

7 Tips to Developing Intuition

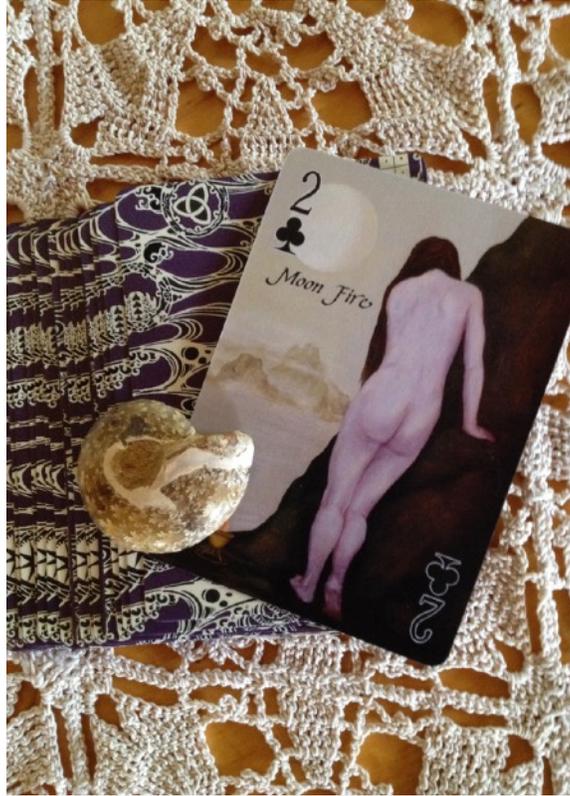
One of the biggest lies we must face as spiritual beings is that intuition (or "psychic knowing,") is something only a special few possess. On the contrary, intuition is something we ALL POSSESS. Only some are more aware of it than others. But what is important to realize is *intuition can be developed*. Not only that, it is a fundamental life skill no one should do without. Because the schools don't teach it (yet,) we have a responsibility to teach ourselves.

So why develop intuition? The main reason is because better intuition translates into a better life. It means better decision making, which ultimately impacts each and every area of a person's life. It is so much more than a glittery feat of prediction!

Experts say the average American adult makes over 30,000 decisions per day. Imagine! Even if a *small* percentage of those were improved through the clarity of sharpened intuition it would have the power to transform the story you are living — and radically. Over time, your life would change so dramatically for the better, it's like it would belong to a different person. I know. It happened to me.

Let's dispel a myth we have all been fed. The myth is that solid reasoning and dry logic will get you from point A to point B in an optimal manner. In fact, this is rarely the case. Life just rarely happens in straight lines. Dry reasoning is the brain trying to work all by itself, and we are whole beings, not a brain on legs. We are mind connected to emotion, connected to body, connected to Spirit - connected to infinite. Intuitive and/or psychic inklings come from somewhere the brain loves to discredit in it's attempt to stay boss. Yes, I'm talking about YOUR brain, MY brain, all brains. The brain by itself is a great big tyrant. But the world is not logical, and belongs not to reasoning alone. We need a better, bigger tool. That tool is INTUITION :-)

Here are my 7 tips to get you there:



The 2 of Clubs or "Moon Fire," - a card commonly representing intuition. (From the new ["Alchemy Edition"](#) Deck.)

- 1. Know and never doubt: You are intuitive right now.** Being intuitive or "psychic" is not something you acquire, it is something that you *are*. It is your birthright. Believing you are not already intuitive means you are right now shutting down the messages that are coming to you each and every moment. **KNOWING** you are means you are paying attention because you know you are already receiving what you need.
- 2. Quit looking for a "far out" experience.** Extraordinary information comes in ordinary ways. It comes through the the world around you as you go about your everyday life. The ordinary is **INFUSED** with universal intelligence - like tea leaves soaking in hot water. There is no escaping! Pay attention to stuff you usually don't notice: the gurgle of the coffee pot, the color of the room, something in your peripheral vision, words that pop into your head randomly. Wake up and be present. This does not mean you will make sense of every bit of sensory information coming your way, and if you try to read into everything, you will go totally **NUTS**. Don't go into analyzation hyper mode. Calm down. Be present instead. You will understand what you need to understand when you need to understand it.

3. **Silence is Key.** Many times we are so busy putting out messages by talking and thinking that we are neglecting *receiving* messages. Practicing silence feels awkward for a long time, because we are masters at filling space. But after a while practicing, you start to become *interested* in the silence. There is actually A LOT happening in silence. In truth, true silence is impossible because the universe is SO FULL of energy. Slowing down, pausing, listening, are all perfect ways to pick up on psychic messages. Do you know that excessive talking (inner *and* outer!) is one of the ways we distract ourselves from silence because *we are afraid of our own psychic knowing*? Which brings me to number 4.



A monument to silence, the Queen of Hearts from The Playing Card Oracle Deck, by C.J. Freeman.

4. **Fear not your intuitive/psychic knowing:** There is just a cracker jack load of fear around intuitive knowing. This is ingrained in us from centuries of superstitious thinking and persecution around this part of our personal power. Again, this is the brain trying to keep your true essence prisoner. So what is to be done, but rebel! Rattle the chains! Fear not your own knowing!!

What? Are you afraid you are going to “see dead people” or something? Bah humbug!! Are you afraid you might start living your true purpose? That you might dump your partner if you become “too evolved?” Or he/ she

might dump *you* if you become “too weird?” Screw all that! Stand up for your life! Stand up for your wholeness! Cackle hysterically in the face of complete hogwash. Your personal development as a spiritual being means you will develop psychic awareness, like it or not, and that means a better world across the board for you and me.

5. **Act upon what you receive.** Intuitive messages are like seeds blowing across a vast field. Most will come to rest and lie dormant. These are messages that will come to bloom at a later time, or are connected to something within you that does not require your conscious attention. But some seeds are for you in your life right now and require attention and action. You will know what these are. It is so common for messages to be received - even understood, yet ignored. How do you expect to increase your psychic knowing if you disregard the messages? This is throwing away what you have worked so hard to attain. Show your gratitude for the guidance given by translating it into action. Gratitude spells increase.
6. **“Maybe” is the same as “no.”** Think back on a time when you had a psychic or intuitive “hit.” Close your eyes and feel how this moment felt in your body. This is a moment when all cylinders within you were a go, a moment when mind, body, emotion, and spirit converged in a great big “Yes!” For myself sometimes the tiny hairs on my skin will stand on end, or I will feel an opening above my head or in the pit of my gut. Learn what *your* signals are. This is what psychic knowing feels like. It is not the same feeling as a “well, maybe.” It is a *knowing*. The two are very different. Yeah, of course, the mind, being the megalomaniac that it is, can certainly toss it around later and cast doubt upon your own knowing - but it comes originally as a “hit,” as a “yes,” as a “knowing.”

So trust your emotions, your first sense of something. But you have to pay attention, because as soon as the “rational” mind gets wind of what's up it will jump in and start messing with you.

7. **Get a regular practice for your intuition.** Just like you work out at the gym as a commitment to your physical body, a regular work out for your psychic development is a commitment to your wholeness and health as a spiritual being. I find that more than one practice is actually essential for my own sense of well being. Meditation is of course perfect, and directly addresses so much of what is written here. Meditation is a practice for the long haul so be patient, it is worth it. Enjoy your practice and expect ebbs and flows to your results.

I, myself, also love card reading as a regular "work out" and find it a wonderful gauge for how I am doing with my psychic skills. A committed divination practice feeds my spirit, and gives me regular opportunity to tap into parts of my brain that I do not find otherwise in ordinary life.

The End. For now,

A handwritten signature in black ink on a light gray background. The signature reads "Ana Cortez". Between the words "Ana" and "Cortez", there is a stylized spade symbol above a heart symbol.

Artwork by C.J. Freeman

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