

How Your Intuition Can Make Your Life Better



& Help the World at the Same Time

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Many years ago, I took a Silva Mind Control basic five day course. I remember the instructor telling us what we would be able to do with our minds by day five, and like many of us in the class, I thought it seemed not only unlikely but probably impossible.

Jim, our instructor, said that by day five we would be able to act as medical intuitives with more than 80% accuracy. We would do that just by getting into an alpha state of mind (light concentration). Then a name would be given to us and we would “tune in” on the person and see what we could discover about their medical or psychological states.

It was simply amazing. My friend Jill, who was the skeptic of the class, was able to see one woman's heart congestion, another man's deep depression, and a third woman's injured hip.

I was able to “see” my first person sitting in a wheelchair, his hands contorted from what felt like arthritis. It was confirmed that he was indeed crippled from arthritis. The next man I “saw” was sitting in a chair, hunched over, in a state of grate despair. I was told then that this man had attempted suicide after the death of two family members and couldn't seem to come out of it.

The next person was a child who had some kind of brain abnormality. I wasn't a trained medical intuitive, so I couldn't name it, but I did pinpoint what I saw – a dark spot near a certain part of head that was a “red/black” color. I later found out that it turned out to be a blood clot that was successfully removed and the child healed. Apparently no one thought a child that young could have this malady, so no MRI's had been done.

Pretty much everyone in the class had the same experience that day and I cannot tell you how invigorating and life giving it felt. We had experienced actually DOING what our instructor said was possible – after only five days.

Many years later, when I studied Remote Viewing, the program created at Stanford University that was later used by the CIA to train “psychic spies,” I remembered my Silva experience and knew indeed, that it was totally possible to train someone to develop this faculty which we are all born with.

It is a lot like playing the piano. If you aspire to play well, you have to practice. The more you practice, the better you become.

My favorite experience in the class was when I “went into my cat.” The class was guided into a deep level of mind and then told to think of our favorite pet, and try to “go into it” to see what we could see or feel. Of course, we were in class and our pets were home, so this was yet another “stretch” that most of us weren't sure about.

Well, when I did the exercise, I “saw” my cat flip over the water bowl just as I envisioned entering her energy field. I thought I had imagined it and dismissed it as my mind trying to do something that clearly I could not do.

Imagine my astonishment when I came home that night and my cat's water bowl was turned over! And she also gave me a look I cannot quite describe, but let me say she did not appear amused!

That course began my serious journey into studying the abilities of our minds that is available to each of us AND I proved to myself that this is a skill that can be learned. I had a bit of a head start, as I am a third generation intuitive, who comes from a family that totally accepted these things.

My grandmother, my mother and my sister and I were all blessed with “the gift.” My grandmother, mother and sister were all nurses and they frequently used their gifts when working with patients.

Family lore tells amazing stories about my grandmother who would get up, get ready for work, walk out the door, then come back in, sit down at the kitchen table and tell my grandfather, “I don't need to go today. Henry Miller just passed.”

A few minutes later a messenger would arrive (this was before phones), and confirm my grandmother's declaration. My grandfather said he just got used to it.

My grandmother also used her “gift” to communicate with plants and grow beautiful gardens. She was a state flower champion in our home state a few times and always claimed she knew what to do with the plants because “they told her.”

My mother also used her skills in nursing, and claimed her intuition literally saved her life when we was a nurse in WWII in England, tending to wounded soldiers. She had a “feeling” that a buzz bomb was coming – even though no one could hear it yet. She orchestrated moving several of the soldiers to the far side of the metal hut they were being cared for in, and when the bomb did strike, it did not hit any of them.

Of course family stories are often embellished, but I saw enough growing up and felt and “knew” enough on my own, that this sixth sense is indeed very real and can be a bit complex.

When I started to really hone it and honor it, however, I saw that it is something that can enrich our lives, and take us outside of “logic” into that realm where all things ARE possible and where we can be more than our human selves tell us we can.

I used my skills throughout my financial career to build businesses, find great places to live, experience some extraordinary times, and overall EXPAND what my logical mind thought was possible.

And the more I practiced with my mind and got “hits” - the more excited I became.

So what does this all mean to you?

What is the **PRACTICAL APPLICATION** of using your intuition? There are many. Here are a few examples from my life: I used it to:

- Build three successful financial businesses. I would tap into that deeper part of myself and just know the right thing to say to a client, or intuit what they were really seeking from my work.

One fabulous example was when I got a surprise phone call from a large Wall Street firm. Their due diligence company was booked, was I available? Was I available? To get into the door of this client would be a godsend.

I bid on the job and was awarded it. And it was a nightmare. The files were not hard copy – they were on micro fiche. They were out of order, The inventory sheets didn't match anything. The micro fiche machines were old and visibility was very poor. We had to take breaks every hour because our eyes were so tired.

Nonetheless, I kept asking myself “How can I make this situation a BIG WIN?” My intuition guided me to do something I'd never done. When I did a recap of the results, I addressed each problem one by one AND gave them a possible solution. Way outside the scope of what my company or any other company out there did – but I felt guided to do it.

The next day I got a call from the Senior Vice President. He said, “I want to tell you that in my 30 years in this business, this is the FIRST time a due diligence company has done this for me. You made this trade worth a great deal more money – actually millions - and I would like to hire your company permanently from now on.”

Wow! That is just one of the many examples I could share about using my “gut,” my intuition, whatever you feel comfortable calling it to enhance my life.

But let's talk about YOU! And if you so desire, the kind of “piano lessons” that will help you do things you cannot even dream of right now with your mind's innate abilities.

Like the piano lessons, it takes practice and consistency. Passion helps as does surrounding yourself with those you can take higher up the ladder of consciousness.

But mostly, it requires that you WANT to experience this hidden power you have and you're willing to do what it takes to make that happen.

Some of that will require a major life style change.

- 1.) First, you want to learn how to get into a light meditative state of mind. There are tons of free resources on the internet. You can find mp3's with or without a background sound or a voice. Find a few that feel comfortable to you.
- 2.) Practice getting into this deeper state of mind at least 2X a day to start – better 3X. You're only going to be doing it for 15 minutes a time, so you can find the time. You'll find the feeling of peace almost addictive. Best times are immediately upon awakening and right before sleep. Trust me, after you've gotten into these states of mind for a while, you will WANT to continue doing so.
- 3.) But you don't just go into those levels of mind to wait for some divine answer or insight. When you're at that deeper level of mind, create your mental vision of the life you would like to have. Get creative and keep expanding on it. Then, in your waking state, you'll find these amazing coincidences, serendipities, miracles. Because you'll say the right thing at the right time, the right client will find YOU, your mate will suddenly want to take that trip to the mountains to bike with you.

You can also use these levels of mind to ask for answers, send out healing thoughts to someone who needs it, ask for guidance from Higher Intelligence.

But you want to use these levels of mind with a purpose.

- 4.) At least once a day, get into the feeling that you already have that dream life you desire – and ACT AS IF you are that person. In martial arts it's called shadow boxing. Teachers of psycho-cybernetics insist you do it daily. You're stepping into another vibrational field here and when you do, you attract what you really need and want. Your insights become laser and your clarity for the next step just comes!
- 5.) Pay attention to SIGNS. It can be a phone call, a book that calls out to you, a phrase from a friend, even a bumper sticker! The Universe is talking to us ALL the time. Start looking for and recording your signs. I have a journal of years of "Signs" and when I go back over it, I am in awe. I remember my cat Fred who died and as I held him, I begged for a sign. The next spring, one yellow rose grew in my garden.

I had never had roses, ever, but I knew it was Fred. It grew right by the place he used to lay in the shade in the garden. One lone rose.

Or the several times I should have been in terrible accidents, and I left just enough minutes late to avoid them, or decided on that day for no reason to take a different street.

Or the time I closed my eyes and just put my finger down blindly on the classifieds and ended up with the most glorious apartment on Lido Island.

I have SO many stories of “proof” - and so will you.

- 6.) Keep an intuition journal and daily write down impressions you had that proved to be right on. Go back into your past and record all the times you WERE right and the times you didn't pay attention and had bad consequences.

Take some time starting this journal and recording your past. It is an excellent way to get your belief meter going and that starts opening doors immediately.

- 7.) GET AWAY from the TV and computer and the world's distractions. If you want to be serious about developing this gift, you MUST get away from the chaos of the world. Not to mention the heavy negativity right now which immediately puts you and keeps you in a lower vibration.

Choose Nature and going within instead. You cannot hear the voice of your soul when the world's noise is interfering. That is why getting into a deeper level of mind is so important. It stops the psychic noise of what's “out there” so you can hear your Higher Self within. The feeling is peaceful and the information you receive will be laser clear.

What? You don't think YOU can train your intuitive mind? Wrong. Did you know that when the Remote Viewing Program was in place, the CIA found that people from all walks of life, with practice, became accurate at odds that were millions and millions to one.

People like a Christmas tree salesman, a housewife, an engineer, a shoe salesman. Most them with NO previous experience in the use of their intuition.

Another AMAZING BENEFIT of this exploration. You will, as you develop your gifts, become more cognizant that we are ALL ONE, that what we do impacts every other life form on this planet. Your compassion will increase and your need to truly help others will also.

A Very Funny Story. When the Remote Viewers who were trained to be “psychic spies” for the CIA started really getting good at what they did, many of them left the CIA to become healers, teachers, spiritual students.

Because they were going into these deep levels of mind, they encountered higher vibrations where greed, and war and dominion over others was no longer in their consciousness. They EVOLVED.

In fact the joke was, “IF YOU WANT TO KNOW GOD, JOIN the CIA.”

That is one reason I am so passionate about encouraging others to learn their own innate powers. Those powers come from our soul, God, Higher Intelligence, and when we connect with that vibration, we will be changed.

And as we change, the world around us changes too.

But it is NOT a once in a while thing. The Remote Viewers I spoke of practiced for hours a day – at least five days a week.

BIG KEY – Repetition, repetition, repetition. They practiced their skills and learned to play their mental piano.

“A jug of water fills one drop at a time.” Buddhist saying.

Fill your jug of water daily, consistently, and you will start seeing results in an amazing short time.

One of Matt Furey's students (psycho-cybernetics.com) used the “shadow boxing – act as if” for his business. It was October and he was in a major slump. That month he had his BEST month EVER and that year exceeded any year's volume he'd done in the past. IN A RECESSION.

Your deeper mind doesn't care about recessions, or job losses, or bank failures. It only cares about the pictures you put into it.

Then, REGARDLESS of circumstances, it finds the way to make those pictures happen. If you do it only consciously, you're using the "pick and shovel" method. When you tap into deeper levels of mind, it's been said results can be as much as 100 times more powerful.

So why should you use these levels of mind to help yourself? Because your best gift to anyone else is to make the best of yourself, live well, and show others they can have hope as well. I believe it is our obligation to be all that the God we believe in intended us to be.

And I want to be able to say, when I am standing in front of the God I believe in at the end of this journey, "I used your blessings well." That is how we can help the world.

Again, I implore you. Repetition, Repetition, Repetition. Your mind is your most valuable piece of Real Estate. Your soul is the Truth of You.

It is your creation center. It is the place that knows all things and can therefore resolve and solve anything. You must be quite to listen, however.

Now, doesn't that feel peaceful?

Montana Gray is a third generation intuitive, entrepreneur, life change coach, marketer, and aspiring NY Times best selling author.

You may learn more at her site where there are fabulous free gifts, both pdfs and audios to inspire, motivate and encourage. [Http://www.angelavatar.com/](http://www.angelavatar.com/)

Her life purpose is to help other people live theirs.

Ready to really tune up the volume of YOUR intuition? Check out the upcoming [4 week E-Class "The Power of Your Intuition and What You Can Do When You Activate It"](#) which includes personal telephone coaching!

It will be fun, informative, and life changing – I guarantee it. And I will share with you many of the stories from my history – both my life and the lives of others, who have tapped into their gifts and experienced the magic that goes with that. **Class begins in early February!** Sign up now! I'd love to "see" you there!
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