

## THE POWER OF THE INTUITION

*Have you ever been inspired to speak or act but failed to follow through and later lived with regret? Do you ever had an inner knowing but not known how to share the information?*

Intuition, our inner guide, is available to everybody but so often we fail to follow through on its advice from a fear of appearing illogical or being faced with change or the unknown. In a therapeutic setting, intuition brings clarity of thought, easier decision making, more authentic relationships and the ability to look beyond the obvious and see the larger picture which benefits the whole person not just the presenting symptoms. Intuition arises from our soul or inner being and therefore is unaffected by any limiting beliefs or emotions. Its messages are simple but clear, often appearing out of the blue as an "Ah-ha", offering such a sense of certainty, that we'll stake our lives on these messages. Learning to tune-in to this unique frequency is the first step to trusting this faithful friend.

### WHAT IS INTUITION?

Most of us have had the pleasure of listening to and following through on our intuition, growing from its wisdom and insight. But there will also have been times when we failed to listen and had to deal with the regret. It is time to listen because:

*Intuition is the Navigator of the Soul*

### INTUITION

- \* Safely guides us, reconnecting us to our deepest Self & the Source of all life
- \* Is available to everyone, not just the spiritually elite
- \* Helps us to grow spiritually & expand our consciousness
- \* Nurtures the Soul
- \* Always seeks to help the greatest number of people possible
- \* Is found equally in men and women.....

*The choice is ours whether we listen and follow through*

***Intuition asks: Are you acting from Love or Fear?***

**Love connects; Fear separates**

## **WHAT ARE THE THERAPEUTIC BENEFITS OF INTUITION?**

- \* Ease and clarity in decision making
- \* More honest and authentic relationships
- \* Looking beyond the obvious
- \* Clarification of our soul's purpose
- \* Extrication from power games
- \* Chance to be in the right place at the right time

***INTUITION ALWAYS SEEKS:*** *A Deeper connection to self, others and the Universe*

### **Intuition does not:**

- \* Lead to personal gain at the expense of others
- \* Eradicate pain and suffering, yet it is usually diminished
- \* Deny the need for confrontation
- \* Always lead to action: stillness and silence are gifts
- \* Necessarily lead to separation but often to greater commitment

**INTUITION = PSYCHIC ABILITIES + COMPASSION + WISDOM**

Psychic awareness is accessed through the solar plexus and is receptive. Intuition receives the psychic impressions and through the heart and third eye, decides on the most compassionate and wisest outcome

***PSYCHIC ABILITIES =***

**Clairvoyance (inner seeing)**

**Clairaudience (inner hearing)**

**Clairsentience (inner feeling)**

**Also psychic taste and smell**

## WHAT STOPS US LISTENING AND FOLLOWING THROUGH?

- **Fear of failure** or of making a mistake with the subsequent **humiliation**
- **Fear of success** and the ensuing expectations from others with added responsibility
- *"If I follow it, I may need **to change!**"*
- *"If I follow it, I may need to **enter unknown** territory and that's frightening"*
- *"What if it's my **ego talking** and not my soul?"*
- Belief that the **message is illogical** which is reinforced by the opinions of other people
- *"I followed it and things didn't work out **the way I wanted...** not again."*
- *"What if I **hurt others** by my actions?"*
- *"Following my truth is selfish!"*

### QUESTION:

*Does my present life nurture my soul?*

## HOW TO RECOGNISE THE INTUITION

Intuition is a sensory experience; *Common signs of Intuition include:*

- *"I feel it in my bones or waters."*
- *"She has a nose for it" or "He followed his nose."*
- *Gut feelings, an instinct, a hunch..... "It's Obvious"*
- Goose bumps or tingling up and down the spine
- Happy butterflies in the stomach
- Sense of rightness, strength, surety, clarity & inner peace
- Warmth or tingling over the head, third eye or heart areas
- Ah-h-h! Of course. YES!

**And when we DON'T FOLLOW it, we feel:**

- A sinking feeling, exhaustion, cold and hot shivers
- An awareness that: *"I've done it again!"*
- *"Get out of this situation FAST"*
- Uneasiness in the stomach
- Anxiety, depression, resentment, feel trapped
- A need to over-analyze the situation to convince ourselves that we're doing the right thing!

Learning to recognize our own signs is imperative for healthy intuition. Following the signs is even healthier! Living with regret depletes our energy and limits our joyful times.

### ***GUT FEELINGS***

We often relate *intuition* to *gut feelings*, a sensation felt in the area of the *solar plexus*, the major center for psychic impressions. However, this is also the energy center for **self-esteem** and if this is diminished then our psychic impressions will be compromised.

The solar plexus acts as a large satellite dish receiving information to allow us to feel safe and loved. When self-esteem is not developed due to living in a dysfunctional family, poor communication or continual discouragement, the child/adult learns to use their solar plexus to scan energy and then reacts by pleasing others or “doing the right thing to stay safe.”

Developing self-esteem and standing in our truth breaks, the habit of *scanning*, observing or hyper-alertness which drains the energy supply, allowing us to become more present and authentic.

### **PRACTICAL WAYS TO ENHANCE RECEPTIVITY**

- **Dreams.** Keep a dream journal; ask for dreams to clarify thoughts and help to make decisions
- **Meditation** Used for quieting the mind
- **Visual Imagery.**
- **The Media.** Messages can come from turning on the television or radio or picking up a newspaper or magazine and hearing something which resonates with recent thoughts
- **Other People.** Even strangers can be messengers as well as friends or family. But remember, a good friend is someone who tells the truth even when it’s uncomfortable!
- **Events in Nature.** Nature, such as animals, is a wonderful mirror for our inner reflections.
- **Our Body.** The body never gets it wrong; At least 80% of illness is a wake-up call from the soul.
- **The Arts** such as story-telling, art, sculpture, drama, poetry and song, connect us to the right brain and the depth of creative soul expression awaiting us.

## **GIVING ADVICE**

To receive psychic information through the solar plexus is only the first part of intuitive awareness. The second part is to ask ourselves: what is the wisest and most loving way I can share this information. Sometimes, staying silent is the best response. Never give advice unless asked for.

### **How to maintain our Energy Field throughout the day**

- 1) Be aware not to enter another person's sacred space without permission.
- 2) Root yourself into Mother Earth on rising from bed and whenever you feel you're ungrounded.
- 3) Surround yourself in a bubble of color which suits the day.
- 4) Imagine showering with water full of colored light, which washes away everything which does not serve your soul.

### **SIMPLE INTUITIVES GUIDELINES:**

- ❖ Still the mind
- ❖ Be present
- ❖ Be innocent and without expectation
- ❖ Use the 3 times rule
- ❖ Ask for spiritual guidance
- ❖ Seek an answer in your surroundings within 20 minutes.
- ❖ Occupy the left brain through a habitual activity; eg. Ironing, shaving, walking, showering
- ❖ Tap the feet
- ❖ Ask a question by writing with your dominant hand and answer with the other hand.

### **LISTEN TO THE STILL SMALL VOICE**

Contact: [www.christinepage.com](http://www.christinepage.com) e-mail [info@christinepage.com](mailto:info@christinepage.com)

### **Relevant books & audiobooks**

Beyond the Obvious: publisher Random house UK

978-0-85207-322-3

Spiritual Alchemy: publisher Random House UK

978-0-85207-322-3