

THE INTUITION PRIMER

Practical Lessons to Launch Your Intuition

by Angela Artemis



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INTRODUCTION: THE “OTHER” SENSE

Do you ever wonder whether you might be intuitive? Have you heard about people “knowing” things before they happen? Do you know someone who was led to great success in their lives using their intuition? Are you unclear about what intuition is?

If you said answered yes to any of these questions then reading this book is for you!

Welcome reader! My name is Angela Artemis and I’m an intuitive. I’ve been aware of and actively developed these abilities since I was a little girl. For many years I tried to hide my intuitive abilities for fear that I would be labelled one of those “Woo-Woo” types. During the years I was keeping my intuition under wraps my life was miserable and nothing went right. It was only when I accepted who I really was and started living authentically that I found true happiness.

That’s the thing about finding our passion: it changes us and changes our lives. Once I started pursuing my passion and making it the first priority in my life, my life became far better. I woke up happy. There was a spring in my step. I was energized. My goals excited me and I started attracting one unbelievable coincidence after another which all helped to further clarify that I was on the right path.

I started giving intuitive counseling and coaching again. I say again because I stopped doing it for almost two decades after entering the workforce and embarking on a “serious” career. I thought that helping others by using my intuitive abilities was not as important as climbing the ladder in the financial industry.

I was wrong.

After burning out in the fast lane I took a step back and re-assessed my life. I realized that my unhappiness stemmed from suppressing my authentic self. I realized if I didn’t let the real me



out – I was never going to live a happy and fulfilled life. I had to share my intuitive gifts and express my belief that intuition was natural to all of us and an important sense to develop in order to live more successfully.

It was at this time I decided to start my website, Powered by Intuition. It was a place where I wrote, and still do write, about developing and using intuition. I wanted to tell others that by tapping into their intuition they could not only discover their unique mission and passion, but live happier, healthier and more successful lives. I've been driven ever since to get this message out to all who will listen.

If you think you might be on the wrong path in life and are unhappy, developing your intuition is the answer you've been looking for. When you develop your intuition you'll "know" if you're on the right path or not. You'll be led directly to what you were meant to do. Once you're aligned with your true purpose, the path before you will become completely clear and your life will flow easily and effortlessly. Helping you find your way by sharing what I know about intuition through teaching and counseling is what I love doing.



CHAPTER ONE:

DREAMS

Learning to remember your dreams is the easiest and fastest way to tap into your intuitive guidance. If you're new to developing your intuition I highly recommend beginning with learning how to remember your dreams.

I tell my readers and clients this because they don't need to learn any special skills to dream! And neither do you. You dream every night, several dreams each night, even if you don't remember them. Now, you just need to train yourself to remember the dreams you have. This is the easiest and fastest way, that I know of, to get intuitive guidance and answers.



7 SIMPLE STEPS TO REMEMBER YOUR DREAMS

Do you ever wake up with that odd feeling you've had a dream, but can't remember it? Are there times when only a snippet of a dream surfaces? Ever find yourself frustrated over being unable to recall a juicy dream?

Many people have trouble remembering their dreams. I still have trouble remembering them at times. When this happens I know I have to go back to the basics of dream recall. I've kept a dream journal since I was a teenager and found many of the insights gleaned from my dreams invaluable over the years. So, when I don't remember my dreams I feel as if something important is missing from my day.

Some are precognitive dreams, some vivid encounters with departed loved ones, others recollections of out of body experiences, but the majority solve problems and answer questions about issues I'm grappling with in my life.

WHY REMEMBER YOUR DREAMS?

While I love all the different types of dreams I have, the most rewarding ones are the problem solvers simply because they are the most practical in everyday life. Problem solving dreams not only give you answers and guidance, but can also validate an answer or direction you're unsure about taking.

Today was one of those days that my dream evaporated into thin air. I know exactly why this happened too; I moved and opened my eyes too soon. Tonight, I plan to go back to basics and do the following to ensure that I recall a dream.



BASICS ON HOW YOU CAN REMEMBER YOUR DREAMS

- 1.** Make sure you have a pad and pen on your bedside table.
- 2.** Set the alarm a half hour earlier to have time to mull over your dream.
- 3.** Create the intention to have a dream and recall it. Spend a few minutes before drifting off telling yourself that you want to have a dream, that you will have dream and that you will readily and easily remember it.
- 4.** When you wake up, do not open your eyes right away. After turning off the alarm, do not move. Just lay still to allow the dream to stay on the surface of your mind.
- 5.** Do not allow pets to distract you when you awake; keep them out of the bedroom so they don't wake you up.
- 6.** After remembering some of the pertinent details write them down before they sink back down into your depths of the subconscious.
- 7.** Do meditate directly after getting out of bed. If you're not a meditator don't turn on the radio or TV or talk right after waking either. After writing down the pertinent details, let the silence allow for further dream fragments to bubble up to the surface of awareness.



One thing I have found disruptive to recalling my dreams is getting up at night if I've had too many liquids prior to bedtime. Many times I'll wake in the midst of a dream. The movement of having to get out of bed, yanks them from my mind. These dreams are then lost forever. I'd caution against drinking liquids within two hours of bedtime.

Try this for a few nights and I'm sure you'll be amazed at the number of dreams you recall and don't give up hope. Even if you don't remember a dream for a week. Give yourself the directive each night until you do. I promise, it will happen!



HOW TO DECODE DREAMS TO REVEAL THEIR INTUITIVE GUIDANCE

I knew I was going to lose my father four months before it happened.

I didn't want to accept it. He was such a healthy 82-year-old. He still climbed ladders to cut down tree limbs, doing yard work even a man in his 40s would hire someone else to do. How could this be? I tried rationalizing its meaning, but I knew in my gut that it was warning me of this life-changing event.

All the wonderful moments of my life with my father played out in front of my eyes.

This dream was very different. I was aware that I was dreaming. And, I was seeing it as if I were at a movie theater watching scenes of our life together appear up on the big screen.

I saw myself sitting on my Dad's lap at 5 years old; then swimming in the water at Jones Beach and he was showing me how to dive under with my eyes open; teaching me to ride a bicycle on the sidewalk outside our apartment building in New York; ice skating with my father in our back yard on the rink he'd built us after moving out of the city; working with my father to put up our above-ground pool...

The years of our life together continued to flash before me in the movie all the way to the present with his helping me move into my current home. During the entire dream I felt the strength of the bond I had with my father, along with this incredible love for him that I can only describe as "celestial."

I was being prepared for this terrible event.

I was shown the true essence of our relationship – the bond of love we formed which would last forever. The dream was haunting and I couldn't get it out of my head.

A month later my father came down with a mysterious ailment that was later diagnosed as Lupus. He was gone three months later. Of course, even though





I'd had this dream I was not prepared for the depths of despair I would feel at his loss. Now, six months later, it's still very hard to believe he's gone.

I wrote about another dream titled:

"SERENADED BY OPRAH"

Oprah came into a little gift shop I owned and sang the Mockingbird Song to the only other customer in the store. I wanted to get as close to Oprah as possible while she sang, but I felt as if I might be intruding on a private moment, so I backed up. The store was empty, but once she started singing the store filled up to the point where I could barely see her through the crowd. I missed out on this once in a lifetime opportunity.

I understood that the dream was addressing my insecurities.

I was afraid of revealing so much of myself in a blog, and as to whether I could attract readers and truly offer them anything of value. My intuition was guiding me to open up and just start singing (writing), and the writing would attract a crowd (readership). My store would be filled with customers interested in the gifts on my shelves. The Mockingbird Song was a message not to worry. I would always be supported and guided by my intuition. Backing away from Oprah was telling me to get over my shyness of speaking up and going after what I wanted.

These two dreams were distinctly different, but equally important in my growth and in the information they conveyed to me.

PRECOGNITIVE DREAMS

- 1.** A precognitive dream feels very real. Many times you'll even be aware that you're having a dream. Awareness in the dream of having a dream is called lucid dreaming.
- 2.** You can't forget the dream. It's haunting, or highly charged with emotion, and holds your attention for days or weeks afterward.



3. With a precognitive dream you'll just know that it's going to be so. The feeling of "knowing" is what defines precognition. It feels like an irrefutable truth. This knowing is downloaded completely formed into your mind. No matter what you say to yourself to rationalize it, you know it's true. You can't shake the feeling of knowing.

INTUITIVE DREAM

- 1.** Intuitive dreams have an "a-ha" quality or moment. You'll see the error of your ways, or get an answer to a question, situation or problem you've been grappling with in your life.
- 2.** You won't be aware that you're dreaming. It feels like a regular dream, but with a clearly discernible message.
- 3.** Intuitive dreaming requires reflection and contemplation, whereas the precognitive dream is usually crystal clear in its meaning. Intuitive dreams contain symbols and a narrative that may need interpretation. For example: You may dream of driving south towards your home on a highway, but then you make a sudden U-turn and drive north away from home. This might be telling you that you need to leave the safety and comfort of the environment you know in order to reach your full potential. Or, it could be as simple as if you've been thinking of moving – this could be your answer.



WANT INTUITIVE GUIDANCE? START REMEMBERING YOUR DREAMS

Ever had a dream so vivid you'd swear it really happened? Even if you had the dream years, and years ago, can you still recall it to this day? There's something so thrilling about having a dream and waking up and remembering it.

I have lots of dreams and I've trained myself to remember them. I've been recording them since I was a teenager. One particularly vivid dream I had a few years ago comes to mind:

I was in the car going to business meeting when I spotted my Aunt – who'd passed away – on the sidewalk chatting with some people. I was elated to see her. I was going to stop to get out and visit with her, but decided against it as I had a client with me. My Aunt saw me and waived me over, but I gave her a signal to wait for me and I'd be back as soon as I could. I needed to get to this business meeting. When I returned later my Aunt was gone. My heart sank when I realized what a special opportunity I'd missed to spend time with my Aunt.

The dream made me see that my life was out of balance. I had been putting my job ahead of everything; my passions and personal life suffered for it.

I took the message from my intuition in that dream very seriously. I understood that if I didn't do what I really wanted in my life – the opportunities might not always be there. I decided I had to make time to write and stick to it – no matter what. I didn't want to look back someday and ask why didn't I follow my heart?

If you can't remember the last time you had a dream then you're missing out on an important way that intuition communicates with us.



Everybody dreams, even those of who say they can't remember them. Get into the habit of remembering your dreams and you'll get the benefit of intuitive guidance.

CHAPTER TWO: MEDITATION

Another important foundation for fostering your intuition is learning to discern what is an intuitive thought—or flash as I like to refer to it—from what are your own thoughts. We have over 60,000 thoughts per day, and for the most part we're only aware of a handful of them. Among those 60,000 are intuitive thoughts that we completely miss. It isn't as if we're not intuitive, many readers will tell me, it's just that we haven't learned how to make those intuitive thoughts "stand out."

Meditation is the best tool you'll ever learn to use to make your intuitive thoughts come to the foreground of your awareness. Usually the thoughts that grab our attention are those that evoke some strong emotion such as fear. Do you ever wonder why you feel so stressed during the day? It's because your mind is pulling your emotional strings just like a marionette.

Once you've been meditating for a short time you will gain greater control over which thoughts you allow yourself to react to. You'll be in control of this selection process rather than the other way around. This is the beginning of hearing your intuitive voice. As you learn to selectively tune out all the mind chatter you'll become more aware of the intuitive flashes you've had all along.



TO DEVELOPING INTUITION, MEDITATE!

Meditation is the most valuable tool I've found for my spiritual development. Reading books is great, as is joining groups of like minded individuals, but when it comes to actually making consistent progress only a daily practice of meditation will expand your consciousness.

Awakening and changing is a slow process that takes place gradually. Meditating daily is a bit like water flowing over rocks in a stream; eventually with enough time you'll see that the water has reshaped the stream and smoothed out all the jagged edges in the rocks.

It takes commitment and a deep desire to stay the course until the beginnings of that reshaping becomes apparent. And of course, you're never done, just like the water flowing in that stream is never finished reshaping it or the rocks it flows over.

WHY MEDITATION IS SO IMPORTANT FOR SPIRITUAL GROWTH AND DEVELOP- ING INTUITION

- 1.** Learning to stop the constant thinking of our minds gives our brains' a much needed rest. When we stop the perpetual mind-traffic divine guidance can actually get through. This state of thoughtless awareness allows us recognize the presence of our true self, higher self or soul.
- 2.** Perceiving our lives through the consciousness of the observer gives us the detachment we need to see the difficulties we may be facing in our relationships, career and other areas of our lives. The observer is purely consciousness without judgment.



- 3.** Meditation brings our emotions into balance which is the state of being centered. When we're centered we let go of extremes, the highs and lows of emotion that pull us into the future or past. We return to a natural calm state of being.
- 4.** When we're centered we live in the present with acceptance of what is happening in our lives. We stop assigning a negative or positive meaning to what we may be encountering and are less likely to be pulled into dramas (both yours and other people's) regarding these events.
- 5.** The process of meditating can help you remember your dreams. Answers and guidance are often delivered through dreams. Sometimes I have only a snippet of a dream that I know was important when I wake, but if I meditate right away I can usually recall the entire dream.
- 6.** Daily practice of meditation heightens intuitive ability. The more often you receive intuitive insight the more you will be in tune with your higher self and true purpose. Opportunities to act upon your purpose will present themselves more frequently.

So, that's why I meditate. Over the last 25 years of serious dedication to meditation I've seen my intuition and clairvoyant abilities improve. I believe this is important simply because this is the language that the Universe uses to speak to us. Knowing that I am always connected and guided by the Spirit helps me deal with the challenges that surface in everyday living.



7 SIMPLE STEPS TO MASTERING YOUR MIND

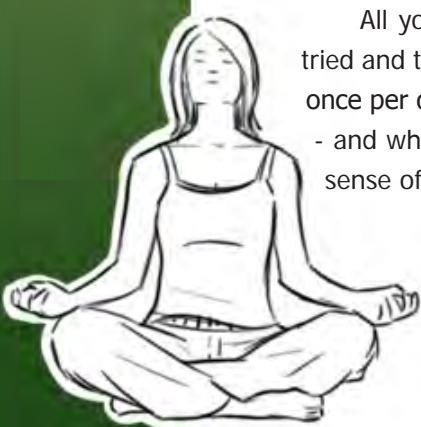
Does life seem to be flying by at a frenetic pace? When you take time off of work are you expected to respond to emails from your boss or customers on your BlackBerry? Are you a multi-tasker that texts and tweets and has to have the iPhone pried out of her hands in order to take a break? Have you tried meditating but decided you can't because your mind won't stop racing?

If any of these are true, you're not alone. A lot of people tell me that they can't meditate. With the pace of life today, and the multitude of distracting devices we've all become addicted to, it's no wonder that most of us have no idea how to slow down and focus on one thing at a time.

For most people the idea of slowing down would be counter-intuitive when they have so much on their plates already, but slowing down doesn't make us less productive it actually has the opposite effect. When we move more slowly and focus upon the task at hand we actually become more productive. Not to mention that countless studies have shown that taking time out to meditate has many proven health benefits.

It does take practice to master, but it's actually not that hard. As a former meditation instructor I've heard many people say, "I just can't meditate," only to be surprised to learn that they can indeed master their minds and meditate.

All you need is a commitment to do it, 20 minutes a day, and a tried and true technique. Of course if you choose to practice more than once per day and a bit longer you'll see the benefits that much sooner - and what could be better than starting your morning with an inner sense of calmness and crystal clarity that carries over into your day?



7 STEPS TO MASTER YOUR MIND:

- 1.** Find a quiet place where you won't be disturbed. Turn off and unplug your phones. Sit on a straight backed chair with your feet flat on the ground and place your hands face up on your lap. Do not lie down or sit on a cushy couch as you may find yourself dozing off.
- 2.** Tilt your head down so that your chin is closer to your chest. Let your head hang comfortably in this tilted position.
- 3.** After closing your eyes begin taking deep breaths. Hold your breath for 2–3 seconds, then release your breath slowly. Exhale through the mouth. Repeat until you fall into a breathing rhythm.
- 4.** Hold your attention on the top of your head. Imagine that your breath is coming in and out from this area of your head. If you begin to lose this sensation, reach up and gently pat that area of your head.
- 5.** Let thoughts float by and refocus your attention on your breathing. Make it a point to maintain your awareness on that spot on the top of your head. After a while you may begin to feel a tingling or pulsating sensation on that part of the head. When you do you'll also feel a sense of relaxation and calm wash over you. This is what you're aiming for.
- 6.** Sit and enjoy this state of thought-free awareness. You are now meditating.



There are many forms of meditation. However, I devised this method after studying meditation techniques throughout the years. I find that it's extremely effective at stopping the constant flow of thoughts.

Plus, when we stop thinking, our intuition is able to get through with insights and guidance that we need to solve problems in our lives; which is one of the greatest benefits!

If you do this every day it will become a habit you won't want to miss - especially the sensation of relaxation that streams over you.



CHAPTER THREE:

INTUITION

Intuition, or the “sixth sense”, is really a combination of many senses that combined together allow you to receive more information from your environment. By learning to tune in to these subtle cues registered by your mind and body, you can acquire more knowledge and information about people, places, things and situations or problems you’re grappling with. With more information you’re apt to make more informed choices and decisions which will lead you to live a more satisfying and successful life.

By developing your intuition you’ll find yourself more successful at whatever you set your mind on accomplishing. You’ll also find that your intuition will lead you to even better situations and opportunities than you ever could have created on your own. So let’s get started on the greatest adventure of your life: developing your intuition!



NEVER MISS AN OPPORTUNITY AGAIN! LEARN TO LISTEN TO YOUR INTUITION

Some years back I read a book that made a huge impression on me. It was about a young woman who let her intuition lead her in every decision she made. (Unfortunately, I can't remember the name of it or the author.) This young woman followed her inner promptings which resulted in a series of serendipitous events; she went back to school, then moved out of state, met her perfect soul mate, and ended up working for the Edgar Cayce Foundation in Virginia Beach – her dream job. I remember thinking as I read, *why doesn't my life flow like that?*

Looking back now, I know exactly why my life never flowed like hers. This young woman let her gut guide her, which I never did. I was too scared of making a mistake; instead, I played it safe and dismissed the promptings of my intuition.

I decided that I needed to start practicing what I preached. Here I was an intuitive easily able to dispense advice for others, but when it came to myself, I was not able to trust my own intuition.

At the time I was so miserable in my job I figured my life couldn't get any worse, so why not? Soon after deciding to depend on my intuition a great job appeared for me. After checking in with my gut I jumped ship leaving the old place behind. And then as soon I returned from training business started heating up too and my finances improved. And, all it took was giving that intuitive voice the respect it deserved.

Intuition is very subtle, which is exactly what makes it so easy to miss and overlook. It can come as a feeling in the gut – one that tells you that something is right or wrong. It can, also, come as a warning and a feeling of dread. Just as frequently, it's quiet like a whisper, or the flitting of a butterfly that touches down ever so lightly in our consciousness before disappearing.

With intuition, until you start paying attention you may not be aware of these flashes. Although once you begin to notice them, it's a bit like buying a new car—you start seeing that model everywhere. After that once you begin using your



intuition to make decisions, it takes no time at all to see serendipitous events begin to appear in your life.

The serendipitous events are proof positive that you're hearing and following your intuition. When we receive this direct knowledge we've tapped into the source that keeps the planets in their orbit, and the earth spinning on its axis. This infinite intelligence doesn't make mistakes. By plugging into it and using these intuitive insights our lives flow and all the details come together seamlessly.

The three biggest hurdles most people face in putting intuition to use are in recognizing the voice of intuition and differentiating it from their own thoughts, and trusting what they get. Intuitive thoughts stream through the mind more rapidly than our own thoughts. Not only that, but when they do appear they're usually complete ideas. In many cases they feel as if they were downloaded whole into the brain. As far as trust goes, only jumping in with both feet and following hunches enough times to know that it's real will build that trust.

5 EASY TIPS TO HELP YOU HONE YOUR INTUITION AND PUT IT TO WORK FOR YOU:

- 1.** Create the intention to begin noticing your intuition. Tell yourself that you wish to become aware of your intuitive insights and that you will become aware of them.
- 2.** Keep a small notebook with you at all times where you can jot down any thoughts that appear to have been downloaded whole into your mind without you generating them.
- 3.** Give yourself many opportunities to practice. Before answering the phone ask yourself who it might be. When meeting with friends see if you get any impressions about what they will be wearing. Or what they'll



order for dinner, etc. You can come up with dozens of little tests like this.

- 4.** Make it a habit to meditate every day. Meditation is the most powerful way to boost your intuition. If you don't know how to meditate, see page 17 (*7 Steps to Master Your Mind*).
- 5.** When you're faced with a decision close your eyes and clear your mind. Ask yourself what you should do – then stop thinking. See what comes to mind no matter how silly it might be. It could be an image, a word, or a thought. Examine this closely. It's usually your answer.

Work on incorporating these tips into your life and I guarantee you'll see a huge rise in your intuitive insights and the number of seemingly miraculous coincidences that occur in your life.



DO YOU SPEAK INTUITION? HOW TO CRACK THE INTUITION CODE

Getting an intuitive message only takes a split second, but missing one and dealing with the mess of an unheeded warning can take much longer to fix. To decipher the messages you need the key to unlock this secret language. Once you have the code down, you will be amazed by the number of intuitive messages you receive on a daily basis.

The other morning the first image that sprang to mind was not from a dream, but a memory of a segment I'd seen on the evening news. A woman whose electricity was out due to a heavy snow storm was interviewed and said that her family was lucky because they had a wood-burning stove in the house, so they weren't freezing like her neighbors were. My first thought was, I'm lucky too at least if my heat went out I could use my fireplace.

When I got downstairs I turned the thermostat up and then dove into my morning routine. An hour later I realized the heat hadn't come on. After checking to see if the pilot was lit – it was – I concluded I'd have to call the gas company. Luckily, the technician came by early afternoon and the repair was a simple one – a faulty electrical wire. I was very grateful.

I started thinking about the image of the woman whose electricity was out and realized it had been my intuition preparing me for having no heat and letting me know that it would be an electrical problem. The thought I had afterward comparing my fireplace to her having a wood burning stove had foretold that all would be well. It got me thinking about the many ways our intuition communicates with us.

I realized that intuition has its own language. To crack the intuition code you need to be aware of all the ways intuition transmits information. Here are some of the ways our intuition communicates with us.

FIVE WAYS INTUITION SPEAKS TO US

Physically. You get a gut feeling. The feeling in your gut can be fearful, nervous, anxious, cautious, hesitant, or just a feeling that something is about to happen – yet you don't know what. When *it* happens, the feeling subsides.



Mentally. It feels as though a thought has touched down out of nowhere into your mind. It can also be experienced as a nagging thought that won't go away. Sometimes it's when you know that you know something, but you can't explain how or why you know it. It can also come as a flash of insight, or can take the form of an image or symbol in the mind's eye.

Empathically. Picking up on the emotions of others and feeling that emotion yourself. It can also be feeling the pain others experience in your own body. It can also come in the form of taking an immediate liking to a person, or a dislike for that matter. It's an instinct you have about someone.

Signs and affirmations. Things like missing the train to work only to find out later that there was a huge problem with the railways and all the trains stopped running for hours. Or considering a job change with a company you're nervous about and then seeing an article on the front page of the paper, or hearing a report about them on the radio stating that this company is rated one of the top companies to work for.

Hearing "The Voice." This may occur less frequently but it does happen. You've been trying to solve a problem, thinking about it over and over. Suddenly, you hear a voice that seems loud enough to have been heard by others, but judging from their faces no one heard it but you. It came from within your mind but it wasn't in your own voice and it had the exact answer you'd been searching for. "Go for that job!," etc.

These are the most common ways our intuition speaks to us. It isn't a definitive list by any means. If you have experienced something different don't discount it. Many times I hear the answers I need. I have a friend who sees words spelled out when she closes her eyes – that never happens to me. Intuition works uniquely for each of us – you have to find the "channel" that works best for you.

I suggest keeping notes on all your intuitive experiences for at least one month – longer is better though. Categorize every occurrence under one of the five channels when you're recording it. At the end of the month you should see a pattern starting to emerge. Most likely you'll have at least two channels that are used more than any other. Once you understand how your intuition communicates with you begin to focus on those two channels.



If your intuition uses your body to communicate start paying more attention to your physical reactions to things. If you realize you pick up on the emotions of others – try focusing on your own feelings to see if they are truly yours or belong to someone else. If you receive images visually start closing your eyes after asking questions to see what you “see.” If you notice that you receive answers as thoughts placed in your mind, or hear a voice be sure to close your eyes and quiet your mind and listen when you’re trying to receive guidance. If your intuition uses signs – ask for signs to guide you and you’ll get them.

The more you pay attention and tune in – the more messages your intuition will start sending you.



ARE YOU BLOCKING YOUR INTUITION?

Do you know the tell tale signs of someone who's not in sync with their intuition? Are you, or is someone you know overly concerned with other people's lives? Is there someone in your life who's always offering advice when you didn't ask? Or telling you what they did for someone else, or how this person is making a big mistake so they had to tell them what to do, and how to fix it?

These are classic signs that a person is not in touch with their own inner guidance, or intuition.

When you're in touch with your intuition, which is really your own inner guidance system, you focus on what's needed to make your own life a success, rather than on fixing others. You're open to dealing with your own unconscious blockages, or personality flaws, or behaviors that need attention and, most importantly rather than make excuses you take action.

The person who distracts themselves with others' lives has put up a wall to block their intuition from coming through. Usually this person feels very inadequate and has many fears. Facing themselves and dealing with their own problems is the scariest prospect of all. It makes them feel better about themselves to be so "helpful" to others.

A woman having trouble with a neighbor came in for a reading. The neighbor was spreading rumors about this woman for no apparent reason.

The neighbor appeared to be so unhappy in her own life that I felt she was fabricating rumors about the woman I was reading for to deflect attention from her own problems.

While this might be an extreme example you get the picture. The truth is, when we turn our attention outward we do it so that we will no longer "hear" what our inner guidance is trying to tell us.

Whether it's us or people we know who are distracting themselves with other people's lives, the only solution is to dig deep and face the fears we've buried. The confidence that



comes from dealing with and facing our buried problems bolsters self-esteem and sets the groundwork for overcoming other challenges.

TUNE INTO WHAT'S BLOCKING YOU FROM FOCUSING ON YOUR LIFE:

- 1.** Tell yourself that you want to have dream that will show you what's holding you back. Set an intention every evening to remember your dreams in the morning until you do. Make sure to record them immediately. See what unconscious blockages spring to mind when looking over the dream. I suggest you go with your first impression.
- 2.** Find a quiet place in your home where you can focus on your dream. Close your eyes for 5–15 minutes and ask your intuition to give you a solution as to how to overcome the blockage revealed in your dream.
- 3.** While in this meditative state take out your journal and answer this question: If I could do anything, or be anything without worrying about money what would it be? Begin writing and don't censor yourself. The biggest obstacle to jump-starting intuition is not listening to our own truth. When you stifle who you are you shut down your intuition.



CHAPTER FOUR: HOW TO PUT YOUR INTUITION TO WORK

Now that you have a working knowledge of how to tap into your intuition you probably want to know what to do with all these insights you're getting right? I've devoted myself to using intuition and to teaching others how to use it as well for one reason, and one reason alone: Using your intuition is practical. It is also the fastest way to solve problems, and find answers in life. Plus, listening to your intuition puts you on the fast track to discovering your divine purpose in life. Once you know what you were meant to do on this Earth – you'll be driven by your passions and on the road to living the life of your dreams!



25 WAYS TO JACK-UP YOUR SUCCESS USING INTUITION

I recommend developing your intuition because it has many practical uses. We all have this ability because it's meant for us to use to help us live better lives.

It's one of the primary senses for ensuring our safety. For example, isn't it useful to have the hairs on the back of your neck stand up when you feel you might be in the presence of danger, like say a mugger? Yes, absolutely.

Why did your hairs stand up? Your body "knew" about the danger and was communicating it to you through the body's intelligence. Your body is receiving information that you aren't even consciously aware of, but it's telling you to run all the same!

Just think how much information you would receive if you chose to develop your intuition and become conscious of all these cues and bits of information all the time?

Becoming aware of and then using the information coming through all the time might just put you in the category of genius.

According to Wikipedia: "*A genius is something or someone embodying exceptional intellectual ability, creativity, or originality, typically to a degree that is associated with the achievement of unprecedented insight.*"

This certainly sounds like someone using intuitive insight to me.

Intuitive hunches play an important part in my business life. I can sniff out a serious customer from one who will just consume my time. And that's important when you work on 100 percent commission. You don't get paid unless the deal closes, so time really is money.

There are many more practical uses for intuitive guidance. Here is a short list:

1. You can tell if someone is lying, or manipulating you.
2. You'll know if someone is a phony and just using you.



- 3.** You'll pick the right mate, or life partner.
- 4.** You'll buy the right house or condo. Or you'll know now is not the time to buy.
- 5.** You'll know to take a certain job.
- 6.** You'll know if you're going to get along with the boss at the new job.
- 7.** You'll know if you should go out on a date with this person.
- 8.** You'll know if you should pursue a particular career.
- 9.** You'll know if you should hire one contractor over another to do the work on your home.
- 10.** You'll know to pick the right doctor.
- 11.** You'll know if your body is developing an illness and needs preventive medicine.
- 12.** You'll know if you should order that expensive piece of furniture, or whether you'll hate how it looks in your house upon delivery.
- 13.** You'll be able to determine which clients to call on what days.
- 14.** You'll be better able to pick what investments, or the right financial adviser.
- 15.** You'll know the exact time to call a prospect when they'll be receptive to you.
- 16.** You'll know who is going to be of help to you and who isn't.
- 17.** You'll know who is going to buy from you versus waste your time.



- 18.** You'll know whether to attend a function, or if it's going to be a waste of time.
- 19.** You'll know whether you should take a certain class, or study with certain teacher or not.
- 20.** You'll know if this is the right time to get a pet for your family.
- 21.** You'll know if you've made the right decision about a partner in your business.
- 22.** You'll know if the product from one of those long sales pages really delivers on all it promises.
- 23.** You can get more information on anything you're worried about while addressing your fears.
- 24.** You'll know if you should follow through on surgery, or get another opinion.
- 25.** You'll know when your teacher is going to spring a pop quiz on you.

The usefulness of intuition is endless! I've only scratched the surface here.

The point is that you can use your intuition to get more information on anything you desire in order to make better decisions. Having more information when making decisions makes us more effective and being more effective means that we will be more successful at anything we attempt to do.



5 EXERCISES TO TAP INTO YOUR INTUITIVE GENIUS

Listening to intuition often brings us answers and solutions to problems that we've been grappling with for a while. Albert Einstein addressed this when he said: No problem can be solved from the same level of consciousness that created it.

What he meant was that you have to enter a more creative and relaxed state of mind to solve the problem. If you're tense and your fearful thoughts repeat in a loop over and over about the situation you'll never get the answer. You need to release your brain from the vicious cycle of worry to come up with a new and innovative solution.

Hosts of studies on creative problem solving advise generating many new thoughts by either brainstorming, or mind-mapping the problem as a means to derive solutions. The next thing I advise is to sleep on it, or relax and step away from the problem for a while. Both of these suggestions also foster intuition – which is another mode of creativity. So, what creativity experts are really advocating is that you develop your intuitive faculties.

When you get clear and think about this, it's problems that slow down our progress, so wouldn't it be nice if you could just ask for an answer to a problem and get it – without spending days, or weeks, or months worrying and reviewing the problem over and over? We seem to think that the harder something is to accomplish the more valuable it is, but that's just our cultural bias. Let's be honest – wouldn't it be nice for things to be easy?

How would you like to be in a state of flow where things go your way more often in your life? That's what intuition offers. It doesn't mean we never have problems to deal with, because we always will. Intuition puts us in touch with something much greater than the 3 pounds of gray matter in our skulls to solve problems at the genius level.



TO THINK LIKE A GENIUS AND MAKE PROBLEM SOLVING EASIER TRY STIMU- LATING YOUR INTUITION WITH THESE 5 MIND EXERCISES:

Exercise One. Sit in a quiet place and use whatever method you like to relax. If you're interested in meditation, which develops the intuition like nothing else, see page 17 for a simple method of meditation. With eyes closed and feeling relaxed state the problem mentally; try to be as concise as possible. Tell yourself you're going to count backwards from 10 to 1. Visually see each number as you count. On the count of one you'll receive the solution to your problem. On each count affirm that the answer is now being formulated and moving closer to the surface of your awareness.

Exercise Two. Again sit in a quiet place and use whatever method you like to relax and then mentally state the problem as concisely as possible. Visualize that you're walking down a beautiful country lane in the Fall. The leaves are turning and you hear them crunch and rustle as you walk toward your destination. In the distance you see lovely public building. As you get closer you see that it's a library. You walk through the door and see row after row of books. Something pulls you toward a specific book on a shelf in the room. You walk to it and take it off the shelf and open it. On the page is written the answer to your problem.

Exercise Three. Again sit in a quiet place, relax and mentally state the problem. Visualize yourself floating in a hot air balloon up in the sky. You're watching the beautiful scenery below. There's a quaint town with lots of houses and a village center with lots of activity, stores and people. Slowly the balloon starts to descend. It brings you to large green lawn of beautiful well maintained home. You walk through the front door and into a beautiful foyer. You take the stairway to the second floor where you enter a bedroom. In the bedroom you see an armoire. You open the doors – it appears to be empty except something catches your attention way in the back on the bottom shelf. You bend down to pull it out. It is just the thing/tool/symbol you need to solve your problem.



Exercise Four. Sit in a quiet place and relax and close your eyes. Mentally state the problem. Visualize yourself walking in through a beautiful sunlit wooded area. You follow a path

and walk up a hill. When you get to the top you see a shimmering lake surrounded by hills. You walk down the path toward the lake. As you get closer you see there are some large flat stones you can walk on out into the water. You hop from stone to stone until you get to the last one which is out in the middle of the lake. You lie down across on your stomach and look down at the water. The water begins to cloud and then a scene emerges that holds the answer to your problem.

Exercise Five. Get quiet and relax with your eyes closed. Give yourself a directive that you're going to be shown the answer to your problem within 5 days. Tell yourself the answer will either appear in a dream, or in something you read, or hear. It can also be a symbol that you interpret. Reaffirm this each night before you go to bed and upon arising. Keep a notebook on your bedside table to write down your dreams, and with you at all times to jot down any ideas you get. You'll be amazed to see that you do get the answer within 5 days.

You don't have to do all 5 exercises to get the answers. I'd pick one or two that "feel" right for you and the problem you have in mind. I use the counting backwards from 10 to 1 a lot, especially for yes or no answers. I also ask for answers in my dreams – and get them frequently. I also like the one where you open a book and see a word or sentence. The more you practice the better you'll become at tapping into your own inner genius.

Do you believe, as I do, that we are much more than our physical bodies and brains? Have you ever tapped into the Universal Mind, or genius mind for answers before? What happened?



DEVELOP YOUR INTUITION: IT COULD SAVE YOUR HEALTH

Not too long ago I had my first bone density test. I wasn't worried. I take vitamins and exercise, so I thought nothing of it.

When my gynecologist's office called and wanted to schedule a consultation after the test, I was annoyed. Why did I have to go to her office? Why couldn't she just give me the results over the phone?

The reason she wanted me to come in was to tell me that my bone density test was showing early signs of osteopenia, a precursor of full blown osteoporosis. I was shocked! How could this happen to me? I'm too young, I thought.

"It's a normal part of the aging process," my doctor said matter-of-factly while scribbling something on a prescription pad.

What's she talking about, I heard myself thinking, aging process? Me?

My doctor told me not to worry about it too much. She said I should step up my resistance exercise, take a calcium pill every day, and take the bone building medicine she was about to prescribe.

I left the office feeling very deflated. Is this how age sneaks up you, I thought? One day you feel young and there's a bounce in your step, and then the next thing you know your bones are Swiss cheese, and then you're waiting for a hip replacement? Hearing I was "old," when in fact I'd just barely passed my mid-forties had stunned me. Then, to be told to just accept it, completely undermined my confidence and made me feel weak and vulnerable.

I guess she knows what she's talking about, I thought as I pulled into the drug store parking lot feeling quite defeated. I walked in, prescription in hand, and headed to the back of the store to drop it off with the pharmacist.

As I approached the counter, I heard, "STOP!" I froze and looked around to see who had said this. As far as I could tell there was no one calling me from within the store.



I was about a foot from the counter and the pharmacy assistant watched me impatiently as I just stood there.

"Can I help you," she said trying to coax me into taking the extra step to the counter.

"I uh, uh – no," I said, and spun around and walked out of the drug-store.

In that split second when I'd heard, "STOP," and looked around I'd realized it was my intuition telling me – not to fill the prescription.

I left the store, and when I got home not only did I read any and all information pertaining to bone loss drugs but, I also began a huge Internet search for the things that could cause bone loss in women. After about a week of research I felt that I knew what had been happening to my body.

A week later, I was in my regular physician's office insisting on a battery of tests. The doctor tried to tell me that I should have filled my gynecologist's prescription and that my theories were unsubstantiated, but I stood my ground. I basically said, rather uncharacteristically for me, "Do it, or I'm changing doctors."

A week later the doctor's nurse called with the results of the tests I'd insisted upon. It turns out I was dangerously deficient in Vitamin D, which after researching the symptoms I'd been sure was part of my problem. I was given a prescription of 50,000 units of Vitamin D to be taken weekly for three months. I also had raised levels of a certain marker indicating I had a gluten intolerance, just as I'd suspected. Luckily, I didn't have a full blown case of Celiac disease, which is a gluten intolerance so severe that it can be fatal.

What had been happening to me was that in the course of eating what I thought was a very healthy diet packed with whole grains, my intestines had become so inflamed from the gluten that they weren't able to absorb the nutrition in the food I'd been eating. I became Vitamin D deficient. Without Vitamin D your body doesn't absorb calcium well. With little to no calcium being absorbed into my bloodstream, my body began to draw on my bones to get the required amount needed to sustain me, and that caused my bone loss.

It took over a year for my Vitamin D levels to rise enough to go off the prescription. During that time I stopped eating all gluten products and began taking a high dosage of calcium cit-



rate, which is the most easily absorbed form of calcium, along with Vitamin K, which is needed to absorb calcium. I continue to take a high dosage of Vitamin D each day on my own to keep my levels high.

When I went back for another bone density test earlier this year – the bone loss had stopped. I was elated! It hadn't gotten better, but it hadn't gotten worse either.

All this because I'd listened to my intuition. Intuition can take many forms, and comes to each of us differently at different times. In this case, I literally heard it.

By the way, after reading about the horrible side effects of those bone loss drugs I'm so glad I didn't fill that prescription. Even if the chances were slim that I just might get necrosis of the jawbone, or thighbones that snap like twigs when I walked, I wasn't too inclined to take that chance.

So, listen to your intuitive voice – it could save your health. In my case it saved my bones, and maybe even my jaw and my thigh bones too.



25 WAYS TO PUMP UP YOUR INTUITION!

A lot of people say they're not intuitive. That's not true.
Everyone is intuitive.

It's just a matter of your desire to develop your intuition – and then priming the pump with practice.

How many times have you heard, "Follow your gut instincts!" Using your intuition helps you find answers, solve problems, receive guidance and become more creative. It's an extremely practical skill to have.

Once, I lived about 100 miles from (a now previous) boyfriend. We'd get together on the weekends. When it was my turn to visit him I had a choice of two major highways. As I approached the point where the two split off I'd ask myself which highway had the least traffic, and then take that one. Later, I'd often hear the traffic report while still driving – the other highway was backed up.

25 EASY, FAST, AND FUN WAYS TO PUMP UP THE VOLUME ON YOUR INTUITION:

- 1.** Create an intention to remember your dreams, and record them. Before going to bed, go over a problem you're having in your mind and ask for guidance. Be patient. It may take a few nights to either remember a dream if you're not in the habit, or to get the answer.
- 2.** Meditate. It helps quiet the mind. You want to slow down the mind chatter to expand the quiet spaces between thoughts. The longer the quiet is between thoughts the more easily intuitive guidance can get through and be heard. (For a guide to meditation turn to page 17.)



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- 3.** Go for quiet walks in nature. Quiet reflection helps create the same longer quiet space between thoughts as meditation. Did you get idea about the best way to deal with a situation in your life?
 - 4.** Start guessing who's on the telephone. Pause for a second before answering, and don't look at the caller I.D. Ask yourself who it is. See what pops into your mind.
 - 5.** Try to envision what a friend will be wearing before you meet them. Take a moment before leaving the house, or getting out of the car and ask what they're wearing. What comes to mind?
 - 6.** Ask a friend to concentrate on one interesting object in their home – see if you can visualize it. You can do this while on the phone with a friend, or by picking a specific time when you're both concentrating on this task. Give your friend your impressions.
 - 7.** Take a relaxing bath, or shower, and ask your intuition to give you the solution to a problem you've been pondering. Let your mind wander. What ideas bubble up?
 - 8.** Think of a challenge you're dealing with. Close your eyes and see yourself plucking a thick book off a shelf in a library. Open it to any page. What is written on the page?

Is it your answer?

- 9.** You need a yes or no answer. Tell yourself that in the next 48 hours you'll know the answer to be yes if you find a penny.

- 10.** When driving in your car with the radio playing see if you can guess the next song the DJ plays.
- 11.** Tune into your feelings when faced with decisions. Notice if you're feeling excited, energized, or drawn toward doing one thing over another. Feelings of fear, dread and procrastination are signals not to proceed with something.
- 12.** When at the grocery store or bank, stop for a moment and ask yourself which line will move the fastest. Then get on that line. Were you right?
- 13.** If you have a bird feeder, ask yourself which bird you'll see first this morning at the feeder.
- 14.** When meeting someone for the first time become aware of your "first impressions." As you get to know them determine if you were right.
- 15.** Try some inspired writing. Go somewhere quiet and meditate for a short time. Then ask for guidance concerning a problem you're trying to sort out. Pick up a pen and start writing. Try not to "think" too much about what's being written. You may feel funny at first, but after warming up you may find yourself writing and writing. Was this the guidance you needed?
- 16.** Before you get to a busy intersection try to see if you know if the light will be red or green.



17. Prior to meeting friends at a restaurant test yourself to see if you know what your friends will order for dinner.

18. When going to the grocery store, busy coffee shop or deli you frequent ask yourself who you'll see there today. Who pops into your mind?

19. Focus on any past successes with intuition. Remember how it felt when it came through. Knowing how it works for you will enable you to identify it in the future.

20. Ask a friend to concentrate on someone they know, but you don't. Try to see what impressions you pick up. Share with your friend. Did you see what they looked like? Did you get gut feelings about their personality? Were you right?

21. Take a deck of regular playing cards. Turn them over face down. Hold one in your hand. Do you get an impression as to whether it's a black card or a red card. Take it further, what suit is it? What number is on the card? Did you have any hits?

22. Before leaving your house see if you get an impression about the traffic. Are certain roads snarled? Has there been an accident? A lane closure? Turn on the traffic report to see how accurate you were.

23. Is anyone you know having a baby? See what your intuition says the sex of the baby will be. You may have to wait 9 months to see if you're right!



24. When going to someone's home for the first time, see if you get an impression about whether they have pets. Are they dog people, cat lovers, both? No pets?

25. Try this exercise with acquaintances. Have everyone exchange keys rings. See if you get an impression about what their house looks like. The kind of car they drive. Or anything else that comes to mind that is triggered by one of the keys. Do you see a safety deposit box? Their office building? A hand carved antique box with love letters inside?

You don't have to try all of these. Just pick the ones that appeal to you. You may be quite amazed by your results. But, don't worry if you're wrong! Fear and "stage fright" shut off your intuition. Intuition is the opposite of rational thought. The two cannot occupy the mind at the same time. It's spontaneous, playful and random and operates independently of the intellect. So, give some of these exercises a try and have fun. Once you get over the fear of being wrong your intuition will soar and roar loud enough to be heard!



CONCLUSION: WRAPPING IT ALL UP

I hope you enjoyed reading The Intuition Primer and learned a lot from these lessons.

I also hope you understand that being intuitive is a natural and a normal ability we all possess. It's not eerie or paranormal at all. So, I hope you'll develop your intuition and put it to good use in your daily life to make your life better.

This is only a short introduction to intuition as there's plenty more to say and learn than I've shared here. Keep reading Powered by Intuition to get my latest posts and to learn more.

If you'd like to explore heightening your intuitive development with some one on one lessons feel free to contact me for a coaching session. Working directly with a mentor will quickly open up your intuitive channels.

I'm also available for intuitive counseling as well where I will answer all the questions you have about what's going on in your life.

Feel free to contact me directly at: Ange.Artemis@gmail.com



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