

Cheryl Cullen

Intuition A-Z

Introduction

I am a life coach. Intuition is central to my trade. There is a saying in the life coaching industry that “Fulfillment is a radical act.” The coach helps the client to move into greater fulfillment in life, and intuition is a navigation system that supports their journey toward living authentically. I mentor clients about intuition, and we explore the possible changes, challenges, and benefits they’ll experience as they learn how to utilize this powerful resource.

Translating intuition into daily life doesn’t occur by following a precise scientific formula. Intuition is intangible and ethereal; it leaves you to explore the shades of gray and to color in the meaning for yourself. This presents a challenge for a culture that predominantly regards tangible data as the only reliable source of information. This book is a guide, providing readers with the information they’ll need to better understand and translate intuition into their lives.

With each person there’s a unique emergence of intuition and the impact it has on their life. **INTUITION A-Z** resulted from my desire to provide an uncomplicated book for my clients that explores the many facets of intuition. It’s a reference for them to tap beyond our sessions together.

Following intuition’s lead often requires courage, and, as a life coach, I provide the support clients need when they’re stepping into both difficult situations and exciting opportunities.

Living intuitively will change your life significantly. It’s a wise, inner resource, which aligns you with your life purpose, with your Divinity. Although living intuitively can be a deeply spiritual experience, its purpose isn’t to replace religion. Any religious practice or ritual will enhance intuition.

As you begin this A-Z journey, please allow me to offer this explanation of what intuition is.

Intuition is the voice of your soul. You are living a dual existence, as a human and as a

soul. Human aspects include your physical body, ego, personality, and everything about you that is tangible, visible, and finite. You're also a soul. This aspect of you is intangible, invisible, and eternal. The soul is the essence of you that came from a Divine Source and will return to it when your physical body perishes.

The nature of the soul is to softly connect with and guide you throughout life, so you may fulfill a multitude of Divinely ordained purposes. In order to hear intuition, you need to listen intentionally, because it's mostly quiet and can be easily out muscled by much louder voices, such as your ego, other people's opinions and the cacophony of daily life. As you listen to and make choices based on the information and guidance your intuition provides, you are living in alignment with your soul!

I have personally experienced the principles in this book. I've also had the pleasure and privilege of witnessing them in the lives of my clients, as they progress to the best life has to offer. I hope this book serves you with the information and inspiration you require to manifest miracles in your life. Take what resonates for you and leave the rest.

A

Agenda

Angels

Abundance

Animals

Your soul came into this lifetime with an **Agenda**, but it will not enforce it on you. Throughout your entire life you'll be given immeasurable opportunities to integrate your personality with your soul by connecting with and following your intuition.

We all have guardian **Angels**. Angels playfully lead us to recognize intuitive opportunities. For example, let's say you're curious to experience a sense of angelic presence, a sign that you have Angels, and they're available to guide you. Silently request that your angel(s) give you a sign, and then follow any hunches that come to you. Perhaps you change the radio station and the lyrics are about angels. Or someone unexpectedly sends you a book on the topic, or you receive a gift with an Angel theme. Pause and notice these signals as responses to your silent request.

A sign, in conjunction with a physical response, is a powerful indication that Angels are near. Physical sensations such as chills, tears, or a sense of opening in your chest or solar plexus, may occur when you hear the song, open the gift, or unwrap the book. These experiences are intuition's version of tangible direction.

When you follow intuition, you're aligning with your soul's agenda. Over time, a fulfilling and meaningful life continually unfolds. Angels are your allies on this journey.

The experience of **Abundance** has a different look for each of us. For some, it's a big family, a stable of horses, and nothing but sky on the horizon. For another, abundance is a high profile lifestyle, creative expression, and jet setting between homes in various zip codes. Intuition will help you co-create your version of an abundant life. You will also gain an increased awareness of abundance in all its forms that presently exist in your life.

Animals are pure instinct. They don't check the weather forecast, or any other logical device to decide when to hibernate, migrate, hunt, or mate. They have an innate wisdom moving through them, and they act without reasoning. Humans have the same flow of wisdom available, but we disrupt it with fear-based, self-sabotaging choices. The short list of these choices includes guilt, shame, unworthiness, and doubt. Our souls seek to help us express our Divine nature by offering instinct as a guiding force. Trust your instincts.

B

Birthright

Bliss

Breath

Balance

Everyone has intuition; it's a **Birthright**. Throughout history, females have been credited with having stronger intuition than males. There is physiological science to support that the female brain can combine the logic of the left linear side and the right, intuitive side, more easily than males. It is also socially acceptable for women to use the term intuition when expressing non-linear thought processes. However, everyone has intuition because everyone has a soul.

A masculine expression of intuition may be referred to as a gut feeling or hunch. Call it what you will, it's all the same thing. You'll be hard pressed to find a highly successful person (by any measure) that doesn't have a name for this sort of guidance, as well as a continued reliance on it.

Bliss is that wonderful feeling that all is right in your world. Imagine what your perfect day looks like. Where are you? Who are you with? What are you doing? In that scenario are clues to what you value and what happiness looks like for you.

Intuition can help you navigate through the changes you'll need to make in your life in order to honor your values and experience bliss as status quo.

Breath is essential to life and the intuitive process. Breathing fresh air can clear stagnant energy, stimulating your inner wisdom to circulate.

Focusing on your breath can serve you by quieting your fears, in order to hear the guidance your intuition is providing. When you pause and breathe while in a stressful situation, you become centered and calm. You're choosing to shift out of the human perspective, thereby allowing your soul to lead you. It takes awareness and discipline to make this shift, but eventually it becomes second nature.

In the pursuit of fulfillment be sure to honor all the aspects in life that matter to you. Failure to **Balance** your time between family, career, health, and leisure for example, will sabotage long term happiness.

The human condition can be all consuming at times, leaving you drained of energy. Balance the intensity of life by having soul nurturing interludes built into daily life.

C

Compelling
Clarity

Contribution **Courage**
Conscience

Confidence
Coincidence

What's **Compelling** in your life? It may be a hobby, career, vocation, project, relationship, or geographical destination. The person, activity, or whatever else you cannot get enough of, is intuition's way of leading you to **Contributions** you can make to the world.

The compelling idea or person may be calling you to what you need to heal or transition in your life to be healthy, both emotionally and physically. As your life becomes more manageable and fulfilling, you gain a greater capacity to contribute to others.

Whatever you find compelling in your life is intuition leading you, as long as the choice holds you to a high level of integrity and compassion for yourself and others.

Intuition will lead you to some choices that will require **Courage**. This is one of the reasons we often decline the guidance. You'll find the anticipation of a difficult choice is often worse than the deed itself. Having the courage to follow intuition will be rewarded with support from the universe, in ways you cannot imagine, until you step in.

People with Self-**Confidence** may be more inclined to trust themselves, and are therefore more likely to follow their intuition. A lack of self-trust leads to second guessing oneself and dismissing intuition before giving it a chance. Any effort to build your self-confidence will contribute to your capacity to trust intuition. Building confidence in your intuition may require taking small steps. As your confidence grows, so will your courage to make more significant leaps.

Clarity is an underrated gift. If you're clear about a choice, be grateful, even when that choice may initially lead to difficult changes. Having clarity helps you build the momentum you need to carry you through the challenges. Consider clarity and confidence about a choice to be a strong "go" signal from your intuition.

Intuition provides clarity and clears your **Conscience** so you're comfortable moving forward with a choice. A clear conscience is evidence you're in alignment with intuition.

Coincidence is the seemingly accidental and remarkable experience of events, ideas, or other phenomenon arising, converging or occurring at the same time. When you find yourself experiencing coincidence, become curious about what intuition's role might be. Stay open to what significance the coincidence has to present to you.

D

Dance Divine Timing Desire Detach from Outcome

Think of life as a **Dance** with intuition. Intuition is your partner, and the dance floor is your life. Allow yourself to be led. Following a dance partner requires trusting that although you may not see where you're being led; there is pleasure and power in surrender. The dance will include rhythm, timing, dips, spins, tripping and sometimes falling on your backside. As you commit to picking yourself up, trying again to respond to the cues, and improving your steps, you will be led to the flow and freedom that results when you align with your partner within, intuition.

Divine Timing is required for your greater good to unfold. Your **Desired** outcome will be contingent upon the universe orchestrating many details you're unaware of or don't initially understand. Be patient; Divine timing has little to do with the human timetable.

Meanwhile, **Detachment From Outcome** can create powerful alchemy. As you keep your desired result in mind, try to detach from assumptions regarding the specific steps necessary to make it happen or the end result. When you're attached to an assumed route, and/or destination, you might block the miracle that's trying to find you, because what's unfolding doesn't look exactly how you've imagined it. Detaching from absolutes makes you more receptive to what intuition is presenting.

In order to detach you'll need to relinquish your fears, as best you can, and surrender control (no small thing I realize). Yet, ironically, the most powerful choice you can make

to manifest your desires is to release the perception of control you imagine to have. Let go of the strangle hold you have on a precise order of events, and the solution will transpire.

When you find yourself distraught, frustrated, or angry a situation, ask yourself “What am I trying to control?” The answer will provide you with what you need to back off of. By letting go, you’ll create the space for intuitive solutions to flow.

Imagine a room in your home so full of useless furniture and, that there isn’t room for a beautiful gift you receive. What a waste to have a room full of meaningless possessions, and no place to put something you treasure. This is also true if your emotions are cluttered with anger, frustration, and the desire to control, there is no space for the solution. Clear out the clutter and make room for the amazing gifts.

Detachment should not be confused with complacency, laziness, or apathy. Detachment from the outcome of a situation is part of the process that includes, setting an intention, holding a vision, and believing in a dream. Embrace your dream then detach from the who’s, what’s, how’s when and where, it will manifest into your life. This will allow intuition to help you navigate the course, and Divine timing to bring the results.

Detachment to outcomes may be the single most powerful shift you make to realize the life of your dreams, and to live each day with a sense of inner peace. Never forget, the universe can dream a bigger dream for you than you can ever imagine. Get out of your way!

E

Eliminate

Esteem

Evolve

Ego

Empowerment

Intuition may lead you to a choice that in hindsight you consider to have been a mistake or waste of time (relationships and careers come to mind). Yet, the best way to discover if it’s the right choice is to experience it.

What you perceive as a mistake is actually an opportunity to authenticate and verify a

path or a choice in order to move on. **Eliminating** choices is part of the intuitive process, a means of fine tuning exactly what you want your life to be. A lifetime of speculation and inaction is uninspired and tragic.

With healthy *Self-Esteem*, you interpret your choices, and their consequences, as an opportunity to **Evolve**. Negative self-esteem can inhibit your ability to examine your options objectively, and robs you of the rich and varied experiences life has to offer.

Once humans have their basic survival needs met, their greatest driving force is validation. You need not look far to find examples of people compromising good judgment to be considered cool, powerful, successful, and attractive. This is not to say that cool, attractive, powerfully successful people are ego maniacs. Being successful is in alignment with the soul. It is in fact a by-product of following intuition. The distinction lies in how you relate to others.

Is your success a platform for bragging, or a source of humility, and a means to contribute to a better world? Are you a human seeking validation or a soul offering sincere validation to others?

You can feel the energy when you're in the presence of someone that resides predominantly from their soul. It feels safe, grounded, inspiring well it's validating actually!

Empowerment is a by-product of living intuitively. You come to realize that within you resides all the wisdom, resources, and strength you need to find your way in this life. As your aptitude for living intuitively grows, so too will your trust that something bigger than you is directing the way. All you need to do is read the notes and allow the music to flow through you and out to the world. Trust the conductor, trust the notes, trust your instrument, and trust yourself.

The quiet confidence that grows, when we live from our soul, enables us to empower others through our words and by example.

F

Fear

Frequency

Forgiveness

Feelings

Most choices you make are driven by either **Fear** (avoiding a consequence) or love, (embracing a possibility).

As you make choices, observe which camp you have chosen from -- fear or love. It's not realistic in the beginning of your intuitive journey, to make love-based choices in every circumstance. What you're looking for is an awareness of what your choice was based on. Was it about embracing possibility, or avoiding assumed consequences? Learn and grow from the consequences that unfold when you choose from fear vs. love.

There are times when you're fearful in a potentially dangerous situation. (*Intuition may have alerted you to the danger*). But there is a difference between feeling fear in a threatening situation, as opposed to living a fear-driven life.

At a cellular level, a human is merely a bundle of vibrating energy. Living intuitively elevates the **Frequency** of your vibration. The frequency at which Angels vibrate is high and fast. Similar vibrations attract one another. Living intuitively and making love-based choices raises your frequency. By raising your frequency to a higher vibration, you will attract Angelic assistance, and a higher level of experiences, relationships, opportunities, and manifestation.

Forgiveness is a choice that will raise your vibration substantially. Withholding forgiveness stalls you at a lower frequency. As difficult as forgiveness can be, it offers emancipation to the forgiver.

Begin with the intention to consider forgiveness, then ask yourself, "What's one step that I'm willing to take to move closer to forgiving this person?" The step may be to simply visualize the person with white light surrounding them. Self-forgiveness begins as well by taking the first small step, and building toward more courageous ones.

Your **Feelings** are the most authentic resource you have to connect with your inner

wisdom. Ask yourself...*"How do I feel about this situation?"* Notice both your emotions and physical sensations.

To gain a true sense of how you're feeling, it's best to isolate from distractions, close your eyes, breathe, and take inventory of your thoughts. Notice what thoughts are racing through your head and quiet them. Observe where you're holding tension throughout your body and release it. When you feel centered and calm you will be better able to hear your intuition.

Consider your options in a given situation, and notice how each choice makes you feel. A light, up-lifting, sense of opening up, is indicative of intuition. *(Notice how you feel after a good laugh, it's that kind of feeling I speak of here).*

Consequently, if the choice isn't congruent with intuition, you will have physical indications as well, such as tightness, headache, nausea, a sense of restriction, a heavy dark feeling, or the creeps.

You'll need to make the distinction between the stress created from a choice that is counterintuitive, and the "good stress" you feel when a choice is ambiguous and presents obstacles and challenges. The intuitive choice will eventually lead to your greater good, but may stretch you beyond your immediate comfort zones. Think of the jitters you feel before an interview for your dream job, playing in a match in a tennis tournament, or pushing 'send' to submit your profile to an online dating service. All of these are examples of good stress that you need to work through to create opportunity.

G

Gremlin Guilt Gratitude

Gremlin is a playful term used in life coaching to describe the inner critic that is part of the human psyche. It's the voice of self-sabotage seeking to maintain the status quo in your life. Subsequently, as you move toward change, the voice of the gremlin becomes louder and more persistent, as it scrambles to retain control. Gremlins can be managed once you recognize them and their mode of operation, which varies

depending on the person. A life coach is an expert in helping clients with gremlin management.

You have a choice to follow intuition (love, soul, values) or gremlin (fear, ego, guilt, shame, pleasing others). The voice of gremlin can be distracting and bothersome. It can also range from berating and condescending, to humiliating, and hostile. It depends on the person and their circumstances. The voice of intuition is soft and direct, like a good friend nudging you. The opposite of what the gremlin sounds like.

One of the gremlin's most powerful devices is **Guilt**. Many people spend their entire adulthood cowering in the backseat of life, allowing the gremlin to drive the car with a full tank of guilt.

A powerful way to diminish guilt, is to become aware of the intentions behind your choices. When you're clear that your intentions aren't about hurting anyone, and free of contempt, you will be able to gradually manage guilt.

The best you can do is to have positive intentions, and make choices that find the balance between honoring yourself and respecting others in each situation.

Gratitude is a powerful way to attract the best in life. As you focus on what you're grateful for, you'll attract more of the same. This is also true if you focus on what you don't want. If your goal is to lose weight your thoughts and affirmations could sound like ***"I'm grateful for my perfect health and weight. I love my body."*** That statement has the focus on what you want.

Versus ***"I no longer want all this excess weight, that's causing me health issues."*** There the focus is on what you don't want, and that's what you'll attract. Two statements that seem to say the same thing, but have a clearly different focus, attracting opposite results.

Expressing gratitude for the intuition you receive will increase and enhance it. Make a daily list of what you're grateful for, and watch your blessings multiply. When you extend gratitude to others you raise your vibration, and you're in alignment with your soul.

H

Harmony

Humor

Humility

Hope

Hydration

Harmony with nature creates greater receptivity to intuition. Connecting with the earth, the elements, animals, and nature in any form will nourish your soul. Seek opportunities to linger in natural settings. We all have that place we go to let down and relax. The beach, a hiking path, park bench, a boat on the lake for example. (Golf courses might even do the trick depending on your detachment to outcome!)

Open all of your senses to the gifts of nature. When you recognize nature in full expression, stop what you're doing and celebrate. If while driving you notice the full moon rising, stop, get out of the car, open your arms and soak it in. If you see hear a flock of geese migrating, get outdoors, stand under their formation, and witness the miracle of their collected efforts. When you notice the grass soaking up the sun, lie in it, smell the earth, feel the warmth, touch the blades of grass, and ground yourself, literally.

When you witness harmony in nature, it will generate belief, that within you resides an innate rhythm and wisdom, connecting you to all living things.

Connecting with nature will also create greater harmony in relationships. When you need to have a difficult and emotional conversation, try to arrange to occur outdoors. Being outside, amongst nature, can have an unconsciously calming effect, helping to dissipate the tension level. Even more so if you're walking outdoors, you'll create a physical outlet for tension to be released.

Humor is a tonic that intoxicates the soul with joy. Give humor a reasonable amount of priority in your life, as it serves both the human and the soul. Humor at someone else's expense is ego based and does not qualify as a healthy choice.

Humility emanates from people living from their soul. They recognize they're a conduit facilitating blessings from a Divine Source through them and on to others.

Humility should not be confused with low self-worth, or playing the martyr (a self-absorbed attempt at manipulating others), or any other passive-aggressive behavior.

Your **Hopes** are a reflection of the desires your soul has for you to achieve in this lifetime. Retaining hope while the universe works out the details of your dreams and aspirations, keeps you at a frequency that attracts intuition, and the opportunities to make the dreams come true. Meanwhile you'll need to respond to, and follow the intuitive direction you receive. Intuition serves by helping to chart the course toward the life you hope for.

Hydration is an essential part of taking care of your body, in order to maintain an ongoing flow of intuition and energy. Your body is 2/3 water. Its need for water is second only to oxygen. Some of the benefits of adequate hydration include, flushing out toxins, transporting nutrients and hormones, regulating body temperature, and maintaining homeostasis.

Any association you make with water has the potential to serve you. This includes scenic views such as watching water flow over rocks along a stream, walking in the rain, gazing at the reflection of the sky on a lake, or being lulled by ocean waves.

Physically being in water while surfing, fishing, water skiing, swimming, or simply relaxing in the bath tub, will create inner harmony and balance. You know how you feel when you engage in your favorite water experience, yeah that's what I'm talking about here!

When your intuition is stagnant consider drinking more water, and less toxic beverages, and seek a connection with water.

I

Intention

Integrity

Input

Interpretation

Innate Talents

Intuition Intervention

If your **Intentions** hold you to a high level of **Integrity** and compassion, for yourself and others, you are integrated with your soul. If your intentions are tainted with revenge, contempt, and causing painful consequences for another person, then you are far removed from intuition's orbit. You will attract consequences that are aligned with your intentions, both positive and negative.

Your **Input** is important; intuition is not an independent ruling force. Ask for what you desire, listen to the guidance you receive, then take the compelling action that expresses compassion and integrity. Aligning with intuition is a three step process, ASK, LISTEN, ACT.

It's been said that intuition is never wrong. Our **Interpretation** of it may be off, however. Interpreting intuition takes practice. Embark as a beginner and allow for a learning curve. Permit any choice you consider a misstep, to serve as an enlightening opportunity to raise your intuition I.Q.

If you consider yourself to be a perfectionist, the intuitive journey will present its own sets of challenges to your personality type. Accept that this isn't an exercise in nailing it down right out of the gate.

Aligning with intuition is similar to beginning a new relationship. You feel your way around it with the cues you pick up from the other person. There will be setbacks, misunderstanding, and meaningful connection. Learn from the process and your relationship with intuition will thrive.

Your **Innate Talents** are an indication of the gifts you have to offer the world. When you utilize your talents, in service of others, you're living the intuitive way.

An **Intuition Intervention** occurs when an onslaught of intuitive information and experiences sweep through your life, leaving you forever changed. An intervention can last hours, days, weeks, even months. The experience is full of coincidences,

synchronistic events, vivid dreams, precognitions, and insights that capture our attention, and collectively support the direction in which our soul is leading. If you flow with the current, you will discover a deeper understanding of what your life is about, and what you're here to contribute.

When you're in a stage of life that affords you the time and the resources to help others, with your innate talents, you set yourself up for amazing levels of manifestation. All you give returns to you tenfold.

J

Jump

Journey

Journal

Intuition may initially be presented as an idea or hunch ; call that "Step A". Many times we **Jump** to a conclusion (XYZ) and decide, based on an assumed outcome, that Step A is a bad idea. When we assume the outcome of a choice, we're denied of how the experience might serve us.

The nature of intuition is to give you one step at a time. Instead of making an assumption about where the hunch will lead, ask yourself ..."What is one thing I could do to shed more light on this idea? What action does Step A require?" By taking that action, Step B will become apparent. As you move one step at a time, the plan will unfold unhindered by your assumptions (which are usually fear-based, ...*imagine that*).

Requiring all the facts before jumping into action will inhibit intuition. A willingness to jump into action (trust), with only one piece of the puzzle, will be rewarded with continued guidance until the full picture is clear.

Along the way will be many side roads (Steps B-W) you couldn't possibly have conceived while at Step A. Steps B-W are the **Journey** called life. There is tremendous self-discovery, adventure, and blessings to be experienced between the launch and the destination.

An Intuition **Journal** can be helpful as you aspire to become more intuitive. Record ideas, coincidences, any information you feel is interesting. Log in whatever makes you curious. Over time you will have collected far too much evidence to ever doubt the validity of intuition.

K

Kindred Spirits

Kindness

Karma

If, along your way you meet **Kindred Spirits** that share your commitment to intuition, celebrate one another. Your souls are connecting, and the love and support you share will change the quality of your lives.

Living intuitively hones a deep trust that life is unfolding as it's meant to. When you live in honor of your soul, you become non-judgmental of yourself and others. Creativity is increased and so too is your connection with all living things. In the presence of a kindred spirit you'll feel love, comfort, validation, and more complete.

When you treat everyone with **Kindness**, the world has a way of taking care of you. Make it routine to ask yourself "What gesture of kindness can I bestow to this person in this situation?" Aspire to the answer, and you'll circulate positive **Karma** for yourself and others.

Living intuitively cannot happen in the absence of kindness.

L

Love Logic

Look to what you **Love** to do and the people you love to spend time with. This is where intuition will be strongest. Hence the term "Mother's Intuition."

Logic and intuition complement each other. To balance the two when making a

decision, consider the logic that applies to the situation, and then notice how you feel about it. Perhaps the logical choice is also what feels right. If not, be quiet and relaxed, take several breaths and focus your attention inward. Notice which of your options elicits a physically and emotionally comfortable response. What does your inner voice whisper to you? (*Any choice that is all about 'should' or 'guilt' is suspect of gremlin influence.*)

Logic, for some people, may feel safer to trust because it will have an assortment of facts, tangible evidence, statistics, and someone else's previous experience to support it. The mistake is made when too many of our decisions are made exclusively from logic. It's a calculated and limited perspective that may negate the impetus to push us beyond our safety net and into new territory and untapped potential and opportunity.

M

Miracles Meditate Mantra Music Mundane

The **Miracle** factor is the element nay-sayers of intuition fail to calculate into the equation of life. When you are willing to swim in the intuitive flow, miracles find you. When you trust the outcome to a higher place, miracles find you. When you treat everyone with kindness, miracles find you. When everyone tells you it won't work, but you continue to trust your feelings, miracles find you.

Negative miracles are experiences that seem like failure initially, but, in time the higher purpose becomes clear. The loss of a job or a divorce are examples of the universe creating circumstances that compel us to leave something behind, making room for greater good.

There are horrific consequences that occur as a part of some people's lives that simply cannot be explained or understood; at least not while we're on earth. This information about intuition may not feel true in regard to tragic experiences, the nature of which all of us read in headlines. The hope is that beyond the loss and pain, there will be sense of peace that prevails for those that suffer the inconsolable depths of grief.

There are human survival stories that confirm the transition out of devastation, back to understanding and a sense of inner peace.

Meditating sends a signal to your soul that you're available to receive guidance. While in the state of meditation, you may or may not receive any intuitive thoughts, but you are clearing the space for intuition to arrive in its own time.

Imagine a room cluttered with furniture and piles of stuff everywhere. How do you feel in that space? Drained? Overwhelmed? Scattered? The same is true of a mind cluttered with too many loose ends and unfinished business. There isn't space for intuition to flow. Meditation serves to clear the mental clutter and quiet your mind, creating the space for clarity to reside.

Speaking of clutter, a great way to trigger intuition is to select an area in your home or office in greatest need of clutter reduction. Organize and clear the space with the intention of gaining clarity about a specific issue. I have a closet in my home that is the delegated space I clear when I need intuitive direction. If I feel my energy is stagnant or intuition has been distant, I organize that closet as a ritual to create flow. It works every time.

To begin meditation find 10 to 20 minutes for yourself in an area that is comfortable and private. Do not judge your experience meditating as successful or not. You're teaching your mind to settle, and that occurs just by choosing to meditate. Your wandering thoughts are a sign that your mind is seeking calm.

A **Mantra** is a word or phrase you choose to reflect upon while meditating. Examples of mantras to try are..... 'one, open, relax, let go, receive, or spirit.' You may also allow the rhythm of your breath to be your mantra.

How to Meditate

- Chose a Mantra.
- Get comfortable sitting in a chair, shoulders relaxed, head upright. Feet on the floor.
- Repeat mantra.
- Your mind will wander.
- Return to your mantra as it occurs to you to do so.

- Continue until your delegated time is up, or it feels right to stop.

When I first began, sitting up while meditating was a challenge. I'd get sleepy, fluff the pillows, and 45 minutes later wake up from a power nap. (*not such a bad default experience*) I continued to aspire to an upright position and eventually experienced the benefits that come from meditating instead of napping. In the beginning, let it be on your terms if that's what it takes for you to start.

Any spiritual practice that is meaningful to you will invite intuition. Prayer, church service, chanting, the rosary, expressing gratitude, gardening, watching the sunrise or rocking a child to sleep, are all possible spiritual practices. Take the time to be spiritual.

Music is one of the most powerful ways to acquire a strong connection to intuition. Most everyone has a genre of music that moves them, both emotionally and physically. Tap this pleasurable resource often. It can help you visualize the life you are seeking. Staying focused on what you desire, coupled with passionate feelings, will expedite manifestation. Dancing won't spoil the cause either!

Mundane activities are an effective trigger for facilitating the flow of intuition. Any activity that doesn't require reasoning or decision making can free up your mind and allow intuitive ideas to surface. Swinging, folding laundry, walking along a familiar path, and mowing the lawn are a few examples.

N

Navigate Nature Negative Emotions

Think of your intuition as an inner compass helping you to **Navigate** through life. It's a resource to tap for guidance in decision making and a wellspring for creativity and inspiration. The more you rely on intuition the clearer and more frequent it becomes.

One of the best ways to trigger intuition is to go for a walk alone, with the intention of gaining clarity about a specific issue. Navigate through **Nature** and see what inspiration occurs. Consider it a walking meditation. The ideas that intuition presents

may occur while you're walking or filter into your conscious thought later on.

It's my hunch that the reason beautiful scenery has such a positive impact on our well-being is that our soul feels at home; heaven on earth you might say. We do our souls a great service by seeking time in nature, and our human is rewarded with divine guidance and serenity.

Perceived **Negative Emotions**, such as despair, disillusion, grief, and disappointment, provide an opportunity to move to a deeper level of understanding life. The only way to transition these emotions is to allow yourself to feel them completely. Only then will you be able to transition out of the emotions and see the possible gifts they offer you.

O

Open-minded Optimistic Opportunities Obstacles

Intuition is the friend of the **Open-minded, Optimistic** individual. You will attract experiences that resonate with your intention and actions. By remaining open-minded you attract like-minded people into your life and **Opportunities** will continue to present themselves.

People that are narrow-minded, critical, judgmental, and negative create their own **Obstacles** to happiness. A negative perspective fulfills itself quite easily. You will attract other negative folks, and the power of collective excuses and criticism will create your reality. *(I call it sport bitching.....bitching for the sport of it. This a negative bonding ritual amongst disgruntled employees widely prevalent in work places.)*

Pessimism is lazy, uncourageous, and out of alignment with your soul. The results are reliable; you will attract what you dwell on.

Overcoming obstacles is a choice positive-minded people are committed to, and this state of mind is a magnet for intuition.

P

Persistence Patience *Procrastination* Providence

If an idea **Persists** over time, intuition is most likely the source. An idea that dissipates quickly is more likely an impulse (*provided of course that it dissipates on its own, not because your gremlin slapped it around until it left the building*).

If you have an idea and you're not sure if it's intuition or an impulse, simply wait and see if the idea persists. Once you decide the idea is worthy of pursuit, take the first step that occurs to you. If the first step is unclear, then patiently wait until more information is forthcoming. Be **Patient** for additional signs to guide you. A need to rush results will hinder the Divine timing necessary to create manifestation.

Procrastination will also hinder Divine timing because you'll be missing windows of opportunity. Procrastination is often practiced by perfectionists.

When you persistently connect with your intuition and act on the guidance, you'll experience **Providence**.

Prov' i - dence, n the act of providing. The care or benevolent guidance of God or nature.

Q

Quest

The **Quest** of realizing and living your Divine purpose will be well served by regular inquiry of your circumstances and your feelings about them. Accept the wisdom you gain and apply it to future situations. When you learn from your experiences, you'll be less inclined to repeat the lesson.

R

Rigid Relationship Receive Risky

Rigid thinking will stop your adventure with intuition before it begins. This process is about growing an intimate **Relationship** with your intuition, and you will become more proficient with it as you practice.

- **Ask** for what you need.
- **Listen** to the guidance you **Receive**.
- **Act** on the guidance.

The process of “ask, listen, and act” is the formula that will maintain a connection to intuition. This process may lead you to choices that feel **Risky**. Work your way up by taking small risks and gain the confidence you need to take the bigger ones.

In all aspects of life, allow yourself to **Receive**. Graciously accept help, compliments, gratitude, and all the providence God and nature offer. You’re worthy of the best in life. Let it in.

S

Sight Sound Sensing Synchronicities

There are many ways intuition communicates.

Sight:

Dreams you recall may have a message. The recurrence of a specific dream may offer guidance by presenting an ongoing theme.

Precognitions are the sense of knowing or seeing something occur in your mind before it happens. Intuition is communicating future possibilities available to you.

You may receive an image when you daydream or meditate that proves to be meaningful. Symbols such as a rainbow, full moon, or number sequences can offer intuitive guidance. The timing of a symbol, or repetition of it, is often what distinguishes its significance.

Sound:

You may “hear” an inner voice that guides you that isn’t necessarily audible.

Hearing lyrics at an appropriate moment can be intuition’s guidance. A prophetic song, artist, or lyric, will play on the radio just as you’re thinking about a question or issue for which you’re seeking direction.

The repetition of a specific song can be meant to lead you as well. *For example, in 2003 I had a client that heard the song “Let It Be” on the radio by the Beatles no less than 15 times in one week. Decades past its reign on the D.J.’s popular play list. Needless to say, it pertained to an intense situation that was best served by leaving it alone.*

Sounds from nature can capture your attention and feel like an omen... *“whenever I hear the call of a loon, it takes me to a deep place of knowing.”* “The sound of the waves always settles me.”

Sensing:

Your body doesn’t lie. When you have an involuntary physical response, such as a heavy heart or an ache in your gut, it is your body speaking to you. Notice especially when your response seems intense or inappropriate to the situation, such as tears that you can’t explain.

Do you ever catch yourself saying...“oh, that gives me the chills?” ...and you literally have chills? (*Goosebumps, as we call them in the Midwest*). Think of them as truth chills. That’s your intuition attempting to get your attention by creating a physical response. Whenever these sensations occur, stop and notice. It’s your body saying ...“*listen to what you’re hearing or speaking. There is truth and you need to pay attention to it.*”

Chills can also be the first indication of danger. We’ve all heard of situations where someone knew something happened to a loved one before the information reached them through a phone call. They just had a sense of it they can’t explain logically.

Synchronicities:

“The weirdest thing just happened.....” “You won’t believe it, but....” When a sentence begins with those types of phrases, the information that follows will offer clues of intuitive guidance.

T

Trust Truth

Your journey with intuition will require ***Trust***.

Intuition is intangible. A willingness to allow the process to unfold will be rewarded with continued guidance and greater confidence in your intuitive abilities. Use all the tools in this book to build self-trust.

Avoiding mistakes at all costs and needing to always be right are examples of pride blocking your innate wisdom. These tendencies will present obstacles to embracing the intuitive process.

Being ***Truthful*** with yourself and others is mandatory for living intuitively. Catch yourself telling white lies, fabricating, and misrepresenting facts, and aspire to change those habits.

U

Universe Unique Unlimited

Intuitive signs are everywhere. The ***Universe*** is a friendly playground to explore and discover a multitude of ways to connect with intuition.

Your connection with intuition will be ***Unique***. No one can teach you exactly what your experience with intuition will be like.

There is an ***Unlimited*** number of blessings of abundance to experience in this world. A

belief in scarcity is at the root of many people's inability to experience the life they long for. There is enough to go around. Someone else's success doesn't mean there's less for you.

Allow yourself visions of grandiosity as an exercise in unlimited thinking. The universe can design a bigger reality for you than you may ever believe is possible. Cooperate with the universe by dwelling in possibility.



Values Vision Validation Voice

Exploring values is a key component of life coaching.

Often, the reason a client is off track in life is because what's important to them and how they spend their time are exclusive of one another. Fulfillment is a natural by-product of living in alignment with your **Values**.

Values are innate. If you give priority to your values, the **Vision** of your life purpose will become clearer. Intuition will **Validate** and bless your path with Divine guidance and support.

Many describe intuition as a wise, inner **Voice**. Your inner voice may seem like a matter-of-fact statement from a wise friend nudging you.

If your thoughts are cluttered with doubt, worry, remorse, and fear, you will not be able to hear intuition. There is simply no room for it to flow amongst all that internal chatter.

As you begin your quest to hear intuition, it will help to make time to listen, with the intent of inviting your intuition to flow. Just as in learning a new sport, it may feel awkward, clumsy, and unnatural in the beginning, but with practice your confidence and skills become solid and dependable. It will eventually become second nature.

Intuition will provide guidance on issues that profoundly alter your future. Examples include whether or not to relocate, change career, or transition a relationship. It will also guide you in simple ways, such as where you left your keys, and which way to turn when driving around lost.

W

Whisper Water

Often intuition speaks so softly you have to be listening on purpose to receive the message. If you do not respond to your intuitive guidance when it is a **Whisper**, it will get louder in the way of greater consequences. Look too painful experiences you've had and try to recall what whisper you ignored early on that would have spared you the consequence. Acting on intuition, before it needs to escalate to get your attention, is an indication you're evolving.

Water seems to have a magical quality about it. It's soothing to hear it in motion and to gaze upon it. Being immersed in water is relaxing and therapeutic. It is essential to life. Creativity can be stimulated by being near water. (I'll bet you know where I'm going with this). Get in the flow.

X

X-Ray Expire Extend Exercise

Intuition helps you see (**X-ray** vision) beyond assumptions, guiding you to the truth of what's happening. It also lets you see past pretensions to a clearer perspective of your true intentions and the intentions of others.

There is no expiration date on the availability of intuition. It is with you for the duration of your life. You may, however, **Expire** an opportunity if you drag your feet and wait too long to take action.

The best way in life to get what you want is to help someone else get what they want. If you **Extend** help to others the good vibrations will come back to help you.

Exercise is a choice to honor your body. This is an essential part of living intuitively.

The release of endorphins and the circulation of energy enable your body to serve as conduit for intuition.

(Yes, I'm aware that expire, extend and exercise begin with the letter E, and here we are in the X's. The E's were a little crowded and the X's too thin. Intuition will guide you to maintain balance :)

y Yearn

What do you **Yearn** for? If you desire something, you have the capacity to create it. Why do we have intuition? It will lead us to our best life. If we are living our best life, we are in a better position to help others. When we help others, we contribute to creating a better world for all. Follow your heart, discover what your gifts are, and find a way to share them with the world.

Z

Zen, n {Thinking meditation.}

1. Seeking enlightenment through introspection and intuition.

Intuition often presents itself in shades of gray. You may receive enough direction to begin searching, and then progressively the details fall into place as you take action. There will be times when intuition is black and white, giving you a clear, precise directive. The important thing is to begin where you are. Explore how, when, and where intuition speaks to you and give it room in your life to grow.

INTUITION A-Z BY CHERYL CULLEN

