



Experience The Power and Peace of Your Intuition
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Are you ready to walk into spirit? To learn to listen to the Universe and immerse yourself in the "magic" that resides there? To really "hear" when the Universe speaks to you through a friend, or a book that falls off a shelf, or the "coincidences" that you know aren't?

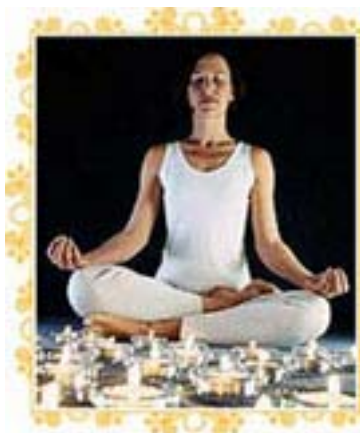
Would you like to experience the power of never feeling vulnerable again because you have connected with Spirit and the peace that comes from knowing that all is perfect? Would you like to dwell in the world of magic and miracles, feeling in every moment that all is well and you are exactly where you are supposed to be?

Your "intuition" is really your soul -- your connection with Source, the part of you that is outside of change. When you learn to listen to that infinite voice, you step into a different world. A world outside of chaos and fear. A world that has been beckoning you since you took your first human breath.

Forbes March Issue, 2006, reports the world has more billionaires! Did you know the common denominator among really successful people is that they ALL have a highly developed intuition? They listen to "their gut."

While you're feeding your spirit and your soul, you are also enhancing your outer world prosperity by developing and trusting your intuition.

How to Develop Your Intuition in Five Easy Steps

	<p>Step One: Meditation</p> <p>There are many meditation methods. The key? Just begin and schedule a regular time every day - the same time.</p> <p>Get quiet, listen to your heart breath, and be consistent.</p> <p>You will find the way that is best for you.</p>
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Meditation is the direct line to developing your intuition - because your intuition evolves from your connection with Source or God.

According to Paramahansa Yogananda, founder of the Self-Realization Fellowship, meditation is the science of God Realization. Meditation brings a deep realization of the omnipresent Absolute and allows one to enter the place of Oneness where there is All Knowing.

Frequent and focused meditation aligns the energies with higher vibrations and ultimately the vibratory fields of God. With continual meditation, you will find that your intuition becomes uncannily accurate and ever present.



For a sample, listen to a seven minute guided meditation, [click here.](#)

Many methods of meditation exist. Below is one that is very effective.

Sit on a straight chair or in a cross-legged position on a firm surface. Keep the spine straight (very important) and the chin parallel to the floor.

Become conscious of your breathing. Breathe deeply and slowly, allowing the belly to expand with each intake of breath. Hold the breath for a moment, then release it slowly through the nostrils. Repeat this several times, then allow your breath to come naturally, still expanding the belly on intake.

Relax the parts of the body progressively. Begin with the feet. Feel the tension drain away. Let it flow out through your feet into the earth. Move up to your ankles, then your calves, knees, thighs, and buttocks. One by one, release tension in each area and let it drain into the earth. Continue up your torso, relaxing the abdomen, stomach, chest, and shoulders. Relax your arms, wrists, and fingers, letting the tension flow out through the fingertips. Relax the neck, jaw, face, forehead, and top of your head, and send the tension down to the earth. (with practice, you will be able to relax and center yourself in seconds, without going through the individual steps and progression.

Now that you are physically relaxed, visualize a stream of white and gold energy pouring down and entering you through the top of your head. It flows to every part of your body, filling it with white-gold energizing, healing light. It flows out your extremities, into space and into the earth, nourishing everything it comes in contact with. Surround yourself with the light. Allow yourself to feel good. You are light and buoyant, hardly aware of your body at all. You are protected from negative influences.

Now, gently focus your gaze and concentrate your attention on the point between the eyebrows. This is the seat of concentration and of the spiritual eye or Divine perception in man.

With the attention focused at this center of calmness and concentration audibly or mentally repeat the any mantras or word commands slowly, concentrating until you become absorbed in the inner meaning. Meditate until you feel that the concept on which you are meditating has become a part of your own consciousness.

The first proof of God's presence is ineffable peace. This evolves into a joy outside of human experience. Once you have touched the Source of truth in life, all nature will respond to you. And you will be intimately aware of the Grand Design of all life. Your intuition will continue to open and expand and you will KNOW that you know.



All of nature is my teacher

Step Two: Connect With Nature

Begin listening to the wisdom from the trees, plants, birds, rivers and streams. Just allow that you can "hear" and you will. Nature's whispers will fill your heart and bring you back to who you are.

Another way to develop your intuition is to get into nature and listen. Ask yourself, for example, "if that tree were speaking to me, what would it be telling me?" Go into your Higher Self Awareness and then connect with the Higher Awareness of a tree, or an animal or plant, and LISTEN. Learn to trust the first feelings you have - they are most often correct. Also, since Nature is the vibration of the abundance of all life, simply being in nature will ground you, quiet the noise of the world, and allow that deeper part of yourself - your soul - to give you information and messages.

I connect very closely with trees - all kinds of trees. I have had "tree friends" for some time, and when I take my walks or runs, I will stop and talk with them. I ask them what their name is, and then listen for the answer. Again, remember, the first thought that comes into mind is the right one. ALLOW yourself to go into that part of yourself that was fully alive when you were a child and just pretend that you hear a name or an answer. The more you connect with the living parts of nature, the more you will begin to feel a familiar vibration - what I call "the hum of God."

Trees are also believed by Native American cultures to be able to absorb and transmute pain. I know that when I have taken my ennui to the trees and nature, that I always feel cleansed afterward.

And Mother Earth, Gaia, is also a living being, one that we must respect, honor and listen to, as well.

Nature reminds me that we are all connected – we are all One – and when I remember that, my "intuition" or connection with Source, is more alive.



Step Three:

Become the Observer of Your Life
You are not your body. You are Spirit.
Your Spirit is the "observer."

Practice "seeing" as though you are
standing behind yourself and observing
the soul that you are.

What is the "movie" the soul that is you is
living?


Step outside of your human conscious self often and become the observer of yourself. Imagine that you are an energy vibration, if you will, that can observe the human events you are experiencing. Ask yourself what the Greater Story is in these events, what are the soul lessons, and how can you apply your energies toward the Highest and Best of all concerned.

This part of you, the observer, is your soul. This is another way that your inner voice will speak to you about the mysteries of existence - including illuminating you to really "SEE" your own Soul Light. Very powerful and you can do this many times a day.

If you are in a difficult circumstance, step outside of it - become the observer - and ask, "what is the highest and best outcome here? Why did I set up this experience? How can I handle it with Grace?"

Train yourself to have a higher "seeing" by becoming the observer. Witness your feelings, actions, and "movie" as though you are the observer of the soul that is you feel the incredible compassion and non-judgment that comes from seeing through the eyes of the Observer.

It is the practice of non-judgment that will show you a fabulous view of what your soul is choosing to experience. There is no wrong way to learn or to teach. There is no wrong way to journey and learn. Observe the soul light that is you with curiosity and compassion.

	<p>Step Four: Live in the Now</p> <p>Be open to the mysteries of all life, the infinite ways in which communications are being sent to you. Enter the realm of the Spirit, see through the eyes of Spirit, learn to think like God.</p> <p>Embrace the magic of all life that is sending you messages in every moment.</p>
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Learning to live in the now - really live in the now - offers us the chance to see and hear Spirit at work. Now is the only point of creation - and the only point of truly BEING. When we learn to live in the now, we are then open to the many communications coming from Spirit, and we are changed. When we are in the now, we are outside of judgment, for there is no judgment. Being in the now also heals our wounded hearts - and most of us do have wounded hearts. Hearts that have sought love in the human realm, and missed the infinite love of the Universe.

I remember a speaker sharing a story a few years ago that is a beautiful analogy for how many of us are NOT living in the now. He and a group of spiritual seekers were hiking on the paths up to the ruins at MACHU PICCHU in Peru. They hiked for more than 10 hours the first day, then had a late night dinner. As his friends were talking about all the surrounding beauty, the speaker realized he had seen NONE OF IT. Why? Because he was so busy looking down at his feet, he didn't see any of the surrounding beauty.

How many of us go through our lives looking down at our shoes - or back into the past - or imagining the future - usually with fear attached? The physical realm is filled with distractions, in the realm of Spirit truth lives - the truth that proves to us that we are loved and we are love - and that love is infinite.

Don't just live in the now, CHERISH the now. Imagine that you only have a day, a week, a month to experience your human journey. Look around the landscape of your world and note what you most appreciate. Look around and look at what is right in front of you and learn to cherish the moment.


The more you spend time in the now, the less your mind is traveling to the past or imaginary future. Now is the point of creation. You are a Creator because you are a Thinker. Stay connected to the beauty of the now, and your inner self will guide you to right action and right thinking.

CHERISH. Just the act of cherishing, opens the gates to your God connection.

Don't just be in the moment, SEE the moment.

Devote a quiet period to doing nothing but absorbing your world. Experience everything around as though you were just born and were sensing for the first time. By attuning with the energies around you it can help to affirm your very existence. Letting your subconscious and conscious minds intermingle strengthens your psychic abilities and your natural instincts

This simple exercise can ease pain by putting your conscious mind in touch with the Earth's energy and "all-connectedness". It can aid in resolving loneliness and depression. For to see, breathe and taste the beauty and basic nature of life itself affirms that we are never alone. That all things, animal, plant, human, animate and inanimate are inner-connected by energy. We are a part of this amazing structure, as important as any other piece and able to tap into the energies of all that surrounds us. You will experience a significant and notable increase in your intuitive triggers and gut instincts and a heightened sense of peace.

	<p>Step Five: Open the door to the world of Spirit-- the one that will set you free.</p> <p>Step outside your current beliefs and choose to experience a greater reality.</p> <p>You may enter this world through many doors - find the ones that work for you. But do enter.</p>
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The Joke Was: The Fastest Way to Know GOD was to join the CIA

Remote viewers, trained psychic spies for our government and other governments, practiced many times a day honing their psychic abilities, which ironically led many of them to experience the deeper levels of mind one attains in deep meditation. In fact, many of the Remote Viewers left the CIA to become healers, spiritual teachers, and intuitive counselors. The joke was: "The fastest way to know GOD was to join the CIA."

So you see, you CAN begin with a methodology to access these inner realms. But GOD has a sense of humor -- it does not matter which door you go through. It matters only that you get there.

You can access free Remote Viewing lessons at the links listed below. Silva Mind Control has a fabulous psychic development program and you can get free email lessons and a free audio to train yourself to go to the "alpha" level of your mind - where the noise of the world is muted so you can hear the voice of your soul. Keep a journal of your "hits" and begin recording when you knew who was on the phone when it rang, when you knew a friend would be late for an appointment or not show up, when you had a feeling that something good was about to happen and it did. The more you record these hits, it is as though you are telling your inner self that you are listening and your inner self begins giving you more messages.

Look for signs in EVERYTHING. God speaks through people, books you find, movies, even bumper stickers. Since there are no accidents in the universe, PRETEND that God is speaking to you in many different ways and ask yourself what the messages mean. As you start paying attention to your "hits" you will begin to have more and more of them. You are learning a new language: the language of your own Personal Universe - and it is exciting and mysterious.

Study the Animal Cards book and cards and begin to communicate with the animal kingdom and listen for their messages. The Medicine Cards are a great way to begin.

Open yourself to channeling or automatic writing. Just sit down, do a protection prayer first, and ALLOW that you can be an open channel for information from other realms. Do you have loved ones on the "other side?" Allow them to speak to you - and write your information.

When you are speaking with someone about something, ask yourself, "Is that the truth?" Listen for the answer, then see if you can verify your instincts at some point.

Practice "remote viewing" in your mind's eye when you need to find something - car keys, a file from your office. . I use a great phrase when something is misplaced. I repeat over and over, "I know where it is and I find it right now." 95% of the time I find what I'm looking for almost immediately.

You can do the same with your choices in life. Tell your subconscious mind, "I know the highest and best answer to this situation and I have that answer right now." Then listen and TRUST.

Much of developing your intuition is about trust. Trust in yourself, trust in your soul vibration and trust in your connection with All That Is - God. And, your intuition can absolutely be activated and honed by consistent practice!

Link and Learn

[Develop Your Intuition – 4 Week E-Course](#)

PSI Arcade - [Fabulous FREE flash psychic training by the IONS](#)

[The Truth About Remote Viewing](#) - by Ingo Swan (famous remote viewer)

[CIA Remote Viewing](#) Instituted at Stanford University

[Free Psychic Test](#)

[Flash Mind Reader](#)- Can You Figure Out How He Did This?

[Program Your Mind for Success](#)

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