

DEVELOPING *your Intuitive Power*

A STEP BY STEP PROGRAM
TO ACCESS YOUR INNER WISDOM.



Developing Your Intuitive Power Ebook

Created by Rev. Dr. Marty Dow

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Your Intuitive Power

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Introduction

About This Course

Welcome to the *Developing Your Intuitive Power* e-course. My name is Marty Dow, and I have some very good news for you. You already have the ability to get the answers you need.

Inner guidance is available to every person on this planet, including you. If you are not tapping into this valuable resource, it is due to one of three reasons:

1. You are not presently aware of your natural ability to get inner guidance;
2. Your subconscious mind contains a limiting belief which keeps you from using your intuitive power;
3. You simply lack the knowledge and the skills needed to develop your inherent psychic ability.

No matter which reason applies to you, the *Developing Your Intuitive Power* program can assist you in successfully using your intuition to get the answers you need.

This powerful program includes a manual containing more than 50 pages of valuable information and detailed exercises. Also included is a professionally recorded guided meditation that activates your intuitive power.

The *Developing Your Intuitive Power* program is easy to follow. All you need to do is to read the information, do the exercises, listen to the guided meditation tape, apply the techniques, and put the concepts to work in your everyday life.

In this course, we will be exploring several methods you can use to connect to your inner guidance. There are many other methods available for your use; however, I have chosen these techniques because they are easy to learn.

Feel free to use those that work best for you, discard those that do not fit your style, and gather additional methods you enjoy from other sources. I have given you enough information to begin using each method; however, you may want to do further reading on those techniques that appeal to you.

About The Author

It might be helpful for you to know something about who I am and why I created this course. I am a licensed clinical social worker, ordained minister, and the creator of numerous personal and spiritual development courses. I have been teaching people to tap into their inner powers for over twenty-five years.

We all want to live happy, productive, and successful lives; however, there are times when we simply do not know what to do next in our lives. Many of us have had an important decision to make that seems beyond our personal knowledge and we are often afraid we will make the wrong decision.

I believe that it is the will of God for each one of us to be healthy, prosperous, and creative. God has provided us with all the tools we need to achieve this goal. One of those tools is our intuitive power. Through the power of our intuition we can access the Divine mind and discover the day to day guidance we need to be successful.

Being able to tap into the Divine wisdom within us gives us a sense of peace and confidence in our everyday life. It is my hope that this course will provide you with the knowledge and skill you need to make wise and productive decisions in your life.

My belief that we are entering challenging times is the second reason I created the *Developing Your Intuitive Power* course. People of all religions are predicting that the earth is going through a time of transformation. The meaning of this transformation is interpreted differently by each philosophy, but the magnitude of the coming change is consistent.

Each of us has an important role to play in this time of change. Understanding your life purpose and how to fulfill this purpose is critical to the success of this transition.

Once you understand the overall purpose of your life you will need day to day guidance on the best way to complete your mission. Learning to tap into your own inner guidance is the only way to be assured that you have the information you need to make those important decisions.

An Important Note About Spiritual Terms

There is no universal language for spiritual or religious beliefs. Our spiritual beliefs and concepts are very personal and often emotionally charged.

A simple reference or term that does not fit into their own belief system can sometimes turn a person off. Please do not let this happen to you as you read this course.

Even though I am using terms that reflect my own belief system, I am not trying to convert you to my spiritual path. I do not believe that there is only one way to find God or that there is only one term for God.

I encourage you to translate my terms into ones that are comfortable to you. The information and techniques taught in the course will assist you in connecting to the spiritual wisdom within you no matter what spiritual path you are traveling.

Also, let me say that God does not have a gender. I use the term He for God simply because is it what I grew up saying. There is only one non-gender pronoun in the English language and "It" is too impersonal for me. I invite you to use whatever pronoun for God that is comfortable for you. I don't believe it matters to God!

Developing new skills takes time. Please practice these techniques every day, and you will develop your intuitive power!

How To Get The Most From This Course

I strongly encourage you to create a personal intuitive journal. You can accomplish this by purchasing a 3-ring notebook, a spiral notebook, or a bound journal. Add your personal creative touch to your intuitive journal.

This might include pictures, drawings, or other artwork that is important to you. Use this journal as a place to write your responses to the exercises presented throughout the course.

In addition, I suggest you keep a record of all your intuitive experiences. This record will assist you in learning to interpret the symbolic language of your intuition, discern the accuracy of the messages you receive, and give you important feedback on your progress.

Your journal will also serve as a sacred place where you communicate with the Divine power of God within you. In Part Two you will learn several journaling techniques that you can use to get the answers you need.

Take time now to put together your personal intuitive journal. You will be glad that you did.

I suggest you begin the course by reading Part One. Understanding the concepts and exploring your personal beliefs will assist you in successfully applying the techniques to your everyday life.

Once you have completed Part One, listen to the guided e-meditation, "Activating Your Intuitive Power". This exercise will prepare you to get the most from the techniques included in Part Two.

You can approach Part Two in one of three ways:

1. You can read through the methods section doing the exercises as you come to them;

2. You can use the worksheets in the back of the workbook, focusing on a particular question you want answered and choosing two or more techniques to apply to this question;
3. Or, you can follow the 30-day plan to develop your intuitive power. Whatever method of study you choose, it is important to practice the techniques every chance you get.

What Do You Hope To Accomplish From This Course?

Understanding your goals will help you know if you have successfully achieved them. Take a moment now to answer the following questions in your journal or on the opposite page:

- ✍ What do you hope to achieve through the completion of this course?
- ✍ How much of a commitment are you willing to make to accomplish the above goal?
- ✍ Will you read the material? Will you listen to the guided meditations? Will you practice the techniques?

If you are willing to do the above activities you will succeed in learning to access your inner wisdom and get all the answers you need.

Part One: Understanding Your Inner Guidance

Inner Guidance Is A Natural Part Of Life

Inner guidance is available to each and every one of us. We have all used our inner guidance. For many people, this process is unconscious and feels like coincidence.

- Have you ever experienced knowing who is on the phone before you answered it?
- Have you ever thought of someone you have not seen in some time only to have them suddenly contact you?
- Have you had a dream warning you of some danger that turned out to be true?
- Have you ever suddenly felt something was wrong, and it was?
- Have you ever had a desire to do something that turned out to be an important event in your life?

If you answered yes to any of the above questions, you have experienced connecting to inner guidance.

Using inner guidance is a natural part of life. We were all created with the ability to tap into our inner wisdom. Because of unbelief and fear, most people have blocked the natural flow of guidance into their everyday life.

The Power Of Beliefs

Beliefs have a profound effect on your life. A positive belief can empower you to achieve a level of success that is beyond your normal ability while a limiting belief can inhibit your natural talents.

Religions are overflowing with stories of the miraculous power of faith, the ability to believe what you cannot see. Jesus said that whenever you pray, if you believed that you

had received what you desired it would be given to you. He demonstrated the power of faith throughout his life. People from many different religious paths have demonstrated the power of faith.

Scientific research has demonstrated the effect of belief in sports, education, business, and medicine. Athletes mentally practice before a game to improve their performances. Business leaders and educators encourage a strong belief in success to increase achievement. Health professionals often work with a patient's belief system to encourage natural healing.

Your beliefs about yourself, inner guidance, and your ability to connect to the wisdom within you will either inhibit or empower you to succeed in this course. Therefore, the first step in developing your intuitive power is to build your faith in your right and ability to access Divine wisdom. Using the methods of awareness and affirmations, you will achieve this goal.

Beliefs impact your life whether or not you are aware of them. However, if you want to transform a limiting belief, it is important to bring it into your conscious awareness. One of the best ways to uncover your beliefs is to record your responses to positive affirmations. The following exercise will assist you in discovering your beliefs about developing your intuitive power.

Exercise: Discovering Your Limiting Beliefs

Often your response to a statement gives you great clues to your own limiting beliefs. Your beliefs are available to you. You simply have to take the time to bring them into the light of day.

Use the following affirmations to discover your beliefs about your ability to connect to your inner guidance.

“It is easy for me to receive the wisdom I am requesting.”

“I have access through my intuitive awareness to all the information I need to make wise decisions in my life.”

- ✍ Begin with the first affirmation. In your journal, write the affirmation on the left side of the page and your response to the affirmation on the right side of the page. Your response is the first thought that comes into your mind when you say the affirmation.
- ✍ Repeat this process at least ten times, rewriting the affirmation each time. Use your responses to the affirmation as clues to beliefs that are blocking your faith in inner guidance. Repeat this process with the second affirmation.

Example:

It is easy for me to receive the wisdom I am requesting.

Response: I am not worthy.

It is easy for me to receive the wisdom I am requesting.

Response: God is too busy to give me any information.

Take time now to complete the above exercise. Open your journal (or use the opposite page) and write the above affirmation at the top of the page, follow the example, and discover your limiting beliefs.

Exercise: Transforming Core Beliefs

Affirmations are a powerful way to transform core beliefs. You use affirmations every day. You are constantly repeating statements to yourself. Unfortunately, some of these statements you mentally repeat do not create positive effects in your life. Once you have decided to transform a belief, it is important to replace those old tapes with new ones that represent what you want to create in your life.

- ✍ Create new affirmations to counter the limiting beliefs you discovered in the previous exercises. For example, if my response to the earlier statement was, “I am not worthy,” my new affirmation might be, “I am worthy to receive the information I am requesting.” If my response to the above affirmation was, “God is too busy to give me the information I am requesting.” My new affirmation might be, “I am important to God; therefore, He provides me with whatever I need.”

Remember, an affirmation is a statement of what you **want** to believe, stated in a positive form and in the present tense. Example: I am (present tense) worthy, **not** I will be (future tense) worthy. I am healthy, (positive) **not** I will not be sick. (negative) Use these new affirmations along with the above positive affirmations in the following exercises.

Take time now to complete this exercise. Follow the examples and create your new affirmations. This is a necessary step for your success with this program.

Using Affirmations

Listed below are several ways to use affirmations to transform your core beliefs. Use these techniques with the two original affirmations, your new affirmations, and the affirmations you will find in the next section on common limiting beliefs people hold about developing their intuitive power.

- ✍ Use the affirmations as a meditation. In a relaxed state slowly repeat the affirmation, allowing yourself to fully experience its energy and visualize its results. You might try repeating your affirmations while you are using the hook up technique described in Part Two. The hook up will help you deepen these new beliefs.
- ✍ Visualize (mentally imagine) yourself with friends celebrating your success with connecting to your inner guidance. This is easy to do. Simply close your eyes and imagine a scene on your mental screen where you are

telling your friends about your success developing your intuitive power. Imagine all of you laughing and celebrating together. Combine this image with a feeling of joy and let it go. This is a very powerful exercise. Do it several times a day. It only takes a few minutes to complete and the results are worth the effort.

- ✍ Record the affirmations on a card and repeat them several times during the day.
- ✍ Place the cards in places you will see them throughout the day.
- ✍ Use the affirmation cards included in this course. Cut them into individual cards and place them where you can see them throughout the day. Make other cards of your own limitless affirmations that you created in the above exercises.
- ✍ When you find yourself doubting your ability to connect to your inner guidance, replace those thoughts with one of your affirmations. Having your affirmation cards with you will help you succeed in replacing limiting thoughts. Your affirmations become replacement thoughts. If you are consistent with replacing old limiting beliefs with your new affirmations you will quickly develop new beliefs that enhance your ability to get the answers you need.
- ✍ Record the affirmations on a tape, and play the tape in your car whenever you are driving. Hearing your own affirmations in your own voice is very powerful. Believe it or not, your subconscious listens very carefully to what you have to say.
- ✍ Take a few minutes to write down in your journal which of the above affirmation exercises you plan to use to deepen your belief in your ability to tap into your creative genius.

Letting Go Of Limiting Beliefs

Another way to discover and transform limiting beliefs is to record your responses to the limiting beliefs of others. Being aware that any belief is only one way to look at a situation and not the “truth” can help to transform old beliefs that no longer serve you.

Listed below are several commonly held beliefs that block the flow of Divine wisdom into people’s lives. These beliefs are not the “truth,” but they affect your experiences with receiving inner guidance.

As you read the limiting statements below, and then read a new perspective on these limiting beliefs, note your response to the statements. Is this a belief you hold as the “truth”? Did my responses to these statements change your perspective in any way?

Be sure to take the time to read my responses to these limiting beliefs, even if the belief does not apply to you. In each response I have included important information on using your intuitive power.

Record your responses to these beliefs and the answers to the questions at the end of each section. Use the affirmations included in each section to assist you in letting go of limiting beliefs. Follow the steps in the exercise *Transforming Core Beliefs* for working with your affirmations.

Limiting Belief #1

I am afraid to connect to my inner guidance because I might get the wrong answer.

First of all, you do not have to act on every answer you get. You are developing your skill in receiving clear answers to your request for guidance. Do not block your answers with the fear that they may be wrong. Allow the answers to come uncensored.

It is perfectly normal to combine your inner guidance with your rational mind. Do not sell your house because you saw it in a dream or received the information through an inspired writing. Receive the suggestion to sell your house, but make your final decision based on all the information available to you, including sound judgment.

Remember that life is filled with choice. There is not just one correct answer. You will get different answers based on how you ask the question. For instance, you might want to know where you should live.

If you asked, "From my soul's perspective and for my highest purpose, where is the best place for me to live," you might be told to move to a spiritual retreat center in India. However, if you asked, "Where is the best place for me to live that meets the needs of my personality self and the needs of my family," you might be told to move to Chicago.

These are two different questions. You, the personality self, have a choice as to how you choose to live your life. One way is not right and the other wrong. The correct answer is simply a matter of choice. It is so important to release the value judgments we use. These judgments are what create the fear and guilt in our lives.

Several years ago, I was seeking guidance as to what to do next in my life. I asked this question from several perspectives and received different answers. When I asked what would be best for me to do from the soul's perspective and for the fulfillment of my highest purpose, I was told I should spend my time in quiet meditation, withdrawn from the rest of society.

My personality balked at that idea. I needed to be with other people, and I wanted to share my experiences with others. When I asked what would be best for me to do from the personality's perspective and also be in harmony with the needs of my husband, I was told to create workshops and see private clients. It was my choice.

Both answers were correct. If I was ready to focus my attention on my complete spiritual enlightenment, retreating into silent meditation was the best way for me to accomplish this goal. Since I was not ready for such a drastic change in lifestyle, I chose to teach workshops and see clients.

Many people are afraid to trust their inner guidance because they fear the consequences of making a mistake. This fear is based on the belief that there are things hidden that can hurt you.

For instance you might believe “If I make the wrong decision, I might trigger a set of events which could destroy me.” If this is your fear, you might want to work with the following affirmations:

“I AM always safe for there is only God.”

“God goes before me protecting me, no matter what decisions I make.”

“There is no correct answer. There is only choice. I AM safe no matter what choice I make.”

Inner Take time now to answer the following questions in your journal or on the opposite page. The process of answering these questions helps you to integrate what you have just read into your conscious mind.

- ✍ What was your response to this limiting belief?
- ✍ Are you afraid of receiving the wrong answer?
- ✍ What other fears do you have that keep you from trying to connect to your inner guidance?
- ✍ What affirmations might be useful in transforming these fears?

Limiting Belief #2

My inner guidance did not come in a dramatic form like a bolt of lightning or a clear audible voice in my ear; therefore, I must not be getting the message.

This misconception is one of the most common mistakes a beginning student will make. Most messages do not come in such a dramatic form. Inner guidance frequently comes as a fleeting thought or impression.

Sometimes, the message begins as a partial image or phrase. If you do not pay attention, it fades away. When I am working with clients, I will sometimes get the beginning of a message. The complete message comes only if I begin to express what I am receiving.

Sometimes, I do not respond to the prompting, and the same short fragment will repeat itself until I decide to share what I am receiving. As I begin to speak, the message flows easily into my awareness. This is often true of guidance I have received in a written form. I hear or sense the beginning of a message; but until I actually sit down to write, the message is not complete.

The messages I receive often feel like my own thoughts. They are not loud or in the voice of another person. I could easily mistake these messages as simply passing thoughts.

Sometimes, I have had a desire to call someone. It was not a pressing desire, just a thought. When I responded, I found the person in need of a word of encouragement. I have learned to trust these gentle messages from my inner self.

There have been times when I have received a bold message from my inner guidance; however, these experiences are rare, and I do not depend on them for the daily direction I seek.

Here are two replacement affirmations you can use to replace any thoughts associated with limiting belief # 2.

"I AM open to receive my inner guidance in whatever form it appears. "

"I hear the whisperings of Divine inspiration as easily as I do the urgent messages in my life."

Take time to answer questions in your journal or on the opposite page about your response to limiting belief #2.

- ✍ Do you believe that messages have to be bold and clear to be inner guidance? Explain.
- ✍ When you receive an impression or insight, how does it feel to you?
- ✍ What are your responses to my experiences while receiving inner guidance?

Limiting Belief #3

Only very special people can get inner messages.

We are all special people created in the image and likeness of God. Connecting to our inner guidance is a natural part of life. It is as natural as receiving information about the world through our five senses. Just because you have not yet developed your ability to interpret messages from your Spirit Self does not mean that you are incapable of receiving these messages.

My father, Walter, was a florist and he hired a blind girl to arrange flowers in his shop. He felt guided in this decision and used his inner guidance to teach Pat many skills. As they worked together, they saw many miracles occur in Pat's life. She became his best designer and demonstrated her skill at a national floral convention. Using his inner guidance Walter discovered many ways to help Pat enhance her life, even though she was born blind. She worked as a florist in my father's shop up until the time she died.

I am telling you this story because Pat's experience exemplifies how we can misinterpret our inability to connect to

inner guidance. Pat had been born blind; therefore, she never learned to interpret visual input. As Pat gained part of her vision, she began to see light.

In a frenzy of excitement, Walter and Pat rushed to an ophthalmologist to confirm Pat's new vision. As the doctor examined Pat, he moved a light across her face and asked her to tell him what direction the light was moving. Because she was unable to respond correctly, the doctor assumed she could not see the light.

When they returned to the flower shop, my father taught Pat to recognize light moving from the left to the right and vice versa. Interpreting information requires experience. After Pat learned to interpret the movement of light, she could correctly answer the doctor's questions. And so it is in learning to connect to our inner guidance.

Tapping into your inner wisdom requires practice and feedback. Sometimes, you get the message incorrectly, but that experience is an important part of the process of developing your abilities.

You were created with the proper sensory equipment to receive inner guidance. The Developing Your Intuitive Power course was created to help you learn techniques that tune you into the realm of inner guidance and to learn to correctly interpret the messages you receive.

Here are two replacement affirmations you can use to replace any thoughts associated with limiting belief # 3.

"I have the ability to receive messages from the Divine within me."

"Connecting to my inner guidance is natural and easy for me."

Take time to answer the following questions about your response to limiting belief #3 in your journal or on the opposite page.

- ✍ Do you believe that only special people can connect to their inner guidance?
- ✍ What beliefs do you hold about yourself that inhibit your ability to connect to your inner guidance?
- ✍ Take time now to create affirmations you can use to replace any beliefs that no longer serve you.

Limiting Belief # 4

I am not close enough to God or spiritually developed enough to receive inner guidance; therefore, I need to go to a psychic or spiritual counselor for guidance.

This belief is similar to the belief that only special people can get messages from God. Your ability to receive guidance from your inner self is not based on how pure you are or how long you have been meditating. It is based on your belief in the possibility of receiving inner guidance, the focus of your attention, and your desire to develop your skill.

There are times when you might want to seek the assistance of a psychic, prophet, or spiritual counselor to help you discern the Divine wisdom in your life. It is helpful to use the wisdom of others as a confirmation for what you have received. Often, someone who is not as close to the situation can see past the emotional blocks; however, do not act on any information that goes against your own inner guidance.

You are the one who can best decide what to do in your life. It is beneficial to seek the help and advice of professionals, but never blindly follow anyone's direction. Be cautious of those who tell you that they know what is best for you. Some people use their intuitive ability to coerce people into accepting everything they say as the ultimate word of God. They ignore the gift of choice and presume to be the final authority in your life.

You are in charge of your own life. Learn to trust your judgment. Develop your faith in God's ability to turn every

choice you make into something wonderful and perfect. Follow your heart, and God will guide your steps.

If you make a decision that is less than the best for you at this time, God will assist you in finding your path. Another message will come in a form you can hear. Opportunities for growth and development will come from every set of circumstances in your life. Do not be afraid to trust your own inner wisdom.

Here is a replacement affirmation you can use to replace any thoughts associated with limiting belief # 4.

“There is only One Presence acting in my life. Every decision I make will ultimately turn out to be the best for me.”

Take time to answer the following questions about your response to limiting belief #4 in your journal or on the opposite page.

- ✍ Do you trust the wisdom of others over your own inner guidance? Explain.
- ✍ Are you willing to develop a trust in your own inner guidance?
- ✍ Have you ever felt coerced by someone in a position of authority? Describe this situation and how you felt.

Limiting Belief #5

I am too nervous and upset to get guidance.

Sometimes, during a traumatic experience, we are the most open to receive inner guidance. It is as if the intensity of our emotional state and the gravity of our situation forces us to bypass our normal perspectives and responses. Suddenly, we can see things in ways we have never seen before.

I had an experience that relates to this statement while I was lost in the fog off the coast of Maine. I was as scared and

upset as I have ever been. It can be dangerous to be lost in a sailboat off the coast of Maine in good weather, but being lost in the fog can be disastrous.

As I mentioned earlier, most of the messages I have received from my inner guidance are subtle and feel like my own thoughts. This night, in the midst of my greatest fear, I received one of the clearest messages I have ever received. The message confirmed our safety and told me of specific events that would happen the next day. Everything occurred just as I was told it would by my inner guidance.

Here are two replacement affirmations you can use to replace any thoughts associated with limiting belief # 5.

“Inner guidance is always available to me no matter what else is going on in my life.”

“God can speak through my troubled mind and turbulent emotions to give me the messages I need to hear.”

Take time to answer the following question about your response to limiting belief #5 in your journal or on the opposite page.

✍ Does your emotional state keep you from trying to connect to your inner guidance? Explain.

A Worldview That Supports Inner Guidance

Developing a worldview that supports connecting to your inner guidance is an essential part of this course. In an effort to make sense out of our world, we develop a philosophy of life.

For most of us this philosophy is the basis of our core beliefs. As we saw earlier, beliefs have the power to inhibit or empower our development. Our philosophy of life answers existential questions: Who are we? Why are we here? How do we relate to the Creator or the Universal forces?

There are many ways to answer these questions; consequently, a variety of philosophies have developed throughout the world. I do not believe there is any one correct worldview. If there is an ultimate truth, I am not qualified to discern what it is. However, I find it helpful to judge philosophies not on the basis of right or wrong, but on their ability to empower or inhibit the expression of my potential. I encourage you to reevaluate your worldview judging it on its ability to inhibit or empower you to express yourself fully.

In the following paragraphs, I am sharing my worldview with you. It is a philosophy that supports your ability to tap into the Divine wisdom and develop your intuitive power.

My philosophy is not the “Truth”, but it is my truth. Feel free to accept those parts that make sense to you and discard those ideas that do not fit your understanding of life. Your philosophy is ultimately your choice. It may be the most sacred choice you have; therefore, choose wisely.

My philosophy is best defined as New Thought Christianity. It is based on the teachings of Christ with a metaphysical interpretation.

My most fundamental philosophical belief is the oneness of all life. There is one life (unity) expressing itself through all life forms (diversity), and that life is God, the good omnipotent. God is everywhere present, everywhere intelligent, and everywhere powerful.

It is God flowing through me, expressing as me, creating my world. The me I think of as ego or personality is simply an extension of this incredible force that creates the entire universe. I am connected, through the Spirit part of me, to All That Is.

There is one mind, one spirit, and it is God. Therefore, when I desire information, wisdom, or knowledge, it is available to me through my Spirit self, from the one mind of God.

As I allow myself (ego/personality) to connect to the one mind (God), I have easy access to all the information I need in my life. I have the ability to take my conscious awareness through the spirit self into the one mind to connect to anything I wish to know.

I can either open my spiritual centers allowing the information to flow into my mind (see exercise Clearing The Channel), or I can raise my awareness to the one mind and get the information I need (see exercise Finding My Life's Purpose).

In my philosophy, I am only separated from this oneness when I limit myself through fear or a false belief in separation. The connection is always there. It is only my choice as to where I focus my awareness that gives me the feeling of oneness or separation.

When I focus my attention on the unity of life, I experience peace, harmony, and fulfillment. When I choose to turn my powerful consciousness towards separation, I experience fear and lack. It is my beliefs, thoughts, words, and imagination that create my experiences in life.

This philosophy empowers me to access Divine wisdom, develop my intuitive power, and live a peaceful, harmonious, abundant life. If you would like to know more about this philosophy, you can study the [How To Soar Above The Crisis!](#) or [The Secrets of Transforming Core Beliefs](#) home study courses.

To develop your intuitive powers you need to adopt a philosophy that enables you to find answers within yourself. There are many philosophies from which to choose. My philosophy is only one possibility!

Exercise: Clarifying My Worldview

Take time now to answer the following questions in your journal or on the opposite page.

✍ How does your worldview differ from mine?

- ✍ What similarities do our worldviews share?
- ✍ Does your worldview support the idea that you have the ability to access inner wisdom to get the answers you need?
- ✍ What areas of your worldview do you want to reevaluate and possibly change?

Understanding The Process

Building Positive Belief

In the previous sections, you have learned to work with affirmations to develop a belief in your ability to connect with your inner guidance. You have reviewed and reevaluated some of the most common beliefs that inhibit the natural flow of Divine wisdom into your life, creating affirmations to counter those beliefs that no longer serve you.

You have also gained a clear understanding of how you are connected to the Divine wisdom of the Universe. However, the most important aspect of building positive belief is personal experience.

As you experiment with the methods of connecting with your inner guidance and gain positive feedback on your abilities, your faith will become strong and unshakable. You can hear about the success of others, but nothing can replace personal experience in the development of a new belief.

Developing Skill

As with any other skill you have developed, it takes time, energy, feedback, and practice to become a clear channel for inner guidance. The more attention you give to developing your ability to connect to your inner guidance, the faster your skill will grow.

Often, adults will inhibit the process of learning a new skill with shame and guilt. They assume that because they are adults they should already know how to perform a certain skill.

They berate themselves for their inadequacy, constantly compare themselves with those more developed, refuse to practice in front of others, and resist the assistance of a more skilled person.

These behaviors are based on faulty beliefs. In the case of developing the skill of inner guidance, how could you have developed something you did not know was possible?

Every person's path is unique. It is useless to compare your experiences with those of people on a different path. People are not going to judge you because you make a mistake in how you interpret a message.

If you will admit that you are fallible, people will be more than willing to give you honest feedback. Those folks who have spent time developing the ability to connect to their inner guidance know how important this skill is and will happily give you assistance in your process. Spend the time it takes to develop this valuable skill. It is an important tool in learning to soar above any crisis.

Focusing Your Intentions

In order to connect to your inner guidance, especially in the beginning, it is important to turn your powerful attention toward this goal. Mentally express your desire to receive Divine wisdom concerning a certain situation. Ask to be connected to the Source within you that contains this information.

Take the time to use one of the techniques listed below for opening to your guidance. Be prepared to record your answers. Intuitive information is often fleeting. If you do not capture it at the time it is received, you may not remember it later.

Keep paper and pencil ready to record your ideas or inspiration. If you are working with dreams, keep writing material right by your bed. Some people like to use a tape recorder to record their insights.

Other people keep a journal just for Divine guidance and inspiration. Whatever method you choose be sure to have your recording tools handy. Do not be fooled into believing you will remember the details and can record them at a later date. This strategy rarely works.

Trusting The Process

Developing a sense of trust is an important part of successfully opening to your inner guidance. It is the sense of fear that causes us to want to know every detail now. In receiving inner guidance, we are often given only one step at a time. As we act on the information we have received, another step becomes clear to us.

If we can trust that "the universe is a friendly place" and "all things work together for those who love the Lord," we can take things as they come without the fear of failure or destruction. If you have an important decision to make but you do not know the correct path to take, you can relax and believe that you will know what to do when the time comes.

Developing trust in the goodness of God and knowing that "God's will is for you to prosper and be in good health" is fundamental to learning to open to your inner guidance. As you develop your faith in the process and practice the following techniques, you **will** become skilled in receiving inner guidance.

Connecting To The Divine Within

To successfully access your inner wisdom you must connect to the Spirit within you. People use different names for the Presence of God within us. Some call this power the I AM Presence, the Christ, the Holy Spirit, the Soul, or the Universe within. Whatever term you use it is important to connect often to the Divine within if you want to develop your intuitive power.

Meditation, inspired writings, prayer, praise, thanksgiving and worship are important activities in connecting to the

Presence of God within us. You may already have spiritual practices that help you access this Inner Presence. I encourage you to use these methods on a daily basis.

Included in this course is all the information and techniques you need to develop your intuitive power. Have fun. Do the exercises. Practice your skills. You will succeed!!

Part Two: Methods for Accessing Your Intuitive Power

In the following section, we will explore several methods for connecting to your inner guidance. You may employ as many of the following techniques as appeal to you. Try each method at least once.

It might be useful to focus on the practice and development of a single method before turning your attention to other methods. Ultimately, you might, on a daily basis, use more than one technique to connect to your inner guidance.

I use all of the methods listed below. Journaling and imagination are my favorite methods. Dreams give me great insight, but I only interpret those dreams that seem important to me. I use muscle testing for the everyday decisions I need to make. I expect to receive guidance from unexpected places; therefore, I am always listening for messages throughout the day.

Experiment with the methods listed below. Discover new ways to connect to your inner guidance. Have fun! Make connecting to your inner guidance a joyous and delightful process.

Before experimenting with the following techniques, I suggest you take time now to listen to the Activating Your Intuitive Power guided e-meditation. Find a place you will not be disturbed, relax, and enjoy your meditation.

Clearing The Channel

Use the following exercise to open to the clear flow of Divine energy into your body, mind, and consciousness. You may want to use this method every day as a way of aligning to the flow of Divine light and love in your form. You can also use this technique as a way to connect to your higher wisdom immediately before using one of the methods to access your inner guidance.

This process does not need to take much time. If you are doing this exercise as a daily spiritual practice, take as long as is needed to clear and balance each of the centers. If you are doing this as a preliminary for opening to inner guidance, move more quickly, using the focus of your intention to do the preparation that is necessary.

You do not need to have a thorough understanding of the spiritual centers to do this exercise. Simply know that each center is the opening through which the light of God flows into your form.

The centers appear as disks of light spinning in a clockwise direction. You might imagine that these centers are intersecting with your body. As this light flows into them, they become more radiant and refined.

Exercise: Clearing Your Channel

This exercise is recorded as part of the Activating Your Intuitive Power guided e-meditation. The written instructions are included here so that you can do a shortened version of the clearing exercise before experimenting with the techniques.

- * Sit quietly with your eyes closed.
- * Breathe deeply several times as you allow your body to relax.
- * Imagine a brilliant white light is flowing down from your High Self into the crown of your head. You might image the energy of your High Self as a ball of light six inches above your head.
- * As this light moves through each of your spiritual centers, imagine that the center is expanding, clearing, and becoming more radiant. Imagine these disks of light spinning in a clockwise direction at just the perfect speed for you. Stay at each center, until you feel it is time to move on to the next center.

- * Begin with the crown center located at the top of your head. This is known as your spiritual center, connecting you to the higher dimensions of yourself.
- * Move down to the third eye, a spot in the center of your forehead which is the seat of intuition. This center allows you to see into the inner realms.
- * Next, take your awareness to the throat center. It is located at the front and center of your throat. This center governs your self-expression and creativity.
- * Move your awareness to the heart center, in the middle of your chest. This is the center of Divine love. Feel the love permeating your body as this center opens to the flow of this beautiful light from the higher dimensions.
- * The next center is the solar plexus located near your belly button. This is the center of your emotions and power. It may need extra clearing during a crisis.
- * Take your awareness next to the spleen center located at the center of your abdomen. This center is related to sexual activity.
- * The last center is the root center located at the base of your spine. This is related to the physical life force energy.
- * Imagine that all the centers are now completely cleared, allowing the pure light of God to flow through you as an open channel.
- * See this light continuing its journey down your legs and feet into the center of the earth.
- * Imagine that the light of God flows from the higher dimensions through you, as an open channel, into the earth and back up to the heavens.
- * Feel yourself as a balanced and clear channel of God's love onto the earth.

- * You are now ready to receive Divine inspiration and guidance.
- ✍ Record your experiences with this exercise in your journal or on the opposite page.

Important Suggestions

Begin With A Prayer

No matter which technique you choose to use, always begin with a prayer that includes a statement of your intention to open to your inner guidance and a request for the answers and directions you need in your life. This can be very simple. “At this time I desire to open to my inner guidance, and I request the assistance of my High Self or God in providing the answers to my questions and any other information I need.”

Do Not Judge The Message

During the process of opening to your inner guidance, **do not** judge your responses. Being critical of your answers will only inhibit the process. Receive joyfully and openly anything you are given. Expect to get good answers to your request for guidance.

Later, you will have time to carefully evaluate your messages, using your critical judgment before acting on the guidance you have received. If you say, “This is stupid, or I already know that,” you will only block the flow of more information.

Often, the message you most need is simple. It may contain information you are already aware of but have forgotten. Most inner guidance is a reminder of things we have heard many times before but have failed to apply in our lives. As you develop your skills, the messages may become more complex.

The first time you wrote a sentence or spoke a word, it was simple. As you developed your communication skills, your language expanded and became more complex. Imagine

where you would be today if you had stopped the learning process because the word or sentence was too simple. My guess is your communication skills would be very simple indeed. Keep on keeping on, and you will succeed.

Use Your Imagination

Use your imagination in receiving answers from your inner guidance. Imagine you know the answer. Ask yourself the following question:

“If I knew the answer, what would the answer be?”

Imagination is a great tool to employ any time you are using your spiritual perceptions.

“If I knew what something felt like, what would that feeling be?”

“If I knew what something looked like, what would that image be?”

Your imagination is a powerful tool of consciousness. Imagine you know the answer, and some form of an answer will come to your mind. This is the correct answer for you at this time. Trust your imagination.

When you are working in the spiritual realms, your imagination is one of your greatest assets. Do not be fooled by the simplicity of this process. Your intuition often works best when you are relaxed and open.

Pretending you know the answer opens up a playful part of you that is more receptive to spiritual messages. When you imagine you know the answer, the answer you receive comes from within and is a great clue from your inner wisdom. Try this technique. The accuracy of your answers will surprise you.

Journaling

Journaling is a productive and easy method for opening to your inner guidance. It requires a quiet place and time to work, a pen and paper, or a computer.

There are several different forms of journaling that can be used to receive messages from your inner self. The first and easiest is to simply ask yourself a series of questions and write down the answers. Follow the instructions given in the exercise below:

Exercise: Questions And Answers.

- ✍ Find a quiet place.
- ✍ Close your eyes and imagine you are connecting to your High Self.
- ✍ Say a silent prayer of intention.
- ✍ You can write the prayer on the top of your paper if you so choose.
- ✍ Start with your first question. Write it out on your paper.
- ✍ Begin to write out a response as if you knew the answer. You might imagine you are answering the questions of another person. Sometimes I pretend I am advising a friend. I say to myself, "If a friend asked me this question, what would I say?" You will be surprised at the wisdom of your answers.
- ✍ Do not evaluate what you are writing. Now is the time to receive answers and any answer is correct. Later, before acting on them, you will apply other aspects of your critical thinking to these answers.
- ✍ Write the next question, and then answer it in the same way.
- ✍ Continue until you feel it is time to stop.

✍ Feel free to change the topic at anytime.

Exercise: Free Flow

In this process, you will simply write in your journal whatever you are feeling or thinking about at the time. Do not inhibit the flow by worrying about grammar, spelling, or the wisdom of your writings. Just write about whatever comes to your mind.

Many people use this method as a way to develop creativity. It is also an excellent way to gain insight into what you are thinking or feeling. You have a great deal of wisdom in your conscious mind. The problem is that we seldom give ourselves a chance to be heard.

When doing this process, write as quickly as you can until you have filled up three pages of paper or until a set time has passed. Do not edit, just write. Express anything you want. If you are having trouble getting started, write about how you are having trouble thinking of anything to say, or go back to a 'seed' phrase or thought, such as I feel... or I remember....

Exercise: Inspired Writings

Connect to your High Self or the Divine within you, and ask to be a channel for inspired writings. You might write out this request. Begin to write in your journal whatever thoughts come into your mind.

As I mentioned earlier, sometimes these ideas begin as a word or phrase. Do not worry about what will come next; simply write down whatever you are thinking. Sometimes, the frame of reference will change in the middle of the passage.

For instance, you may be writing in the first person when you start to write in the third person. Sometimes, I begin to write so quickly that I am almost scribbling.

In this section, I am not speaking of automatic writings. Inspired writings are thoughts and ideas flowing through you

onto the paper. You are using your handwriting and language, but your High Self is inspiring the message.

I do not encourage people to open to forces outside of themselves as in automatic writings and trance channeling. If you will connect to the God within, you have access to all the information you need. You would not let just anyone stay in your house or use your toothbrush, why would you open yourself to allow any unknown spirit to enter your sacred body temple?

Dialogues

An interesting way to journal and receive inner guidance is to create dialogues. You can dialogue with your body, your work, a person you know, someone who has died, or a famous person you admire.

Use the following exercises as guides for a dialogue you would like to create. Begin each session with a silent prayer stating your intention to connect to your higher wisdom and receive the needed answers.

Exercise: Dialogue With Your Body

In this exercise, you may want to give your body a name. You can pick a name, or you can begin the exercise by asking your body what name it would like you to use. Use the same format you did in the question and answer method of journaling.

Ask your body a question, then write down the answers which come to mind. One question will lead to the next. Imagine you know the answer and write down the answer you imagine to be correct.

You can also make statements to your body, like telling it how you feel about it. You can ask for forgiveness or discuss how you both feel about an incident that happened to both of you. This incident might be an illness, abuse, or an accident. It is often effective to use your non-dominant hand to answer the questions as the body.

Listed below are some sample questions you could ask your body:

- ✍ What can I do to help you heal?
- ✍ Do you have a message for me?
- ✍ Have I done something to hurt you?
- ✍ Which treatment would be best for you?
- ✍ Is there a particular diet or food you need at this time?

Exercise: Dialogue With Another Person

This dialogue can be done with someone you know, someone who has died, or a famous person you admire. Use the same format described for a dialogue with your body. Ask a question, imagine you know the answer to the question, write the answer down. Let the answer lead to the next question.

Use this time to tell the person what is on your mind and allow him/her to respond. Imagine you know his/her response and then write it down. You can ask for advice on your situation or ask for information you would like to know.

If you do not know what question to ask, imagine you do. Dialogues with another person can be very healing. Use this as often as you desire. You can also have a dialogue with God or your High Self.

Imagination

We have already mentioned that one of the most powerful aspects of using your imagination to receive inner guidance is to pretend that you know the answer. “If I knew the answer, what would it be?” In this exercise, we are going to imagine the future based on a choice we might make. For example, suppose you need to choose between two job offers, but you are not sure which one to accept. In this process, you

would image the future that would be created if you chose one of the positions.

Use your imagination often to get the answers you need.

Exercise: Using Imagination For Guidance

Follow the directions listed below to use your imagination as a tool for connecting to your inner guidance. You might want to record these instructions on a tape and play them back as you follow along. Be sure to speak slowly and pause frequently to give yourself time to do the activities and experience the process.

- * Find a quiet place.
- * Close your eyes.
- * Say a silent prayer of intention.
- * Imagine you are connected to your inner guidance.
- * Pick one of the choices and imagine you have made this choice.
- * What does this future look like?
- * Let yourself experience the details of your life emanating from this choice.
- * What does it feel like?
- * Does it feel light, heavy, tight, free, joyous, sad, etc.?
- * Imagine where you will be in five years if you made this choice.
- * Switch decisions, and then imagine you made the other choice.
- * What does this future look like?

- * Let yourself experience the details of your life emanating from this choice.
- * What does it feel like?
- * Does it feel light, heavy, tight, free, joyous, sad, etc.?
- * Imagine where you will be in five years if you made this choice.
- * Now, imagine you are standing at a crossroad and both paths are before you.
- * Which path has the most light?
- * Which path seems to draw you to it?
- * Ask yourself, if I knew which path to take, which one would it be?
- * Thank your High Self for its assistance.
- * Open your eyes.
- ✍ Record your experiences in your journal or on the opposite page.

Dreams

Dreams are a great way to communicate with your inner guidance. Many books have been written on how to interpret dreams. Some people claim there are universal meanings to the symbols in dreams. I believe that you are the best judge of the true meaning of your dreams.

If you are unsure of the meaning of your dream, use the gift of imagination and ask yourself, "If I knew the meaning of this dream what would it be?" You may want to dialogue with your dream using the dialogue format given above. You can ask for inner guidance to come through your dreams.

Right before bed, request a message about your situation to come in your dreams. Have paper and pen ready to record

the dream. If you awake in the middle of the night, record the dream right then. Some people like to use a tape recorder to record their dreams.

Muscle Response Method

The muscle response method, sometimes called muscle testing, is a technique to receive inner guidance through the electrical circuitry of the body. Kinesiologists have used this technique to learn valuable information about the health of the body, as well as what foods or supplements are most compatible to the body at any given time.

You can use this method to get information about the day to day decisions you need to make. Before eating, you can muscle test to determine the most beneficial food for you at a particular time. The muscle response method can be used to inquire about directions to a place you need to locate. You can use this method to assist you in making decisions about your medical treatments or the best attorney to hire.

As with all other methods of opening to inner guidance, be sure to combine the information you receive with sound judgment before acting on the messages. In the beginning, do not be afraid to act on decisions that are not critical. After you have developed your skills and built your confidence, you can use inner guidance to make important decisions based solely on the messages you have received.

To better understand how the muscle response method works, imagine your body as a closed electrical circuit. This circuit will react to yes/no questions. A negative response breaks the circuit, creating a weakened muscle. As you apply pressure to the muscle, its response is weak or soft.

A positive response reinforces the circuit, creating a strong muscle. When pressure is applied to a set of muscles and the answer is yes, the muscle's resistance is strong or solid. By asking a yes or no question, then testing the muscle's response, you can receive valuable guidance from your inner wisdom.

In this section, you will learn three different techniques for using the muscle response method. Choose the one that works best for you. It will take some practice to feel confident using these methods; however, they are worth the effort.

Playing Twenty Questions

The successfully use the muscle response method you will need to develop the skill of formulating yes and no questions. It may seem easy at first glance, but to get the answers you need, you may have to ask several questions.

If you have ever played the game 20 questions, you know what I mean. Each question leads you to a more focused question until at last you have the answer you are seeking. There are times when the first answer you get from your inner guidance seems confusing; however, as you refine and focus the questions you will discover the wisdom of those first answers.

For instance, if I was applying for a new job, I might ask my inner guidance whether I would be working full time or part time. If I received a yes to both questions, it might be that I would start full time and later move into a part time position. I would not know the meaning of the seemingly confused answers I had received until I reframed the question and got a clear answer.

Be patient. Take time to think of other ways you could phrase the question until you arrive at an answer that makes sense to you. Your inner guidance is not trying to confuse you; however, with this method you are limited to yes and no answers. Your inner guidance will always tell the truth.

Using the muscle response method does not give your inner guidance a way to qualify its answers. If you will approach the muscle response method joyfully and playfully, you will be amazed at the clarity of the information you can receive.

Listed below is a sample of common yes and no questions you might be able to apply to your situation. Hopefully, these questions will stimulate your thinking about how to frame your inquiry. Have fun!

Sample Yes And No Questions

Begin your sessions with the first two questions.

Am I connected to my inner guidance? yes or no

Is it appropriate to ask questions about _____ (the issue about which you need answers)? yes or no

Is this job the best job for me at this time in my life? yes or no

Should I take this vitamin at this time? yes or no

How many tablets should I take? one? two? three? (continue until you get a yes) yes or no

Is it best for me to take these supplements at the same time? At different times during the day? yes or no

I have two treatment alternatives available to me. Is the first alternative best for me at this time? Is the second alternative best for me at this time? Should I do a combination of treatments? Does it matter which I use? yes or no

Should I make an appointment to see this particular doctor at this time? Is there someone who would better assist me? Do I already know this person? Is he/she known to one of my friends? yes or no

Is the information I need located in a book? Is that book on this shelf? Is it in this chapter? yes or no

I am having car trouble. Is the problem in the battery? Is the problem in the alternator? Should I take my car to this particular mechanic? Is it safe to drive my car home? yes or no

I need a place to park my car. Is it safe to park my car in this spot? Is there another parking space down this particular lane? yes or no

Will Sue be home when I arrive at her house? Will Mary be available when I call her? Is there a better time to contact her? yes or no

I can not find my car keys. Are my keys in my car? Are my keys in my living room? yes or no

Exercise: Clearing Your System

Your system needs to be clear before using the muscle response method. Use the following steps to clear your system before muscle testing. After you become more familiar with this method, you will not need to do these clearing steps unless you feel it is necessary.

Energy Buttons

- * Drink some water.
- * Place one hand on your navel, keep it there throughout the preparation process.
- * Place two fingers of the other hand on the centerline above the lips and rub.
- * Place the same two fingers on the centerline below the lips and rub.
- * Place the thumb and index finger on either side of the breastbone just below the collarbone and rub.
- * Place your hand on your tailbone and rub.

- * Now you can remove your hand from your navel.

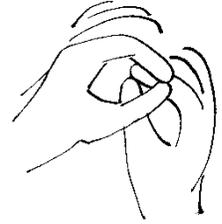
The Hook Up

- * Sit or lie down.
- * Cross one ankle over the other (use the most comfortable position)
- * Cross the same wrist over the other (same wrist on top as ankle), allowing top of the hands to touch each other, palms turned out, thumbs up and little fingers down.
- * Roll your hands, allowing the thumbs to separate and the little fingers to stay together until the palms are touching.
- * Clasp hands, interlocking the fingers
- * Gently bring your hands in toward the chest and up toward the neck. Rest the hands on your chest.
- * Place the tip on your tongue on the roof of your mouth.
- * Close your eyes, and hold this position for a few minutes.
- * You will feel yourself relaxing
- * Slowly uncross your legs, gently unroll your arms, release your fingers and uncross your wrist.
- * Place the tips of your fingers together, forming a pyramid with your hands.
- * Close your eyes and hold this position for a few minutes.
- * The hook up is a two-part process. Be sure to do both parts. If you are having problems getting clear answers redo the clearing of your system.



Exercise: First Muscle Response Method

- * State your question in a yes or no form.
- * On each of your hands, place the tips of your thumb and index fingers together.
- * With the palms facing, slide your right thumb and index fingers up and into the circle created by the fingers of your left hand. Using your right hand, place the nails of the thumb and index fingers in the middle of the underside of the thumb and index fingers of your left hand, knuckle level. You will need to slightly separate the fingers of your right hand.
- * With the same amount of pressure that you are using to hold the fingertips of your left hand together, try to pull the fingertips apart using the thumb and index fingers of the right hand. This is not a test of strength. Simply sense a difference or a change. It may not be as obvious as the left hand fingers separating.
- * If you can keep the left-hand fingertips together, or the hold is strong, the answer to your question is yes.
- * If the fingers separate or weaken, then the answer to your question is no.
- * You can check your accuracy by testing your name. Say, "My name is ____". If you are able to separate the fingers then you may not be properly connected. Redo the hook up and try again. Also drink more water.
- * If you are left handed, you may want to reverse the above instructions, holding the tips of your right index and thumbs together.
- * Release the pressure you applied to the muscle you are testing. State your next question. Reapply pressure to test the response of your muscle. Continue asking yes or no questions until you have the information you need.



- ✍ Record your experiences with this exercise in your journal or on the opposite page.

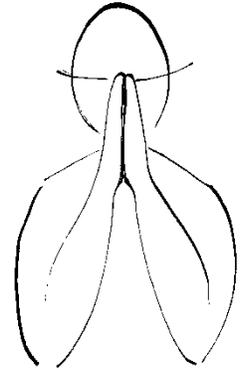
Exercise: Second Muscle Response Method



- * State your question in a yes or no form.
 - * Place one hand on your chest, close to the collarbone, fingers slightly apart.
 - * Lift the index finger of the hand resting on your chest, keeping the other fingers against the chest.
 - * Place the tip of the index finger of your other hand on top of the nail of this lifted finger.
 - * Press down gently. The muscles will respond to your questions.
 - * A positive response will be solid or locked
 - * A negative response will be soft or unlocked
 - * You will sense a slight shift or change
 - * It is like reading a thermometer
 - * Release the pressure you applied to the muscle you are testing. State your next question. Reapply pressure to test the response of your muscle. Continue asking yes or no questions until you have the information you need.
- ✍ Record your experiences with this exercise in your journal or on the opposite page.

Exercise: Third Muscle Response Method

- * Make a closed fist with each hand.
- * Bring the fists together at eye level, palms facing you, the little fingers of each hand touching.
- * Notice the top line of your wrist that separates your hand from your arm.
- * With these lines even on both wrists, turn your fists toward one another.
- * State your question in a yes or no form.
- * Close your eyes and open your fists, keeping your wrists facing one another.
- * Without looking, straighten your fingers and bring them together. Let all parts of your hands touch each other.
- * Open your eyes and notice if the middle fingers are even.
- * If one finger is higher than the other, the answer is no.
- * If the fingers are even, the answer is yes.
- * Place your hands in the position where your fist are facing one another. State your next question. Follow the above instructions to align your fingers and determine the answer to your question. Continue asking yes or no questions until you have the information you need.
- ✍ Record your experiences with the muscle response method in your journal or on the opposite page.



Exercise: Testing Beliefs With The Muscle Response Method

The muscle response method can be used to discover and test the strength of core beliefs. Instead of asking a yes or no question, create a statement of belief as a positive affirmation. If the belief is strong, the muscle response will be strong. A weak belief will create a weak muscle response.

For example, you might say, “I am healthy.” If the response of the muscle tested is strong, you believe in your health. If it is weak, you need to do more work on strengthening your belief in health.

As you work with affirmations, you will see a marked difference in your muscle response to these new beliefs. Test the following statement to determine your level of belief, “I can easily access my inner guidance.”

If your muscle response is weak, work with the above statement as an affirmation, using the suggestions on page 3 of this chapter. After using this affirmation for two weeks, retest your muscle response.

✍ Record your experiences in your journal or on the opposite page.

Listening

Divine guidance is always available to you. Messages come to you from many sources. It is important to have an open, listening attitude at all times. Be ready to receive messages from unexpected places.

One friend of mine described an event in her life that demonstrates the power of unexpected messages. She was experiencing a family crisis and was desperately seeking a message of encouragement from God. She prayed and asked for a sign that God’s angels were protecting her and her family.

A short time later, her son brought her a gift. It was a statue of an angel. After receiving this gift, there was no longer any doubt in her mind about the presence of angels in her life. God sent a message through this beautiful and unexpected gift from her son.

Messages can come from something you read, a word from a friend, a talk you attend, or something you see on the

street. Sometimes, a message arrives as a passing thought in your head. Keep an expectant attitude.

God wants to give you the information you need to live a happy and productive life. These messages are not hidden or hard to get. You simply need to look to find them.

Summary

You now have everything you need to develop your intuitive power. You have the natural ability to receive messages. You have reevaluated limiting beliefs, developing affirmations to help you create faith in your ability to connect to the Divine wisdom. You have developed a clear understanding of how intuitive power works, and you have several techniques to use as you develop your skill.

What is required now is practice. Use every opportunity to improve your ability to open to your inner guidance.

Included in the back of this course are worksheets and a bonus 30-day action plan. Use the worksheet to explore a particular question you need answered. Clearly state the question and then choose two methods you would like to use to explore this question.

Read the instructions for each of the methods you have chosen to explore. Apply the techniques to your particular question. Record your experiences in your intuitive journal. You can make copies of these worksheets for your future use.

The 30-day action plan gives you day by day activities to assist you in developing your intuitive power. Follow the steps and record your experiences in your journal.

If you will follow the steps and continue to practice the techniques you learn, you will develop your intuitive power. Good luck, and remember to have fun!

FREE Daily Positive Thought Service

If you have not done so already, may I invite you to subscribe to our FREE Daily Positive Thought Service. Every weekday, by email, you will receive a positive thought, affirmation, and visualization. You will also be invited to visit a meditation page especially created for that day's positive thought.

Also included in this service is Today's Featured Resource for the Spiritual Traveler. This is a series of articles designed to provide useful information, inspirational stories, helpful techniques and practical products for anyone interested in bringing spirituality into their everyday life.

The subscription is free. Visit our website and fill in the subscription form. Go to: <http://free-positive-thought.com>

Have a great day and remember to think positive thoughts!

Developing Your Intuitive Power Worksheet

Date:

Question I need answered:

Two methods I choose to use in exploring this question:

Results of my exploration:

Special Bonus # 1

Finding Your Life's Purpose

The following exercise can be used to assist you in finding your life's purpose. Remember that there is a difference between your purpose in life and your life's plan of action. Often your life's purpose will be a broad statement defining a certain aspect or quality of God you are to manifest on earth.

An example of a life purpose might be to express the love of God or to manifest healing on the earth. A life plan of action is the form your life purpose will take as you express this aspect or quality of God. For instance, you might choose to be a doctor or spiritual healer to express the quality of Divine healing on earth. However, you could express this same quality as a mother or a plumber.

We come to earth with a life's purpose, but we must choose the actions we will take to manifest this purpose in our outer experience. The best choices we can make are based on our skills, talents, life experiences, and opportunities.

Some of us have a definite inclination toward certain activities. This inclination is often recognized early in our lives.

Many people have said that they never wanted to do anything other than the profession they chose in life. However, it is more often the case that one must choose among several possible professions or avocations to find a vehicle through which to express one's life purpose.

Use the following exercise to discover your life's purpose. Remember that it may not be a particular set of activities but rather a quality of God expressing through you. Let this quality guide the decisions you make about your daily activities and professional goals.

Not everyone will express their life's purpose through work activities. Sometimes life's purpose is best expressed through a hobby or a volunteer position. For many people work is simply a way to support themselves while they complete their life's purpose in their spare time.

You may use any of the methods you have learned in this course to guide your decisions about which activities will help you express your life's purpose. You are the creator of your life, using the gift of free will to choose those activities that resonate to your inner being.

Use your intuitive power to access your inner wisdom as you make those choices. Free will and choice are part of God's plan. There are no right answers or destined activities. Life is an ever-unfolding dance of light and love. Use every opportunity you have to express God's qualities on earth.

Exercise: Finding My Life's Purpose

- ✧ Listen to the guided meditation, Finding Your Life's Purpose. Here are written instructions if you prefer to read the instructions.
- ✧ Find a quiet place, sit on lay down, close your eyes and begin to relax.
- ✧ Allow yourself to become aware of your physical body and the sensations you are experiencing in your body. Feel the weight of your body on the furniture. Feel what your hands are touching. Be aware of your clothing touching your skin. Feel the air as it passes across your face. Let yourself be totally present in your body.
- ✧ Notice your breath. Do not change your breathing; simply be aware of the different sensations associated with your breath. You might feel the air as it comes into your nose and fills up your lungs. You might feel your chest as it rises and falls. For a few moments, simply follow the rhythm of your breath.
- ✧ Allow yourself to relax even more deeply by imaging a beautiful light flowing through the top of your head and filling up your body.
- ✧ Imagine that this light is surrounding every muscle in your body, releasing all tension and tightness. Watch this light as it lights up every cell in your body, bringing you health and relaxation.
- ✧ Imagine that you are able to move up this channel of light, through your head and into the higher dimensions. You are now entering the Universal Mind, which appears as a sea of light.
- ✧ Let yourself merge with this beautiful, radiant, refined light in the Mind of God. You might imagine yourself floating upon a sea of light.
- ✧ Relax for a few minutes in the sensation of floating on this light. Let yourself become one with this light.
- ✧ Everything that exists, exists first in the Universal Mind as an energy. Whenever you want to find anything, you can find it in this sea of light. All you need to do is to think about what you want to know, imagine you are with it and you are.

- * Think about your life's purpose. We are going to find it, here in this sea of light as an energy form. Imagine that you know where it is in this infinite sea of light. Allow yourself to go to it. Immediately you are there.
- * You might experience your life's purpose as an energy field or as a light. You might imagine it as a symbol or as a color. It does not matter how or if you see it; it is there.
- * Take a few moments to experience your life's purpose as an energy. Notice any details you can about it. Remember to use your gift of imagination. If I knew what it looked like, what would it be? If I knew its color, what color would it be?
- * Allow yourself to join with the energy of your life's purpose. Ask that the quality of love be added to this energy. Ask that more light and harmony be added to this energy. Feel these qualities being added first to you and then to the energy of your life's purpose.
- * Ask to be given a symbol of your life's purpose. If you knew what this symbol was what would it be?
- * Ask for any information about your life's purpose to be clearly revealed to you. If you knew what this information was what would it be?
- * Ask that the next step for you to fulfill your life's purpose be revealed to you now. If you knew that the next step was, what would it be?
- * It does not matter if you are conscious of the answers to your questions. You are bringing this awareness down into your individual consciousness. You will get insights into your life's purpose over the next few weeks or months. It may come in a dream, as an insight, or in some other way.
- * Bring the energy of your life's purpose with you as you return to your ordinary consciousness. First bring it into your mental body, where you will receive insights and plans. Next bring it into your emotional body, where it will inspire you to take action. Bring it into your physical body, so that you will have the energy to do what needs to be done. Finally bring it into the atoms of your aura, where you will attract opportunities for the expression of your life's purpose.
- * Begin to be aware of your physical body and the sensations and sounds of the room. Slowly open your eyes. Stretch your body and return to your normal waking consciousness.
- ✍ Record your experience in your journal or on the opposite page.

Use the information you received in this exercise with the other methods for connecting to your inner guidance. For instance, you might dialogue with the symbol of your life's purpose. You might use the journaling technique of questions and answers to get more information about the next steps for you on your path.

You might do an inspired writing about your life's purpose. You could also formulate a series of yes and no questions concerning your life's purpose to ask your inner wisdom using the muscle response method.

Be sure to listen for information about your life's purpose that might come to you from unexpected places. You have brought the energy of your life's purpose from the Universal Mind into your everyday awareness. Expect to get the information you need, and you will.

Listen to the guided meditation, Finding Your Life's Purpose.