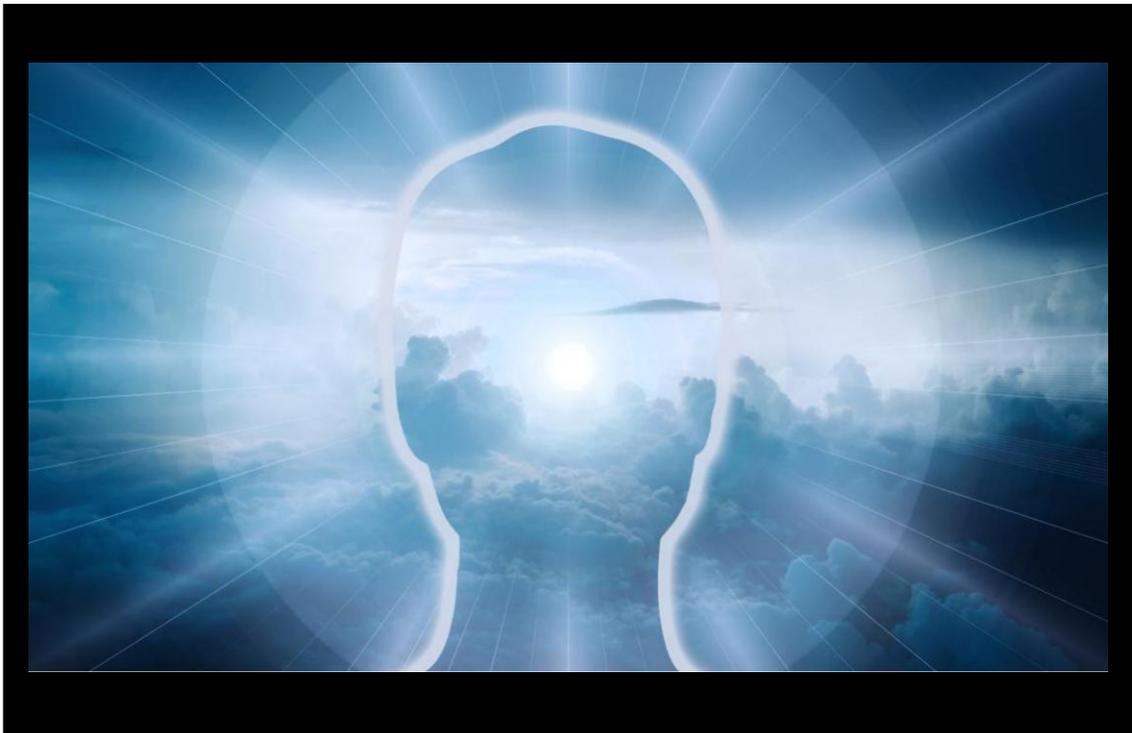


Loving Insights: *A Higher Perspective* **on Intuition**



*You must train your intuition - you must trust the small voice
inside you which tells you exactly what to say, what to decide.*

~ Ingrid Bergman

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Reflections

You've downloaded this because you are curious to learn more about your intuition. Maybe you are just beginning your journey to the Intuitive Life or perhaps you are well along this path. Wherever you are on the journey, I applaud you for your good intentions in opening up to wise guidance.

My journey to intuition was probably similar to some of yours. Although I was told that 'everyone is intuitive,' that did not seem true for me. For the first half of my life, I lived in the world of schooling, facts and logic. In that world, any proclivity for, or inclination to exhibit, intuition was quickly 'dissed' by those around me – and truth be told, by me as well.

Later, as I began to develop an interest in natural health and energy systems, I became acquainted with people who are highly intuitive, even psychic. Although they would encourage me that anyone can do this, when I looked at them I saw people who had been gifted from birth with genetic abilities (or from past lifetimes) to see auras around people, know others' past lives, see angels, speak with dead people, communicate with flowers and their devas and more. Some would say that I just needed to do the practice exercises and – pouf! – I'd be talkin' with the angels before I knew it. However, I was pretty sure that no matter how many meditations or exercises I did, the angels were not going to start visiting me in my living room. I might as well have expected to sing like Madonna if only I practiced enough. In fact, I knew a woman who had been going to a school for developing intuition and psychic abilities, and had to quit because she said that the exercises they assigned were taking up so many hours in her day that she actually no longer had a life.

And yet despite those obstacles and roadblocks, here I am now, writing intuitive guidance on many topics. How did I get from the early logical

life to the current intuitive one? That's what this is here to share with you, to help you find your own way on your own path. In my counseling work, my greatest goal and happiness is for each client to discover and trust their own truth and their own way. So let's get started



Loving Insights

Beloved ones, how true you are to your essential mission in life, which is to shed the physical reality and open to the etheric reality. For too long, your world has been run by logic and fact. While this side of the equation is necessary, let us remind you that it is only one side of the equation. The 'X' without the 'Y' is useless, and continued use of it only leads to more lop-sidedness in the world.

Your intuition is your golden cord, your internal connection to All That Is. It is your True Self, the You who knows the right decision to make, the perfect action to take, to move you in the direction of your highest good. While you can create and pour over spreadsheets until you are blue in the face – and let us make sure that we acknowledge that qualifying facts are indeed important – again, one side without the other is unbalanced – you will not see the answer until you step back and use your inner knowing. The light bulb goes on – a new way to envision the equation, a point of view on the parameters – a flash of knowing what you had not known before.

Each of you has the innate ability to connect to your knowing, while each of you has a different ability to do so. Just like everything else in your world, from schooling to choice of a career to how you parent or take care of your pets, you will do so in your own unique way. At the

same time, there are universal principles and guidelines that you can follow.

The first and most important one is to trust yourself. The second is to acknowledge and validate yourself. When you spend your time comparing yourself to others' abilities, you are diverting attention from who you are and what you have. While you might like to emulate someone, much as a beginning medical student might model herself on an esteemed heart transplant surgeon, by giving yourself permission to walk in your own way on the trail, you will see sights and have experiences that you would not if you had tried to be that other person.

So, identify the times and places and ways that you have had that flash of insight, and congratulate yourself. Then do it again. Energy follows attention. Just as you would applaud a baby as it learns to stand and walk, enthusiastically encourage yourself, whether you are crawling, starting to stand, beginning to toddle or running the marathon. You are your own best teacher.



Inspired actions: Tips and tools for transformation

Tips

Intuition comes to us in several different ways. The primary ways include (the preface 'clair' means 'clear'):

- **Feeling** (clairsentient) – you feel something in your body, often the emotions of those around you or the energy of the space you're in. Example: you walk in a room and can tell that there has been a fight or emotional discord in that room before you arrived.

- **Seeing** (clairvoyance) – ‘seeing’ words, an image or symbol in your mind. Examples: you are talking with someone who is claiming not to need any help with an issue and you see a picture in your mind of that person lost in a forest – if you ask whether they feel lost, they then admit that they do.
- **Hearing** (clairaudient) – hearing words, which can be similar to having thoughts in your mind. Example: when traveling, you might hear, ‘Stop here’ at a certain restaurant, and you then meet someone there who is instrumental in assisting you.
- **Knowing** (claircognizance) – a sense of just knowing, like a hunch or a gut feeling. Example: We had a ‘garage cat’ – he just showed up one day and stayed, so we made him a bed in the garage and kept him fed, watered and warm. He wasn’t feral but wasn’t overly tame, so we didn’t handle him much. One day I looked out at him sauntering across our back deck and said, “I think you’re sick.” Now, he had not shown ANY signs of sickness – he was eating, drinking, moving and sleeping as always. A month and a half later he passed away of an abdominal mass. That’s ‘knowing.’

To these, I am going to add a fifth way:

- **Action** – when your body just takes an action without your thinking about it, and that something turns out to put you in the right place at the right time or get you the right resource. Example: you have been thinking all day about running an errand and then suddenly just get up and go out – thus ending up driving behind a vehicle with a license plate that has a

message for you. Or, you have been working on a project and need a specific resource, then you get up and place your hand on the one book (that you had forgotten about) on your bookshelf that has just what you need.

Many of us primarily tend toward or two of these 'clairs' – but you could experience all of them in varying degrees.

ProTip #1 – It is helpful to have a specific question that you want insight on. Ask that question as clearly and specifically as you can. Clear questions yield clear guidance; fuzzy questions result in fuzzy answers.

What other ways can intuitive messages come to us?

- Songs on the radio – Many people report that as they are contemplating an issue or feeling a certain way, the exact right song will be on the radio when they turn it on.
- Magazines, books or billboards – you will see a picture, word or phrase that helps you to make that decision.
- People – someone may call you at the right time with the right information. Or, you may reach out to someone who has been hard to get ahold of – and they answer right away.

What are the most common obstacles to intuition?

When we begin to pay attention to the messages we receive, often we rationalize or second guess them. For instance, people often receive information that is given in the 'language' with which they are the most familiar. For instance, let's say that someone is an avid movie goer. This person may receive a intuitive message that comes in the form of

seeing, in their mind, the title of or a scene from a movie. That person could easily second guess themselves, saying that they only thought of this because they had watched that movie or seen that title lately, or because of their familiarity with movies. But it is precisely their familiarity with movies that the message came in that way.

Think of it this way – when you have a thought, that thought creates a minute trail of neurons firing off in your brain. If you have that thought, or similar ones, repeatedly, that minute trail becomes more like a path. Just like if a single animal walked once through a space, it would not leave much of a mark, but if animals walked repeatedly in the same space, they would create a path or trail. This makes it easier for all the animals (and humans) that follow to go down that path.

Similarly, it is easier for you to receive intuitive messages when they are given in a way and format with which you are familiar. Makes sense, doesn't it?

ProTip #2: people often ask how they can know if what they see/hear/sense/do is a true intuitive message or if it is their own wants, needs or desires. The simple answer is that virtuous intuitive messages come with a sense of calm and inner stillness. Typical wants, needs, or desires often are attached to a sort of hyped up nervous system state, much like anxiety or anticipation.

Tools

What we pay attention to tends to increase, so you can expand your intuitive abilities by focusing on them. Here's some easy ways to do so:

- While waiting at a bank of elevators, guess which one will arrive first
- Using a deck of cards, hold them face down. At first, guess only which color the next card that you turn face up will be. Once you are comfortable with this, guess the suit. Next, guess the number.
- A fun exercise is to ask for a sign in answer to your question. I used to ask to see a certain color of Volkswagen Beetle. One time, I asked to see a yellow Beetle. I did not see one for days, then, as I was entering my office building, a yellow Beetle came driving slowly through the narrow parking lot. I got so excited that I went in the building and called my colleague to tell him. Our phone signal reception was poor, so I walked back outside – and here was that same Beetle, now coming back the other way. It's as if the Universe wanted to be sure that I got the message!

ProTip #3: if you ask for a sign, you might see it in real life, like the yellow Volkswagen Beetle, or it might appear on a billboard, in a magazine ad, on a tv show or in any other way.

In summary, follow these simple steps:

1. Identify what it is you want an answer to
2. Calm and center yourself

3. Trust that your answer will be given
4. Be open and receptive to messages that appear; trust what comes for you
5. Be appreciative for what is given.

I invite you to reach out to me for a personal Loving Insights intuitive message, or to inquire about intuitive development training.



An excerpt from

Loving Insights: A Higher Perspective on Emotions: Your Guide to Restoring a Relaxed Body, Calm Emotions and a Clear Mind

Click below to get any of the other emotions or get the [full collection](#). Get your own [personal message](#) or schedule a one-on-one [sharing session](#).

Acceptance	Despair	Grief	Numbness
Anger	Determination	Guilt	Oneness
Anxiety	Disappointment	Hopelessness	Rage
Avoidance	Empathy	Impatience	Rebelliousness
Belonging	Emptiness	Inspiration	Rejection
Betrayal	Faith	Jealousy	Resentment
Bitterness	Fear	Joy	Sadness
Bliss	Forgiveness	Judgment	Self-Empowerment
Compassion	Fulfillment	Laziness	Shame
Criticism	Gratitude	Loneliness	Shock
Depression	Greed	Love	Worthiness

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