



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Foundations for Intuitive Development in your Daily-Life

Goals for this course:

- Get a clearer sense of how your intuition works for you.
- Help you create a habit of defaulting into your intuition (rather than your analytical brain).
- Clear the subconscious beliefs and blocks that might be holding you back from developing your intuition to its fullest potential.
- Strengthen your intuition with exercises and practice.
- Give you practical exercises you can use in your day-to-day life, to use your intuition to guide you

Welcome to our first lesson in developing your intuition for daily-life. With this course I hope to help you get a clearer sense of how your intuition works for you; Help you create a habit of defaulting into your intuition (rather than your analytical brain); And also strengthen your intuition with exercises and practice.

Before we get started however, I would like to briefly touch on some of the terms that might come up in this course.



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The first two terms, are Psychic and Intuition. Typically, the word intuition refers to being able to pick up on energy related to your own life. And the word psychic refers to being able to pick on energy related to the world and people around you. I use these terms interchangeably. I personally see no difference between them, but I do know that some people can be a little hesitant about the word “psychic” because of negative associations with that word in the past. I personally prefer the word psychic, since I feel that the term “intuition” has become watered down. When I use these words, they both refer to the ability to receive information through energy about people/places/objects/events that you didn't know beforehand.

I also wanted to mention the term medium, because it might be mentioned in the course.

A medium is someone who connects to a person or animal who has passed over, bringing through information about them, without knowing the information beforehand.



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There are two main ways of using your intuition in your daily-life:

The first one is in a passive way, where you become mindful of the intuitive insights that your “psychic antenna” is always picking up on.

The second one is in an active way, where you can use your intuition consciously on your own initiative to gain insights into a particular issue, choice, or energy.

We will dive into both ways, but before we do that, I want to talk about how our intuition works in general.

The ability to tune into the non-physical energy of our lives and those around us, is possible because everything is energy and we are all connected: The seeming distance or boundaries between us simply do not exist, or rather, they are irrelevant to our connection. You may have heard the quote by french theologian and philosopher Pierre Teilhard de Chardin: “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” His quote sums it up well. We are all spiritual beings incarnated in our present physical bodies in order to experience life. We are not our bodies. We are, at our essence, still spiritual beings, and our souls are not limited in the way our physical bodies are. Our souls are capable of picking up on energy before our physical senses do, and things like physical distance do not matter to our souls. Our souls are energy capable of connecting to anything anywhere, with the right intention and focus.



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The ability to tune into the non-physical energy around us is something we are all born with. It is our natural state of being, as we are all part of the divine and we are all just energy. So we are wired to be able to see and “read” the energy around us and in our lives, but because this ability functions like a muscle, if we don't use this ability, we lose it. In our modern society, intuition is, at best, just never encouraged, though most of the time it is actually ridiculed and taught to be a figment of our imaginations. Therefore, our intuitive “muscles” have atrophied for most people. Luckily, like all muscles, we can practice using our abilities until they become as strong as our physical senses.

The insights and information we are given through our intuition is just energy that is first sensed by our spiritual bodies, our souls, and then that information is filtered through the central nervous system of our physical bodies, ending up as internal sensory impressions. Meaning: images in the mind's eye, feeling physical sensations or emotions, internal hearing, etc.



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We often say that these sensory impressions come through our psychic senses. We have 6 major psychic senses.

- Clairvoyance -means “clear-sight”. This is where we perceive energy through our internal sense of sight. Information might come through as pictures, symbols, or movie-like clips in our mind's eye. It might feel similar to day-dreaming.
- Clairaudience - means “clear-hearing”. This is where we perceive energy through our internal sense of hearing. We often experience this as if it's coming through from our own brains, similar to when you replay a conversation in your mind. Clairaudience can come through as words, sounds, songs, or whole sentences.
- Clairsentience - means “clear-feeling”. This is where we perceive energy through our internal sense of feeling, both physical sensations and emotional feelings. You might perceive someone's hip-pain as a pain in your own hip, or you might perceive someone's sadness as a welling up of sadness within yourself.
- Claircognizance - means “clear-knowing”. This is where we suddenly know information without knowing how we know it.



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- Clairgustance - means "clear-taste". This is where we perceive information through our internal sense of taste. The taste can have a literal or metaphorical meaning (a sweet taste of cookies literally standing for sweet tasting cookies, or metaphorical for someone or something that is sweet/nice/kind).
- Clairance - means "clear-smell". This is where we perceive information through our internal sense of smell. This can also have a literal or a metaphorical meaning.

You might notice in yourself that one or two of the psychic senses are more prominent than the others. This is usually in accordance with how active the corresponding physical senses are in you. For example, if you are a very visual person, maybe if you paint or do other visual work, you might have a strong psychic sense of sight as well. The same goes for the other senses. However, don't get too hung up on, or attached to, which is your strongest sense right now. Firstly, because you might be wrong. You might have a preconceived idea of which sense is your strongest that isn't actually accurate for you. Maybe a psychic once told you that you're very clairvoyant, and you start to ignore your stronger sense of clairsentience. Information gets easily lost in translation that way if we over-identify with one sense, and don't trust our others.



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Secondly, it's possible you could change dominant senses in the future. Ideally we would like to become well-rounded with our psychic senses, so that information can come through strongly in all of them. This helps the communication to come through as easily, clearly, and accurately as possible.

Try bringing to mind an image of a tree. Notice if the image is crystal clear to you, or if it is hazy. Notice if the image is sturdy and deliberate in your mind, or if it is just a brief flash. You might think this is an exercise in being able to tell if you have a strong sense of psychic sight. I actually have a very different point to make: information coming through your psychic sense of sight might appear in any of these ways, and that is normal. It might come through as hazy, or clear, or as a sturdy image, or more of a brief flash. Clairvoyance doesn't come through crystal clear every time. When I receive information through my clairvoyance, most of the time the images are just brief flashes, or I only see vague outlines. I often am shown just enough for me to get the gist of what the energy is. This can also change, even in the span of a single reading, some things coming through clear and some hazy. The same goes for all the psychic senses. If you bring to mind a smell, you might experience a similar variation in clarity. This is important to know, because many people will discount information coming through their psychic senses if the impressions aren't crystal clear. I do readings professionally many times a week, and have done so for years, and still most of the time the



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impressions coming through from an animal are hazy, and brief flashes, not fully fleshed out scenes that stay put in my head. The impressions will likely be subtle, and varied, and that is totally OK and normal.

Here's a fun fact: As you start to develop your own intuitive abilities, you might find that you improve in other types of intuitive readings without any additional effort. This is because everything that goes under the category of "Psychic Abilities" is interconnected. This includes plain Psychic Readings, Remote Viewing, Medical Intuition, animal communication, Intuitive Card Readings, Psychometry, Angel Readings, Mediumship, Spirit Guide Readings, Scrying, etc! "Psychic abilities" just means the ability to receive previously unknown information through one's psychic senses. The main differences between the types of readings is in who or what you are connecting to, and the topics you're talking about. The process however is very similar between them. So if you work on developing your intuitive abilities, you are using and strengthening your psychic senses, and as a result you will have an easier time doing a variety of psychic readings if you want to. Your psychic senses are like muscles in the body. You might begin to take boxing lessons once a week and thus strengthen your muscles that way. If you then begin to take rowing classes, you will automatically have a leg-up in it, because you have already strengthened your muscles some. The same goes for doing different types of readings.



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As I mentioned before, we are all spirit in a body. As such, we are already a part of the non-physical world, the spirit world, while at the same time a part of the physical world. Both worlds are completely intertwined, and we always have both feet in both worlds.

Connecting intuitively happens through a shift in our perception, from experiencing energy through our physical senses, to experiencing energy through our soul and psychic senses. This shift happens from relaxing the logical thinking mind, and moving into a receptive brain state. Some might call this a light trance, which is essentially the same state we are in when we day-dream. This is just a state where our awareness is focused on the thing we want to tune into and on the internal impressions we receive, instead of on the outer world around us.

When we receive information through our intuition, it is most of the time going to be very subtle. This means that we need to practice quieting the actively thinking logical brain, in order to notice what is coming through from our intuition. We learn to do this through practices like meditation. Meditation is super helpful for learning to clear the clutter from our mind, and to help us build a practice of mindfulness. This is essential so we can become aware of the intuitive impressions that are already coming through to us.



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Now, don't get scared off by the idea of having to commit to a meditation practice! Meditation can just be a time you set aside to bring your focus to the present moment. You could do a mindfulness meditation of focusing on your breath for 5 minutes. Or you could listen to guided meditations. Or even a walk in nature can help you get present and centered.

We don't need elaborate rituals or deep trances to turn our intuition on. Our intuition is always on, and we are always connected spiritually, it's just that we are not in a receptive state for it and don't have our awareness on it most of the time. Accurate clear consistent intuition can take time and effort to develop. Don't feel discouraged if it isn't an instant process for you. You're relearning a very different way of perceiving the world, than what you're used to.

Imagination's role in intuition

Your imagination is an integral part of your intuition! You want to become friends with your imagination. This is because the energy you are tuning into with your intuition is describing itself to you through your imagination. Your imagination is just a tool: a tool for your brain to create things, and a tool for your intuition to describe energy to you.

Remember we talked about the psychic senses? It's all connected: your psychic senses, your intuition, your imagination.



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One way you can strengthen those psychic senses, is actually to use the imagination! I want you to do an exercise with me now. You're going to be actively bringing to mind these different sensations.

Bring to mind the following sensations, one at a time:

The sound of a cat meowing.

The feeling of someone hugging you.

The image of a baby smiling.

The taste of peanut butter.

The feeling of joy from seeing a dear friend.

The smell of a rose.

The sensation of walking barefoot on the grass.

The sound of a church bell ringing.

The sensation of dipping your hand into sand.

The image of a car driving down the road.

The taste of one of your favorite meal.

Try challenging yourself to bring to mind other impressions. Really steep yourself in the experience. In this exercise you're essentially practicing using those same channels that intuitive information comes through, and as a result, strengthens those channels, and makes it easier for the impressions to come through when you are actually picking up on energy.