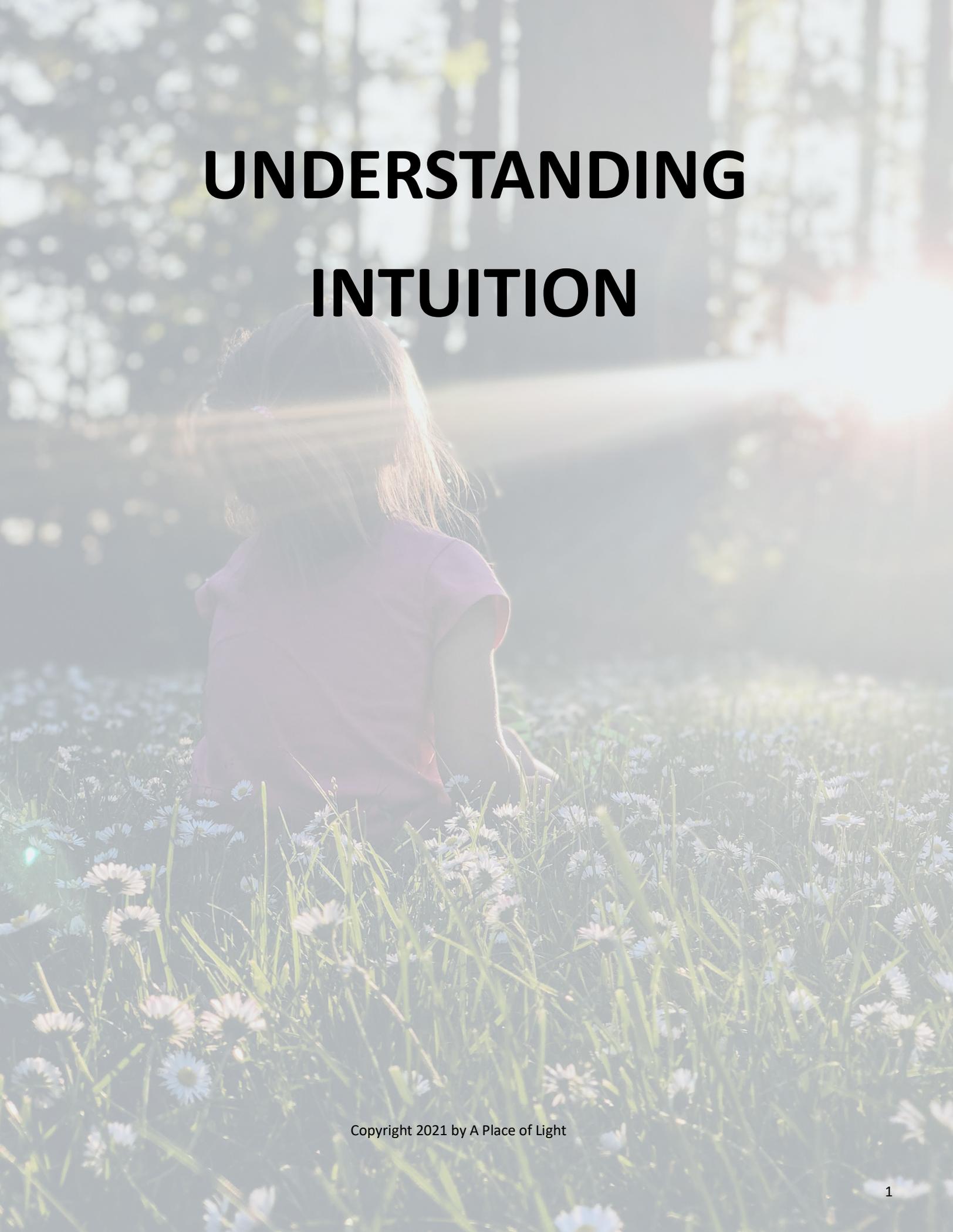


UNDERSTANDING INTUITION



What is Intuition?

It is the ability to read the language of the universe: energy. It is the language of soul, our true self.

This language comes to us in many forms.

Here are a few that you may recognize:

clairaudience: hearing songs, words, and other sounds

clairvoyance: seeing visions, spirit people, and other entities from other dimensions; this can also involve smells, sounds, and knowings

claircognizant: knowing things with no input from the five senses, can include precognitive insights as well as just knowing what to do in a given situation.

clairsentience: sensing or feeling things

Intuition is not something that is *developed*. Soul clearly exists and has read and expressed this language since the beginning. Rather it is a matter of teaching the brain and body to pay attention to and trust intuition.

But allowing soul to be in charge also allows the consciousness to use the body/mind for other activities such as

- healing
- astral travel
- telepathy
- being an empath
- getting messages from manmade objects and things in nature
- communicating with animals and plants
- seeing the world through the eyes of another



The Mindset Required for Being Intuitive

A person cannot be body or mind centric and have full intuitive awareness.

Rather the mindset that is best for intuition is

I AM SOUL AND I USE THE BODY/MIND TO EXPRESS SPIRITUAL LOVE.

It is not easy to shift to this perspective while living in a western culture.

Western culture sees everything from the perspective of the body/mind. We are often judged by the appearance of the body and appraised by the quality of our thoughts. Yet, both these things disappear at the time of death, so what lasting meaning can they have?

Soul, on the other hand, is eternal. Soul exists before physical birth and continues afterwards. Soul is who we are throughout existence, no matter what outer form we may acquire. So, it is important that the body/mind accepts soul as being the leader and tone setter for a life.

Intuition is a natural course of events for a body/mind led by soul. It is not amazing, freaky, or strange. It is the first language of soul.

How to Allow Intuition to Flourish

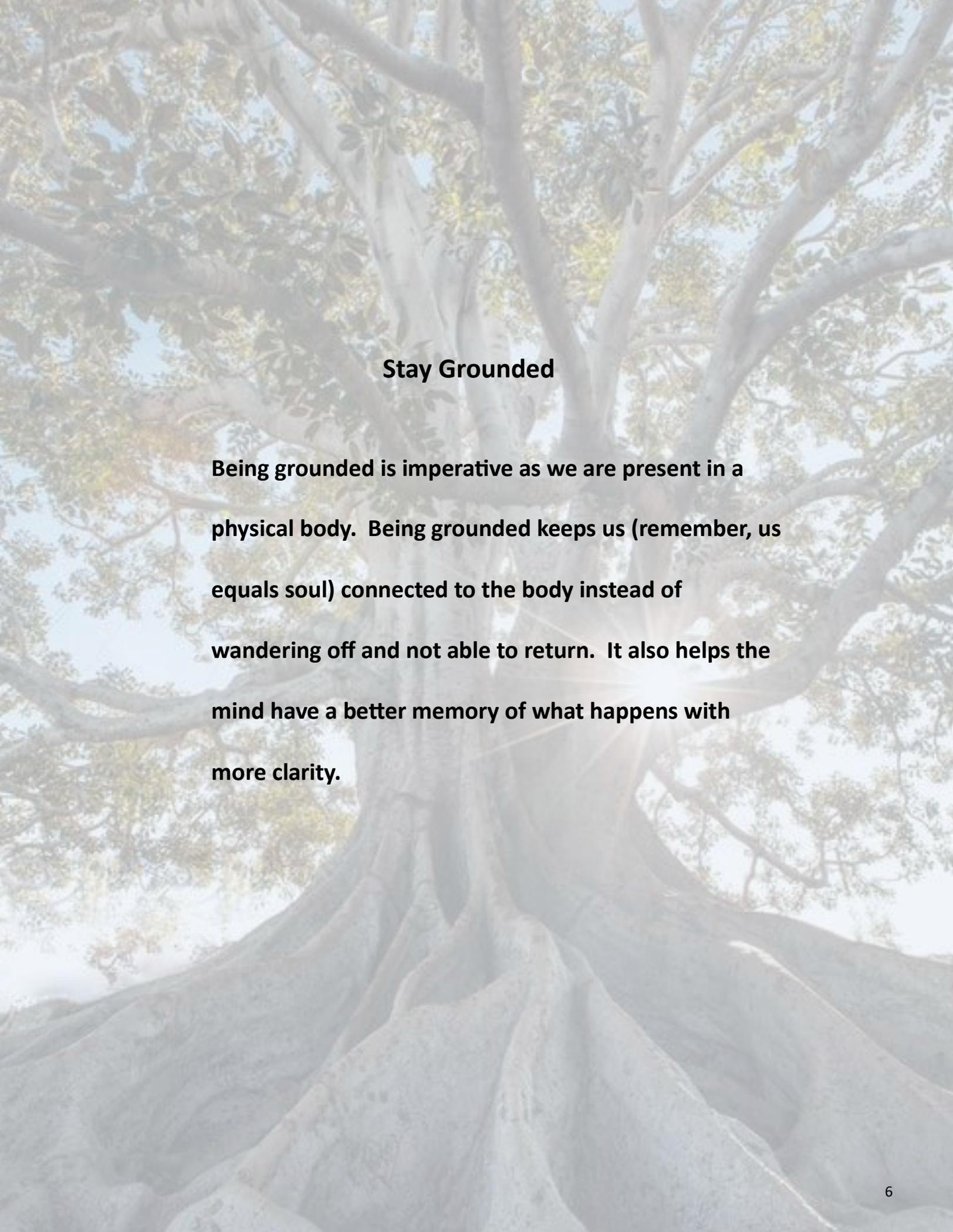
In teaching the Living in Your Heart classes at A Place of Light, it was discovered there are actually four practices that will allow intuition to flourish:

- stay grounded
- pay attention
- trust
- live from a place of love and compassion

Let's look at each to see how it works for us



This is the table where so many have sat at A Place of Light and learned the language of soul: intuition.



Stay Grounded

Being grounded is imperative as we are present in a physical body. Being grounded keeps us (remember, us equals soul) connected to the body instead of wandering off and not able to return. It also helps the mind have a better memory of what happens with more clarity.

Pay Attention

Paying attention is how we get the brain to recognize intuitive experiences. When we do not pay attention, they get right past the brain's awareness and are sometimes written off to "coincidence" or "imagination." When we train the brain to pay attention, we are better able to direct experiences of the body/mind we inhabit.

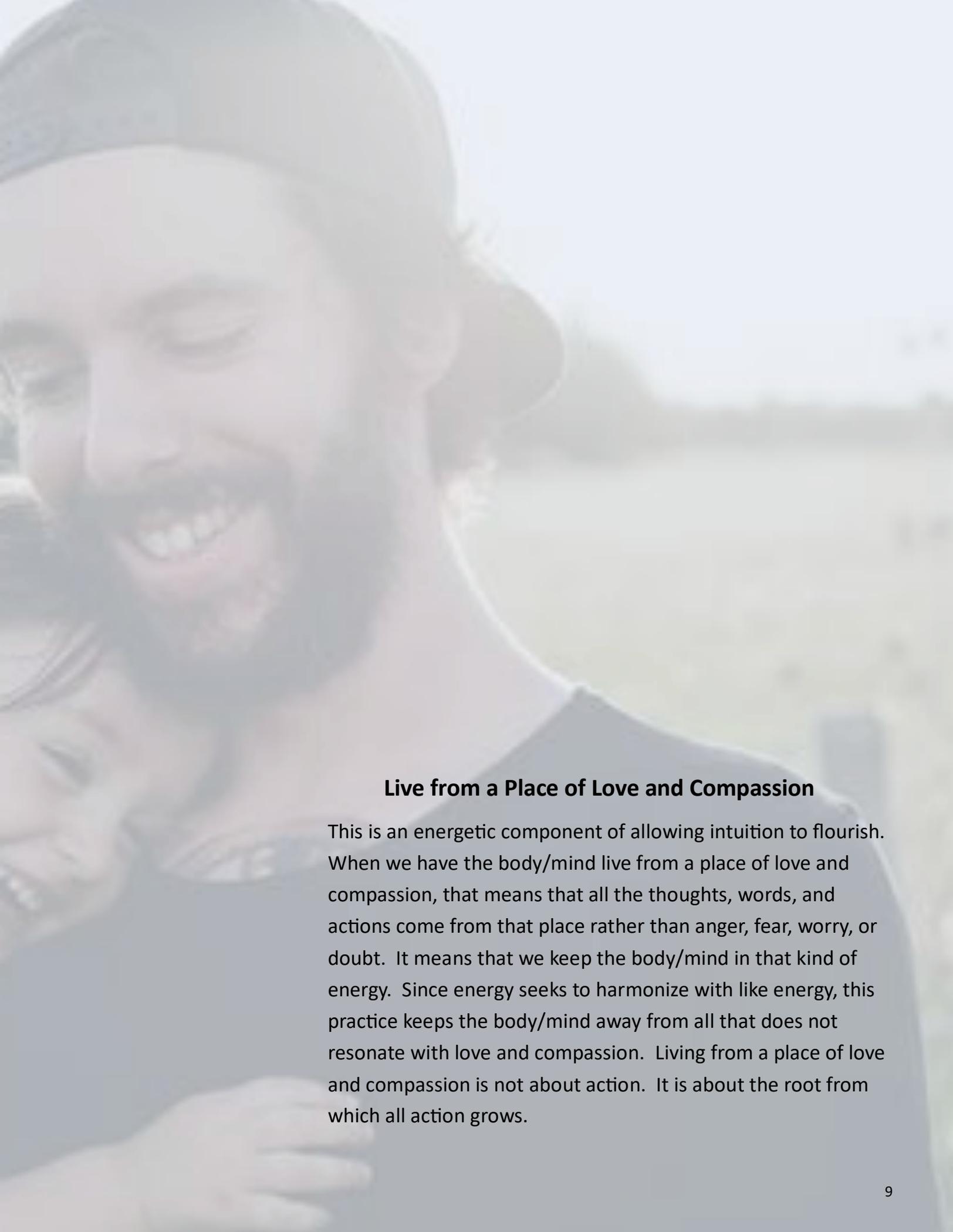




We need to teach the body/mind to trust like this child.

Trust

Getting the brain to trust the information given by intuitive experiences is equally important as paying attention. The information IS real; it IS accurate. The more we can get the body/mind to act on it, the easier life becomes.



Live from a Place of Love and Compassion

This is an energetic component of allowing intuition to flourish. When we have the body/mind live from a place of love and compassion, that means that all the thoughts, words, and actions come from that place rather than anger, fear, worry, or doubt. It means that we keep the body/mind in that kind of energy. Since energy seeks to harmonize with like energy, this practice keeps the body/mind away from all that does not resonate with love and compassion. Living from a place of love and compassion is not about action. It is about the root from which all action grows.

What Intuitive Experiences is the body/mind you live in having?

Take the quiz , [Am I Intuitive?? \(google.com\)](#) and receive a detailed email based on your responses.

Interested in taking it a step further?

Visit [A PLACE OF LIGHT - This Can Be You!](#) to find out how you can learn more whether you want a one time session, 70 day online course, or personal study of up to six months! If you feel you are ready to take such a step, we are here for you. If not, then that is all good too! One of our students took four years to take the first step, but has remained since 2009!

You are the expert on you and your needs, and we respect that.

