

Facts Sheet for Bio

Significant information about intuition and its practical daily-life meaning.

We all have an intuitive nature. It is our “1st instincts”, our “gut reaction”, and our “feelings” about others, our knowingness. Our intuition is somewhat like any other muscle in our body; it strengthens with use and discipline to development. As we develop our body’s muscles, we become stronger, healthier, more active, alive and aware. So it is with our intuitive, or psychic, muscles. Just as there are those who have a natural tendency for strong healthy athletic bodies, there are those who have a natural tendency for stronger and more developed intuitive bodies.

Developing our intuition is a process and a discipline. One that is easy, enjoyable and rewarding in many ways. The intuitive process begins with simply acknowledging you are intuitive by nature. Next, the steps become rewarding in and of themselves. Meditation methods and breathwork become the staples for accessing your intuition and awareness. Learning how to meditate creates a calm relaxed foundation for your day. This new relaxed focus then brings into your awareness more and more wisdom and guidance for not only yourself but for others. Being aware of the energies around you speaks to you in many different ways. They speak in non-verbal messages as a sensing, a visual symbol, a knowingness or just a feeling. These are all descriptions of different kinds of energies-intuitive energies. Combining this awareness of energies with proper breathwork can enable you to “plug into” a finely tuned subtle form of vibration. Carl Jung called this the “collective unconscious”. He explains this as a pool of our thoughts and feelings in an energy form. When one is “finely tuned” to this pool of information; you can begin to “read” or decipher what these symbols and energies mean. This is intuition, also known as being psychic.

I call this our “floating messages” to and from each other. All our thoughts and feelings are energy. All energy is a vibration. These vibrations “float” all around us. We can learn how to tune into these floating molecules of vibration, learn how to interpret them, and begin to gain wisdom insight and guidance from this pool of knowledge.

Being able to distinguish what means what and who it relates too is the difficult part. This is the result of the highly skilled development of your psychic muscle. A truly gifted psychic will be able to determine all these details and much more. Determining time in this pool of “floating messages”-that is past, present, future- is what most people want to know yet the hardest to determine.

Seeing or sensing the future is called clairvoyance. A French word meaning clear seeing. Most intuitives are clairvoyant and can ascertain information for others by focusing in on the energy vibration, “seeing” a vision symbol, or sensing/feeling the situation and begin to interpret it into meaning.

Strickly sensing energies is called clairsentience, French for clear sensing. This is the “gut feeling” that we instinctively relate too.

