

Developing Your Intuition



Most of this information contained in this eBook, is from the 13-semester course of study. This topic is taught in the public adult schools by the Metaphysical Center in New Jersey. Research by teachers and students in these classes have been incorporated into the information from other sources, both online and print, with every attempt at paraphrasing it.

This "quick book" is offered to you for free for attending the Developing Your Intuition podcast given by Kate and Peggy Neligan.

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Background Information and the Brain Waves

The most important thing to understand is that EVERYONE has psychic ability; human beings are born with an innate intuition. It is often called the “sixth sense” because it enables us to perceive beyond our five physical senses. Intuition is a gift, a human birthright, so that we can remember our connection to Source or Universal Consciousness or Higher Self. Some people have it more developed than others, because like a muscle, it gets stronger with use. But we are born with it.

In order to understand this gift of intuition it is helpful to have a little background on the brain waves that make up our human consciousness. There are basically four different brain wave patterns: beta, alpha, theta, and delta.

Delta is the lowest level, one of unconsciousness at 1 – 4 Hertz or cycles per second. This is when we are in very deep, restorative sleep. We usually can't remember things from this stage, but we can program ourselves here and it is especially useful for healing. Little research has been done at this level, but delta waves are known for triggering the release of growth hormone, which provides healing. That is the reason why sleep is so important during the healing process. According to Silva Mind Development, infants and very young children from birth to the age of four operate mostly in delta—babies sleep most of the time.

Theta is the next higher level at 4 – 7 cycles per second which occurs when the mind is totally relaxed as during sleep and some meditative states. We are not involved in the physical world or necessarily aware of time and space. Driving

down the highway when you lose track of time and wonder how you got where you are for the last five miles is an example of being in theta. A runner will often be in theta. Young children between 4 and 7 are mostly in theta. This is a very imaginative level and very programmable which is why if you have difficulties as an adult, you may have to reprogram the old "tapes" in your mind at the theta level where they first were recorded.

When we are relaxed, visualizing or dreaming, or in a light sleep, we are at the **Alpha** level. Alpha waves vibrate at 7–14 cycles per second and is the first level we achieve in meditation. This is the spiritual world where there is no time or space as we know it, the world of Extra Sensory Perception (ESP). This is the level that is referred to as the altered state because it is altered from our normal waking state. Alpha level characterizes the 7 – 14-year-old which is also highly imaginative, but in a different way than children in theta.

At around the age that children lose their baby teeth and permanent teeth start to come in, a major change takes place in brain functioning as well. A shift to another part of the brain begins and they engage both the left and right hemispheres. As a result, children of this age learn very rapidly. The left hemisphere is used for language and logic, for storing experiences of the physical world. The right side is involved with intuition and creativity, and stores experiences of the subjective or spiritual world, such as experiences acquired through visualization and imagination.

At both alpha and theta vibrations we can use our intuition to access information and to help accomplish our goals. These levels are also very useful for healing the self and others as well as for the elimination of pain such as in childbirth,

dental or other surgeries, etc. We can consciously CHOOSE to be in those levels. When you hit the snooze button sometimes you fall back into alpha or theta level, and this can be a very creative, meaningfully productive time. Many ideas spring forth at this time. It is said that Thomas Edison had many of the ideas for his inventions while he was napping.

We operate at the **Beta** level of consciousness most of our waking moments. Beta brain waves occur at 12-30 cycles per second and is the normal, waking state for adults. This is the physical world as we know it of the five senses: sight, sound, touch, smell, taste. Time and space follow the rules of the three-dimensional physical world as well.

As we grow, humans eventually use mostly the left side of the brain and operate predominately at the beta level while awake. If children between 7 and 14 are taught to use both the left and right brain hemispheres for thinking, then that ability will be retained as they grow up. But 90% of humanity has grown up using primarily the left-brain hemisphere to think with.

Techniques for Developing Intuition

The first and most important thing you need to do in developing your intuition is to be in an altered state of consciousness. This generally means altering the brain waves from beta to alpha. In fact, we go in and out of beta and alpha all day long. When you take a deep breath and slowdown from intense focus, you relax enough to go into alpha. There are also several techniques you can use to achieve this altered state. Most of them involve your breathing and relaxation: becoming aware of being in the present moment in order to quiet the monkey

mind. There are many meditations to listen to which will bring you to this level as well.

Taking three deep breaths is usually enough to give the body time to settle down and relax. Dr. Andrew Weil has an excellent CD on *Breathing: The Master Key to Self-Healing* which offers eight breathing exercises. He says that if he had one tip to give people for a healthier life, it would be to learn how to breathe properly. An excellent strategy to practice breathing consciously is to take 36 breaths, count them on your fingers, each night before bedtime. It clears the mind and relaxes the body.

You can try counting backwards from 10 to 1 on each outbreath as you visualize descending stairs or going down in an elevator. A Silva Mind method uses a technique on each outbreath to visualize and say mentally the number 3 three times, then 2 three times, then 1 three times.

As you breathe in, try to breathe into the back of your nose, with a slight snoring sound. This quickly brings an altered state. Another technique is to focus your eyes at a 45° angle, for example, where the wall meets the ceiling. Letting your gaze soften as you look at a candle or another object will also bring about a more relaxed state of mind.

Since intuition comes through your third eye, crystals are a helpful tool to use. As you lie down, place one in the area of your forehead between the brows. Especially helpful are purple and violet-colored crystals like amethyst while red and black ones help to tone down your intuition if you feel bombarded. Be sure to cleanse your crystals regularly. Set your intention for using them and express gratitude for their assistance.

Also, using essential oils such as lavender, sandalwood, frankincense, and rose as well as certain incense like lavender, jasmine, and Nag champa will relax, open the intuitive channels, and help you to be more receptive to your intuition.

Developing Confidence in Your Intuition

Once you have achieved this altered state, you can begin to practice using your intuition. One of the most difficult parts in working with it, is *believing* the information that comes through to you. Because intuition is very subtle, we often miss its wisdom. It usually happens in an instant and is a fleeting thought. That is one reason it is called in-sight. Fear, on the other hand, is the loud inner voice that is meant to keep us safe, so we recognize and listen to that one more readily.

We also often disregard intuition as our imagination or think that we are just making it up. This gut feeling is our natural ability to perceive without having any logical or physical evidence to support it. We know because we know inside this is true. The reason why children often lose their innate connection to their intuition is because well-meaning adults often dismiss this gut feeling as imagination and we learn to do the same to ourselves throughout life listening instead to the inner critic. We listen to the voice of fear rather than the wisdom of intuition.

Sometimes people confuse instinct and intuition. Instinct is an inborn natural reaction where you respond to a situation automatically without thought. Intuition is an inborn natural thought process or insight. Children don't question it whereas adults have learned the need for discernment and have to deliberately cultivate or strengthen their intuitive ability again.

As you become more confident, you will recognize the feeling you get when you have an accurate "hit." It is sometimes called being in the "zone." You will begin to recognize similar experiences such as chills or flashes when this happens. If things come up that are dark or fearful, this is when discernment plays a role. When you look back, you will be able to see that your intuition plays out accurately and is always for your highest good. This feeling comes as a result of trusting yourself over time.

So how do you begin to build that trust in your own intuition? There are several practices you can do when starting out to develop confidence in your intuitive ability.

1. Write down everything. Keep a journal or notebook after each practice session and write what you felt, saw, or heard whether or not it makes any sense. You may get impressions or symbols—draw them or write down as completely as possible what came to you. Write a question on paper and start to write whatever comes to you; a question and answer is usually a profound way to get information. You may not know the significance of the information at the time, but when you look back it may become clear.
2. Work with a partner. The information that comes to you may seem like gibberish, but a partner can confirm it because it has meaning for them. Feedback gives validity. Remember, in an altered state, time is always in the present, there is no past and no future. The information you receive may be for the future and a partner can come back to you and then confirm the hit you got. If something is not confirmed at the time, see if it makes sense later on.

3. Test yourself. Set your intention to be aware of and practice your intuition. Play game shows and try to predict the answers or the outcome before it happens. That gives immediate feedback. This type of intuition is actually precognition, and you can develop it as well. Looking for a parking space? Visualize a car pulling out of the spot you need; see the color and make of car and when it happens check to see how accurate you were in your "imagination."
4. Use psychometry to practice. Hold an object or picture of a person or thing and see what impressions come to you. This is easier with a partner because you get immediate feedback, but you can also research the information you get if it is an antique or item you are not familiar with. Feedback is what will help you to gain trust that you are probably right in what images, words, or information you receive.
5. Work with divination tools such as Tarot and oracle cards or a pendulum. Look at the cards and pay attention to what comes up for you. Notice any impressions, thoughts, words, or symbols that may flash through your mind. Be sure to write them down.
6. Scrying using a bowl of water, a cup with tea leaves, or a piece of white paper with a candle behind it in a darkened room are other exercises to try when practicing your intuition. The important thing is to be open to whatever comes up for you and to write it all in your notebook.
7. Do some shadow work. Our shadow refers to the parts of us that we don't like or have disowned. This may be something that was not acceptable by parents, religion, culture, or society. Those parts always communicate with us because they want to be reintegrated with us and that often happens through our dreams. The impressions you receive in daydreams and night-time dreams are important to write in your

notebook. In fact, try to record as often as possible the thoughts that come to you whether or not you are actively practicing your intuitive ability.

The key to all of these exercises is that you are practicing your ability to understand the messages you get. The more you practice, the more often you will receive "hits" and the more confirmed hits you get, the stronger your confidence will become that the messages you receive are accurate. The more you honor your ability to use your intuition you will find that it becomes stronger and more accurate more often.

Types of Intuition

There are different kinds of intuitive abilities which often come through the physical senses. They are referred to as the "clairs." Some people feel more comfortable using one or another. For example, your intuitive gift might be more visual, and you receive messages in pictures or symbols. This ability is called clairvoyance. People who hear their messages are called clairaudient. Those who feel it in their bodies are clairsentient. If your intuition comes as a "knowing" without quite knowing how you know, you are using claircognizance. You may have more than one ability and can learn to develop all of them.

Reasons for Using Intuition

The primary reason people use their intuition is for guidance whether for yourself or to help others as part of a career or calling. You can ask about health, career, relationship, soul's path or purpose, anything about which you would like to receive guidance. People often go to a professional psychic for

those answers, but your own intuition is the best source if you have learned to trust yourself and the information that comes through to you.

While our brains lose the memories stored there when we die, our souls retain the lessons learned in life experiences and tapping into the intuition is actually the way to access your soul's data bank. Those memories are part of our individual Akashic Records stored on the etheric level of the universe. We can retrieve them but it usually takes much practice so people will sometimes use a trained psychic who has your permission to access them on your behalf.

Another reason people access their intuition is to remember their Oneness and connection with the All/Source/God and with each other. Through meditation or yoga or other spiritual practices, we can learn to develop our intuition which is the direct connection between our soul and the rest of Divinity.

People who use their intuition in their careers or daily job need a highly ethical system in place for their practice. Some of those paths involve being a psychic medium or medical intuitive. Other more common occupations involve energy healing and intuitive life coaching.

If you are involved in these fields, it is important to remember that what you say to others when they are in an altered state has a greater impact on their subconscious mind. In discussing health, for example, it is better to ask when they had their last check-up rather than sharing information about a specific illness. It is important to empower people to take charge of their own life rather than giving them answers.

In the altered state, time is also only in the present moment so the information you receive may be for the future. Using your intuition when giving readings is really a chance for clients to see their opportunities to make wise choices rather than receive a scary prediction for the future.

Helpful Hints in Working with Intuition

As you learn to work with your intuition, there are a few helpful things to do. The first is to learn to ground your energy. If you feel floaty or scattered in your body, your energy will also be that way. You can ground yourself by setting your intention to be grounded. Be barefoot or stand on the earth and consciously root yourself drawing your energy downward. Holding grounding stones like shungite, black tourmaline, smoky quartz, or garnet is also helpful.

Once you use your intuition more often and trust your hits, you also want to protect your energy. You may find yourself more receptive to outside energy especially if you are empathic. It can be difficult to determine where the feeling is coming from or even if it is yours. It is always helpful to ask, "Is this mine?" Some people shield or "bubble" themselves, so they are not bombarded. A technique also used to control the outside influence is to visualize a volume control switch labeled "mine" and "others" and turn your volume up and theirs down.

Once you have developed your intuition and feel confident in your ability to receive accurate information, check in with yourself often by asking "Does this feel good?" If the answer is "Yes" you know you can rely on what is coming through to you from Source energy which is really your Higher Self communicating with you.

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