

how will I be able to afford my rent?

when am I going to meet my soul mate?

should I sell my house?

what is my life's work

when will I get a job?

how do I make a difference?

What can I do with my liberal arts degree?

Intuition Handbook

“stretching your sixth sense”

by Sandra Brown-Crocker

www.ValuableInsight.com

What should I do about my health?

am I going to get a promotion? are my children going to be alright?

how do I know if I am making the right decision?

how am I going to figure this all out?

when am I going to have a baby?

Intuition Handbook



Stretching Your Sixth Sense



“Simple . . . Easy . . . Fun”

This is a reminder, for those who have an interest and curiosity about coincidences and our natural ability.

For those courageous individuals who have a desire to stretch, to learn and to explore another frontier:
the self, at deeper levels.

“What lies before you, what lies beyond you are small matters compared to what lies within you.”

— *Ralph Waldo Emerson*

Intuition Handbook

Published by BeauDesigns, Youngstown, NY 14174
www.beaudeesigns.biz

www.valuableinsight.com

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by Sandra Brown-Crocker

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ISBN 0-96763-970-0

Editor: Susan Clements, Collaborator
Poem: A Willing Heat, Kimberly A. Wells
Poem: Awareness ... is an art, Kimberly A. Wells
Cover art: BeauDesigns
Manufactured in the United States of America 10 9 8 7 6 5 4 3 2 1

Foreword

Sandra continues to excel in every endeavor she undertakes as a direct result of the continual use of her intuitive guidance. In this book she shares practical exercises used by herself, her students and friends that have been proven to develop intuitive ability.

A key factor in developing any skill is consistent practice and a dedication to applying the new skill across a variety of areas. Sandra assists the reader to do just this.

Her playful, open manner gently nudges readers toward discovering their latent intuitive abilities through a variety of experiences, teaching them how to hone their intuition, challenging them to use these skills, tools and the accompanying awareness as a launching pad for future endeavors.

Few books offer so much in so few pages.

I endorse Sandra's book wholeheartedly, knowing that all those seriously committed to developing intuitive abilities will reap great rewards. Enjoy!

Kayli Riann, August 7, 1999

Acknowledgements

Thank you my collaborators and truest supporters, who both encouraged and challenged me: Susan the presenter, Sandy the playful-one, and Denise — all compassion and strength. Without their support this book would still be in the concept stage.

To everyone else: trust that we do have an effect on others in ways we may never know. I have been challenged and inspired by many who have blessed me with their presence.

This handbook is dedicated to
that part in each of us that longs for
TRUTH, WISDOM, & BALANCE,
urging us to come forth and
discover our highest potential!



With much love and deep appreciation to:

My Rock . . . Carey

My Inspiration . . . Beth

And My Teacher . . . John

A Willing Heart

There is a lifeline,
a place of refuge,
a peace of mind that exists
Within all of us.

It is the call of the heart
that is willing to heal,

To hear the voice,
To see a new world of dreams,
To practice the art of awareness.

If we are willing to walk its direction,
its truth & strength will guide us.

Its provisions will not fail us.

Its readiness to calm & comfort
us will withstand the test of time
and all of life's ups and downs,

It is the most welcome gift
we may choose to receive.

— *Kimberly A Wells*

“Simple . . . Easy . . . Fun”

in·tu·i·tion

(ˈnɪtʃən, -tʃən) *n.*

- 1.a.** The act or faculty of knowing or sensing without the use of rational processes; cognition.
- b.** Knowledge gained by the use of this faculty; a perceptive insight.
- 2.a.** An innate sense of something not evident; an impression.
- b.** (n.) A vague idea or notion: gut instinct • hunch • funny feeling

- Exercise 1 **KNOW THYSELF (PART 1)**
Recognizing what you are already using
- Exercise 2 **BE THE OBSERVER**
Notice what you are Noticing
- Exercise 3 **RESPECTING THE MYSTERY**
Trusting & Allowing
- Exercise 4 **THE FIT**
Be the detective
- Exercise 5 **THE ELUSIVE OBVIOUS**
Seeing your own nose
- Exercise 6 **KNOW THYSELF (PART 2)**
Recognizing what you are already using

Intuition Guidelines

1. Be willing to explore, play and have fun
2. Intuition is a natural ability that we possess
3. We are all using intuition in some manner
4. The information is always available
5. The information is always accurate
6. Results come from committing time and effort
7. The benefits are worth more than the time and effort used in practice!

AWARENESS . . . IS AN ART

*Dependent upon
our desire and willingness
to connect with the world around us.*

*There's more to a book than a cover,
more to life than meets the eye.*

*We must look past the veil
of distortion to the
wondrous force at work in our lives*

*Where the appearance of
a finite world may be transformed
into one of infinite possibilities!*

— Kimberly A. Wells

What if...?

- . . . you already had an inner compass, directing you in positive, easy and fun ways?
- . . . you could use your intuition on a daily basis to assist you in the decisions, large and small, that you make each and every day?
- . . . you knew how to recognize the signals and information?
- . . . you knew how to ask specific questions for situations or opportunities to guide your choices in daily life?

What if that ability and tool was within your sight and grasp?

Sounds intriguing doesn't it?

A thought to consider:

***“Intelligence is present
everywhere in our bodies and
our inner intelligence
is far superior
to any we can try to
substitute from the outside.”***

— Deepak Chopra

Stretching Your Sixth Sense: An Intuition Handbook

How often have you spontaneously changed your mind and gone a different way to work without really knowing why, only to find out later there was an accident on your usual route? How often have you said, “I knew I should have...?” How often have you known something before there was tangible evidence to support it? Many people call this their “gut instinct”, “a hunch”, “knowing” or “*intuition*”.

Several years ago, I was at Rite Aid paying for my order when my attention was drawn to a small, white toy car at the register. I was fascinated with it. “Why am I so drawn to this toy?” I thought, “I’m a grown up!” But I bought it anyway. A week later my car was totaled. I went on the hunt for a new one. As I looked at a brown car I was considering, my insides started to churn and I noticed that I physically backed away from it. I had a very uneasy feeling and refused to test drive the car. To this day I am not sure what it was. I just knew that car was not for me. After shopping around some more I finally settled on a small white Honda. It was only later, contemplating the toy car on my desk that I realized the coincidence. My intuition was working for me.

Intuition is one of the most valuable and the simplest tools

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we have, equal to our sight and hearing. We truly are multi-sensory beings. We have six senses: sight, hearing, smell, touch, taste and knowing, or intuition, “the sixth sense.”

Your intuition has been with you from the day you were born, and you have been using it every day, without even knowing it. Most likely, you mix these intuitive signals with some physical and historical fact. Let’s face it. In our society if you do things without having a concrete reason, your actions are suspect. Over the years we have been conditioned to accept information or evidence and practice what is familiar to us. We have learned to have a logical reason or tangible proof before we act. We ignore our intuitive guidance, second-guessing and negating beneficial insights. We are encouraged to check with other authorities for guidance and wisdom, instead of relying on what we inherently know to be true.

Because of my own personal experience, I know the value of using my intuition. Focusing and allowing my intuition to assist me has greatly improved the quality of my life. My intention in writing this book is to encourage people to develop their intuition with simple, easy and fun exercises. My business and personal mission statement is: “I am committed to recognizing, inspiring and promoting an individual’s experience, strength and ability, assisting them to access their

intuition to confidently make choices, decisions and take actions that will enrich the quality of their lives.”

For years I struggled with what I thought I should be doing, choosing my daily activities to answer the needs and wants of the people I loved and those around me. Through the years, I heard the still small voice from somewhere deep within me whispering, “There has got to be more”. After years of failing to create happiness for others, and especially for myself, I began to assess my life for what was really working and giving me beneficial results. I made a conscious decision to find out what the ‘more’ was; what was ‘missing’. I studied communication, eastern philosophy, spirituality, and the mind-body connection, looking for other sources of information that would give me tangible direction and improved results.

A few years back, I felt compelled to attend a seminar at the Omega Institute for Holistic Studies in Rhinebeck New York, but didn’t know how I was going to pay for it. After mulling it over, I resolved to put my intuition to the test. I decided to visit some friends at Lilydale. When I got back I would determine whether or not to go to the seminar. During my visit, I felt drawn to the bookstore. Since my funds were limited, I browsed, taking note of book titles, authors and ISB numbers. At the counter, I picked up a piece of paper from a stack that

was there for people to add their names to the mailing list. I turned it over to write on the blank side and found a surprise. Someone had written “SAFE JOURNEY.” I was shocked! I checked the entire stack of papers and there were no other written notes. This was a signal to go ahead and take the seminar. With this assurance from my intuition, I took the funds from my mortgage payment, and a week later, the mortgage got paid. My trust in my intuition and the universe was confirmed. I trusted, took a risk, and everything worked out.

As time went on, I became consciously more aware of the signals and information my intuition was sending me. I made this a priority by committing time and effort each day to get real results, by asking questions of my intuition and writing the results in a journal.

As a result of this work, I now use my intuition as much as my sight, hearing, taste, touch and smell. My family and friends have noticed the change in me. I am happier and more at peace. And it has been a blessing not only to me, but my friends and family too. Here’s just one example:

My oldest sister was diagnosed with breast cancer and underwent a radical mastectomy. A year later she called me her fears and concerns before one of her follow-up visits. Since

both our schedules were full, we played telephone tag. After receiving this call, I did an intuitive check and got the message that she was cancer free. I called back and left her a message telling her what my six sense had told me: she was clear and healthy. I soon had another message on my answering machine saying she was very relieved. Then, with a shift in her voice and a tone of worry she added “how much more do you know about me? My intuition nudged me to go talk with her face to face to reassure her of her privacy and health. During this visit, I told her about commitment to confidentiality and my respect for each individual’s journey. I now make it a practice to reassure people that I honor their privacy and have enough to keep me busy in my own life.

Once I learned how to access my intuitive abilities, I wanted to share this knowledge with others. I developed a series of exercises that can be used individually or in a group setting to stretch the sixth sense. My **UseIntuition** classes have helped many people to expand the way they think about things. Out of those sessions, this book was born. I am offering you the same opportunity to stretch your sixth sense, using what you already have, gaining the wisdom of your intuition and receiving information in all areas of your life, just as my students and clients have done.

My intention in writing this book is to encourage you to develop your intuition with simple, easy and fun exercises, exploring, discovering and experiencing your intuition in a very focused and practical way.

Today's Choices Influence Your Future

What do you imagine brought you to this book? Was it curiosity, intelligence or wonder? It may be all that and more. It's a testament to your ability to stretch your sixth sense, and that may be one of your greatest assets. How you interact with the world around you shapes and influences the quality of your life.

Are you enjoying life or struggling with day-to-day activities and challenges? We live in very interesting times. With the explosion of technology – voice mail, email, cell phones - we are continuously bombarded with information and choices. By tapping into your own innate intelligence and wisdom, you can choose to make decisions that are beneficial and resourceful, while using the best resources you have, your time and energy.

Get Curious

Did you ever wonder why some people always seem to be in the right place at the right time? What makes them so lucky? Do they know something you don't know?

It's easier than you think to put your intuition to work for you. What if you could tap into your natural ability instead of struggling and fighting with yourself? Would this be worth

investigating and experiencing? How many questions do you have regarding your skills and ability?

You too can access intuition to assist you in your daily life.

In this book you will find simple and fun exercises that will give you insights and guidance. If you are questioning your skills and ability, here is the place to start. It's as simple as asking questions and exercising those long-neglected intuitive muscles, in other words – stretching your sixth sense.

In order for you to get the most benefit from this experience, I suggest that you do each exercise once a day for three consecutive days. This will enhance your discovery process and ensure that you are giving the time and attention needed to get beneficial results. You will experience insights and feelings that indicate which direction or choice to take in a given situation. You have been given insights and guidance all your life. By shifting your focus to the subtleties of life and quieting you inner dialogue you will become more aware.

A thought to consider:

***“Doctors are cast in the
role of authority
in our culture, but I see I am
not an authority
on anything as much as the ability
to take a moment to moment
leap of trust in myself and in life.
The authority is in all of us”***

— *Jemille Cox-Hardy*

Take the challenge and begin now! Start observing yourself. You will become more aware of how you receive information and how you make decisions. Answers can be right before your eyes and within the next words you hear. Great things are about to come your way, because you are making the effort.

Possibilities

List seven ways you can think of to use your intuition to enhance your life

1.

2.

3.

4.

5.

6.

7.

You are the Priority: Making a Commitment to Yourself

I _____,
signature

am willing to explore the possibilities of having fun while discovering my intuitive abilities. I am open to a new perspective and to suspending judgment while I allow myself to become familiar with the process of discovering how my intuition guides me.

I am setting aside a _____, (time) each day to be quiet and go inside to the stillness within. I am also journaling any sensations, thoughts and insights, which present themselves to me. I am being patient with myself and the process.

I am suspending judgment and allowing the process to unfold.

date

Results Speak for Themselves

I challenge you to continue to stretch and encourage you to be the judge of your efforts and the manager of your own life. You decide what your time and effort is worth in terms of remembering and using your sixth sense - “knowing”. I promise the results will be worth more than the time and effort you expend. Some of the *intangible* evidence you will notice is a greater sense of flexibility in your approach and response, inner strength, confidence, knowingness and peace. *Tangible* evidence may include easier decisions, fewer stumbling blocks and more enjoyable days. As you progress, you may be surprised to find that people respond to you differently. This is due, in part, to how you are now feeling about yourself and how you are interacting with your family, friends and co-workers. When we are in a good mood and feel good about ourselves, we perform better in all areas while people react to us in a more positive way.

What is intuition? Is it instinct, gut reaction, a sixth sense, innate intelligence – *just knowing*? Does it really matter what you label it? An apple is an apple whether it is an Empire or a Granny Smith! The important thing is knowing what to do with it. Ask yourself: do you use computers, automobiles, electricity in your daily life? Do you know how they really

work, or do you *just know what to do* to get the results you want?

Try this: raise your right arm out to your side. Do you know the names of the 157 muscles from your shoulder to your hand, or in what order to move them to get you arm to rise? Probably not, but you do know what to do to get results that benefit you. Intuition can enrich your life even more, and in many more ways. It is simply using your inner radar.

Can you remember a time when you were in a room full of strangers and somehow you instantly knew who you could approach? Do you know how you knew? Probably not. You just *knew!* Can you remember the last time you thought “I knew I should have ... ?” At some level that information was available to you and you ignored it.

You are constantly being given information from your intuition. If you choose to call it something else, go ahead. Do not get caught up on labels. Keep your focus on how intuition can benefit you. This will spur you on to continue the practice and documentation of signals and results.

Let's Begin

Just for today, practice observing yourself. When the phone rings, close your eyes and ask yourself “who is it?” We talk to ourselves all the time. What is a bit different learning to recognize what your signals are. Your inner guidance might be an encouraging “gentle voice”, a sense, a feeling, or even a mental image, like seeing a pink elephant. With practice you will know what your intuitive signals are. There is no substitute for practice and documentation.

In our daily lives we juggle many activities, obligations and interests. When something is a priority, we take the time and effort to record the results of our attention, thereby acknowledging the results. Just imagine! Intuition, an ability and skill some of us have been looking for, is within our sight and grasp. Sounds intriguing, doesn't it? If we get real about what is important to us, we will begin to prioritize how we spend our time and energy and how we choose to respond or react. Most people do not recognize that the flip side of responsibility is choice. Within this choice is the power to re-create how we live and interact with all that is around us; work, family and play!

In the process of discovery and re-learning a skill, or fine-

tuning ability, it is helpful to record where you are right now, your starting point, like planning a road trip to a desired location. It can be rewarding to acknowledge the distance you have traveled and the progress you've made in order to give yourself credit for your efforts. This is a good thing to do in every area of our lives!

A thought to consider:

*The body is a multi-level being.
It speaks through its color and
its temperature,
the flush of recognition,
the glow of love, the ache of pain,
the heart of arousal,
the coldness of non-conviction,
It speaks thru the leaping
of the heart,
the falling of the spirit,
the pit at the
center and rising of hope”*

— Clarissa Pinkola Estes

Exercise One: Know Thyself

The following seven questions are not easy to answer, but you have been dealing with them almost daily for most of your life - often in an other-than-conscious way. Observe yourself and your inner process and take the time to discover your signals. Consider these questions a puzzle or a brainteaser. You just might surprise yourself and realize that you already know some of the answers! **STRETCH** yourself and write out these questions. If answers come, write them down. If you allow yourself to let the outside world pass you by for just a second or two, this might become a wonderful way for you to appreciate and observe yourself. And really, aren't you more important?

Exercise 1: KNOW THY SELF

Recognizing what you are already using

Please write your responses to the 7 questions. This inventory can be a nice measuring tool for your progress. You may want to review your answers as you read this book, and again after you finish.

1. How/Where do you get a signal (in your body) when you hear a lie?

2. How/Where do you get a signal (in your body) when you feel happy ?

3. How/Where do you know (in your body) when your friend calls you?

4. *How/Where do you get a signal (in your body) when you do not feel safe?*

5. *How/Where do you know (in your body) when you are absolutely sure about something?*

6. *How/Where (in your body) does that small encouraging voice reside and sound like?*

7. *How/Where do you know (in your body) if someone in the room was talking about you?*

Reminder: do this exercise once a day for three days in a row.

It is important to realize that there is a part of you that knows these signals, though it may feel a little strange to locate and label them.

Be wise and gentle with yourself. It is a proven fact that we excel in learning when we allow ourselves to explore, discover and have fun in the process.

Please consider this a self-investment project that will pay you dividends for the rest of your life. It's okay to wonder, ponder and even laugh with yourself. As you already know, you *do* argue, talk and get sad with yourself. Try to experience the flip side and feel good. In a very short period of time, you will find it becomes quite easy and takes less effort, especially when you allow yourself to just play!

Although not necessary, it might be helpful and interesting for you to invite a friend to do his or her own inventory and to share your observations. Because everyone is a one-of-a-kind individual, entirely original, the signals you notice may have different characteristics. These unique views can be great assets in other areas. For using your intuition however, your signals are your very own. You must become familiar with them, for they are your intuitive tools.

Making the Commitment

I suggest that you set aside fifteen minutes each day in which you will be undisturbed and willing to play. It is a time to document in a journal your intuitive observations for the day. For my Intuition Journal, I use a notebook with columns and headings similar to this:

<i>Date</i>	<i>Sense / Thought</i>	<i>Subject</i>	<i>Results</i>
1/5/99	My friends name kept coming to mind	Not sure	She called me later that day

Take all the space you need to write, especially in the beginning. It is more important for you to put down everything. Make sure to include the slightest sensation or quiet thought. Remember that you are playing the role of a detective, collecting all the clues that fit into your intuitive puzzle. Daily you might play with your signals and use everything around you to discover your intuition.

When the phone rings, ask yourself, “Who’s calling?” When mail arrives, before you open the envelope, ask yourself, “What is this letter about?” In your Intuition Journal, list all the things and/or times when you sensed your intuitive

knowing, and the coincidences that caught your attention.

For example, you may have recurring thoughts about a friend you haven't seen in awhile, only to have them call you out of the blue. How about when you call a friend and they say, "I was just thinking about you?" As you turn your attention to these kinds of things, you will realize they happen quite frequently. This recognition is a good thing, because it validates that there is a part of you that is aware and willing to use your Sixth sense – "knowing". You might even decide to play with your family members and encourage them to build their intuitive awareness. Imagine a game that can be used in all areas of your life and in all settings — a free game for all ages and personalities that encourages self-awareness and promotes confidence, comfort and relaxation.

Another way your Intuition speaks to you is by seeing an object in a new light or perceiving it in a different way. Try this: as you look at an object, allow your mind to open and shift your perspective to what the object seems to symbolize or is telling you.

Exercise 2: BE THE OBSERVER

Notice what you are Noticing

1. Focus on a question or a situation. It may be about your work, family or you. Once you have the specific question, clearly write it down in your journal.

2. Then, take a brief walk into the next room and allow your attention to be focused on the first object to which your eyes are drawn. (cup, pen, bric a brac, etc.) .

3. As you focus on the object, allow it to symbolize the overview of your question or situation. You may begin to see just one part of it. What are you sensing? What part seems more prominent? What phrase comes to mind?

Write down whatever information you are receiving. When you are finished recording your insights, look at all the information as a whole. The process is very much like putting a puzzle together. As you practice, this will become easier.

Soon the thoughts will resonate with you and the symbolism or thoughts will feel “right on”. You will be amazed with the clarity of information you receive as you continue with your practice.

Reminder: do this exercise once a day for three days

This is an adventure in getting to know another part of you. Progress happens as you practice using this process.

Remember that you are stretching your intuitive muscle, a part of you that you have rarely exercised. Allow yourself to play with these exercises and minimize your judgments. Try not to worry about whether your insights are good or bad, accurate or inaccurate.

Developing your intuition is a process of discovery and fine-tuning. Without mistakes, we do not know how to self-correct or learn to identify the feelings which accompany true, accurate perceptions. Congratulate yourself on keeping your 15-minute commitment to practice using your intuition. The following example told to me by a student provided clarity for her regarding her employer's decision to change the department structure in which she worked.

While at home, she was observing a group of houseplants she had in her living room. She recognized that within this group of plants there were common elements across all plants, which fit together quite nicely when brought together as a group. As she looked at the plants, she was able to see that changes in structure really improved the overall appearance. She made the connection that the change at her work had

nothing to do with her personally, but was for the best interest of the company. She was able to shift perspective on the situation, resulting in an ease of the pressure and stress she previously felt about the rearrangement and allowing her to release the sense of resentment she had toward her boss.

Exercise 3: RESPECTING THE MYSTERY Trusting & Allowing

1. Write a question on a sheet of blank paper. Now fold down the top of the paper to cover the question. Write out two more questions on separate sheets of paper and fold over.

*2. Leave these questions alone until the next day. When using your fifteen minutes, revisit the questions one at a time. **WITHOUT READING THE QUESTION**, write down the information/thoughts as they come into your awareness.*

*3. **AFTER YOU HAVE FINISHED ANSWERING ALL THREE QUESTIONS**, open them and read the results.*

The information you receive may be a specific or general type of answer. Either is fine, it's okay. You are doing just fine. If you feel the answer is too general, you may want to ask that question again to achieve more specific information. Practicing formulating focused, simple and specific questions will greatly increase the quality and quantity of your intuition.

Go ahead, refine the question and repeat the process the next day.

Reminder: do this exercise once a day for three days

It is very important to allow yourself a playful attitude and an open mind. The barriers to intuition that I have experienced originate when I struggle with myself and judge everything to be good or bad. I have adopted a favorite saying that keeps me level-headed and inspires me to continue and improve my intuition. The phrase is: “*I WONDER.*” It seems to be the key to my curiosity and has truly been one of my greatest tools, opening more doors to people and experiences than I ever dreamt possible.

Years ago, before my divorce was final, I started hearing thoughts and voices. Feeling cautious about the reactions of others, I kept this new phenomenon to myself. What I didn't understand at the time was that my intuitive ability was beginning to unfold. What was the message and what did I need to know? I heard “three pigs fell in the mud.” That was a little dirty joke my dad used which felt okay. I decided to ask more questions and was given information that helped me decide what direction to take with an issue around my divorce. A week later I realized that it was the best action I could have taken. From then on, I began questioning more and more, and getting more beneficial guidance and results.

Remember when you were around 2-4 years old and your entire world was one of discovery and wonder? Some of your adventures taught you what was right or wrong, but most of

them were about discovery and experience. This is what is happening while you are discovering and fine-tuning your intuition

I encourage you to remember the last time you learned a new skill such as driving a car, skiing, or making ceramics. The process may have initially seemed awkward, confusing or even difficult. As you continued and stuck with it, some of the steps in the process became automatic. This is all part of the learning process and it is all right to feel uncertain about what you are getting and how you are doing with your intuition.

With consistent and persistent practice you will become comfortable with and knowledgeable about the different ways your intuition is speaking to you. It can be quite subtle or very obvious!

Eventually, your intuition will become more automatic, accurate and responsive, assisting you in all aspects of your life. Evidence of the side benefits I mentioned earlier are increased confidence, a relaxed approach to life and being able to choose responses rather than reacting and feeling like a victim.

Several years ago, I worked as an assistant to the director of a marketing research company. This was a job I really disliked

and I hated the way the company was run. I wanted to quit, but needed the money badly. My desire to explore and teach metaphysics and intuition would have to wait. One day I was feeling all worked up about my situation. Since the boss was out of town I decided to go out to lunch early, taking a magazine to read to put me in a better frame of mind. As I sat and slowly ate, reading my magazine, my attention was suddenly focused on the fortune cookie that came with my lunch. A funny feeling arose in my solar plexus. I knew in my gut that something important was going on. When I picked up the fortune cookie, I started to shake. My hand was warm, almost vibrating when I opened the cookie and read the fortune. I started to both laugh and cry. The fortune read, “Don’t be afraid to take the next step.” I knew that I would not be in that job very long. A few weeks later, a friend who lived in Canada passed away. I decided to go to work for an hour and then leave for the funeral. My boss said I could not go and if I did I would be fired. I told him there was no choice. I left and never looked back. The fortune cookie helped me to leave that job with a level of inner peace.

This confidence and peace can be yours as well as you learn to harness your intuitive ability.

Take a moment and try this: close your eyes and get a

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picture of yourself in a situation that you would like an answer to. Allow yourself to really get into the picture and notice everything. What do you smell? What colors do you see? What textures do you notice? Allow your intuition to give you an answer on how best to proceed. You may be surprised at what additional information there is available. It really is that simple. Practice your skills and document your results. It is also important to recognize that some situations in life can sometimes only make sense in hindsight.

How many times were you going to call your friend for a visit but could never seem to complete the phone call because you were constantly diverted from doing so? When you finally did call, you found out that your friend was occupied by something that really couldn't be interrupted.

Or while out shopping for a particular item, you got an urge to go to a different store on your travels only to find the item you are seeking is on sale at this store and not where you were originally traveling?

As your intuitive clarity increases and you recognize your insights, you may begin to choose to postpone acting on insights until you have more information. Some intuitive insights come completely packaged with all the necessary

information arriving at the same time, while other insights may only provide a piece of the puzzle. Your insight may come as a gentle process of new knowledge enhancing previous information into full understanding. Intuition has a rhythm. This rhythm is unique to and within individuals. Practice will assist you in becoming aware of your “style” or “cycle”. Keep in mind that as you develop your sense of intuition, you will have a choice of whether to wait until you have more information to guide your actions or to act now. It is a rhythm you become aware of, a “knowing”.

I trust that since you have reached this part of the book, you are actively practicing the use of your intuition and are full of questions. This is great. It shows you are wondering, discovering and trying new things. Intuition is a “wonder” tool to assist you in your daily life. It does not replace taking care of your obligations and responsibilities. We all know it is wise to exercise, drink water and eat vegetables. This is part of the responsibility of taking care of yourself. Though your intuition will assist you in knowing what is best for you, it does not replace the work you have to do yourself. One of my students once said, “Intuition guides your bicycle, but you still have to peddle.”

Now that you have begun to identify some of your intuition

signals, take a moment and give yourself some credit. Good for you! Great job! So many people talk about what they want and never take the action required. You are actually making an effort and discovering your natural ability. Isn't that great? Life can be a lot more interesting and balanced when we get out of our own way; when we choose to respond instead of react and struggle with ourselves.

When learning a new skill it is important to try several exercises and find the best one for your level of awareness and then build on them to expand and develop even more. You are unique and quite capable or you would not even be reading this book. So give yourself a big hug and continue with your intuitive process. In just a few short months you will recognize your intuitive signals and wonder how you ever got along without consciously using your intuition.

Intuition sends us information in many ways. It is important to realize that we can begin to recognize them one at a time. For the sake of recognition and acceptance, I suggest that you use the list on the following page as a guide for the purpose of labeling and acknowledging what is already happening. Even though I dislike labels, there is a benefit to being able to recognize and accept things. Using labels can help.

Please remember that labels are just reference points. As

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you continue to learn, you can choose to re-label your experiences with more accuracy through new information that you've gained.

Let's take a few moments and talk about signals. There are various types of signals each with varying levels of intensity. Be very patient and observant with yourself during this process. This is about understanding yourself with no judgment or blame.

Types of Intuitive Signals:

Mind / Mental:

A sudden unexpected thought or knowing of information, “out of the blue”, e.g. thinking of your friend, the phone rings and it’s her calling.

Heart / Emotional:

Sensing/feeling a like or dislike. You just know, e.g. you meet a few new people and there is one that you just don’t trust.

Body / Physical:

Sensations in your body, e.g. nervousness in the pit of your stomach, like when danger is near.

Soul / Spiritual:

A sense of being connected to something beyond the physical, our sense of God, e.g. being in a situation that you know is going to work out even though you do not know how.

Place / Environmental:

Information received through everyday things, e.g. your car won’t start, causing a delay, allowing you to miss a car

accident on your regular route.

Attention / Awareness:

Information realized through a third party, e.g. you are pondering a personal situation and you hear a couple nearby resolving a similar concern with an answer that you did not think of.

These are the types of signals we have been using all our lives, whether we realize it or not. Our western society does not support intuitive ability. We have been taught to use our rational and logical abilities, to have proof of the action or thought we are acting on. Yet in making decisions, most people will admit that they do not always “know” beforehand why they chose a certain action. Still these spontaneous, unexplainable actions prove to be beneficial and pleasurable.

I urge you to begin to trust more in yourself and to purposefully be open to the information your intuition is giving you.

There are a great many famous individuals who have trusted their “gut” and have made tremendous contributions to the world - Einstein, Jonas Salk, Bach and Mozart, just to name a few. Because many of these individuals were in the creative fields of art and research, this they tend to be just a bit more aware of their intuition.

Like anything you are learning, you may initially feel a bit awkward and unsure. Practice of any skill ensures fine-tuning and accomplishment. Here you have a tool that is free to you that you have had since birth. Intuition is a natural compass that guides you in your daily life, a skill that you used as a small child without thinking.

As we grow, we are taught to think before we act, to give reasons others will understand and to check with authorities for their professional opinion. This process teaches us to negate, ignore and doubt ourselves and our own abilities.

If you were to study successful individuals, you would find a great many who use their gut feelings to guide them, and having done so, enjoy the benefits of better decisions. Frequently they act more decisively and have time to do the things they enjoy. Study people like Albert Einstein, Oprah Winfrey, Wayne Dwyer, Deepak Chopra and Conrad Hilton and intuitively you will know that's true.

***Are you willing to invest
Your time, effort & attention
IN YOU, FOR YOU?***

IF NOT NOW, WHEN?

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Do you ever wonder what is happening on those days when you can't seem to find clothes you are comfortable in? You keep changing what you are wearing until the item and/or color feels right?

Exercise 4: THE FIT
Be the detective

1. *Look at the shirt or blouse you are wearing. Write down the information you are getting about yourself, as if it were trying to tell you something about another situation or person. For example, what does the color feel like or say to you? Ask yourself what is best for me in this situation?*

2. *Allow yourself to record the information as a thought without reading or judging. The information will flow automatically. Only after you are finished is it time to read and appreciate the guidance you've received.*

Reminder: do this exercise once a day for three days

One of my students once said, "It's amazing how simple this really is. I wasn't sure I could trust or use the information, but it fits! When I follow through on the information, the results are good and useful."

There comes a time when it is important to look within. When you have tried everything else to resolve a conflict; when the opinion or advice of another person just doesn't quite make it. Your mind is chattering away and there is a sense of confusion due to giving too much time and energy to finding a solution. You end up feeling frustrated and disgusted with the situation and your attempts to resolve it.

You may be too close to the situation, and this may be the right time to use your intuition. My suggestion is to allow your self-a "time-out". First, focus on a specific question you have about the issue. Then write the question in your journal and walk away. Go on about your day with other interests or responsibilities. Allowing yourself this time-out period will keep your intuition working and allow you to distance yourself from the situation. It's like putting a roast in the oven and allowing it to cook without opening the lid. Most times, an answer or clue may come to you "out of the blue" when you least expect it.

A friend of mine was very concerned about her adult son who was behaving in a way that appeared to be disruptive and even dangerous. Although she tried to give advice, suggestions and use logic, he continued to rebel. His behavior was his choice. She became so agitated about the situation that she had

difficulty sleeping. She decided to take a time- out and wrote the question “What can I do to assist my son and gain peace of mind?” Then she allowed the answer to ‘cook’. Later that day, while she was doing laundry, the word “control” popped into her head.

She immediately realized she had no control over anyone else and that her son had the right to live his life by his choice of actions. He would have to live with the results. She told me that a part of her knew the answer already, but with this thought she was able to release her need to help or control him. At that point, she began to focus on controlling her own thoughts, words, actions, and reactions. She realized that what she valued most in her closest friends is their respect for her choices. With this renewed perspective she felt more peaceful and calm.

My experience has shown me that when I get out of my own way and allow my intuition to direct and guide me, my days are much more productive, and I experience less self-doubt, second-guessing and fear. A friend told me “You don’t sweat the small stuff anymore. It’s like you see the bigger picture.” Family members have commented, “You don’t seem worried about how things are going to turn out. I wish I had some of that serenity you seem to have so easily”.

By being observant about what we are noticing around us, we sometimes find the answers staring us in the face, or pulling at our sleeve, and by shifting our focus we catch them.

Exercise 5: THE ELUSIVE OBVIOUS

Seeing your own nose

1. Get clear about a question/situation in your mind and write it in your journal, simply, briefly, and directly.

2. Gather three simple objects from your surroundings, such as a cup, a pen or a bowl. Whatever you choose will be fine. Now, take a deep breath and pretend you are seeing these things for the first time, as if you were an artist. Notice the shape, the texture, the color and impressions you are getting.

Reminder: do this exercise once a day for three days

The process is like spontaneous writing about a subject. Like a time when you were in grammar school and had to do a report about something you may not have fully researched. You just had to fill the paper with words.

Remember to be patient and keep a playful attitude as you explore these exercises. Just like when you are turning the dial on your radio to get a better signal, you are fine-tuning your intuition through a similar process to get better reception. At first you will intuitively hear a faint sound or get a fuzzy image. Your fine-tuning will eliminate the static in the sound

and sharpen the picture. With some attention and focus, your intuitive reception will improve.

There is no substitute for practice. You are the only one who can do this. No one can do it for you. You are the one who is going to benefit from recognizing and accepting the information and guidance that is already available. If you make the effort and do the work to develop your intuitive ability, the results will far outweigh the effort and time spent in the discovery process and practice.

It is often helpful to approach things from a fresh perspective. With this in mind, I would like you to repeat the “Know Thyself exercise. You will probably surprise yourself with the answers. DO NOT look back at the answers from the first exercise until you have finished this exercise for the third time. Then I suggest you review what you wrote with an open mind and see if you have found more data to support your answers.

Recall a situation that will bring back a clear memory or picture of the things and feelings surrounding it. Use this memory to answer the next seven questions. Try to recall what happened without second-guessing yourself.

Take a few moments to remember the times when you knew

what to do or say and there was no doubt. You were totally in charge of yourself. Recall a memory that proved you made the right decision for the situation. Maybe you did not know how you knew - you just knew! It might be helpful to journal those times. Give yourself credit and acknowledgement for trusting in YOU.

Exercise 6: KNOW THY SELF
Recognizing what you are already using

Again, please write your responses to the 7 questions.
IMPORTANT NOTE: *Revisit these 7 questions and answers often to refine your intuitive knowingness.*

1. How/Where do you get a signal (in your body) when you hear a lie?

2. How/Where do you get a signal (in your body) when you feel happy ?

3. How/Where do you know (in your body) when your friend calls you?

4. How/Where do you get a signal (in your body) when you do not feel safe?

5. How/Where do you know (in your body) when you are absolutely sure about something?

6. How/Where (in your body) does that small encouraging voice reside and sound like?

7. How/Where do you know (in your body) if someone in the room was talking about you?

Reminder: do this exercise once a day for three days in a row.
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Hopefully, you have kept the commitment to journal every day and you are noticing some coincidences in the information that you are getting and what is actually playing out in your life. With a focused effort of allowing and documenting, you will be very pleased with your results, finding that you are actually in charge of your situations, choices and life.

Remember you are learning a process. Be willing to stretch and play. It's okay to wonder and experiment. This is a process of discovery. There is no right or wrong. It is about self-awareness and understanding.

Taking the Next Step

I remember when I had just completed seminary school and I felt sad to say goodbye to my supportive friends. I was concerned about what I would do next. I allowed myself time to “settle” and not pressure myself. That process took a few months.

Later, I was asked by friends to begin doing community service. This was a big undertaking, so I consciously decided to take it one step at a time. I focused on my intention and the message I wanted to send through my endeavors. Again, I heard that small voice saying, “There’s got to be more”.

My goal is and has been to find that “better way” and to assist others in trusting in themselves to know the resources they have already and live the life they choose. Soon I had a group of people committed to service and personal growth. This group developed into a weekly spiritual service and the number of people who attended steadily increased. This gave me the opportunity to stretch, try new things and trust in myself. Although I found this to be exciting, it was also a bit scary. During those times, I looked within to my intuitive knowingness and found true peace and guidance. This became my way of doing community service. In the process I found

myself once again, transforming what I thought was another ending into another beginning.

I discovered I could use all the tools and techniques I had learned in school in other areas. More importantly, I could continue my commitment to myself to trust, teach, grow and stretch.

As you have probably experienced many times in your life, as one thing ends, another begins. Hopefully, through the experiences and exercises this book has offered, you have experienced insights, guidance and assistance from your intuition. With this, you probably have rediscovered the wisdom, strength and support you always had within you. Now you can view yourself and your life from a new perspective, possibly changing your approach and responses to the simple day-to-day opportunities and crossroads that redirect our lives.

My Wish for You

If I had one wish for you, it would be that you continue your personal commitment to yourself. To allow discovery, play and self value to be a priority. I am nudging you to close the doors on fear, self-doubt and worry. Open yourself to the wisdom,

depth of compassion and guidance already within you.
Promise yourself to continue to stretch and grow in all the
small, medium and large ways that you can on a daily basis.
Acknowledge your accomplishments and praise your abilities.

Here is a quote that causes me to ponder the possibilities
and encourages me at the same time:

A thought to consider:

***Memory, prophecy and fantasy,
the past, the future and
the dreamy moment between
are all one country.
Living an immortal day
to KNOW that is WISDOM
to USE it is the ART.***

— *Clive Barker*

Suggested Books/Movie Author

Meditation

The Mararishi Effect
How to practice

Elaine-Arthur Aron
Dalai Lama

Quantum Physics

The Holotropic mind
What the bleep-movie

Stanislav Grof, MD
now on dvd

Mindfulness

A Return to Love
Inner Peace
Wherever you go there you are

Marianne Williamson
Parmahansa Yogananda
Jim Kahat Zinn

Psychic/intuition

Second Sight
Going within

Judith Orloff
Shirley McClaine

Uncommon dialog

Conversations with God (series)
all his works

Neale Donald
Walsh

Thought provoking stories

Illusions

The alchemist

From Beginning to End

Everything I really needed to

Richard Bach

Paul Coelho

Robert Fulgum

Robert Fulgum

Self help

Excuse me your life is waiting

Ask & it is given

I had it all the time

Lynn Grabhorn

Ester & Jerry Hicks

Allan Cohen

Children's

Oh the place you'll go

The Phantom tool booth

Ring of endless light

Dr Seuss

Norman Juster

Madeline L'engle