logic that cuts out all the routine processes of thought and leaps straight from the problem to the answer.

- Robert Graves

Not a Boring History Lesson

No, the idea here is not to bore you, although so many of us groan when we hear the word “history”. You will learn here that history can be quite exciting. Intuition has been known to humans for our entire existence. It is not mere instinct, but that leaves us with the question of what it truly is. It is certainly one of the widest contemplated topics in human history. Everyone from learned people in history, psychics and mystics, spiritual gurus, and now even everyday people have pondered the meaning of intuition, what it is and from where it comes.

Intuition is something that truly is vital to our everyday existence and the more we access and understand our intuition, the more information we will have available to us to make decisions and understand the world around us. When we know how, we can access intuition anywhere and at anytime. It doesn't matter if we are at work, at home, on the bus or in the car, or whether we are at our son's little league game. Intuition is not about where we are; it is about how we are connected and what we are connected to.

Written accounts of intuition date back to the Aztecs, Babylonians, and the Greek, Hebrew, and Chinese cultures. In these places, seers, oracles, shamans, diviners, and medicine people were the ones who truly developed their intuition and recorded information pertaining to intuition in their work. Hindus and Buddhists also understood intuition to be associated with higher spiritual states and that these high spiritual states were reached through meditation and a disciplined mind.

However, the concept of intuition was also known in the Western world. Some of the greatest thinkers in history referred to intuition:

- Pythagoras – stated that numbers existed in the spiritual realm.
- Plato – intuitive knowledge is the basis of the school of idealism.
- Aristotle – he believed that knowledge exists without proof.
- Plotinus – he believed that knowledge comes from a mystical union with the object you desire to know.

There is no logical way to the discovery of these elemental laws. There is only the way of intuition, which is helped by a feeling for the order lying behind the appearance.

- Albert Einstein

With the growth of Christianity came the diminishment of intuitive knowledge. After all, Jesus allowed for direct access to God. However, it did not completely disappear, but when science

became the new “religion” intuition nearly faded from view. There were two people who managed to keep the concept alive: Augustine and Aquinas. They both discussed the ability to obtain knowledge in the absence of rational processes.

In the 18th century the concept of intuition was given a sort of rebirth. Immanuel Kant brought forth the notion that intuition is the non-rational recognition of an object. Thus, our modern day approach to and understanding of intuition was born. In the 19th century, Schopenhauer declared that intuition goes beyond mere appearances and Henri Bergson went further to say that complete knowledge is only possible through intuition and that the intellect can only take us part of the way there. By the 20th century, Carl Jung had something to say about intuition. He proposed that intuition is one of four ways human beings process the world around them. Others added to this with ideas such as:

- The intuiter may not be aware of how she knows something nor what she knows.
- Intuition is a core skill for human evolution and is the key to the major breakthroughs in science, art, and all human accomplishments.

The Different Meanings of Intuition

It is through science that we prove, but through intuition that we discover.

- Jules H. Poincare

How is intuition defined in the dictionary? In the Merriam-Webster Collegiate Dictionary intuition is defined as, 1: quick and ready insight and 2 a: immediate apprehension or cognition, b: knowledge or conviction gained by intuition, c: the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference.

In other words, according to the dictionary, you know something yet there is no obvious means through which you gained that knowing. The word actually comes from the Latin *intuition* and *intuition* which mean to contemplate and the Latin *intueri* which means to look at or to contemplate.

In today’s world, intuition goes by many names and takes on many guises. Here is a list of popular words that describe or define intuition:

- Gut feeling
- Sixth sense
- Hunch
- Vibes
- That “I just know” feeling
- Inspiration
- Flash of insight

There are also many different beliefs as to what precisely intuition is. In the philosophical world, intuition has been the source of debate for decades. Is intuition a prior knowing of events, part of the emotional tone of the world, is it merely abstract, instinct, or is it part of the spiritual context of existence. Then there is the idea that intuition is all of these things and it depends on the person as to which way it comes through.

Regardless of the method through which intuition is transmitted it comes through the subconscious. This is why it is often necessary to access intuition through dreams, meditation, quiet moments, and creativity. One theory of intuition is that of higher consciousness. There is a school of thought that believes that our consciousness is an ever evolving entity and that the next stage of evolution of the human consciousness is based on the premise that everything is connected and that we are everything and everything is us. It is also based upon the premise that there is a universal flow of knowledge that we can tap into. Intuition is merely information being passed to us from that universal source and the greater our intuition, the closer to that source and higher consciousness we are.

Intuition in the Real World

In our day-to-day lives intuition tends to be ignored at the best of times and thought to be new aged nonsense at its worst. However, the majority of people tend to believe in intuition of some level. With the high-powered executive and the bottom line, it is a wonder we even know it exists. However, there have always been those who have lived according to the guidance of their intuition and, as such, they have kept knowledge of intuition in society.

What would the world be like if everyone was connected with and listened to their intuition? Unfortunately, in our current society this is not a reality. We live in a world in which violence runs rampant and our earth is being destroyed at an alarming rate. If we, as a society, were truly in touch with our intuition, would we really be destroying our home?

The world we live in today needs our intuition more than ever. It may be that the only way to save our dying world is by having people reconnect with their intuition. When we receive our intuitive messages, understand them, and act upon them we do what is in conjunction with our purpose on the earth and nature itself. I believe that many people in the world today are desperate to find their intuitive sense and connect with it. It is my hope that this book will help.

What Makes it Tick?

Intuition is a spiritual faculty and does not explain, but simply points the way.

- Florence Scovel Shinn

Intuition is a natural response to the presence of a problem or emergency in life. It seems that the more urgent the problem, the quicker and more immediate our intuition acts to give us valuable information that will help us with the situation we face. Intuition can even help us or even alert us to problems and potential or upcoming problems in our lives of which we have no prior knowledge. This could include the impending death of a loved one, a way to avoid an accident, to who is calling you when the phone rings. Intuition of causes us to act without thinking as does any animal that is in danger, bringing out our instinct and allowing us to act to save ourselves or diminish the immediate danger. This points toward intuition as a natural phenomenon that is part of our very core to help keep us safe.

Inspiration is a form of intuition. Many artists and other creative people face the problem of inspiration. They may have an idea, but have the need to express that idea accurately. We think of inspiration as coming upon a person suddenly, which is precisely what happens with intuition. When this inspiration hits, the inspired person may feel an overwhelming need to express this idea precisely and will use intuition to ensure that the inspiration is captured properly.

I have trusted to my intuition to find the subjects, and I have written intuitively. I have an idea when I start, I have a shape; but I will fully understand what I have written only after some years.

- V. S. Naipaul

Artists often do not know what they will create until it is flowing from them. The writer does not know what he will write until the words are on the page. The sculptor is not sure of what the sculpture will look like until it has come out of the substance from which it is being carved. But it is not only artists that work from inspiration. Researchers, designers, architects, chefs, anyone who is working with their passion and thinks creatively in his job relies on inspiration and intuition to produce the end product whether it is the cure for cancer or the presentation of a new main course to be offered on the dinner menu. Those who are fortunate enough to work in the profession that is “right for them” are often driven by a desire to “know” what is hidden beneath the surface

A Birthright

Intuition is the very force or activity of the soul in its experience through whatever has been the experience of the soul itself.

- Henry Reed

In our present day society we tend to think of intuition as something that is available to the rare few and there are many who do not believe in it at all. Intuition is not only real; it is available to each and every one of us. In fact, every animal on earth has intuition. The unfortunate part of it is that, because we live in a society that reveres logic and reasoning over and above all else and in a world in which science is required to prove or disprove the existence of something, we do not, as people and as parents even think to guide our children to remain in touch with their intuition. Yes, I said remain in touch with it, not acquire it.

We are all born with our intuition fully intact and as we grow up in a society that does not recognize it, we use it less and less frequently. At the age of seven children experience a brain growth spurt, which brings them one step closer to abstract thought and reasoning. Coupled with this is the fact that children learn that it is not acceptable to see the world in an intuitive way or to receive information through any faculty other than the five senses and because no one will acknowledge their intuition they stop using it. Over time the ability to tune in to our intuition atrophies just like an unused muscle and we lose it all together. We continue to receive intuitive messages throughout our lives, we simply do not see them or choose not to see them.

However, there is good news. As adults, we can learn to get in touch with our intuition again. We are not developing our intuition, but the ability to connect with it. Does this mean that we ignore logic and reason completely? Absolutely not! Nature has given us both intuition and the ability to reason and they are meant to work together. When we rely too heavily on one and not on the other we do not see the big picture and we are more apt to make mistakes. People who are not in touch with their intuition at all tend to feel lost and confused and they rely on others to feel worthwhile. They also tend to have a lower vibrational energy that is scattered or fragmented. This is because, with no intuition or inner guidance, they constantly have to look outside themselves to find their way in the world. This leaves them with a lack of self-confidence. When people are in touch with their intuition and know how to depend on it, they tend to be very confident and have direction in their lives.

Where Does It Come From?

We cannot discuss intuition without walking in the metaphysical circle of existence. Human beings are great storage containers, or at least their subconscious is. In our subconscious is stored every memory from our entire life. There is unlimited capacity for storage. It also works at a rate of 800 times the conscious mind, so it can process things far faster and more efficiently, coming up with answers to problems before the conscious mind has been able to fully contemplate the issue.

In addition to the stored memory of a lifetime, science has now proven that we have within our DNA the imprint of genetic memory. This means there is a record within each and every one of us of the entire history of the human race and through it our subconscious works to protect us from perceived harm.

Another form of memory within us rests in our cells. Our cells record everything that has happened to them. For instance, it is common for a person undergoing a massage to cry during the treatment. The massage therapist works on a specific area that has suffered trauma or

stress or is related to a particularly stressful incident and this massage reactivates or reawakens the memory in these cells, which is then transferred or transmitted to the subconscious.

Now we are going to move outside of the body, sort of. Quantum physics has begun to uncover proof of what spiritual teaching from centuries past have revealed. That there is one universal energy of which we and all other things are a part. This “energy” has been known by many names throughout history such as God, universal intelligence, the universal flow or river of knowledge, the source, and many others. Of course, you must decide what it is to you. It doesn’t matter what you choose to call it, it is the same everywhere. Now, here is the thing about this energy. I said we are all a part of it. It is also a part of us and because of this connection, we are connected to everything and everything is connected to us.

This universal energy moves independent of time and space and as such it is responsible for the many prophecies, premonitions, and other psychic phenomena that have been observed throughout history. This flow of energy is the ultimate source of intuition.

Generally, any “psychic” manifestations or superconscious functions are thought to be made possible by what is known as our third eye, the Ajana chakra. However, intuition is actually connected with the heart and with our own humanness. We must be connected to who and what we are as an individual and in the grand scheme of nature and the universe to be fully in tune with our intuition.

Now you might wonder what the heart has to do with things. The heart actually can “think”. It contains its own set of neurons and neural activity. As such, intuition is about a heightened awareness. It is about knowing connected to the heart, which means connected to all things in nature.

The Intuitive Experience

Intuition will tell the thinking mind where to look next.

- Jonas Salk

What is It?

The intuitive experience is not as foreign as we may think it is. Every single one of us has probably had at least one intuitive experience in our life time and most likely more than one. Intuition comes to us out of nowhere it seems. Ultimately success in life comes from intuition. The more in tune with your intuition you are and the more you trust it and act upon it, the more success you will find and the fewer mistakes you will make. Some of the most successful people in the world rely on their intuition to guide them and steer them in the right direction.

Think about it. How many times have you heard stories about someone who went against what everyone was telling him? People were saying not to move ahead with a business idea or an expansion of business, but he ignored the calls of others and instead listened to the call of his intuition only to become a huge success. Successful people are comfortable with risk because they trust their intuition and know that their intuition will not steer them wrong. When is the last time you felt this confident?

Think about the information that generally comes your way. What comes to mind? Is the morning news that you saw or the newspaper that you read on the train to work this morning? Is it the new book you are reading on intelligence and the human brain? Is it the personal finance workshop you attended on the weekend? While we use our senses each and every day to take in information, there are times when we just “know” we should or shouldn’t do something. Do you follow through on those hunches? How many times have you done something that “something” just told you not to do and then you regretted it? That was your intuition talking to you and it never lies.

However, if you are not experienced in your intuitive language or recognizing and working with your intuition, then you would be foolish to base important decisions about the future on your intuition. You must learn to identify intuitive moments and insights and then you must learn to interpret them so that you know what they are trying to tell you and you can act accordingly. What we will see in the next section is how intuition comes to us, how it is filtered through our awareness.

Is it Intuition or Imagination?

One of the main pitfalls in exploring your intuition is that you may discount anything that comes your way as pure imagination, especially if you are at all skeptical about intuition in the first place (we will discuss this issue further on in the book). If the intuitive message is related to a want or a need, then it may be easy to allow your imagination to run away with the idea and it can be difficult to know whether what you are experiencing is true intuition or imaginative fancy. However, whatever the situation, when you are new to exploring your inner self and your intuition, it can be very easy to misread the messages that come your way. Fortunately, there are a few subtle differences that can help distinguish between intuition and imagination.

Intuition and imagination are two very important and very similar aspects of our ability to express ourselves and they both come from the universal source of knowledge. One of the very core differences between intuition and imagination is that imagination generally is made up of mostly of our thoughts, it is on the surface, whereas intuition makes more use of our feelings and tends to come from the very depths of the soul. Intuition is a deep, inner knowledge that comes through to your conscious awareness as a persistent first impression. Of course, imagination can include feelings as well, but it still tends to be on the surface.

Further on in this chapter the various ways intuition can be experienced are described in detail. Briefly, they are:

- Clairvoyance – seeing
- Clairaudient – hearing
- Clairsentience – feeling
- Clairaroma – smelling
- Clairgustus – tasting

Both intuition and imagination can come on quite suddenly, but imagination can usually be identified because the person is generally aware of daydreaming or fantasizing. You know it is for fun or mere hope that something will happen, whereas intuition may actually be important information about whether something will happen, how you can make it happen, or that you should not make it happen.

Unfortunately, your intuition can be wrong or faulty if you are ill, if your energy fields are off balance, or if you become too egocentric. You must be healthy on all levels for intuition to come through and come through accurately. You must be able to surrender yourself to your intuition and allow it to guide you because if you are truly in tune with it and are reading the messages properly, you will always be safe.

Intuition generally comes to a person who is relaxed and calm. It is also possible to receive intuition when focusing on a specific issue or problem and asking for guidance. Different approaches to accessing your intuition are discussed in the following chapter, but suffice it to say, there are many ways intuition can speak to you as long as you are open to it. The key is not to doubt the information or wonder why it is what it is, but to embrace it and allow it to flow into you and your life.

Imagination is fun and it can be comforting and relaxing if you are imagining your future dreams and aspirations. However, intuition is more of a revelation. Through it you will learn more about yourself and your goals and you will be able to grow as a person in the direction in which you were truly meant to go. Intuition encourages you to be more. The more in tune with your intuition you are the more in touch you are with higher states of consciousness.

A word of caution. Intuition can come to you in stressful times, but it may not carry a message you want to hear. If this is the case, it is very easy to disregard it and rely on imagination to

provide the comforting images that a person would like to see rather than what the truth may be.

Having said all of this, you cannot truly separate imagination and intuition. They go together. The main difference is that intuition takes you further and is based on universal truths from the universal source of knowledge whereas imagination is based more in your own mind and self.

Intuition and Goals

Intuition and goals are linked. Remember that I told you above how successful people rely on their intuition? Successful people also write down their goals. Goals are extremely important and writing them down is almost as important as having them in the first place. When you write down your goals repeatedly, you are transferring that information from your conscious mind to your subconscious mind. The subconscious is directly linked to intuition so when your subconscious receives a message from the conscious mind about a goal that you wish to obtain, the subconscious mind can then put that out there and intuition can take over, supplying the necessary information to achieve that goal.

Intuitive Messages – That “Gut” Feeling

All great men are gifted with intuition. They know without reasoning or analysis, what they need to know.

- Alexis Carrel

While intuition may come from a universal or spiritual source, it still has to filter down to us through our own physical body, belief system, and sensory system. This means that we all have different types of intuitive experiences and these experiences are received and expressed in different ways. Ultimately, intuition comes through to each of us either directly or indirectly.

Direct Intuition – This means that the message is coming in loud and clear. It is very literal and to the point. The method may vary, but the message is easy, clear and easily understood. An example might be if Mark has a dream in which his dead father says to him, “You need to follow your dreams, Mark. Buy that land.” There is definitely no question as to what Mark should do.

Indirect Intuition – This is the symbolic form of intuition. In this case the intuiter will not know precisely what to do, but rather will get a message that he needs to interpret. For instance, if Mark was to dream of being in the middle of this pristine land and was to have a feeling of immense peace while there, then all of a sudden he is transported to his current life in which he is getting ready for his commute to the office. He can feel the tension starting to rise as the serene feeling fades away. He desperately tries to hold onto the serenity as he drives off into rush hour traffic. Mark must interpret this message and see that his peace and serenity lie in a change of lifestyle.

It is fairly common for an important message to come to us through intuitive means as many times as necessary until the person “gets” it and responds to make the necessary changes. In such situations the intuitive messages may begin as indirect messages but may become more direct with each manifestation.

The Means of the Message

Think about our five senses. These are the way in which we experience and process the world around us. They are what connects us and how we most readily access information. These are:

- Hearing – sound
- Seeing – sight
- Feeling – touch
- Tasting – taste
- Smelling – smell

In neuro-linguistic programming (NLP), there is an explanation for how individuals learn and take in information. Each person has a primary sense system, which dictates how information is absorbed and processed by the mind. The primary sense system is one of the five senses, most commonly seeing or visual, hearing or audio, and feeling or kinesthetic and rarely include taste and smell.

This idea of primary sense system can be carried over to how we receive and interpret our intuitive messages. People often “hear” voices, or “feel” particular body sensations, or “see” visions. In contrast, people rarely have intuitive experiences that are related to taste (clairgustus) or smell (clairaroma). The following is an explanation of the different ways of experiencing intuition:

Intuitive Seeing – Otherwise known as clairvoyant, people who see their intuitive messages generally experience them in the form of visions. In other words, be it in a dream or in a waking vision, the person will actually see an image of something related to their life or the message. A true life example of this is when one woman was expecting her first child. The baby had some fluid in the left ventricle of her brain and although there was no immediate cause for concern, the parents were obviously worried. One night before bed, the mother was praying to her deities, God and Goddess, that her baby would be safe and healthy. All of a sudden, she saw a clear image in her mind of a woman dressed in white holding an infant. A man was standing behind her with his hand on her shoulder. The mother knew this was God and Goddess and that it was her baby that they held. They were telling her that they were taking care of the child and that she was perfectly safe and healthy.

Intuitive Hearing

This is known as clairaudient. Both Socrates and Mozart heard inner voices that were the source of their inspiration. An example of this could be if someone was driving down the street and a voice in their head screams, “Stop!” After slamming on the breaks a child runs into the street chasing a ball. This “hearing” can also take place in dreams.

Intuitive Feeling

This is also known as clairsentience. It is when someone just “knows”. Maybe this knowing comes through as just that, a “knowing” or it may come through in some other sort of bodily

sensation or through the direct action of the body. For instance, in the car example above, if the message came through intuitive feeling, the driver may have slammed on the breaks without realizing it, then he would have seen the child.

The following is an example of an intuitive message. One evening a woman and her husband were driving home with their infant daughter in the car. They lived in the suburbs and generally took the highway home. It was after dark and the woman had this urgent feeling to avoid the highway. She told her husband that she did not want to take the highway home and to take the more “scenic” route along one of the back roads.

She had nothing upon which to base her desire to avoid the highway, but her husband honored her request. As with many instances in which someone has followed their intuition, the woman never knew why she felt the need to avoid the highway. Maybe they avoided an accident that would slow them down or maybe they avoided being involved in an accident themselves. However, she was happy to pay attention to that urgent feeling. After all, the worst that could happen is it might take a little longer to get home.

How to Access Your Intuition

Intuition is the clear conception of the whole at once.

- Johann Kaspar Lavater

Why do you want to access your intuition? Do you want to feel more in tune with yourself or with your higher power? Do you want to better understand what is happening in your life? Or do you want to find a way to earn wealth and live the lifestyle of which you have always dreamed? Whatever your goals are, write them down. It is a proven fact that those who write down their goals, rather than merely thinking about them, are more likely to achieve those goals.

The first thing you must do in order to access your intuition is you need to accept that it exists. If you are reading this book, then you must at least want it to exist and if you are sitting on the fence you are going to have to go all the way over in order to access your intuition. After all, your thoughts are things and they frame your whole world. If you believe intuition exists, then your subconscious will have the freedom to bring it to you. If you aren't sure, then it will be closed off from you.

It all comes down to that old, "If I can't see it, I don't believe it." Just because you cannot see something, does not mean it is not there. Once upon a time, people could not see the other side of the world. They thought it was flat. However, it was there and it always has been. You must open your mind, use your imagination, and have faith. You have the capacity within you to make yourself and your life anything you want. Use it! Trust and your intuition will guide you along the way.

We have an enormous mental capacity at our disposal. We just need to learn how to tap into it. We have unlimited potential to achieve anything we desire to achieve. We only need to strengthen our mental capacity. One of the surest ways to success no matter what the endeavor is through using your intuition. It connects you with infinite intelligence and knowledge. In order to access that intuition, you must be able to calm your mind and center yourself. Think of the person who has a big decision to make and goes off for some quiet time alone. Once away from the hustle and bustle and from the influence of other well-meaning people who want to bombard your conscious mind with advice and suggestions the quiet can take over and the left brain or logical mind can shut off.

We often tend to start out with a problem by consciously thinking of potential solutions. We might write out the pros and cons. We might talk out loud to ourselves about it. Once we have exhausted these, the time comes to let it go. This is difficult for many people and below we will discuss way in which to do this. The key is not to ignore the message that comes through when you do let it go, otherwise, you are teaching yourself that these messages are not important and that you do not need them.

Intuitive messages will first come to you through from your subconscious to your conscious mind. One major problem is that most people's conscious mind is so busy that the message cannot get through. It is just like getting a busy signal when making a phone call; the conscious mind does not have call waiting. When this happens, the subconscious mind then sends the

message through the body. The message can manifest as headaches, tension, nausea, and many other psychosomatic symptoms that are generally not recognized for what they truly are. Intuition will persist until you pay attention to it. In order to tap into your intuition you must:

1. Accept that you are a part of and have continuous access to the universal source of knowledge.
2. Asking – learn how to communicate your needs and desires to this source.
3. Listening – learn how to achieve a calm and quiet mind in order to receive the messages that will come your way.
4. Listen to the messages and not ignore them.
5. Trust what you hear, see, or feel.
6. Learn to watch for body signals that may come through when the conscious mind is too busy.

Developing Intuition

An absolute can only be given in an intuition, while all the rest has to do with analysis.

- *Henri Bergson*

In order to develop your intuition you must be centered within yourself and you must be balanced. You must know how to ask for what you need to present your issues and problems to the universe and you must know how to listen and recognize the messages you receive in return. The rest of this book is dedicated to the how of accessing and developing your intuition so that you will have this important aspect of yourself fully restored to help you on your life journey.

What is centering you? Being centered means being relaxed in mind, body, and spirit so that your subconscious mind can communicate with your conscious mind. You can access what is within you and what is coming into you from the universal source of knowledge beyond your subconscious. There are many ways to center yourself and we will discuss them in great detail. However, we will first discuss ways to open up and communicate your needs and desires to move them into the subconscious so that we can obtain the appropriate information from the universal source of knowledge through our intuition.

Asking

Cease trying to work everything out with your minds. It will get you nowhere. Live by intuition and inspiration and let your whole life be Revelation.

- *Eileen Caddy*

The first step in learning to access your intuition is to make your needs known on a subconscious level. Since intuition often surfaces as a way to aid in the solving of problems or to steer you away from danger, it is first wise to present your problems to the subconscious, that part of our

awareness that is in direct contact with the source of our intuition. There are two primary ways to do this: journaling and prayer.

Journaling

Remember that we discussed earlier that writing down your goals was the best way to transfer them from your conscious to your subconscious mind. Well, journaling is much like this as well except that journaling does not have to deal only with your goals, although you can keep a goals journal. A journal is a wonderful way to work things out and record your emotions, problems, and anything you feel you need to write about your life. As we write them down we often find the answer comes to us easily, which is our intuition at work. Here are just some of the reasons why people journal:

- Working out problems
- Brain storming
- Expressing feelings
- To record life events
- Creative expression
- To have a safe place in a chaotic world
- To help remain connected or reconnect with yourself – an inner journey
- To record the feelings and events around a particular issue or time in your life such as a cancer journal

Journaling does not have to be only about writing. You may feel more connected with your life when you draw. Or your writing may take on the form of poetry or a play. There is no limit to what you can put in your journal because it is your personal journey. You also do not have to keep your journal in that tradition little book. You know, the satin covered one with the ribbon marker to keep your page. No. You can use a plain notebook or a series of paper put into a binder or you can use simple word processing software and save it in a file on your computer hard drive.

You can write about specific issues in your journal. It may take several days or weeks of writing about a something in particular, but answers often come when journaling. It is a way to everything that is going on inside of you in a safe way. You may be expecting what comes out and you may not. However, when you write in your journal, you can then read it back and you can look at everything that came out of your mind in a different light. When you read through your journal, you can also see how you have progressed and possibly the direction in which you are headed.

Journaling is about getting it out, about being real. It is about not filtering and not analyzing, but about using creativity to express your deepest, inner-most thoughts, dreams, desires, feelings, and goals. You are engaging the right side of your brain, which is the creative and intuitive side so you are more apt to “hear” intuitive messages through your journaling. You are talking here.

When you journal you are “asking” or telling the universe what is on your conscious mind. After writing it down enough times, this will move to your subconscious through which your intuition can speak.

Prayer

You may be sitting there shouting, “But I’m not religious!” Well, you don’t have to be. Anyone can pray to anyone or anything that they believe in. In other words, you don’t have to believe in the Christian concept of God to pray. You choose your own higher power. If you don’t have one, just pray to the universe or to the moon or to your favorite pair of shoes in the closet. Pray to whatever has meaning to you as being more powerful than you are.

Prayer is about asking and about you doing the talking. How can you make prayer more effective? There are a number of things to consider when you pray:

1. You may think you know what is best for you or someone else, but chances are you do not. There are generally things in every situation that you do not see. When praying, give the prayer in a form that addresses your need or desire, but that also leaves it open ended. After all, there may be a reason you do not know about as to why you shouldn’t have that house you want.
2. Pray in an affirmative manner. Pray in the form of gratefulness for what you have and what you will have in the future. This will help you feel grateful and will send out positive energy. Follow this prayer with positive thought and positive talk. If you speak negatively about what you are praying for, you will effectively cancel out the prayer.
3. Have faith as you pray. Have faith that your prayers are being heard and that they will be answered. Especially when you are new with accessing your intuition, you will need a certain amount of faith that you are being told what you need to know and that your intuition is right.
4. Be open to whatever comes your way. Remember that prayer is a form of asking, of you doing the talking. You won’t always get your answers while you are in the middle of prayer. Don’t count on getting that major bolt of inspiration. You also may have to pray about something more than once. If you are sincere and you are persistent, your answers will come.

Affirmations

Affirmations are verbal statements you speak out loud to yourself. Their purpose is to essentially reprogram your subconscious. When they are repeated regularly, they will allow you to tap into the power of your subconscious mind and your intuition. There are a few things you must know about affirmations. The first and most important of these is that if there is no emotion attached to your affirmation, then you may as well not say it at all. This means that the affirmation must be personal to you so you cannot just use some generic affirmation and expect to get results. When you create your affirmation, put some emotion into it. Feel as you write it. Connect with your need or desire as you write it and visualize it. And keep it positive. Instead of stating what you don’t want, state what you do want. Having said all of this about personalizing your affirmations, I have listed a few examples below. They are merely meant to be guides, to give you something on which to build when creating you own affirmations.

- I trust my intuition.
- My intuitive ability is always accurate.
- My intuitive signals are strong and clear.
- I can easily distinguish my intuitive voice from other internal voices.
- I access my intuition easily.
- My intuition delivers simple and straightforward messages.

Deep Breathing

Deep breathing is essential to our sanity in day-to-day life. The majority of people breathe in a very shallow manner. By breathing more deeply, we take in more air and this allows more oxygen into our bodies. More oxygen then gets distributed to our brains as well and this helps alleviate many mental and emotional conditions including stress, anxiety, depression, and helps us reconnect with ourselves. After all, oxygen is the elixir of life.

The following is a breathing exercise that is very calming and relaxing:

- Sit in a comfortable position, either in a chair with your feet flat on the floor or in a comfortable position on the floor. Your spine should be straight and your shoulders back yet relaxed. You can also lie down if you prefer, but be warned you might fall asleep.
- For a moment, just sit and notice your breath. Do not try to do anything special with it. Just observe. You can place one hand on your chest and the other on your abdomen if you wish. This will help you feel what is happening when you breathe. You can take a mental note of which hand moves when as you breathe in and out. You will probably see that the hand on your chest moves the most, which indicates shallow breathing. The good thing is that it is easy to retrain yourself to breathe more deeply.
- Now breathe in and imagine the air filling your lungs from top to bottom and feel with your hands as first your chest rises and then your abdomen rises too. If you can, hold this breath for a few moments, maybe to the count of three or five, then exhale. As you do, imagine squeezing the air out from the bottom of the lungs up, just as though you were squeezing from the bottom to the top of a tube of toothpaste. Feel with your hands as your abdomen falls first, followed by your chest.
- Repeat this breathing pattern a few times and get the feel for it. If you want to add a variation, you can count for three counts in, hold for three counts, and release for three counts. Increase this number as you feel you are able.

This deep breathing is extremely relaxing and is something that can be done anywhere at almost any time.

Listening

All perceiving is also thinking, all reasoning is also intuition, all observation is also invention.

- Rudolf Arnheim

Listening is about being quiet. In the physical world and with your physical senses, you can't listen if you are talking all the time. If you want to listen to what others have to say, you need to be quiet and keep your mouth still. The same is true about inner listening. Our minds are full of background noise. We have so much constant chatter going on all of the time in our minds that it is a wonder we can get a thought in edgewise! Can we truly shut off all of the chatter? Probably not, unless possibly you are a monk living in Tibet who has practiced meditation for six hours a day every day for 30 years. Even a monk has challenges. However, you can learn to turn it down a notch and allow your subconscious to be heard above the hubbub.

Part of what listening for intuition is about is shutting off your left brain. The left brain is responsible for the logical and reasoning part of us. In the society we live in today, this logic and reasoning is revered above all else. So much so, that many of us do not even tap into our creative right brain at all. However, there are ways to stimulate right brain activity and bring it to the forefront.

Cold feet are often symptomatic of a legitimate intuition that you may be heading for the wrong place at the wrong time.

- Suzanne Fields

When you are listening, listen with all that you are. Listen with your whole body, with all of your senses. Intuition can come in so many forms that the more in tune with your own body and mind you are, the easier it will be to listen and hear what your intuition is saying. You will know if there is a particular feeling you generally do not have. You will know if a chill running through your body is the result of just cold weather or if it is unrelated to anything outside of your body.

Begin by working on smaller issues in your life. Until you are completely comfortable with recognizing your intuition and distinguishing it from other inner voices that vie for control, you may misinterpret what you are hearing. You have to consider, would you rather misinterpret a message about what color shoes to wear for your hot date or would you rather misinterpret a message about whether to take that job in Hawaii? You may not get a clear answer when you first attempt to access your intuition regarding a specific issue, but if you persist, the message will come through. You just need to recognize the messenger. Below are various methods of listening. See what feels right for you.

Music

Have you ever been to the orchestra or attended an incredible musical concert? Have you ever felt inspired by what you saw and heard? Have you ever come to a greater connection with your muse, your creative energies, or your intuition? Music has the ability to touch our souls and open our subconscious. Because music is a spiritual experience written in a spiritual language, it has the ability to draw out the right creative brain and allow the left logical brain to shut off.

When the right brain opens up, we are able to come in closer contact with our subconscious and our subconscious is in direct contact with the source of our intuition. What type of music inspires you? Maybe you love classical or maybe you are into jazz or blues. Maybe you don't really know. Even if you think you know, experiment with different types of music to see which ones get your intuition flowing, or at least get you relaxed enough to tap into the right brain.

One great way to get music working for you is to attend a live performance. Of course, your wallet has to be able to manage this, but it is a great way to feel the effects of the music. When you hear the music live, there is an energy that you do not feel if you hear the recorded equivalent. It's just like baseball; watching it on television doesn't feel the same as sitting in the stadium cheering (or booing) with the crowd. You could try to go to an orchestral performance, a jazz club, a blues fest, or any other type of musical event available in your area, although it is often helpful to listen to instrumental music as there are no words to occupy your conscious mind. Music is truly the language of the soul, so it can help in getting in touch with your inner spirit and your intuition.

Meditation

Meditation is the primary means for preparing the mind and soul to access intuition or, rather, to allow it to flow into your conscious state of mind. Why does it work so well? Meditation has been promoted and used by sages, monks, spiritual people, and military people throughout the ages. It has been used to calm the mind, clear the mind, and attain better focus and concentration and is most effective if it is practiced on a daily basis. Once our minds are calmer and clearer then we will lead more fulfilling lives. Why? If we are mentally exhausted all the time, we will not have the capacity to make good decisions. With meditation, intuition has room to make its way into the conscious mind and help us make decisions that will lead us in the right direction.

Meditation can work in five stages to create the frame of mind conducive to accessing intuition.

1. Relaxation – Relaxation is key. With relaxation, you will experience physical stillness and mental stillness. This is where the deep breathing comes in. you don't need to any special breathing exercises. Just sitting still and breathing is enough. This can help you attain the relaxation you need and from there you can move forward in your intuitive journey.
2. Calmness – This is the part where we address that background noise or constant chatter that I talked about at the beginning of the chapter. It might be a good exercise to simply sit in your state of relaxation and just listen to the chatter. You may be surprised how much is there. How easy would it be for an intuitive message to get through all of that and into your conscious mind? For this, you can continue deep breathing, but really focus on the breaths. You can do the breathing exercise given earlier in this chapter or any variation that you are familiar with and with which you are comfortable. You will find that after enough practice, the mental chatter will diminish and you will feel calm.
3. Emotional Serenity – This is a stage further on in the practice of meditation in which you are able to maintain some level of concentration despite the mental chatter that will inevitably still be going on in your head. This serenity will rejuvenate the mind.

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4. Insight – This stage brings you farther on the path to accessing your intuition. You will begin to understand what is inside of you, what makes you tick, and you will be able to “hear” or “feel” or “see” more about you and the nature of life and the universe than you would have thought possible.
5. Wisdom – Wisdom is the final stage. This is the stage of deep understanding of yourself and the universe.

I hope you are not sitting there thinking, “It’ll take me years to access my intuition this way!” Intuitive messages will come to you long before wisdom or even insight. After all, they have most likely come to you many times in the past. You were just too busy to hear them or would not acknowledge them for what they are. Just being relaxed and having a calm mind will help the messages get through. Having said this, the further into meditation you get and the longer you meditate, the more easily and clearly the messages will come through. The following metaphor was taken from www.mentalresilience.com. It helps to make the concept of meditation more clear:

The Power of Clarity

Imagine a glass of crystal clear water, which you can see straight through. There are no obstructions, nothing clouding your view from one side of the glass to the other. Now imagine putting no more than a teaspoon of dirt into the water and giving it a stir. What do you see?

After just a bit of stirring the water becomes muddy and you can no longer see through it. The water is so murky; you couldn’t see a candle or torch on the other side of the glass.

Now, imagine you’ve put the glass of muddy water down and let the mixture settle. As it stills, the two elements begin to separate and the water becomes less murky. The longer you leave it, the clearer the water becomes. Left for a couple of hours, your glass would have crystal clear water at the top and sediment on the bottom.

This is very similar to the way the mind works. Stir it up and it’s hard to see much; let it settle and there is clarity. The mud in the water represents the different challenges that are thrown at you daily.

Imagine an extremely challenging day. Before you went to work you had an argument with your partner. You have numerous deadlines looming, meetings to prepare for, a phone that has been running hot since you arrived in the office, and an in-box full of urgent emails that you have not even looked at. At this point, your mind is probably like the glass of dirty water – thoughts flying around making everything cloudy. And if this “dirty water” is indicative of your mind, then your mind is not in a truly desirable state for important decision-making or effective action.

The next section is on dreaming and the importance of dreaming in connecting with our intuition. Meditation is very important to the dreaming process and can help facilitate it greatly. The dreaming process is enhanced when we have a rested mind and body it is a well known fact that meditation relaxes both the body and the mind. With a relaxed mind that is better able to concentrate it is much easier to access your dreams and thus, your intuition.

Meditation can take you to a different level of consciousness. By meditating on a daily basis, we are bringing ourselves into regular contact with that different, higher plane of consciousness. Since dreams also take place on a different level of consciousness, meditation and dreams enhance each other. Meditation makes it possible to dream more, dream more clearly, and remember more. It is also a common belief that when we meditate we can go to other planes of existence that are very much like that of the lucid dreaming. Lucid dreaming occurs when we are aware that we are dreaming during the dreaming process and are dreams in which we can exhibit conscious control over our dream environment.

There are many different methods of meditation. In meditation, you can focus on saying a mantra (a word or combination of words that hold a special meaning), an image, a feeling, or an idea. The best idea is for you to get out there. Research, but most importantly, experience. You may have to try out more than one style of meditation before you find what works for you. Try to find a meditation guide if you feel that might help. Another great idea is to join a meditation group. The possibilities are endless and the journey is fun.

Dream Analysis

One of the most common ways for intuition to come to you is through your dreams so if you want to understand and access your intuition, then knowledge of your dreams is a good place to start. Everyone dreams no matter who they are and no matter where they live. Even animals dream. Dreams are a certain level of consciousness that are made up of our senses and emotions, although in dreams these senses and emotions are not perceived in the same way as they are when we are awake. These dreams are often a way for our subconscious to make sense out of the chaos that is our lives. Unfortunately, or maybe fortunately, when we are asleep and dreaming, the logical and time-keeping part of the brain shuts off leaving us with the emotions and emotional memories as well as the areas of the brain that are responsible for recognizing and processing objects and images.

Since dreams are such a window into our lives, it is useful to know what they are and look closely at how to interpret them, for in this interpretation often we understand intuitive messages. Unfortunately, dreams are often forgotten by the time we wake up, so how can we interpret them? It is actually more straightforward than you might think.

There is both a skill factor and an effort factor in dream recall. People can develop dream recall skills, such as lying still in the morning and writing down whatever comes to mind.

- Henry Reed

You can't interpret your dreams if you can't recall them. Since dreams are such a window into the intuitive source, it is vitally important that you learn how to interpret your dreams. Often intuitive messages abound in our dreams. For this reason, the following pages detail how to recall and interpret your dreams.

Intent

The intent to remember your dreams must be present over and above any other intentions you may have. Again we come to the writing. Even when you are working with your dreams, you

are going to be doing a lot of writing, so be prepared. At this stage, you need to write down your intentions with respect to recalling your dreams. These intentions might include:

- I will remember my dreams.
- I will get a good night's sleep.
- I will wake up 15 minutes before the alarm goes off.
- I will wake up feeling completely refreshed and rested.
- I will record my dreams every day.
- I will use my dreams to help me improve my life.

In addition to writing these intentions down, it is also very useful to speak these intentions to yourself out loud in much the same way you might say an affirmation. Between these two methods, your intentions will become firmly planted in your conscious and your subconscious over a few consecutive nights of repeating this process.

Attention

Your dreams may be one of the most special things you have in your life and you need to treat them this way. The more attention you pay to your dreams during your waking hours, the more useful they will be when it comes to opening you up to your intuition. You can't simply regard your dreams as just thoughts of fancy running around in your head each night and you certainly cannot think of them as just a jumbled up picture of your day or your life. If you do, you probably won't be able to truly see the meaning in them. You need to get personal with your dreams and you need to show them reverence. Here are some ways to do this:

- Buy a special book or journal in which record your dreams.
- Study all about dreams. Research the internet and books and magazines to familiarize yourself with what dreams are and how it all works.
- Take your dreams with you during the day. Think about them. They don't have to be left to the night.
- Talk about your dreams with friends or family, someone you trust.
- Spend some time every morning recalling your dreams. Really ponder their significance and what your intuition might be telling you.
- Keep a dream journal.
- Join a dream group. There are plenty online.
- Value your dreams. Treat them with respect and act as if they are a cherished friend.

Believe

It is often said that it is not healthy or productive to hold expectations. Well, when it comes to your dreams have heaps of them. Our beliefs and thoughts create our lives and they can help events manifest in our lives. In other words, what we believe is what comes to fruition in our lives. Henry Ford put it this way, "If you think you can do a thing or think you can't do a thing, you're right." You need to believe you can recall your dreams and you must believe that they do hold answers for you. Here are some helpful tips to help you focus your beliefs:

- Expect to remember your dreams!
- Expect to find a clear meaning to your dream.
- Expect to get answers to your questions and/or solutions to your problems.

Program

What you need to do is actually reprogram your subconscious mind to help you remember your dreams. This is entirely possible. You need to get out that speaking voice again and repeat your dream affirmations repeatedly. In order to recall your dreams, it is best to do this right before going to sleep. Examples of phrases that you may want to repeat include:

- I will wake up before the alarm goes off.
- I will wake up as soon as my last early morning dream is finished.
- I will remember my dreams upon waking.
- I will remember to lie still until I have assessed my dreams.
- My dreams will be the first thing I think about when I wake up.
- Program yourself with suggestions and intent so that you will wake up 15 minutes before your alarm goes off. This way you will have time to review your dreams in peace instead of being brusquely jolted out of them.

The intention is not for you to use these phrases literally. You most certainly may, by all means. However, as with any affirmations, which are ways to reprogram how you see yourself, these phrases must hold meaning for you. This means that you must create phrases that detail your personality and what you want to achieve. This way, the dream affirmations will be much more effective than anything generic.

The Dream Journal

If you do not decide to keep any other kind of a journal, then you must at least keep a dream journal. We are going to discuss this in detail and many of these concepts you can carry over into other types of journaling. You will need to keep your dream journal by your bed at night so that you can record your dreams right when you wake up (this may be at 2:00 in the morning) instead of waiting until morning when that dream has probably flown right out of your head.

Choose a book that is special. Maybe a color that is meaningful to you or with a particular look or feel to it. Let your intuition guide your choice. Another option that may be better for you is a tape recorder beside the bed. This saves you fumbling around in the middle of the night for the light and your pen and book. You can simply pick up your tape recorder and quietly record your dream. Then in the morning you can play it back and record it properly.

Why keep a dream journal? Think of the reasons of why people keep regular journals that we listed earlier in this chapter. These reasons captured working out problems, creativity, working through and expressing feelings, and much more. Face it. Journaling is very therapeutic and insightful.

Writing about a dream in your journal just once will probably not bring an epiphany. Generally, you will need to write about a dream more than once, and you will have the dream more than once if your intuition is trying to get an important message through to you. Either you will record your dreams night after night, or you will be watching out for a specific dream and record it numerous times, each time they occur. A dream journal will allow you to see two things with clarity:

1. You will be able to get a clear picture of what is happening in your dreams in order to help you interpret them
2. You will also be able to see how your dreams and you as a person change over time.

This can be a truly enlightening experience. This will bring you closer to your inner self in a way nothing else can and you will truly be able to open up to your intuition when you know yourself on this level.

Of course, we can't pretend that you are going to have time to record your dreams in detail when you wake up every morning. If you have a three-year-old climbing in bed with you at 7:00 am and demanding snuggles and breakfast, the dream details in their entirety may have to wait. However, it is important to write down the main details of the dream. Later you can use this to jog your memory to more thoroughly record your dream details.

When you sit down to write your dream out in detail, you may find you have forgotten the beginning of it. No worries. Begin at the end of the dream and work backwards if you feel that would be better. Or you can start in the middle or with some significant factor and just follow where it leads. Even if your dream comes to you in bits and pieces, each portion of your dream is significant. Each piece of your dream may contain very important information for you and it is crucial that you record it all so that if you experience the same dream again, you will have them as a point of reference.

Journaling Tips

There is a method behind this madness. The following steps, when followed in sequence, will enable you to find the consistency in your dream recall and interpretation. First, you must write things down before you go to sleep. These are:

1. Record the date before you go to sleep. This should be the date of that night, not the next morning.

2. Record where you are the night of the dreaming especially if you are not sleeping in your own bed. Your dreams may be affected by the change in your routine and the change in your surroundings.
3. It is a good idea to number your dreams so that you know how many you have had and which one in the sequence you are at. Each night write down the number of your dream. For example, if you have more than one dream theme that you dream about on various nights, then give it a code such as C5 for your fifth chasing dream and F5 for your fifth falling dream.
4. Review the events of your day. What happened the day may be significant in your dreams. This can help give you direction and it can help you create appropriate dream question.
5. Now create your dream question. You may have to think about this a little or you may find that you know exactly what your dream question needs to be. You may have already formulated the question without realizing it when you went over the things that happened during your day or when you prayed before falling asleep. Your dream question is a question you may have about the events of your day or a specific problem you may be experiencing. By asking this question (yes, this goes back to the asking) it may help our intuition come through to specifically help with the question at hand. It is literally “sleeping on it”. The important thing is to make the question as open ended as possible, write it down, and repeat it to yourself just before you go to sleep or even as you are going to sleep.

The next day you will be doing more writing. What you wrote the night before was helping you open up to dreaming. It was helping your subconscious get into the acceptance mode and getting your mind ready to recall those dreams. The writing you do the day after the dreams will help you get the details of your dream down, including any emotions, images, etc... that might go along with it. These are the things you need to write down the day following your dreaming and you need to record these for each dream that you remember having:

1. The first thing you need to do is write down what the mood or atmosphere of your dream was. Even if you don't remember having a dream the night before, write down any feelings you had when you woke up. This is very important because you may have had a dream that you can't remember and the feelings may actually be residual feelings left over from the dream.
2. Give your dream a title. Go ahead, name it. You might be surprised how significant a name you would choose for your dream might be.
3. Now you need to get it all down. Write everything down about your dream that you can possibly recall. Be a stickler for detail and don't think anything is insignificant. Any small detail may hold an immense amount of meaning. That annoying fly might represent an annoying or persistent problem or person in your life and your intuition is trying to tell you about it. Maybe in your dream you are talking to the person while the fly is constantly buzzing around you (hopefully you didn't swat that fly!).

4. You also need to take special note of all objects and symbols in your dream. This is important because the physical things or specific actions, etc... in your dream might represent some facet of your life. You will read more about dream interpretation below.
5. Determine the theme of your dream.
6. Once you are familiar with the symbols that occur in your dream, especially the ones that occur repeatedly, you will be able to create your own symbol dictionary.

It may seem very overwhelming to try to record your dreams and even more so when it comes to analyzing what you have written down. There may be so many details you don't have the foggiest clue where to begin. Through using a series of questions, you can approach your dream analysis in an organized fashion. Here is a list of the types of questions you can record in your dream journal (taken from *The Stuff Dreams Are Made Of* by Neil Asher) to help with dream analysis are:

- How am I acting in this dream?
- What are the various feelings/emotions of myself and others in the dream?
- What is the context of the dream? Does it relate to anything happening in my waking life right now?
- In the dream, who are the main characters?
- Who (or what) is the adversary?
- Who (or what) is being wounded?
- Who (or what) is being healed?
- Who (or what) is my companion?
- Did I dream of actual people, or imaginary people?
- Could the characters all be different aspects of myself?
- What features or symbols stand out most in the dream?
- How do these features relate to me, my emotions, or my personality?
- How does the dream, taken as a whole, relate to my personality?
- What are the main actions in the dream?
- What would I like to avoid in the dream?
- What actions might it be suggesting that I consider?
- Does the dream trigger any memories?

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- Do any of the elements of the dream relate to my past?
- Why might this part of my past be called to my attention now?
- Does the dream trigger any further questions?
- Why did I need this dream?
- What is its positive message for me?
- Was the dream more physical, or emotional in nature?

Analysis

The Theme

OK. So you have it all written down. The next step is to determine the primary theme of your dream. This is the bare structure of the dream once you strip away all of the details. The details you are removing include the names, faces, things, places and etc... Leave only the actions of the dream. While the theme of the dream is not a full analysis, it serves as a starting point. Just use some good old fashioned common sense to guide you. The following example of determining the theme of a dream has been taken from Dream Central at <http://www.sleeps.com/analysis.html>.

You have a dream of a beautiful hall with shiny marble floors and incredible works of art on the walls. The pictures are framed in solid gold. There are flowers in the corner, and they are breathtaking. The ceiling is cathedral style, with graceful arches with ornate carvings. You get the distinct impression that you are alone, and in charge of it's upkeep. You here a faint scratching sound from the other end of the hall. You hurry down there and zero in on the sound. To your horror a mouse is chewing on the corner of a magnificent painting. You realize if you do nothing at all, the work will be rendered worthless and ugly. But you know if you catch the mouse you can save the painting since little to no damage has been done. You are uncertain you can get the mouse in time. You wake up feeling disappointed and remorse, as you do not want to see something so important to you destroyed.

So here is the theme when you take away the details.

Someone sees something precious being senselessly destroyed. There is a chance to put an end to it, if acted upon quickly.

What is the purpose of determining the theme of a dream? There are two major benefits to determining the theme of your dream. They are:

1. It helps you determine the big picture.
2. It gives you the starting point for the rest of your dream interpretation.

Look to Your Own Life

Only the dreamer shall understand realities, though in truth his dreaming must be not out of proportion to his waking.

- Margaret Fuller

Remember that intuition is often a method of self-protection and that it often helps you solve problems in your life and keep you safe from danger? With this in mind, it may not be a surprise to find out that dreams almost always pertain to your own life in some way. You need to take the theme you have lifted from your dream and apply it to your own life to see where the meaning lies. In other words, instead of just asking, "What does this dream mean," ask, "How does this dream pertain to my life?"

Consider the example above. In taking the analysis of this dream one step further, the question you would ask yourself could be something like, "What part of my life is precious?" Once you determine what is precious you can move on to determine whether it is being threatened or damaged in any way. Keep it simple and don't try to over analyze things.

You can gain much help from dream books and online resources. There are easily found resources that list the most common dream themes and symbols and this may be a great place to start. However, remember that we are all unique and that what one dream symbol might mean for you may mean something completely different to someone else. Consider two people and candles. One person may have grown up in a church in which candles were used frequently and to her candles are a symbol of religion, peace, and tranquility. Another person may have had her childhood home burn down because a candle was tipped over so she may be deathly afraid of candles.

Other Methods of Accessing Intuition

There are various other ways to help access your intuition. While meditation and dream analysis are the two most prominent, these methods will serve to enhance and improve the interpretation experience of mediation and dreaming.

Nature

Intuition becomes increasingly valuable in the new information society precisely because there is so much data.

- John Naisbitt

Reconnecting with nature may be one of the most beneficial things you can do for your peace of mind, your health, your spirit and soul, and for helping you connect with your intuition. Make time to get outside everyday if possible and I don't just mean speed walking from the bus stop to work every morning. I mean you need to take the time to "stop and smell the roses".

Nature is all around us if we choose to see it. Even in the middle of the big city we have access to beautiful parks and green space that can help us to relax and unwind. That is the goal here. To relax and unwind so that your mind can focus on the beauty around you instead of the stressful financial situation you face at home or the poor performance review you received at work.

The problem is that so many of us live so isolated from nature and from other people that we don't know how to connect anymore. However, you won't be able to connect if you don't get out there. The deep breathing and meditation discussed above can be done outside as well.

Have you ever stood outside in the summer, closed your eyes, and held out your arms to feel the warm breeze caress your skin? Just tune everything else out and feel the wind on your body. Have you ever lay down, as an adult, and just stared up at the sky? Maybe watched the clouds floating across the sky or, if you are under a tree, watched the branches above you in contrast to the blue sky. Have you ever gone out in nature and sat still long enough for the animals to begin to appear around you because you have become a part of the surroundings, a part of nature. If you haven't, then you must put down that cell phone, turn your computer off, and go on an adventure.

Reconnecting with nature will help you reconnect with yourself and with the universe or whatever higher power in which you take solace. By being in tune with nature, you will become more in tune with yourself, your body, your feelings, and your mind and you will be more sensitive to the energies around you and within you. You will experience silence and in silence we can listen and hear if we choose to do so.

Energy Fields

Every person has a series of energy channels that flow through the body. In the field of acupuncture they are known as meridians. These energy fields can, over a lifetime, become blocked and damaged. How? Childhood abuse and trauma is a huge cause. Stress in your personal or professional life are also major causes. When you are surrounded by negative people, you will begin to take in that negative energy. Not caring for yourself physically will cause blocked energy channels.

With blocked, damaged, or dirty energy channels, intuitive messages will be less likely to get through. There are various ways to unblock and clean up your energy channels. Some methods are given to us by nature and others we have developed ourselves.

What Nature Gives Us

Nature really does give us everything we need to not only survive, but to flourish. The problem is, we tend not to see it or make use of the gifts of nature in our modern society of computers and fast food. We are Beings of energy and physics has proven that everything, even matter, is simply energy in different forms. Look to nature and you will need to look no further.

Reiki

Reiki comes from Japan and the word means "spiritually guided life force energy". The premise behind Reiki is that there is a life force that energy flows through us and all living things. When this energy is low we become sick and when it is high we are healthy, happy, and better able to tune into our intuition. It works by the laying-on-of-hands by a Reiki practitioner who helps direct the flow of energy into the body. Reiki therapy is non-invasive and safe and it can be used in conjunction with other methods of energy balance.

Quantum Touch

Quantum Touch is very similar to Reiki. The difference is that Quantum Touch utilizes breathing techniques in addition to the laying on of hands in order to more precisely focus the energy being directed into the patient. First the practitioner gets in touch with his or her own energy and then, using specific breathing techniques, this energy is intensified. Then the energy can be

transferred into the afflicted areas of the patient's body and this body can then use the energy to promote rapid healing by re-establishing balance and control.

Acupuncture and Acupressure

Acupuncture and acupressure are based on the energy systems within the physical body. The energy channels are called meridians system. This system is comprised of lines of energy that run through various parts of the body. Each line is associated with an organ or a part of the physical system. Each meridian can be found on either side of the body, except two of them, which run down the center of the body, one in the front and one along the spine. The acupuncture or acupressure points can be found along each meridian. These are the spots where the energy line comes close to the surface of the skin. Along the length of each meridian are points known as acupuncture points or acupoints, which are spots where the energy line comes close to the surface of the skin and there are those who can locate these points by detecting the difference in temperature over the surface of the body.

Gem Therapy

Gem therapy is a treatment that is thousands of years old in India and is a branch of astrology. It is based on the premise that each gemstone or mineral resonates with its own frequency and that these stones, when used correctly, are able to restore energy balance or remove an energy block within the body. Natural, untreated gemstones transmit and reflect cosmic rays to produce a balancing effect on the body that counters weakness and disease. A practitioner needs to understand astrological signs, the chakras, and the stones themselves in order to effectively treat a patient. Gemstones can be worn as pendants or applied to the chakras.

Diet

Many people eat a raw or living food diet. This way of eating is based on the premise that we are only meant to eat raw food that way nature presents it to us. By eating food in its natural state your energy levels increase and your awareness is sharpened. Many people who eat this way also express that they have experienced a heightened sense of insight and intuition.

While you may not wish to cut out all of your cooked food right away or ever for that matter, by just incorporating more fresh fruits and veggies, raw nuts and seeds, and by juicing and drinking fresh juice smoothies you will be amazed at the difference in how you feel within your body and how connected you feel to the universe.

What Comes From Within

We are everything and everything is us. This means that we have the unlimited potential of existence within ourselves. Who knows what we are truly capable of. We have a power and a force within us that allows us to do almost anything we wish. Most of us just don't know it's there. There are various treatments and methods that are useful for unblocking energy flows and cleansing the energy channels.

Massage Therapy

Massage therapy has been used for millennia as a means to relax the body and calm the spirit and remember, relaxation and calm are pre-requisites for accessing intuition on a regular basis. The idea behind massage therapy is that touch can heal and the motion of massage can ease the tension out of the muscles. This can only be good for us!

Color Therapy

Color is important to our wellbeing. Think of how you feel when you see a field full of colorful flowers (this is happening more and more these days now that pesticide use is being lowered in some areas). It has been known for millennia that color can affect our mood. Color therapy is designed to make use of the seven colors of the spectrum of natural light. These seven colors correspond with the energies of the seven chakras of the body. Each color vibrates with its own frequency and, thus, has its own energy. The chakras are spinning energy centers in the body and the color correspondence with the chakras is as follows:

Red: Root Chakra

Orange: Spleen Chakra

Yellow: Solar Plexus

Green: Heart Chakra

Blue: Throat Chakra

Violet: Brow Chakra

White: Crown Chakra

When the appropriate color(s) are used, the energy balance of the body can be restored allowing the body to function properly and heal itself as it was meant to. This also allows energy from other sources to flow in unobstructed, thus intuition can come to you more freely and easily. Light therapy can be self-administered with a light box that will allow you to use a specific color to treat a specific condition. Other methods include laying colored silks on the body, doing colored meditation, and using solarized water. The idea is to have the color absorbed by the body.

Yoga

Yoga covers it all. A complete yoga program has the exercise, the breathing techniques, the visualization, stretching, and the meditation all in one. It may be the most well rounded activity to engage in for overall health and well being. What a way to create harmony within the body. Yoga is easy to transfer to home or the office. You can also do it when you travel and you do not require extra equipment (except maybe your yoga mat if you are very attached to it).

Reflexology

Reflexology is an age old technique from China, India, and Egypt. It is based on the premise that in the hands, feet, and ears there are reflexes that connect with every part of the body, every organ and gland, muscle, and tissue. When the appropriate pressure is applied to the appropriate reflex in the hand, foot, or ear it promotes circulation and the natural functioning of that part of the body.

Sound Therapy

Every bit of matter around us is made up of waves. Yes, even your desk and your computer. Each type of matter uses a different frequency. Sound therapy is based on this and the fact that certain frequencies can cause resonance with similar frequencies. By using the correct frequency for a particular area of the body, it will “remind” that area of the body or mind the frequency at which it is supposed to be vibrating. The two will fall into harmony, cleaning up the energy field, and the body will function in its natural state.

More Ways...

Join a drumming circle – Drumming is a very traditional activity in just about every culture in the world. It is connected with spirituality and connection with the earth and nature. Some believe it is the heartbeat of the earth. By participating in drumming or even just hearing live, you will feel the vibrational energy run through you. It is very cleansing and calming.

Rhythmic dancing – Rhythmic dancing has very a very similar effect as drumming. It actually goes well with drumming. By letting your body go free and letting it find the rhythm instead of trying to follow it with your head, you will find that you will let go of the rational and just be in the moment. The movement of the body will help unblock energy channels that may be blocked and will allow for freedom of mind, body, and spirit to act as one.

Biofeedback – This is a mind-body therapy that is used to help the mind interact with and become more connected to the body. It can be used to heal and to induce higher states of consciousness, which can in turn heighten intuition.

Do a labyrinth walk – The labyrinth is a sacred symbol of spiritual wholeness and connection. It combines the circle and the spiral into a physical metaphor of life. When we walk the labyrinth, we have only one path into the center and one path out again into the world. It represents our journey into ourselves, which is where our intuition lies. By physically walking the labyrinth, we will also complete the inner journey it symbolizes.

The pendulum – While the pendulum appears to be a very simple device, it really works on a complex level.

Trusting Your Intuition

Trusting our intuition often saves us from disaster.

- Anne Wilson Schaefer

You can do all the work you must to access your intuition. You can receive message after message. However, it does not matter at all if you do not trust what your intuition is telling you. It is not attached to your constant mind chatter. Your intuition comes from outside of you. It is not tied into your imperfect self, but into the fabric of the universe and the universal flow of knowledge.

The key to trusting your intuition is twofold. First, you MUST trust the universal source of knowledge. You have to trust that it exists and that you can access it. You also have to trust that it is never wrong. It is basically having faith in your higher power. That is what I am talking about here – FAITH!

The second thing you must be able to do in order to be able to trust your intuition, and only after you have developed the required faith in it, is that you must be able to distinguish between true intuition and the other inner voices you have in your head. Here is a scenario. Your intuition sends you a message that you must take a certain course of action. Say you should take that job you have been offered in Hawaii. However, the thought of actually following your intuition and taking the job produces fear within you. When there is fear we tend to go into fight or flight mode. This is when we tend to start rationalizing the reasons why we should not take the job. Maybe you have to take a pay decrease. Maybe you have to uproot your entire family. Maybe you will have to take on much more responsibility and you are not sure you are capable.

This is where the centering comes in. This is when it is important to have mental clarity and balance so that you can sort through all of the inner voices and you can deal with the emotions that arise from the intuitive message. Otherwise, confusion reigns and we all know that confusion leads to chaos and when chaos reigns we lose control and make poor decisions.

No matter how deep a study you make. What you really have to rely on is your own intuition and when it comes down to it, you really don't know what's going to happen until you do it.

- Konosuke Matsushita

So many people do not believe their intuition is right. These people tend to disbelieve and/or disregard their intuition because they do not trust it yet at the same time they have a keen desire to learn how to access it and how to use it to help live their lives and achieve their dreams and goals. This is a conundrum of the worst kind.

Again, this all comes down to our present-day society and our lack of connection. In general, people are not connected with nature, with each other, with our environment, or with ourselves. When we are disconnected, we are tuned out. When we are tuned out, we are not able to receive intuitive messages or, if we do receive them, we are not able to distinguish them from other internal messages and/or we are not able to interpret them.

The unfortunate thing about this situation is that most people walk around in a confused state. People have problems and questions and they do not know where to find the answers they seek. Sure they can ask their friends and family for their opinions. They can go to a professional for counseling and advice. But in the end, the decision is theirs and sometimes what others offer is not enough.

When you are receiving pure intuitive messages, they are never wrong. They are a part of something bigger than you and they can be trusted. So many people have made so many mistakes in their lives, often because they have not been able to tap into or they have not followed their intuition, that it is no surprise that people doubt the messages they have inside themselves. Many people have spent their entire lives using a hit and miss approach that has left them scattered.

By using the methods described above and by practicing them on a regular, preferably daily, basis one can calm the mind and become centered and connected enough to “hear” the messages and to distinguish them from feelings and other internal voices. After all, when the other voices come along and they are either telling you to do something that is completely within character for you or they are telling you to do something that feels safe, it is easy to mistake this for true intuition. But think of all of those people who have left high-profile careers to reconnect with themselves and follow their passions and dreams. I have not heard about an unhappy one yet! In fact, our true passions are intuitive messages. They are telling us what we are supposed to be doing with our lives, why we were put on this earth.

So how do we distinguish between mental chatter and intuition? Besides using the methods above, it is also helpful to tune into your physical body when you experience a message. Intuition is generally associated with some sort of physical response. You can feel butterflies in your stomach, a heavy feeling in the pit of your stomach, or an aching feeling in your chest. Unfortunately, mental chatter can also cause these types of feelings to erupt. The following is a step-by-step exercise to help you determine if what you are experiencing is intuition.

1. When an intuitive message, or what you believe might be an intuitive message, comes along, you must focus on the physical sensation that accompanies it. You want to create a memory of the feeling and at the same time, you need to create a mental note of the information that comes in the message.
2. Write it down. Yes, more writing. Are you getting the feeling that writing things down is important? If you are not a writer, then you may fast become one. Record the information and the associated bodily sensation. This will help imprint them into your memory and your subconscious. By doing this, you are creating an association between the intuitive message and the sensation associated with it.
3. Now you wait. Just wait. Waiting can be the hardest part no matter what you are waiting for, but it is necessary. When the outcome happens, you know it was intuition. If nothing happens, then you are dealing with mental chatter and emotions.
4. Now, you must repeat this every time you have what you believe is an intuitive message. What you will find is that, over time, you will begin to recognize the physical sensations that are linked with your intuition and your confidence in your ability to

recognize intuitive messages will grow stronger. Every time you repeat this exercise, your ability to recognize the sensations and messages will grow better and will come more easily. As time goes on you will learn to trust your intuitive feelings completely and you will know when it is other inner voices at work. You will find you are feeling intuitive messages every day and if you build your skills, you will find they will get very detailed.

Self Care Means Self Aware

As you have probably noticed, accessing and interpreting your intuition is largely connected to the state of your mind and how calm and centered you are. By taking one or more of the above measures in a combination that suits you, you will begin to take care of your mental state, which will in turn create a calmer emotional state. However, if you think that your mental and emotional states are the end of the line, then you must think again.

Everything about us is interconnected. Our physical, mental, emotional, and spiritual well-being are tied into one another and when one is out of synch the entire system is compromised. If you do not eat well, exercise, or get enough sleep, then your mind won't operate at pique efficiency.

Physical

When caring for yourself on a physical level, don't just start jogging because you know people who do it or you think it is the epitome of exercise. Don't go to the gym and begin bench pressing. You need to do what you like, otherwise it is going to feel like a chore and you won't stay with it. But if your body is stressed physically due to illness or chronic health problems or if you are overweight and/or out of shape, then there will be too much physical fog for intuitive messages to get through. Your mind and brain will be too busy trying to take care of your body to be bothered with the messages coming in.

Get enough sleep! This is crucial to a clear mind and to recalling dreams. If you are so tired every night that you sleep very deeply, you may not remember your dreams very often if at all. A well rested body and mind are far more able to connect with things outside and inside of themselves.

Eat well! As mentioned earlier, a diet high in raw foods is ideal for connecting with nature and the universe at a very deep level. Even if you are not keen to eat all raw foods for the rest of your life (although many do and swear by it), increasing the amount of fruits and vegetables you eat every day to even 50% of your diet will help tremendously. After all, no matter what type of diet you currently eat, everyone agrees you need fresh fruits and vegetables every day to be healthy.

Psychological

We live in a society that is wrought with troubles. Addiction, depression, anxiety, and many other mental illnesses abound and the majority of us grew up in a home and family that lived with some level of dysfunction. As such, psychiatrists and psychologists have no shortage of patients. Instead, if you have ever tried to book an appointment with one, you will know they generally have waiting lists that are months long. This does not bode well for the state of our mental health as individuals or as a people.

If you feel that you need help to attain and maintain mental balance and health, do not hesitate to visit a counsellor of some sort. Just to be able to talk to someone who is not emotionally attached to you or your problems is very freeing and it can help you gain a perspective on your life that you would not have otherwise.

Spiritual

These days, more and more people are realizing the importance of their spiritual wellbeing. To neglect the spirit is to neglect the soul. In fact, many of today's problems in the world are due to a lack of spiritual connection. Connecting to spirit is connecting to nature, to the universe, to each other, and to ourselves. Really, it is what I have been talking about throughout this entire book. When we are connected, intuition can get through and be "heard".

How do you develop a spiritual connection? Many people were scared away from conventional religion as children. Others grew up in a family without a spiritual or religious connection so they didn't learn to identify with anything in particular. Others had the fortune of being given the opportunity to learn and incorporate sound spiritual and religious principles into their adult lives.

If you feel spiritually lost, you can start by seeing if you identify with what you know. This means, look at the religions and spiritual paths with which you are familiar and if you can identify with any of them and feel complete, then you have it made. If you can't identify or if you feel turned off completely, then you need to begin looking at the paths that you don't know. Research it on the internet. There are always unlimited resources on the internet for anything and spirituality is no different. Try to visit a new church, a Buddhist temple or group, or get in touch with the Pagans in your area. You may find you fit in with one of these or other groups or you may find that you would like to be more eclectic and take a little from each tradition to form something of your own. Just do whatever works for you and let your intuition guide you. It will know.

Listen to your intuition. It will tell you everything you need to know.

- Anthony J. D'Angelo

You Know More than You Realize

All is not as it appears. Just as you can't assume something doesn't exist just because you can't see it, so too you can't assume something that you can see is really as it appears. Most people are so in tune with their rational mind that they don't even know anything else exists. However, we have so much knowledge available to us if we would only take the time to reconnect and get in touch with ourselves and our intuition.

Taking the time to fully develop your intuition will lead to a more complete life and to more confidence in your decisions. You will find that your life flows more smoothly and because you are listening to your intuition and allowing it to guide you, you will be more happy and more at peace. There is no greater gift than peace and serenity.

Also, when in touch with your intuition, you will find yourself being guided to your true purpose in this life, if you have not already found it. Everyone has a gift, something to contribute to the

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community we have on this earth. This is not a cliché or a myth; it is a fact. Each and every one of us has the ability to make the world a better place, but many of us do not know how. Your intuition will guide you.

Know yourself and you will know everything you need to know. Know yourself and you will know your intuition. With this book, your journey has just begun. Enjoy that journey for the sake of the journey because you will be on that journey for the rest of your life. It never truly ends. Best wishes!

About The Author



Colin Joss is the founder of Back Roads Marketing.

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[Inspired Attraction](#) - 13 Outrageously Successful People - Including Two Stars Of The Secret - Reveal Their Sure-fire Strategies And Inspiring Stories To Master The Law Of Attraction. Get it now at www.inspiredattraction.com

[The Magic of Finger Yoga](#) – The simplest, easiest way to meditate – anytime, anyplace. Get it now at www.magicoffingeryoga.com
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