

The Intuition Principle

How To Attract The Life You Dream Of

Angela Artemis

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Praise for *The Intuition Principle*

“I know that everyone has experienced that sinking feeling when something goes very wrong and you say to yourself, ‘I knew it. Something told me not to listen to that advice. I should have just followed my gut.’ *The Intuition Principle* addresses this and so much more. It is a blueprint for how to tap into your intuition, listen to your ‘gut’ and pursue your true goals. It also teaches you how to identify those goals and overcome your fears so you can live your dreams. Whether you know what you want or are deciding your direction, the book will give you tools you need to go after and attain your dreams. Everyone should read it.”

—**Rosemarie Monaco, President, Group M Inc., www.GroupM.org**

“We all have an inner GPS to guide us towards clarity when we are lost in a fog of indecision and overwhelm. The trouble is, most of us have no clue how to use it. I felt like Angela was right beside me, teaching me how to activate and strengthen my intuition. I now honor voices and nudges that point me towards paths I previously would have turned away from, and my life is healthier and happier as a result.”

—**Jean Berg-Sarauer**

“Angela’s book, *The Intuition Principle*, can really change your life—no matter what your walk in life is. With her examples and encouragement, intuition can become a guiding force on your pathway to happiness, success, and self-discovery. Her sincerity, belief, and hope for her readers to find a better life come across on every page. I highly recommend keeping a copy by your bedside or desktop to refer to Angela’s wisdom and learn about your own inner wisdom.”

—**Janet Dengel**

How to get the most from this book

There are numerous exercises in the book that will help you become familiar with and develop your intuition. Each chapter is designed to build your knowledge and skill set for working with your intuition; this will make it easier for you to discover your passion and true calling in later chapters. The best way to go through the book is by reading each chapter and completing all the exercises in the order in which they are presented. You will find your intuitive abilities increase easily and naturally if you follow this sequence.

“How do these geese know when to fly to the sun? Who tells them the seasons? How do we, humans, know when it is time to move on? How do we know when to go? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown.”

—Elisabeth Kubler-Ross, M.D.

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Introduction

The Intuition Principle

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

– Albert Einstein

When you live an intuitively inspired life the world will come to you

Does exerting less effort to accomplish your goals appeal to you?

Are you tired of over-thinking everything and still feeling unsure about making the right choice?

If you answered yes to either of these questions then you might want to think about developing your intuition and psychic abilities, also known as extrasensory perception or the sixth sense.

When I was younger I wasn't in touch with my intuition. I was afraid to trust it and follow my dreams of becoming a writer. I came to write this book because not being in touch with my intuition ultimately stifled my growth and happiness. I felt called to share with others the lessons I learned in my search to reconnect to my intuition. I hoped my experience

might save others from going through what I had; I wasted so much time pursuing the wrong path.

You wouldn't know it from your everyday life, but you are much more extraordinary than you think you are. Your consciousness exists on many more levels than you are aware of and has access to an infinite realm of intelligence at all times. When you access this Greater Intelligence¹ and infinite source of creativity, you become better at solving problems and making decisions, which contributes to your success in life. Developing and using your intuition is a very practical skill to have.

Intuition, which includes psychic ability, opens up a wider range of thought processes. You are able to tap into what Swiss psychologist Carl Jung² called the "collective unconscious,"³ and what I refer to as Greater Intelligence. Jung's "collective unconscious" presupposed that humanity had access to a vast storehouse of universal knowledge. This field of greater intelligence is the source of true knowledge. When you tap into the collective unconscious you will spontaneously begin to receive answers to questions that have been plaguing you for a very long time.

Learning to use your extrasensory perception expands your mind by connecting you with your true creative nature and your infinite potential. It doesn't take all that long to hone your abilities and learn how to tap into your intuition either. Learning to use this natural ability is effortless and fun.

Most people never fully utilize their extrasensory perception. Our culture doesn't value this way of acquiring knowledge. We were sent to schools and told to memorize facts and mathematical formulas. All that mattered was quantifiable knowledge. Intuition, though, is an innate intelligence that everyone is born with. Once you begin to develop it you will see how quickly it all comes back to you—not unlike riding a bike. You never forget.

Living authentically

When you are in touch with your intuition you are also in touch with your authenticity. The authentic you is the pure and unbridled potential

1 Authors note: I use the term Greater Intelligence in place of "creator" or God.

2 Funk&Wagnalls New World Encyclopedia Online, s.v. "Jung, Carl Gustav."

3 "Collective unconscious," accessed July 23, 2011, EBSCOhost.

deep inside of you which, like the acorn, has the potential to become a mighty oak if tended with care. Your authentic self is who you are meant to be. It is who you can become if you trust and allow this potential to manifest. You have to dig deep to reconnect to the authentic you. But first you must learn to trust and follow your intuition.

Your intuition is like your own personal inner guidance system. It will guide you to where you are supposed to go in this life if you let it. When you are connected to your intuition you are joyous. Your life flows. You cannot be swayed by others or conventional wisdom, following them just for the sake of following. You become the leader in your own life, the authentic you who is truly connected to your divine mission and true purpose.

You are here at this time for a purpose. You have a mission in this life and, by reconnecting to your intuition, it will become clear. It will enable you to fulfill your destiny. Your intuition is the voice of your own guidance that will help you find your mission and true purpose.

You will gain insights into why you have had difficulties up until now. And you will understand why certain people are in your life. You will see that even difficult relationships have their place by teaching you life lessons. Your life will finally make sense, and you will understand the broader meaning behind all that you have gone through. All the false layers you have been hiding under will finally fall away, and you will find your true self — the brilliant self you were meant to be.

Your authentic self cannot be maintained unless you establish your connection to Greater Intelligence, which speaks to you through your intuition. To ignore the voice of your intuition is to be disconnected from your source. If you allow others to influence you, undermine you, or if you start to second guess yourself, you begin to sever this delicate new connection. When you start to listen to other people over your intuition, you get mixed up and tripped up. You begin to flounder and no longer feel connected to that inner fire, zeal, and zest for living. You are on your own and under your own very exhaustible steam, cut off from the benefits of this magnificent source.

The secret to having a life that flows is to be guided by this intelligence. When you follow your intuition you have access to an infinite supply of wisdom, creativity, and love. This infinite source will never run out. But you, the human being, can run out of power and find yourself

tired and burned out. You can get depressed, down, scared, lost, mixed up, or lose enthusiasm for what you are doing. When Greater Intelligence fuels your efforts, you never encounter any of these problems because you have tapped into the infinite power that created you—the power that knows more than you do.

It takes confidence to be open to this intelligence directing your life. When Greater Intelligence leads the way you follow your intuition and prove that you are strong enough to resign control, no longer basing your decisions on fear. When intuition leads you Greater Intelligence comes in to fill you up. You will never find yourself feeling depleted again—depletion is impossible when you are continually fueled by your intuition. This is the secret to reaching and living your greatness. This intuitive wisdom will inspire you so that you will easily find your way back to the path upon which you were meant to tread.

You have a mission and life plan that contains the unique life lessons you need to learn in order to round out and strengthen your character. You might have to learn how to have harmonious relationships or how to support yourself financially. You may have to learn how to love unconditionally or how to deal with pain and challenges. All those reasons will remain unclear until you learn to tap into your intuition. You have got to be able to hear and trust Greater Intelligence to get back on track and awoken from the dream you have been living. This is when you will start *really* living.

You will never live your authenticity until you partner with your intuition. When you start working with it, instead of shutting it out, a healing will take place in your life. You will no longer allow others to take over your life and control you. You will begin to make wiser choices based on what is right for you—not what is right for anyone else. The people closest to you will sense the changes that have taken place within you immediately. You will allow family members to learn and make their own mistakes without feeling that you have to rush in and save them. You will become a great example to those around you; they will want to listen to their inner guidance as well.

Your self-reliance will stand out and inspire them, as will the resoluteness of your convictions, your confidence, and the strong belief in yourself. As you become who you were meant to be, those around you will learn that they, too, can find and achieve their greatness by emulat-

ing you. Your children will learn from you how to be in touch with their authentic selves, and they will pass that on to their children. This cycle will eventually move throughout the world and become a mainstream principle. When that occurs we will see that it has changed our world for the better.

What is an intuitively inspired life?

To live an intuitively inspired life is to be aligned with your intuitive wisdom. When we are aligned with this wisdom, we naturally gravitate toward those activities that honor our authenticity. Our path and true purpose become clear as we allow intuition to lead us. Conventional thinking no longer sways us; rather, we are moved to share our true talents and gifts with the world in loving service.

Centering our lives upon this wisdom activates a blueprint within us that has been dormant since our birth. This blueprint contains our true potential and reveals the route we are to take to remember what our chosen mission is at this time. As we focus our lives on this mission, and on this guidance, we find the obstacles that held us back in the past begin to fall away. Questions we have had are answered, and all uncertainty we might have experienced about living within this new paradigm disappears.

The journey we take to fulfill our mission reconnects us to our joy and authenticity. We surrender and allow life to flow through us and take us to our next steps easily and effortlessly. We are infused with an energy that streams into us from an inexhaustible source. And, this life force energy carries us over the bumps in the road and headlong to the next steps on our quest. The flow of joy we receive by reconnecting to our authentic selves inspires us to live up to our full potential and greatness; we, in turn, inspire others to reconnect to their intuitive wisdom.

As we live each day, fully connected to our intuitive wisdom, we accomplish more than we could have ever imagined. The journey takes us down roads we never would have imagined we would take. We find ourselves enjoying our lives like never before. We surrender the emotional burdens that had us in knots—those that hindered us from living life fully. As a result we stop worrying so much and become more playful and open to this divine inspiration. By letting go of the need to control everything and moving with this flow we will find that we no longer have

to go out and “get” the things in life we desire; rather, they begin to come to us and appear in our lives exactly when they are needed. When we align with our intuition we are resonating with the wisdom that created the Universe and our original purpose. It is this harmony that brings the world to us.

How your intuition brings the world and your dreams to you

“Everything in the universe is within you. Ask all from yourself.”

– Rumi

When we learn to go within to look for answers and guidance, we are accessing the source of our very power and of everything that is made manifest in our world. This power runs in, around, and through everything in the entire universe. Without it animating us, our body is nothing more than a lifeless shell.

Greater Intelligence is an organized system whose only directive is the propagation of all life. If what you do supports life on Earth, the Universe is programmed to respond in only one way: by supporting you. When you are on the right path, have found your *raison d’etre*, and use it to help others thrive, you are in-tune with the prime directive of the Universe. Greater Intelligence conspires to help you because your actions support the same goal as the Universe. When you share your gifts and talents in loving service to the world, not only does Greater Intelligence open the way by supporting you, but it also floods your life with true joy, fulfilment, and abundance.

When aligned with this power we also find, or “remember,” our true purpose; the world comes to us simply because we are on track according to the blueprint of our lives. The blueprint contains a framework for the experiences we will learn and benefit from. When we are on schedule based on this blueprint the world appears to come to us; it seems as if we are always in the right place at the right time. All that is really happening is that we showed up at the scheduled place of delivery. The point of getting in touch with our intuition is to reconnect to our mission and then begin to show up at the places and events that will actualize our purpose.

Why else would we feel so good about being in certain places and being around certain people we have never met before in this lifetime?

How many times have you met someone and felt as if you had known them throughout your life? When this happens it was meant to happen. You showed up on time in the right place according to the blueprint of your life.

When our lives are full of discord and disharmony it's simply because we are out of alignment with our purpose. We stopped following the blueprint and are now lost. When we go within and allow the Universe to direct our journey, we will find our way and return to the right path. What seem like "miracles" and fortunate and meaningful coincidences will commence.

The secret sauce in life

"Follow your bliss and the universe will open doors where there were only walls."

—Joseph Campbell

Those people who are living their passion and have found their purpose usually lead extraordinary lives. They seem to be blessed, or to have a special aura or energy toward which others gravitate. We watch them in amazement as they accomplish all sorts of marvelous things that we only dream of doing. They have what I call a "fabulosity factor": a direct result of tuning in and living their lives according to the plan they that were meant to follow. They have activated the pure potential within and are living up to that potential fully. They are living their lives "on purpose," and it shows. Everything seems to come so effortlessly to them. When they do encounter "dark clouds," they somehow always find the answers or help they need to come out of it and to find that "silver lining" in all their experiences. You also can have this sensational aspect to your life when you listen to your intuition and get back on the right track in your life by following the path you were meant to follow.

Time for a Pop Quiz!

You are probably much more intuitive than you give yourself credit for.

Take this quiz to see how intuitive you are right now:

1. Do you ever know who is on the phone before you answer it?
2. Do you sometimes get a “knowing” sense about things before they happen?
3. Have you heard talking, or your name being called, just before you fall asleep or wake up?
4. Do you find that you know what people are going to say and can finish their sentences?
5. Have you ever had butterflies in your stomach for no reason and then heard about something happening and they subsided?
6. Are you kind of lucky? Do things have a way of working out for you in your life?
7. During sleep have you experienced being “jarred” or a feeling of falling and landing on the bed?
8. While in the shower or walking in nature, do answers to problems come to you?
9. Do you have dreams that give you information or solve problems?
10. Have you ever had a dream or premonition of a future event that later occurred?
11. Have you ever “heard” the answer to a problem?
12. Do you prefer to skip the directions when putting something together and it always turns out fine?
13. Are you aware of a buzzing, tingling, or itchy feeling on your forehead or top of your head?
14. Are you constantly generating ideas for projects and creative pursuits?
15. Do you prefer to take the path less traveled and do things your way rather than the conventional way?
16. Have you ever seen something in your mind’s eye, like a vision of an event, before it happened?
17. Do you get vibes about people that turn out to be true?
18. Do you have an uncanny knack for finding your way without maps or a GPS?
19. Are you aware of a certain faith and trust that you will always be okay no matter what?
20. Do you pick up on the emotions of the people around you?

Give yourself five points for each affirmative answer.

If you scored:

0–25: you may be living in your head too much. Do all the exercises in this book. Time to start paying attention to the intuitive signals you receive.

26–50: Your intuition is active, but a bit of practice with the exercises in the book could kick you into the next level.

51–70: You are probably aware that you are quite intuitive and have already been working on developing your abilities.

71 and above: You are very sensitive and could become quite psychic with a little practice.

So how did you do? Do you need some improvement or are you “there” already? Regardless, reading and doing the exercises in this book will open you up much further to receive intuitive guidance.