



# Intuition

Y O U R G R E A T E S T  
T E A C H E R

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*"Allow your softer, more intuitive, and less dominating  
feminine qualities to rise to the fore, so that you're  
surrendering rather than dominating, receiving rather  
than broadcasting, loving rather than fighting."*

Lau Tsu



LESSON 1  
LIFE'S PUZZLE

## Life's Puzzle

Have you ever tried to put together an intricate puzzle without the lid to the puzzle box? Feeling your way through without that lid can be a real challenge; it can easily leave a person confused and discouraged. The pieces seem to merely be a mass of colors and shapes. Where to begin? Perhaps with the more obvious flat-edged border pieces...but then what?

Going through a puzzle without the lid is like going through life with intuition. Life is like a puzzle—confusing and frustrating at times, yet still filled with those exciting moments when we actually figure out where that miscellaneous “piece” fits.

On our deepest soul level, we know and see the big picture. Our intuition is our soul's way of guiding us to wholeness. The puzzle box lid is written in our very cells, and through our intuition, we can discriminate and select the appropriate pieces. The puzzle soon begins to reveal itself as the beautiful and intricate masterpiece that life can be.

We were given intuition as a guide to know what we are to do in this lifetime. Once this can be tapped into and trusted, life takes on a new meaning, flowing effortlessly. Intuition helps us to realize what we already know. It is the voice of truth, reason, and guidance all in one. It is the sixth sense, one that is mysterious and beyond the rationality of the other five senses.

So now, let's explore the “who, what, when, where and why (and sometimes how)” of this fascinating subject.



## Who Benefits From Intuition?

Ask yourself the following:

1. Do you wake up with a sense of adventure and excitement five to seven days out of the week? (We all have our slower mornings!)
2. On a scale from 0 to 10, what is your level of gratitude for your life exactly as it is now?
3. Have you given up on your dreams?
4. Do you believe that you have a connection to a higher power?
5. Looking back at the past year, would you say you felt more depression, illness, and confusion, or joy, wonder, and happiness?
6. If you could live a life completely different than your own, would you? What would it look like?
7. Do you believe that you can have anything your heart desires? Do you believe you can accomplish great things? Do you believe in yourself?

There are no right or wrong answers to the above questions, just as there are no right or wrong answers in life. I simply asked you to observe yourself, your life, and your levels of joy. No matter how happy, or unhappy you may be today, intuition can take it to a different level.



There isn't a soul on the planet that would not benefit in all ways from being aware and connected to their intuitive wisdom. Business people, educators, scientists, indigenous folks (they could teach us a few things), Wall Street CEOs, as well as students of all ages would reap rewards beyond their wildest imagination, if they opened up to their inner voice.

Through the use of our intuition, we can experience lasting happiness—not the fleeting, false happiness that billboards and television commercials promise us. We can have peace right now, right here, no matter what the circumstances. Everyone possesses the magnificent knowledge called intuition to help us claim our birthright of happiness.

It is my intention as the author of this work to guide you back to your inner guidance, to help you wake up the power that you hold within, and to show you that you can heal yourself and your life through your intuitive knowing. Discovering your intuition is discovering yourself—your life purpose. Benefits come from this mission that I couldn't even begin to name. They will fulfill every desire as well as bring you peace of mind. You'll feel more connected to life as your sixth sense awakens and becomes your best friend.



## What is Intuition?

We get in tune with intuition first by gaining a better understanding of its *source*. When we have educated ourselves and become more knowledgeable about a subject, we feel more centered and confident. If we don't have wisdom, we have ignorance; therefore, it is crucial to embrace understanding as a major key in this exploration.

In the ancient language of Sanskrit, "intuition" is translated as "agama," meaning, "that which flows of itself." So intuition, in short, is the self's way of knowing the self. It is the great yet subtle voice of all, the directly perceiving faculty of the soul, and we all possess it.

Put frankly, the voice of intuition is also the voice of an infinite wisdom that some call God, the great spirit, the universe, all that is, or whatever you choose to call the Creator, great consciousness, all-knowing power that is life and death itself. We are all part of this greatness, so it makes sense that this higher power could and would express itself from within our souls. However, in our busy lives--filled with lunch dates, traffic jams, and daily dramas--that important voice is easily drowned out, and we wonder why self-help books and prescribed medication is such big business!

The truth is the only teacher is you, the inner you, the all-knowing you that is connected to the all-knowing spirit that created you. Only in reconnecting to that voice can truth and healing occur. There is not a doctor in the world whose medical knowledge is more powerful than your intuitive voice (and your willingness to act upon your intuition).



Consider the following tale: one day in the forest, the musk deer, enthralled by an irresistible fragrance, smells the air in search of it. He looks here and there, climbing high and low, anxiously attempting to detect the source of this delicious scent. He becomes frantic as he desperately scampers about on his quest. In his frenzy, he unsuccessfully leaps over a crevasse and falls to his death many feet below. While the body is semi-warm, a hunter happens across the deer, now finally at peace and slits the belly open to remove the sweet-smelling oil that musk deer are known to emit.

The moral? Most people are looking everywhere for what they already have within: they look for their security, recognition and power by acquiring large bank accounts; they look for love in the perfect mate; they look for peace by going on a vacation to the mountains or seashore and take along a portable television, a case of beer, and an iPod; some even reach out to drugs to bring them the longed-for happiness their soul craves.



## When is Intuition Available?

Once we understand that the intuitive voice is within us, and available to us at any given time, we can start to practice developing being receptive to it, listening to it and acting upon it. It becomes a tool that we can learn to use through practice, and it becomes very helpful in maneuvering through life.

For example, you fall in love with a house you want to buy. Although you are aware of several “red flags,” you believe that this is the house for you. You ignore the pit in your stomach, the dreams you have, the little nagging voice that says there’s something wrong. You buy the house anyway and after two weeks discover the meaning behind your intuitive nudges: the house is corrupted with termites, and/or the wiring is a major fire hazard! Our intuition is available to us when we have big decisions to make.

Or consider the student who is cramming for a test and ignores the voice that says, “Study chapters 7 and 12.” Perhaps the student’s mind responds with, “That makes no sense. We went over that in class, and it was practically overlooked. That won’t be on the test. I’ll make better use of my time by reviewing my notes.” Sure enough, chapters 7 and 12 are heavily referenced. Again, our intuition serves us when we have goals and dreams that we want to materialize.

Or perhaps a busy mother is walking through the market, trying to remember what the other item was she needed to buy. She reviews her list and tries to recall the last conversation she had before she left home—nothing works, so she lets it go as she walks the aisles filling up the basket.



Within a short time, that very item she struggled to remember “pops” into her mind.

Our intuition doesn't go on vacation. It is there for us under all circumstances. We need to honor it, bless it, and listen to it.



## Where is Intuition to be Found?

Intuition cannot be purchased in the best boutiques; it can't be pursued on mountaintops either. The truth is that it's within us all. "What a great hiding place—humans will never look there!" Great Spirit might have said.

"We come into this world hard-wired with a sixth sense," says Sonia Choquette, author of *The Wise Child*. "Children come in with a sixth sense, but they will refer to their parents to have them verify it or dismiss it. Kids are completely clear and they learn to shut down only if they are subtly conditioned." She suggests that we not "train it out of them." Honor your child's comments and foster his/her messages. Don't ignore them.

Even chief executive officers of the largest corporations possess and use intuition. When 100 various CEOs were asked by *The Harvard Business Review*\* what made them a success, they unanimously answered that they regularly use intuition in their business and "cited it as the difference between success and failure." It is interesting to note that they each thought they were an exception.

Business is mostly associated with a doing-ness rather than a being-ness. Unless we are at our desks doing something we aren't really working. Many businesses give more than 30-45 minutes for lunch, then back to work! Many have forgotten that creativity is birthed from the intuitive, right hemisphere or being portion of the brain: we're so busy doing that we don't allow other ways to surface and feed us with innovative ideas. "Just do it, get it done, and hurry up."



Michael Munn, Ph.D., says, “When I first started working in TQM [Total Quality Management], I discovered that this came up repeatedly as a major weakness in the aerospace industry. Later, I found it to be part of many American companies. It’s more than that—it’s a mindset of modern Western culture. It’s something most of us learned from the first day we went in the door of a school. My solution, through my career, has been to use intuitive meditation.”



## Why Intuition?

Intuition is no doubt a hot topic these days. You can't pass by the self-help section of the bookstore without catching a glimpse of the plethora of books on the subject. There are workshops, classes, and articles dedicated to the ins and outs of intuition. The question is: why?

Although the benefits of living in tune with intuition are infinite, I've come up with five big ones for your consideration:

1. Intuition gives life meaning.
2. Intuition brings joy.
3. Intuition helps you to feel centered, confident and pure.
4. Intuition connects you to your life's purpose.
5. Intuition opens you up to more exciting experiences.

There is direct correlation to the above five points. Of course you'll experience more joy in life when you have more meaning and a deeper connection to it, and of course your life will be more exciting when living your life's purpose—but then why are so many of us so disconnected? Why do we refuse to align ourselves fully with the beautiful experiences of our lives?

Only you can answer that question, for you are the only one who can live your life, and you certainly can't live others' lives for them! Maybe we all don't want more



exciting experiences; maybe some of us don't need to feel more connected or learn about our life's purpose, but one thing is for certain: we all want more joy and less pain in our life. We want to be happy and feel content, so why not pursue this auspicious aspect of our self? One major reason is because of how attached we are to the ego identity. The ego's purpose is to survive and if it has even a hint of being replaced, it feels threatened and will crank up the messages that you can be happy if you buy another "toy", or take a longer vacation, or borrow a little more on your home—it is insidious in this way.



## How to Access Your Intuition

Children are completely clear and this is one reason why they have such direct access to their intuition. They are fresh in their little bodies and have the recall and clarity of life prior to being physical. Their innocence is pure; they are connected deeply until maybe seven or eight years of age when the impact of society is so intense that their natural knowing becomes clouded over, and they slip into the doldrums as teens and adults. Investigate documentaries about the Indigo Children: it will brilliantly address this aspect, as well as offer examples of many magnificent and old souls in young bodies.

As you connect with the child in you, a new energy will come forth that will teach you, the adult, much about life. Include play into your day and watch the magic happen.

You may find yourself saying, “Who has time to play and be spontaneous? Not me.” You may be a victim of being a doing-machine. Play can be a distraction to your work and besides that—it’s for kids. It is for kids, and there’s one inside of you who is yearning to get out and play.

While encouraging drawing, writing, singing, acting, or any other means of self-expression, know it is a path to fostering intuition. I once took a calligraphy class and it was astounding how it opened up my creativity, as well as my intuition.

Meditation time is invaluable as well as quiet time in nature. Both of these, as well as other suggestions are detailed in subsequent chapters.



It is beneficial to learn to avoid judgments while practicing to connect with your sixth sense. Notice if this is a common characteristic of yours and ask yourself if you'd be willing to give it up for just one day, then two days, then three, then a week—you will get to like the results of letting go of judgments; it's so empowering.

Awareness is key to being open to intuitive thoughts and information. Be aware, alert, vigilant, and pay attention to life. Be awake and ready for life to provide you with all you could ever need or want.

The following is direct from the pen of one who is recognized as clairvoyant:

*Intuition is a mechanism that exists somewhere between the part of us that knows and the parts that strive to; it's the vocal point to the inner ear of consciousness and the outstretched arm to the self that is universal. It is given life by our ability to acknowledge its existence and just like other organs in the physical body the more we work with it the stronger it becomes and the more it is able to take its rightful place along side the intellect. A dualistic component that often finds itself in competition with the programmed mind but in actuality it is designed to work perfectly with it, backing up not only the decision-making process but all areas of communication and forward planning.*

*It is the scout that moves effortlessly into the mists of tomorrow's breezes to bring us maps not only of the road ahead but suggestions on how we can remain on the road itself when there are so many temptations to veer from the agreements that part of us has already made. It is the*



*defense mechanism always available to penetrate into realms where the intellectual mind cannot go and stands guard vigilantly over all that we are connected too. It is the sonar that steers us around the minefields of our own self-doubt and the glue that binds together the pieces of what seems a fragmented world to eventually unveil a landscape alive in its perfection.*

*Our intuition is the candle that lights our way through the corridors of our fears and affirms endlessly that we are connected to all life beyond our own. It is a legacy available to be handed down to those open enough to receive it and to remain connected to those that passed it on. It feeds on trust and grows through love and acceptance and doesn't tire with age in fact when the body and mind grow weary and step back from the foray the intuition excels, opening portals to wider worlds and eventually helping to pave our way to the next one, constantly there to remind us that we always know, we just don't always know how to listen.*

*Dean Holden*



## EXERCISE 1.1: You Know Best

Make up your own exercise for strengthening your connection to Spirit and honing in on your intuition through play, joy and spontaneity. After all, you are the only one who knows the All-Knowing Consciousness the way that you do! Start to schedule play into your day planner and watch the miracles that occur in your life. Be more spontaneous and open to opportunity. This all lends towards being more receptive to your intuition. Just start to listen to the voices within you and begin to recognize who is speaking to you.





LESSON 2  
THE GREATEST TEACHER

## The Greatest Teacher

It was quite intentional that I titled this book *Intuition: Your Greatest Teacher*. It's what I believe. While I think it's important to seek counsel from friends, authorities, and loved ones from time to time, the greatest teacher is your own meter of truth that comes from within.

Imagine the following scenario: you're walking down the street when a very peaceful-looking androgynous being stops by you and says, "Hi (your name), I'm glad we finally met. My sole purpose is to be your teacher, to help you make wise decisions, to give you advice on anything and everything, and to guide you in whatever way possible for your entire lifetime starting now. I am at your service, now and always."

What would be your first reaction? You'd probably run in the other direction! "Thank you, but no thank you," you'd be thinking, and you'd get on with your day, occasionally reflecting on the humor of the incident.

Then the next day, this being shows up again and says the same thing to you. Again, you smile pleasantly as to not arouse his possibly insane tendencies, and you continue on your way.

But it happens again the next day. And the next. And the next. Now you're irritated and a little freaked out, and are thinking about calling the authorities (your ego) to keep this person quiet. One thing you can't understand: this being has such a calm and pleasant manner. It makes you wonder.



About a week after the first meeting, you happen to be having a really tough time making a decision about something. Sure enough, your self-proclaimed teacher is there, ready and waiting. At a complete loss as to what to do in regards to this decision, you say to yourself, “What the heck, what’s the harm of getting a little advice that you can take or leave at will?”

“Okay, teacher-person. What advice do you have for me on this one? Hmmmm?”

The teacher responds, “I’m glad you asked. Sit still, take a few breaths, and listen. What I’m about to tell you is what I believe to be in your highest good. You can take or leave the advice because you always have free will. In the end, it is up to you.”

Then you listen. The teacher’s voice is soft and nurturing, yet the tone is firm. The advice given causes a sense of peace to wash over you. It makes so much sense! However, it seems a little risky...

You thank the “stranger” and go about your day, considering this advice. Somehow the advice makes you excited about your life—if it was accurate of course. The advice brings up some basic human fears, but you recognize them as such, and in the end, you decide to take the advice and then follow through with the appropriate actions. Much to your pleasure, you find many great things occurring as a result of the action.

You walk down the street, and the teacher appears. You thank your teacher for the wise words and inform the being that you’re interested in getting better acquainted.



You turn to go, but then stop and ask, "How do you know so much?"

The teacher responds, "I am part of the All-Knowing Consciousness. There's nothing that separates me from that. I am always present in that Consciousness. I am the part of you that is always connected to that All-Knowing Consciousness. I am your Intuition."

The teacher then tells you that the only thing that can get in the way of your relationship with him is your own resistance or your own ego that wants you to believe that you are separate from the rest of your reality. A promise is made: "I will be a reminder that you are forever connected, protected, and loved by the Greater Powers at work."

And to this you are eternally grateful!



## Trusting Your Intuition

The only way to trust someone or something is to put it to the test. To blindly trust anyone or anything is the trait of a fool. If you are a stranger to your intuitive nature, it will take a little time and effort to get to know it and trust it. Therefore, let yourself ease into it.

This is your chance to have some fun with yourself while sharpening your intuitive powers. Dr. Frances Vaughn, author of *Awakening Intuition* says, "The more you act on your feelings and take the risk of checking out the validity of your intuition, the more reliable it can become. Each one of us is drawn to the unique plan to heal our lives through the perfect set of unique instructions provided through our intuition. Tune in, be aware, allow."

Dr. Vaughn also writes, "Intuitive experiences are characteristically associated with increased or new awareness... guided or directed by something other than reason... frequently unexpected and yet marked by a clarity of vision and a feeling that the experience is 'right' or appropriate at that particular time."

On a physical level we can receive "hits" or "bolts" that clearly jump at us. The more aware we are and tuned into our body, the more we will recognize these signs as important messages to listen to.

Mentally we receive ideas about how to write a paper, or when to travel, although it may not sound like the "right" approach. You have to be willing to take risks and follow through with what may feel like an "off-the-wall" idea. Emotionally, intuition comes as a feeling. Maybe you feel cold or simply ungrounded or not totally present.



Something feels off and you can't explain it. Einstein believed that "objective physical reality can only be grasped by an intuitive leap, not directly, empirically or logically."

Spiritually we may just know our path and the course of direction to follow. We "know" what we know and we know it to be so. We are connected to a pure state of consciousness that is absolute.





LESSON 3  
TAKING RESPONSIBILITY

## Taking Responsibility

In order to experience the bliss of following your intuition, you may have to change a few things. You may have to change (drum roll please)...your beliefs! It may *seem* daunting, but it can be extremely simple if you let it.

Do you believe that the Universe is indifferent to your existence and well-being, or do you believe that the cosmos, our galaxy, and solar system are specifically designed to further your own personal growth, happiness, and evolution?

Do you believe that you deserve total abundance and joy and that there is plenty to go around?

Do you believe that people are inherently “good” or “bad”?

Do you believe in miracles?

Do you believe that you are a powerful and limitless being?

I believe that the Universe is always working toward our highest good, and that fear prevents us from knowing this truth. Many go to great lengths to deal with these fears. Drugs are ingested to avoid feelings; drinks are consumed to put off being with one self; possessions are desperately acquired to identify with and attempt to achieve security. When we know who we are, we know the soul is boundless and that these so-called addictions are useless.

We're here to love unconditionally. We're here to learn and grow. We're here to be in balance. We're here to take total responsibility for our lives, knowing we are co-



creators in the process. This is the only place of power. This is the only place of walking in your truth. This is the only place that makes sense to someone who has awakened.

We're here to become humble, as the late Mother Theresa, Nobel Prize Winner, has been described. *In humbleness, there is peace; her presence radiates this truth.*

We're here to listen. Listening to our fellow man is such a gift. Someone who really listens can allow another the opportunity to solve their own life challenges. Judgment only sets up roadblocks between people. Maybe we can't communicate successfully with other nations because we can't peacefully settle disputes through true communication, with our family, friends, and neighbors, and most importantly within ourselves.

We all have the ability at each moment to be cognizant of our behavior and actions, to connect and analyze what we are manifesting in our life. There are a variety of methods through which this can be accomplished if one chooses to seek a better way.

It is called taking responsibility. It's about being accountable.

The word "responsibility" has hidden within it the notion, "the ability to respond." We will attract situations to our lives that appear as "problems." We can look at them as "challenges" instead. Our point of view will determine our attitude and that will color our entire experience of the situation. We will experience heartbreak and sadness and illness and frustration while on this planet if we choose to! Yes, you read that right. *We have a choice of experience.*



It has to do with embracing our power and looking at these “challenging” situations in a new light. Do you choose to be a “poor me,” a helpless, hopeless victim to the circumstances of your life? Poor me, my boyfriend broke up with me. Poor me, I got fired. Poor me, I’m fat.

If you look at the word “crisis” in the Chinese language, you will find that the two characters that make up the word translate to “opportunity” and “danger.” Therefore, crisis can be looked at as a troublesome situation that creates an opportunity. We can either run in pain and fear or we can confront the situation and see the blessings and room for growth.

What can be learned from a crisis? Are you willing to see the “gift” beyond the pain? What can you do to transform? Do you have the courage to release what no longer serves you? These are questions that strengthen the character and transmute the hard times into springboards that project you onto a higher path.

Become a warrior/warrior-ess, meeting the inevitable so-called obstacles with a charged and noble spirit, ready to use these experiences to make you stronger and better. Okay, so my boyfriend broke up with me so it must be for the best. This must be an opportunity to love myself even more. We had our good times, and I now manifest someone who can love me exactly as I am. Okay, so I got fired. This can only mean that there is a better job out there for me. And yes, I’m over my ideal weight, which simply means that my intake of food is out of balance with the energy I expend. It’s easy. For now, I love myself as I am, no matter what my weight, and I will take the steps to carve out a time in my day to exercise and take care of



my beautiful body. If you recognize this mindset as something called "attitude," you are right. [<http://www.theattitudedoc.com>] It will consistently determine the degree of happiness you experience.

I'm not saying don't feel your feelings. In fact, feeling is healing and the fastest route to finding out who you truly are! [<http://www.abcfeelings.com>] Feelings are energy and are part of our electro-magnetic field. What gets people into trouble is the belief that expressing feelings isn't safe. Your emotions actually reveal a lot about your inner beliefs. You will grieve over the boyfriend and job, but will you beat yourself up for it, or use it to propel you forward into the life your soul craves for you? Perhaps you get depressed when you step on the scale: what is it that you are angry about in your life that you haven't paid attention to? Use your emotions and thoughts to discover your deep-rooted subconscious beliefs that are indeed creating your life. Now take the steps necessary to replace those beliefs with the truth that you are a perfect child of a perfect Universe doing your best in each moment of now.

A wonderful affirmation comes from the book written in 1920, called *The Game of Life* by Florence Scovel Shinn: "Only good can come from this situation." Think it every time you catch yourself slipping into self-defeating thoughts, and it is so!

If the prospect of healing yourself and taking responsibility for everything happening in your reality causes you to fret or possibly have an anxiety attack, take note of these feelings! It's a big step to take complete responsibility for your life so congratulate yourself for doing so. Be aware



that you are the healer of healers, the big kahuna within, the master of your own mind and body: YOU!

Your life is your creation. When you recognize this as truth, you become empowered. Your intuition will help you to manifest your life in the way that empowers you. If you could have any life you wanted, what would it be?

*We have a new awareness today of what it means to be human, perhaps because "humanness" is threatened. I had a sense of this human essence as I watched the first moon walk... I did not feel it in the miraculous landing itself; nor in Armstrong's breathtaking, cautious first step off the ladder, nor in the slow methodical motions of those two men, muffled and padded in space suits as they set up their equipment. It came to me the moment when having gained their 'moon legs,' they began to leap and bounce lightly over the surface of the moon like balloons, in an expansive moment of play—unnecessary play even though programmed into the schedule of work. In those few instants I felt, with relief, what it is to be human. Play, joy, spontaneity—these are the wellsprings of creativity. They may be extras but they are among the most marvelous attributes of man. We cannot abandon them and still be fully human.*

*Anne Morrow Lindberg*





LESSON 4  
COMMUNICATION

## Communication

Your teacher knows the best way to get your attention. Perhaps you had a feeling that prompted you to phone or e-mail someone, or maybe you've had dreams that gave you insight into a much-needed decision. However intuition presents itself, it does so in a way that you can get the most from it. Our society puts so much attention on the five senses of sight, hearing, touch, smell, and taste because all of these are very tangible. The sixth sense, because it is mysterious and actually *beyond* the tangible is pushed aside as a non-priority. But we do have a sixth sense. While in truth, if we lose our sight, hearing, or sense of smell, we will still have other abilities to ensure our survival, while to lose our sixth sense completely is synonymous to taking the compass out of a ship and covering the starry skies with clouds. While the captain may be able to see the waves of the ocean and hear the sounds of the birds, without a navigation system on board, what good will the captain be in getting to his destination and avoiding the dangers of the seas?

The root of the word "clairvoyant" translates to "clear sight." Therefore, the teacher may "speak" to someone by showing him pictures in the mind's eye. Clairvoyance is nothing more than being in touch with intuition in that way. Other ways of communicating besides visually is by hearing a subtle voice, feeling strong impulses, or simply knowing with conviction. This is respectively known as clairaudience, clairsentience, and claircognizance.

Again, clairvoyance is the term for "seeing clearly," alluding to pictures that are formed in the mind. Years ago, our horse, Zuma, experienced an injured leg. While we awaited the vet's visit, my husband, a friend, and



myself went into a room and did a “med-pic” on Zuma. We closed our eyes, breathed, got centered, and called upon the consciousness of our beloved Palomino, Zuma, asking permission to “work” on him. When I spoke to Zuma of my intention to investigate his ailment, I soon began to feel edgy and nervous and then finally, Zuma calmed and approved. I saw and felt his whole leg very inflamed and infected. This was coming directly from something I imaged in his hoof. It was about two inches long, straight and deep grey in color. I thanked Zuma for allowing me to know this and told him that the vet was on his way and to trust all was well.

I had to leave the house to run some errands, but when I returned, my husband questioned me again about the object I had seen in my mind’s eye in Zuma’s hoof. I repeated my description. He then opened his hand to reveal a nail, two inches long, that the vet had removed from his hoof.

Another way I receive intuitive advice is through hunches or feelings, which makes me clairsentient. Here is one story that I relayed in my book *Attitudes, Beliefs, and Choices* that demonstrates my clairsentience as well as my willingness to pay attention to the messages of the Universe:

“When I was in graduate school, it was imperative I fulfill an internship program...I had arranged for an appointment that sounded rather promising. Dressed for success, I arrived at the location, feeling confident and eager to embrace this opportunity. No sooner had I closed my car door and taken a few steps, that I felt an abrupt imbalance in my stride. Oh my goodness! I had broken



the heel on my shoe! My lovely beige pump, with matched exquisitely with a stylish neutral suit, had completely broken in half. To say it was embarrassing to walk into my meeting with one shoe on and the other in my hand is an understatement.

“During the interview, I was aware of a small window in the office being blown open and shut. Like air filling a sail, the breeze would thrust the window open, then moments later, would slam it shut with a vengeance. I was aware of the game nature was playing as I interacted with my interviewer, sharing my background and answering questions.

“I graciously thanked my potential employer and hobbled my way to the car. I felt uneasy and somewhat discouraged about the experience. I knew my search for the perfect internship was not over. The meeting felt strained, uncomfortable, and stiff. The ‘harmonious’ vibes just weren’t there. The ‘feeling’ was missing; there was no chemistry.

“Once in the confines of my car, I gazed down at my shoe and found myself saying, ‘Well, shoe, what do you want me to know about the interview?’ The message came intuitively, ‘You won’t be supported here. Just as the window continually opened and shut, this group will be closed to you every time you open and attempt to express your uniqueness.’”

Some people’s intuition reveals itself in nothing more or less than a strong knowing, known as “claircognizance.”



Sarah and Mark left their six-month baby with a sitter while they went to a party about twenty-five minutes from their home. "We were having a really wonderful time, when I just knew I had to go home," Sarah claims. Her husband, Mark, was surprised at her insistence, but respected it, and they left the party. When they came home, they heard their usually peaceful son howling in pain from what they discovered was the stomach flu. "The vibes of discomfort drew me home! I'm sure of it."

Other ways people get signals from their intuition is by actually hearing the guidance in the form of a voice, like the following young woman.

There was an explosion at a chemical plant in Bhopal, India some odd years ago, where a seventeen-year-old girl was left in charge of the Raja Society while others went off to meditate somewhere. When the accident occurred, she remained calm and sat to meditate. She asked the Higher Power what to do. Then she was instructed, step-by-step, to turn on a fan, go to bed and totally cover herself and to drink water constantly. She admitted later that she did not want to put on the fan because it was already cold in the room but, instead, followed her inner guidance. When she got into bed, she would often fall off to sleep, but a reminder would come to her to drink more water. She was one of the few that survived this devastating ordeal; even the cows died. Later, the doctors claimed that her actions saved her life. Their directions to her would have been to not panic, minimize your breathing (meditation), decrease skin exposure (the fan and blanket), and to flush the system (continual drinking). Her intuition guided her perfectly.



Therefore, the intuition has many guises, occasionally coming when called upon, and other times, simply occurring from within unexpectedly. Sometimes, it takes practice to let the intuition reveal itself, while other times, the call is so loud and clear, it takes no effort at all to get its messages.

For the sake of enhancing connection to the intuition, I suggest practicing. The above antidotes demonstrate the intuition's ability to save people and animals from danger, yet the intuition can be used daily to enhance one's life and to make our spiritual paths clearer and easier.



## EXERCISE 4.1: Practice Makes Perfect

Start now. Every morning as you wake up, start the day with the following affirmation: “I call upon my inner Divine guidance to lead me in all my thoughts, words, and actions today and all days. I am receptive, and I trust myself completely. My timing is perfect and elegant. I give thanks for all my many blessings.”

Then, take note of the little (or big) shifts that may occur as you promise yourself to have faith in your sixth sense.

The purpose of this exercise is to simply open to greater awareness. When you make an affirmation, you set an intention. When you set an intention, the Universe responds.

Be sure to give credit to your intuition when it was right, and thank yourself for following it!



## EXERCISE 4.2: Who's Calling Me?

From this moment on, when the phone rings and before you answer, refrain from checking the caller ID, and instead, take a moment to sense who it is on the other line! If this task seems daunting, perhaps start with sensing whether the person is male or female, if they live locally or far away, if it is family, a friend, or a stranger. Have fun with it, and don't judge yourself! If you're wrong, oh well. If you're right, how do you feel? Remember to go with your initial thought or instinct. Pay attention to whether your mind tries to take over. Once you start to guess correctly, take note of *how* you are getting your information. Do you feel it? Do you hear the voice? Do you get a picture of a face in your mind? Or do you just know? Perhaps it's a combination. Whatever it is, it is right and unique onto you.





LESSON 5  
GOOD VIBRATIONS

## Good Vibrations

In order to get in tune with intuition, one must take the necessary steps. Certainly, intuitive moments come naturally, but chances are if you are in the depths of depression or in a crowded and noisy bar, it may not be as easy to tune in. (Spiritual gurus can do this, but most of us have a ways to go until we reach that level. Actually, I have yet to know of a guru to get depressed.) I use the words “tune in” literally. The voice of intuition is at a relatively high vibration, so that, like a radio station, we must adjust the “stations” of our mind and body to match that frequency.

Let’s look at vibration. Carl Jung, renowned psychiatrist, says in his *Memories, Dreams, and Reflections*, “Everything in creation has its own particular rate of vibration...Different rates of vibration, balanced in the cosmic rhythm, produce before us the majestic cosmos. As the sun holds the planets and star around it by its great magnetic force, so our ego binds our thoughts and cells together.”

This energy, this vibrating life force, vibrating, is the source of our existence. In the book, *Space, Time, and Beyond*, authors Bob Toben, Jack Sarfatti, and Fred Wolf state, “Illness is just vibration out of harmony. Illness is created in the same way that anything is created: it arises out of thought...You really can’t help disturbing the Universe. This is the only way to learn about it. Thus, illness is a way of learning about yourself.”

To avoid illness, or this “vibration out of harmony,” we must find ways to keep our vibration in harmony. It really is this simple! Like a guitar needs tuning to operate at the optimum and to sound its best, we also need tuning to be



the best we can be. Another way of stating this is that we as humans must look for ways to keep our vibration high. It may take a little discipline, but it pays off. After all, who wants to hear an orchestra that hasn't tuned their instruments? It takes the joy out of it!

When I say "high" vibration, I mean that the most harmony you can bring about for yourself and the planet is at the higher octaves, so to speak, for that is where Divinity dwells. It also refers to the rate of the molecules in your energetic make-up, for if they are slow, you will feel less energy, and can fall into disharmony easier. It's analogous to a guitar that is used very infrequently. Most likely, it goes way out of tune, where one used more often can maintain some of its harmony.

So if you are experiencing depression, the flu, miscommunication with a loved one, or a broken ankle, just remember that all that's happened is a disturbance in your vibration, and then use your intuition to find out what the best way to bring that vibration back in harmony would be. For example, you wouldn't go jogging for the broken ankle, but maybe for the depression. On the other hand, dream analysis may help with all of the above, giving you insight as to why your soul may have chosen for you to learn some lesson in this way.

It all comes down to self-love and learning to take care of your Self on the physical level, emotional level, and right down to the soul level. Most likely, if you take care of yourself physically, mentally, emotionally and spiritually, your soul will offer the gifts you desire and deserve.



Physically, you may watch what you eat, rest when needed, get on an exercise routine and make certain you are drinking the appropriate amount of water. Your body is 70% water, just like Mother Earth. I support you to make more health conscious choices with regard to your diet. Do you put as much attention into caring for your body as you do your car? Become educated as to what you choose to put in your body: nicotine, drugs, chemicals, dyes, caffeine—read the labels on the food you buy. The body can be viewed as a vessel, an instrument, or a conduit. I like to call it my temple, which I respect and honor. Although it is not who I am, it does house my soul. If someone asks my age I respond with, “Oh you want to know the age of my house?”

Mentally, you want to observe your thoughts and replace the ones that don't serve you. In the process refrain from judgment and instead observe. Develop witness consciousness and simply watch your thoughts, taking note if they support or sabotage. If the latter, notice how often you think along that vein. Where do they come from? Vitally important to check out and explore your belief system and it is the foundation of your life. Also, take care to stimulate your mind in ways that you desire, such as reading the classics, taking a painting class, or participating in inspiring conversation

Emotionally, perhaps you may express yourself freely, nurture any tendencies towards anger, jealousy, or guilt, and let yourself experience joy and pleasure. Feelings are energy. Recall the last time a storm came through your community. It may have resembled something like the time I was sitting in our daughter's back yard, enjoying conversation and letting our dinner digest. The clouds



started to form and they turned darker shades of grey by the minute. The wind intensified and soon paper plates were uplifted. It came so fast; and then the rain. The next morning it was as clear as a bell. I trust you get the analogy. Allow your feelings to come and move through you.

Spiritually what works best for you on these levels, works best for your soul, and is part of tuning in, and maintaining a high, harmonious vibration. It is my belief that A.A. is such a successful program because of the introduction to a Higher Power. We are not here to do life alone. We have help. We co-create. We are powerful. We are the sunbeams that emanate from the sun. We are each a wave of the ocean with the same qualities. We are electro-magnetic energy.



## Maintaining Harmony

Like I stated earlier, there are several ways to keep the vibration high. However, I believe that there are a few “necessities” for the human body and soul. These “staples” are deep breathing, meditation, exercise, and good food and water. When you are living a life in harmony, you are not only manifesting parking spaces in a crowded shopping mall, but people call you when you’re thinking of them, a book appears with the needed formation that will accelerate a project, a report comes through that has positive results you’ve envisioned. There is magic in the air and you feel lighter than ever. Life just seems to be unfolding and you have no attachment to the results. The level of gratitude in your life is so deep that you are often on the verge of tears being so appreciative for everything that has occurred in your prior years to have brought you to this state of grace. The ego is around but it has finally recognized its place and the identity with your soul consciousness supports you in living life consciously—consciously creating your life. [Conscious Choice, Conscious Creation: 21 Days To Self-Empowerment; <http://www.theattitudedoc.com>] In your personal reality, conflict becomes a thing of the past because you realize that everyone has their own opinion and belief system. Your communication skills allow you to express appropriately and any conflict that does arise seems to dissipate.

From the teaching of the Buddha: there are three kinds of people in the world. The first are those who like letters carved in rock: they easily give way to anger and retain their angry thoughts for a long time. The second are those who are like letters in the sand: they give way to anger also, but those angry thoughts quickly pass away. The third



are those who are like letters written in running water: they do not retain their passing thoughts, they let abuse and uncomfortable gossip pass by unnoticed; their minds are always pure and undisturbed.

This is what it is like to live in harmony.



## Inspire

To “inspire” literally means “to breath in.” An inspired life is one that is harmony with God’s vibration, and the breath is a major link to that kind of life.

Breath is our first connection to life and therefore of prime importance in calming the body and mind for the purpose of attaining inner peace, our original and truest state. With the pace of our lifestyle, we have placed more emphasis on doing-ness and having-ness, rather than on being-ness. I’ve come to learn that the quiet and tranquil times hold the most intuitive of lessons for those take the time to simply listen to one’s breath. For in this space, we hear the words form that inner voice that many find difficult to precisely identify—we know it’s there.

In Wayne Dyers book, *Inspiration*, he describes being inspired as “*an experience of joy: we feel completely connected to our Source and totally on purpose: our creative juices flow, and we bring exceptionally high energy to our daily life. We’re not judging others or ourselves....Our heart sings in appreciation for every breath and we’re tolerant, joyful and loving.*”



## EXERCISE 5.1: Feel the Vibes

Zen artists, when they go to draw and paint, stare at the object of which they are painting, and wait. Their intention is to “merge” with the object so that they can feel the object, and work with the object from inside out. In a sense, they are letting the vibrations of the object “speak” so that they can translate these energies into art.

Over the next few days, take the time and effort to “feel energies.” An ocean feels different than a mountain. A truck feels different than a Cadillac. A chair at Lincoln Center feels different than a chair in a dentist office. You could justify your five-sense self and say, “Well, duh, of course, these things are different,” yet I want to encourage you to *feel* the difference with senses other than sight or smell. Energies and vibrations manifest into the realm of the five senses, which is why art that is Divinely inspired looks and/or sounds beautiful and even ethereal.

Try the following: go to a park and find a tree that you find particularly pretty, interesting, etc. Sit near the tree and make the intention to connect with it. Ask permission to enter. Actually imagine going inside the tree and feeling what it feels like to be that tree, with roots, branches, photosynthesis and all. Recognize what happens in your body and mind when you do this. Let yourself be in this space for as long as you like. Then thank the tree for opening you up to receptivity and a deeper understanding of the energies around and within us.

Judith Kravitz tells us in her book, *Breathe Deeply, Laugh Loudly*, that, “Oxygen is the most essential natural resource required by our cells. It has been said that we can go without food for up to forty days and without water for



three days. Yet we can die after just a few minutes of not breathing. From a purely physical viewpoint, breath equals life."

Did you know that 75% of the body's blood circulation is located in the mid and lower portions of the torso. Knowing this fact, doesn't it make sense that we'd benefit by breathing more deeply rather than so shallow?

Ms. Kravitz continues, "Deep diaphragmatic breathing tones and massages the heart, liver, and all other organs and muscles including the brain and reproductive organs!"

Inhaling oxygen strengthens the immune system, affect the emotional states and enhances clarity of thinking and the ability to concentrate.

Ms. Kravitz also tells us, "Breath is the most crucial and dynamic tool we can use to master our consciousness. Neither angels nor gurus can save us from ourselves or make us into conscious beings. Life is a do-it-yourself endeavor. There are no two ways about it: we entered human form to expand our potential as spiritual beings by learning to master life here, to bridge the gap between human personality and higher consciousness. We use the tool of breath to unite all of our bodies in order to achieve harmony and balance in our everyday world."



## EXERCISE 5.2: Inhale, Exhale

Go ahead: inhale right now as you read. Now take another breath and let it fill your whole abdominal area and chest cavity. This is called the “yogic breath.” Imagine your torso to have four parts: your lower abdomen, your diaphragm area, your heart area, and your upper chest. Trace your breath as you inhale first into your abdominals then on up: one great breath after another. When you exhale, exhale from the upper chest first and on down.

Next, take a piece of paper and write down the word, “breathe.” Then put it on your computer screen, refrigerator, bathroom mirror, or somewhere you frequent. Put it on the steering wheel of your car, or all of the above! You’ll find yourself unconsciously obeying the command from time to time, but when you do see it with your mind, immediately take at least one yogic breath.

In this way, you’ll take the first steps to realizing the positive power of the breath!



## Meditation

Meditation and breathing go hand in hand. Meditation is our time away from our human duties to commune and convene with God and/or our higher selves. Meditation, in its essence, is a quieting of our chattering minds so that we may hear the voice of our Higher Power. This voice comes through a silence and a stillness that we all possess within, no matter how hectic or busy our lives may be. Some say that meditation is the most important part of our day. It grounds us into our God-selves so that we may live in alignment with that power.

The reflection of the moon on a lake is the sharpest and clearest when the waters are still. Miraculous events take place in this stillness and rest. Sunday is declared a day of rest in the Christian faith and in Judaism, the Sabbath is the most reverent period. It is a time for tranquility, inside and out, a time to indirectly nurture the immune system.

One way intuition is unveiled is by becoming quiet, relaxed, and open. The body and mind can be calmed and in this mode, the answers flow. Our experience changes belief to knowing, and it becomes unshakable faith. Beliefs are acquired at a young age and as one matures, these beliefs can become accepted without a deeper understanding or willingness to question if they really are appropriate. They become "gospel" and very mental. Do people believe in God, or do they know God? Knowing is experiential...it speaks through the body, through the heart. When we know, we *know* we know.

Walter Russell, in his book *The Secret of Light*, says, "The Silent voice within every man is ceaselessly whispering it to his awakening consciousness. Every desire written upon



the heart of man is carried to the Source, and its answer will come, but few there are who ask comprehensively and fewer still who hear."



## EXERCISE 5.3: Sit Still

Meditation is the key to achieving this union with creative intelligence. Simply sit still, breathe (yogic breath is always good), and set the intention to commune with your Source. You could set an alarm to begin with, for ten minutes. Or better yet, just sense when it is time to get up. Just ten minutes a day will make a great positive difference! After getting in a comfortable sitting position, put your attention inward, to that quiet, special place inside you. Notice your thoughts, as you will certainly have many, say thank you to these thoughts, then return to giving attention to your breath, focusing inward into the deep silence within, and again setting your intention to commune with God. Continue to do this until the alarm goes off.

Every session will differ. Some days you'll feel as though you can sit for hours, yet on others, ten minutes will seem like an eternity! Let yourself experience the differences, and accept whatever space you are in for that day. Eventually sit for longer and longer periods of time.

Meditation is a blessing. True, it is a discipline, but to give yourself those few moments in the day—the same amount of time it takes to wait in line at the bank or boil an egg—can be the most important thing to bring more love into your life. Make it a priority, and watch your life blossom.



## Move

We are creatures of the Earth, and until relatively recently, we had to gather, hunt, or reap and sow for our food and survival rather than drive to the grocery store. Naturally, we are active. It is only in the past century or so that we have had planes, trains, and automobiles to sit in and computers and televisions and video games to sit before. Not only does all this sitting slow down our metabolism, it slows down our frequencies! All the more reason to get moving: jogging, skiing, swimming, yoga, walking, skipping, jump-roping, biking—the options for physical exercise are endless—and necessary—for a happy life.

Have you ever spent a few hours with a young child? The longest they can probably sit still (assuming he or she is well-rested) is probably thirty minutes. The way our society is designed these days, we can spend up to ten hours a day sitting still! It makes my body hurt to think about it.

Exercise gets oxygen to the brain and cells so that the entire being can breathe. Pay attention to how you feel on the days that you woke up and went for that twenty-minute walk as opposed to downing that cup of caffeine. I guarantee that your energy levels will be higher for longer on the days that you had a good night's sleep and opted for a swim or bike ride rather than a coffee fix.

Exercise is such an important aspect to taking care of your self. If you are too busy to exercise, you may want to reevaluate how you are spending your time. Consider this: your health is your greatest treasure. Without health, you are unable to work, play, take care of the kids, bills, plants, or pets. Without health, how can you expect to carry forth your life purpose? Without health, life becomes just that



much harder. A major component to maintaining health is to take the time to make exercise a part of your daily ritual. It raises your energy levels, maintains your immune system, and increases endorphins to give you a more joyous feeling. The question is, not "why would you exercise," but "why wouldn't you?"

If you aren't on one already, get on an exercise routine! If you are having trouble committing, hail a friend or your spouse a few times a week to exercise with you. Thank yourself every time you do work out, as exercise is a way of honoring yourself, your body, your mind, and your life.



## Eat to Live

Another aspect to taking care of yourself is eating well. Food, along with air and water, at its most basic level, is what keeps us alive. On a more dramatic level, food can be the best of medicines or the worst of poisons.

A friend of mine was in Costa Rica when she discovered the power of eating well. She had the opportunity to work on an organic farm, where the only foods available were the ones grown right there on the farm without pesticides and chemicals. The food was hand-picked daily for the meals. After just one week of eating this way, she recognized that her energy levels were soaring. She felt clean, inside and out. "I wouldn't have known that a person could feel so good if I hadn't have experienced it myself."

During that time, she researched vegetarianism and discovered the many reasons to eliminate meat from the diet. It was obvious from her studies that meat is harder on the system than foods that come directly from the Earth, as it takes longer to digest meat. She also read that humans don't have to have animal proteins, as there are several other options such as beans, nuts, rice and other grains, and soy products. But what struck her most was the mistreatment of the animals that are slaughtered for human consumption. The stories were beyond her realm of imagination and at first seemed too horrible to be true. What human could treat other living creatures in these ways?

She read about the chickens and how they put so many of them in one tiny cage, and so many cages next to each other, that the chickens went insane, and literally started



pecking each other to death. To remedy the problem, the chicken's beaks were cut off. Not only that, but because of the conditions, disease would break out among the birds, so that they were fed all sorts of hormones and chemical medicines to counteract the infections.

And this is what is packaged and fed to us at the grocery stores.

My friend decided she wouldn't put her money towards such horrid practices nor would she put the energy of suffering animals into her body. So she gave up eating meat, and has been that way for over eleven years. She is the picture of health and proof that humans definitely do not *need* meat in order to survive. Do you know about milk-fed veal? It's appalling to learn how these animals are treated. What about chickens and how they are "raised?" Chickens that are allowed to be cage free have GOT to be happier and lay more healthy eggs than those whose beaks have been cut, who exist in tiny cages with others and are forced to stand—criminal acts in my opinion. Did you know that it takes 11 gallons of water to grow broccoli verses 1,232 gallons to bring you that steak dinner you put on the grill? Conscious eating may be another change you might want to incorporate into your life 24/7.

Jane Goodall is a hero of mine and for good reason. Her latest book, *Harvest For Hope: A Guide For Mindful Eating* speaks hard facts that are painful, but necessary to read. "In 2005 the United Nations used a rather daunting "Millennium Report," after a five-year study, a team of international scientists came to a sobering agreement: unless we stop the pollution and degradation caused by industrial farming and seriously address over-fishing and



global warming, we literally run out of enough resources to feed everyone by the year 2050.”

Intuitively we know what to do and how to responsibly live our lives with integrity. We can change the future by making wise choices in the present.

One reason why eating organically is such a great option goes back again to our vibratory rates: in essence, we as humans are sensitive creatures, affected by our environment in ways of which we may not be cognizant. Food directly from a tree or a garden is in closer contact to the process of photosynthesis, where the plant gets its nutrients primarily from the rays of the sun. The sun is a tremendous power source and the closer the food is to this power source, the higher the frequency of the food. This is common sense. When we eat foods that are free of chemical processing and the damaging effects of cages and instead opt for food that is charged by sunbeams, we are in fact, eating “light.” The lighter we eat, the lighter we feel (in terms of weight *and* mood!).

So, head to the farmer’s market rather than the butcher shop, and feast on what it has to offer in the ways of nutritious and delicious foods. Try taking one day to eat almost entirely organic foods. You may feel hungry or even irritable. If this way of eating is new to you, it may mean you need to detoxify the chemicals that have accumulated in your body from eating poorly. If this happens, thank and congratulate yourself at the end of the day for taking care of your body. If you feel bad, it is just further proof of the need to get on a healthier diet. This doesn’t mean eliminating all foods that you have grown to



love! It just means being aware and eating the less healthy foods minimally, rather than daily.



## EXERCISE 5.4: Appreciating Yourself

Sit down and look at a calendar of the past week. How did you spend your time? Say “thank you” to yourself every time you remember eating a good, nutritious meal, taking a walk or exercise class, or pausing to reflect on your life. It’s important to acknowledge yourself along your path, as it’s easy to fall into the “I’m not enough” trap, focusing on everything you *didn’t* do to take care of yourself. Not anymore. There will always be something to criticize ourselves about; it’s time to acknowledge and thank yourself.

Now, ask yourself if you have spent your time wisely, in a way that makes you feel peaceful, fulfilled, and more in tune and connected. If you have, great! Thank yourself and continue to do so. If you feel you did not spend enough time as you would like towards exercise, meditation, nurturing yourself with good food, rest, or simply breathing, schedule time in the next few days (in ink!) to give these things to yourself.

Remember, thanking yourself is appreciating yourself. To appreciate means to go up in value. When you say thank you to yourself you are literally increasing your self-worth. How powerful is that!





LESSON 6  
CREATIVE ACTION

## Creative Action

“How nice it would be if God were to say, ‘Now, My child, you just sit back and I’ll tell you exactly what to do and when to do it. You follow this and your life will be a bed of roses!’ But it isn’t that way. If He did that, we would not develop our own divine nature,” writes Sri Daya Mata in *Intuition: Soul-Guidance for Life’s Decisions*.

Spiritual work starts with a willingness and openness to move to a deeper level. Play is a huge aspect of this, as it exists within us all, no matter what age. However, there is a level of discipline that must be mastered in order to maintain a spiritual life. I have already spoken about meditation, which is high on the discipline list! Yet, in most cases, the human spirit also longs for a more tangible way of tapping into latent feelings, repressed memories, and old beliefs so that they may be recognized and released. Not only that, but the soul wishes to have creative expression. What better way to honor the Creator than to bring It to life through our own inspiration!

The late Dr. Elizabeth Kubler-Ross, world renowned leader and authority on death, says in her book, *Death: The Final Stage of Growth*, “Transformation of our lives for the good begins as we commit ourselves to the experiencing of our own identity, a commitment to answering the question: Who am I? Now. Here.”

The key word in Dr. Kubler-Ross’s statement is “commitment.” To pray and meditate for one day and then expect everything to be “a bed of roses” is not going to cut it.



Our purpose in life is to be what we already are--to express the essence of our being that glows through us each in our own distinctive way. As we probe within to know that we *are* that Love we find the pearl inside the oyster and realize it was there all the time. We are never alone for the greatest teacher of all is nearer than near: our own intuition. Yet what good are the lessons our teachers give us if we don't apply them?

Therefore this lesson is dedicated to the various ways in which one can tap into the inner self, other than the necessary practice of meditation.

There are many paths to greater Self-awareness. The intuition can direct you to the ones that are most helpful to your unique self. You may ask yourself, "Well, how *do* I grow? How do I become a more connected and happier person? How do I discover what my purpose is here?" Become receptive to the various means of promoting self-growth.

Most likely, if you are even slightly disciplined along this path, you'll experience some level of discomfort at some point or another. Perhaps you discover that you don't like yourself. Or maybe you cry at the littlest thing for a week straight and can't figure out why. You could experience bursts of anger or unprecedented guilt or jealousy.

By "practicing" (meditation, journaling, yoga, etc.), you will begin to uncover long-forgotten repressed emotions and beliefs that may leave you kicking and screaming along your path! The amazing thing is that all this "suffering" along the spiritual path is usually juxtaposed by waves of joy and bliss that you didn't know was possible. All the



anger and pain is just proof that you are opening up to experiencing life more fully. You are indeed opening your channels up to live on the level of love rather than fear.

If you're not living your highest potential, it is due to a "block" that has been coded into your energy field. Practicing reveals these blocks to you, so that you have the opportunity to embrace as them as something that is not beneficial to your true and powerful self, and then released. *Feeling* anger and *feeling* sadness is just a way of letting it go rather than having it stuffed down inside you, buried to manifest in other ways that really aren't so much fun.

So, what do I mean by "practicing"? Practice is your way of staying in touch with your intuition to bring you closer to the Divine. It is your unique relationship to yourself through journaling, music, yoga or any other Divine interaction.



## Journaling

Yes, the age-old ritual of keeping a log or diary of one's life is actually a great tool in self-examination. Natalie Goldberg, in her book *Writing Down the Bones*, talks about the importance of writing by hand, rather than on the ever-popular computer, to release latent creative juices. Julia Cameron suggests in *The Artist's Way* that her readers write three full pages upon waking up, to clear out their psyche and see what's happening there, before they begin their days.

A journal can be whatever you wish it to be. It is yours and yours alone and this is what makes it what it is. Some people use it as therapy, writing down whatever they might tell a counselor in order to sort things out. Others may use it for poetry, or favorite quotes, or to jot down their daily revelations and discoveries. I know people who sketch in their journals, and I know others who paste pictures of situations, things, and places they would like to somehow manifest in their lives. Whatever the use, a journal is there to remind your self of who you are on a deeper level.



## EXERCISE 6.1: Write On

Buy a journal if you don't have one! Then write in it. The Feelings Dictionary/Journal [<http://www.abcfeelings.com>] is an awesome tool, as it not only provides you with 650 feeling words but also 100 blank pages to record your thoughts and feelings. If you don't know what to write, that's okay, write that. Let yourself "free associate," where you simply let whatever comes out, come out. There is no criticism and judgment in free association. Just write.



## Creative Visualization

Shakti Gawain coined this important and now-popular term. She writes, “It involves understanding and aligning yourself with the natural principles that govern the workings of our universe, and learning to use these principles in the most conscious and creative ways.” Creative visualization is like meditation in that you sit quiet for a designated amount of time and listen to your breath to center. But instead of letting go of your thoughts, you actually invite specific ones in: you envision very vividly that which you wish to manifest as if it had already happened. In other words, if you wanted to move to a new house by the water, you picture yourself driving up to the driveway, taking out the key to your house, what color the house is, what the walkway is like, whether there is a gate or not, the landscaping, and whatever else your mind would like to conjure up to make the vision real. Once inside, you could ask yourself: what does it smell like? What is the décor? Who is there? Are there pets?

Creative visualization is a tool to enhance your life to the one of your dreams. When practiced with feelings of joy, gratitude, and excitement, the psyche shifts to “believe” the visions and then works out in ripples to create the picture you have been feeding it.



## EXERCISE 6.2: Seeing is Believing

Take a few minutes a day (not more than five!) to visualize your ideal job, soul mate, car, home, etc. Feel what life would be like living your dream. See, sense, feel, and embrace it. Immerse your self into this ideal scene and allow it to settle into the trillions of cells that make up your body. Allow it all to wash over and throughout you. Experience the joy others would express as they feel the happiness for you in achieving your vision. Then let it go and enjoy your life as it is.



## EXERCISE 6.3: Manifest Destiny

Take some time to go through magazines or newspapers or the Internet to cut out images of what you'd like to manifest in your life. So, you want to get married? Then cut out that diamond ring. If you want to travel to Rome and Paris then download photographs of the places and print them out. Use positive words for your collage as well. Then paste the images on poster board or paper of your choice in a way that feels creative and beautiful to you. Hang your collage in a place where it is somewhat private but where you see it everyday (i.e. the inside of your closet or on your refrigerator). Remind yourself to say "thank you" when you see the collage as a way to let your psyche know that you already have all that you desire. So be it!



## Dream Interpretation

Most of us engage in those creative nighttime experiences we call “dreams.” Sometimes our dreams can be delightful and filled with positive emotions and still we all have taken part in a nightmare at some time or another. There have been countless studies and theories on dreams.

Dr. Ann Faraday defines “dream” in her book, *Dream Power*. She writes, “A dream is a succession of images, predominately visual in quality, which are experienced during sleep...it resembles a motion picture or dramatic production in which the dreamer is both a participant and an observer...”

We could look at dreams as a safe way for the psyche to express itself. I believe that dreams can give us messages about our lives that we may miss otherwise. I also think it is a way for the mind to work out issues on a deeper level than the consciousness can.

There are various approaches to dream interpretation. Go into a bookstore and you’ll find all sorts of dream symbol dictionaries, which can be helpful to discover the archetypal meanings of objects and scenarios.

However, as Jung says in his *Man and His Symbols*, “No dream symbol can be separated from the individual who dreams it, and there is no definite or straightforward interpretation of any dream.



## EXERCISE 6.4: What Planet is This?

To find out how you personally define your dream symbols in order to discover the deeper meaning in your dreams, try this exercise with a trusted (interested) friend or in your journal.

Ask your friend to play the part of the “alien” who has never been to Earth before. Silly, yes. But silliness loosens up the mind so that it is free to wander and explore itself. Start by describing your dream (colors, off-hand comments, and so-called nonsensical details all count). When you are finished, have “the alien” ask you questions about your dream and the contents thereof. I.e. If you dreamed that you were on a big black boat that was being hijacked, they might ask, “What’s a boat?” You’d describe it to them again, as if he or she had never been to Earth. They may then ask, “What’s black?” “What’s a port?” “What’s hijack mean?” etc. They also may help you gather the details by asking how you felt in the dream or what was going on in your life that may relate. If you’re lucky, while describing your dream, you’ll experience an ah-ha moment to figure out what your dream may have been telling you. Try your best to remember your answers to that you may string them together for further insight.



## Music

Music, although certainly pleasant to our conscious minds and beings, also works on much deeper levels, bypassing the obvious to “play with” our inner psyches and selves.

Music is vibration, just as everything is vibration. By listening to music, you are letting the vibrations of the music wash over you. In a sense, the music is rearranging your own energetic pattern. Of course, it depends on the music you listen to, as some music is harsh and can actually cause strain to the energetic being, while gentler harmonies found in classical music can sooth, and the more upbeat rhythms found in reggae or funk, for example, can inspire and uplift.

“Healing with sound frequencies has been explored more than thirty years in Europe. The earth turns one degree every four minutes, which is the same ratio as that of our heartbeat to your breath—four pulse beats per breath,” says Dr. Theresa Dale. My long time friend and colleague has created two CDs, the 5 Element Healing CD and Synchrony based on these principles. She continues, “The body’s largest organ is the skin. The skin absorbs light, water, nutrients and sound. Sound frequencies work in the much the same way as herbal and homeopathic ointments.....Sound frequencies however have the ability to go deeper into the body, penetrating the skink muscles, organs, vascular and nervous systems in the bone.”  
[<http://www.wellnesscenter.org>]

All and all, the effects of music remain a mystery. It is up to you to explore the effects.



## EXERCISE 6.5: The Hills Are Alive

Pick a favorite piece of music, put up a Do Not Disturb sign, light some candles and simply listen, letting the music engulf and surround you. Practice picking out the different instruments and their sounds to deepen the experience. Let yourself discover something new in the piece.

This exercise has the power to wake up latent emotions and subconscious knowledge. Let yourself feel whatever you need to and release it. You may cry, laugh, or get up a dance! Or perhaps nothing happens at all. Just know that whatever is right for you is right for you.



## Nature

In *Rolling Thunder* by Doug Boyd, there is a story from the American Indian culture that portrays great wisdom.

“When our young people are twelve and thirteen years old, they go out and pray on the high mountain at certain sacred places while an older person waits at the foot of the mountain. They go up there with no clothes, just a blanket, no food or water, for as long as three days. Then there comes a time when they have a vision showing them what they’re supposed to do...they know their purpose in life.”

Turning to nature and to solitude provides us an environment without distractions, a time to bond and experience our Oneness with the Creator.

I think as humans we tend to take nature for granted. The term “Mother Earth” refers to the nurturing, giving qualities that our planet constantly showers on Her inhabitants. We are much like children, feeding on her breast. We rely on her to supply us with food and shelter for our survival, and more. Her trees provide fruits, shade, solace, and beauty. Her oceans give us an abundance of sea life, mystery, and calming energies. Her mountains give us stability and perspective, not to mention exquisite gems and necessary minerals. Her skies give us water (rain) and a feeling of expansiveness.

To spend time in Nature is to spend time in gratitude. To let the elements of Nature nurture us brings us back to our true essence. It grounds us into the reality that we are here on this Earth only temporarily, and, like the leaves on the trees and a melting patch of snow, we too have a lifespan. Our



bodies are on loan, so to speak, so that we can come to share and learn love.

Nature quietly reminds us of who we are.



## EXERCISE 6.6: Spirit is Everything

Go outside and take a walk, no matter the weather. (Wear a raincoat or bundle up if need be!) Walk very slowly, and notice everything. You may have walked that path every day, but today, you are going to look at it differently. Look up into the trees. Watch a bird hop and eat. Check out the very branches and leaves and buds on a bush. Notice a bug. There is a constant dance of life happening all the time that we miss due to our fast-paced lives. Even a few minutes of this exercise a week will be a reminder that everything is happening in perfect and Divine order, and we are part of this amazing Truth.





LESSON 7  
DECISIONS AND  
INTUITION

## Decisions and Intuition

Anytime a decision needs to be made, it is highly recommended to take the time to be still. It's often not easy to focus on the breath when so many thoughts are whirling through the mind. But it is mandatory. The idea is to get out of your head and into your heart in order for you to hear the voice of truth. The ego's characteristics include being right, feeling superior and sometimes appearing so subtle that you think you are on target. Often we get so immersed with what we want to do that we get on the treadmill and just plow our way through the situation. It's not until afterwards when clarity can be experienced. "Why didn't we realize at the time that this house would be too small for us?" I've heard more than once, "I knew as I was walking down the aisle it was the wrong decision. I had no other choice. The plans were all in place." Hello, we're talking about a life long decision here!



## Fear and Intuition

I've asked myself, how do I know the difference between the voice of my ego and the voice of my intuition? The answer I found was that the ego is good at judging, applying pressure, and making someone else wrong rather than accepting situations as they are. The ego has a voice. It wants to run your life. It often does run your life. It keeps you into victim consciousness and cringes at any thought of taking responsibility.

It thrives on fear and will do everything in its power to hold power over you by convincing you that there is much to fear. The two big words associated with the ego are fear and doubt, while the two words connected with the soul are love and trust. How do you feel when you say them? Feel them? Listen to your body. To the sensation of your body and pay attention to what you feel. Fear is the product of the mind. Often not the situation at all, but in your mind, it is real and you believe it. Confront that fear, choose a new perception and make your decisions based on truth, not fantasy.

On the other hand, the inner voice is peaceful and often humorous, has no judgments, offers solutions that include the well-being of all involved, trusts the process so there is no need for upsets, and speaks from feeling centered and whole. When I hear the Truth or my intuition, something inside me just knows. There is a peaceful feeling. It takes courage to act on the Great Teacher's advice, but with practice, it gets easier, because you know it is the truth. One step after another, I remain alert and awake for the next step and the next and the next.



It's all ours...Intuition, Love, Happiness, Abundance and more. It's all our Divine birthright, and all we need to do is claim it. In doing so, everything in life takes on a different hue. The more we claim what is rightfully ours, the fuller our days become—full of contentment—knowing you and the Creator are One. This is true joy.

Alice A. Bailey, who channels\* the Tibetan Master, Djwhal Khul, writes in *Ponder on This*, "...when [the intuition] is functioning, the world is seen as light...This brings with it the ability to contact the light centre in all forms." Bailey also states that the three qualities of intuition are illumination, understanding, and love. "When the intuition functions in any human being, he is enabled to take direct and correct action, for he is in touch with the Plan, with pure and unadulterated fact and undistorted ideas—free from illusion and coming direct from the divine of universal Mind."

\*(Channeling is a technique of communicating with a non-physical entity. The person doing the channeling or trance medium allows a non-physical entity (usual a spirit) to inhabit or take over their body so they can more easily share information, guidance, etc.)

Richard Bach, author of *Jonathan Livingston Seagull*, was struck by intuition to write the book. He was a technical writer and wanted to be a creative writer. One day he took the leap and quit his job. He was scared about what he had done and went for a walk. While he was walking, trying to convince himself that he had done the right thing, he heard a voice say "Jonathan Livingston Seagull" from behind. He turned around abruptly. No one was there. He got "truth chills" up and down his body. He promptly went



home and locked the door and sat still. Then he had a vision of flying over the ocean. He said to himself, "This must be Jonathan Livingston Seagull." He immediately started writing and didn't stop until he was half way done with the entire book! But that was all. Nothing else came...and nothing else would for eight years when he was in Hawaii. He had made his living writing about flying those eight years when one morning he woke up to realize that he had dreamed the rest of the book.



## Synchronicities

A synchronicity is an occurrence that happens coincidentally or unexpectedly, most likely accompanied by a childlike feeling of joy or pleasure. Using your intuition can “tune you in” to the Divine in order to experience these serendipitous events and feelings more often, so that even going to the grocery store becomes a playful adventure.

In fact, the very word “synchronicity” refers to vibration. Sync, in layman’s terms, means “harmony or agreement, whereas the word “chrono” refers to time. Therefore, when one is operating in line with the Divine, “harmonious time” (or “synchronicity”) most likely happens more dramatically and more often. It’s fun!

Paramahansa Yogananda, author of *Autobiography of a Yogi* said, “Remain calm, and then suddenly a great feeling will come over you and your intuition will point you to the right step you should take at that time. If your mind and emotions are calm and attuned to the voice of intuition within, you will be rightly guided. In your everyday life, you will meet the right people who will bring some solution to your problem, or who will help you in some way—or through their contact and counsel, you will find the right way.”

An example of using one’s intuition to experience synchronicity is as follows: Maria and Flo, two good friends, made plans to meet for lunch. Flo recommended some places, but for some reason, none of them sounded appealing to Maria, although the food and atmosphere were pleasant enough. Then Flo mentioned the little café of the corner of First and Main and immediately Maria



exclaims, "Yes! Perfect. That's where I'd like to go." Maria arrives on time, and must wait for Flo who is rarely late. A gentleman strikes up a conversation with Maria. It turns out this gentleman owns a company that Maria has had her eye on for a while, and he is hiring for a position that Maria would be great for. The two exchange cards just as Flo enters, and Maria enjoys her lunch, excited for a new prospect.

These types of occurrences are not rare in the world. Coincidence, synchronicity, serendipity: call it what you will, but the bottom line is that intuition usually plays a role in our lives without us even being aware.

When I was in school, I used my intuition and a series of synchronicities to decide on a topic and theme for my final paper, the Work of Excellence, as my school called it. After talking to my tutor about my interest in the intuition as a subject matter, I happened upon an astrological poster that said, "Capricorns should follow their excellent intuition." Capricorn is my sun sign. Then, that evening, I attended a lecture at the Self-Realization Fellowship, and the main focus of the talk was—you guessed it—the intuition! The next morning, I opened a book at random for a small reading prior to my meditation, and there it was again—a passage on the intuition. And so "Intuition—The Infallible Teacher of Truth" was born as my personal Work of Excellence and what you are reading now is further results of my curiosity and profound interest in this topic.

It's best to test your intuition with the "little things" to develop trust in it. Try asking the Higher Powers for a great parking place in the busy part of town, then using your intuition to determine where it is. Or use your intuition when



deciding which restaurant would be good for you that evening. Perhaps you wake up with a Saturday with no plans. Take a few moments to breathe and get centered, then ask your intuition what would be the best thing for you that day. Take note of any synchronicities that occur while or after using your intuition.



## Receptivity

Intuition is about being receptive. When we are doing, doing, doing, constantly giving of ourselves, not only do we exhaust our bodies, but we cut ourselves off from a deeper part of ourselves. Intuition is completely natural as we are following our own natural rhythms of body and soul.

Your life is a series of choices. When you use your intuition to make a decision, you are following the path of your higher self. When you don't choose from your intuition, you are taking the harder route, although to the ego it probably seems the easier or more inviting way to go.

To heal yourself of self-sabotaging beliefs and other ailments, you must rely on your intuition. It is only natural. Again, it's about being receptive and surrendering to the rhythm and flow of life.

Think of it this way: we've all had paper cuts. And we've all healed from paper cuts. Did you have to *think* about healing that paper cut? No, certainly not. Your body simply knows what to do. It knows how to heal itself already. It's the same with making decisions in your life. Your body, mind, and spirit already know the decisions along the highest paths, and it is up to you to listen to it. After all, you wouldn't keep fussing with and pampering a wound after it is almost healed. In the same way, your intuition can keep you from making the same bad decisions over and over again: from the foods you eat to the jobs you take. You trust that your body will heal the cut, just as you learn to trust that the intuition is the lid to the puzzle box.



In the end, there is very little we can really *do* in this world. The trick is to let Spirit do the work *through* us. The intuition is the link that keeps us on track when our ego want to sway us to stay too busy to think or take actions that aren't in the highest good of anyone. When we are receptive to our inner voice, our inner teacher, the doing becomes effortless. We let the currents of Life carry us. We become conduits for the healing power and light of the Divine. And by being in this simultaneously giving and receptive state, we experience the experience of all experiences, and that is Life—to the fullest.

