

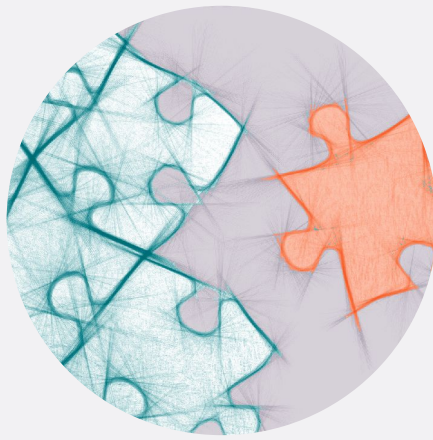
# INTUITIVE UNDERSTANDINGS

The Most Important  
Guidelines You Need To Know  
For Safely Exploring Your  
Intuition

By: Michelle DesPres  
The Ethical Intuitive

# Contents

<b>Introduction</b>	<b>3</b>
<b>Guideline #1: The Purpose of Intuition</b>	<b>4</b>
<b>Guideline #2: You Are Energy</b>	<b>5</b>
<b>Guideline #3: Thoughts Move Energy</b>	<b>6</b>
<b>Guideline #4: Symbolism Is a Language</b>	<b>7</b>
<b>Guideline #5: Use Your Imagination</b>	<b>8</b>
<b>Guideline #6: Use All Your Senses</b>	<b>9</b>
<b>Guideline #7: You Cannot Do It Wrong</b>	<b>10</b>
<b>Guideline #8: Be Your Own Authority</b>	<b>11</b>
<b>Guideline #9: Maintain Your Space</b>	<b>12</b>
<b>Guideline #10: Be In No Judgment</b>	<b>13</b>
<b>Conclusion</b>	<b>14</b>



---

# INTRODUCTION

---

Most people just starting their intuitive development journey experience a certain amount of fear and uncertainty about the process. I know I had my trepidations when I first began learning about my core instincts. In fact, my apprehension about what I might encounter in a spiritual setting caused me to delay my intuitive education far longer than necessary, restricting my ability to create greater circumstances for myself.

Thankfully, I overcame my concerns and delved into my higher education only to learn there was never anything to fear. Consequently, when I began teaching others how to use their intuition, I knew my first goal had to be eliminating the initial fear, unnecessary and hesitation. These guidelines represent that effort.

I created these understandings over the eighteen years of experiencing I have training intuitives. I share them with you as a way of helping you establish your personal authority so that you are in charge of your development process. With these guidelines, you can feel comfortable and safe attending any intuitive development class or workshop knowing that you are protected and in control of your experience.

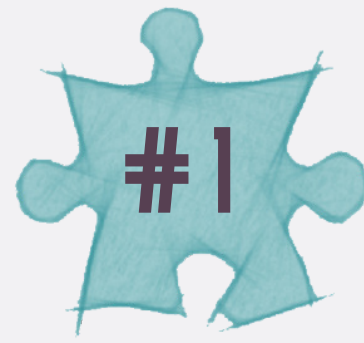
Michelle DesPres  
The Ethical Intuitive





# INTUITIVE GUIDELINE

---



## The Purpose of Your Intuition



Your intuition exists for two central reasons. First, the purpose of your intuition is to facilitate access to and communication with universal energy for the purpose of finding your unique balance of mind, body and soul so you can thrive in all phases of your life. In other words, your intuition plays an important role in establishing your health, fulfillment and purpose. The key is to train your core instincts to discern what is taking place within your subtle energy field so you can adjust yourself or your circumstances accordingly. In so doing, you are practicing a form of preventative and integrative holistic health care not to mention creating your ideal reality. Above all else, your intuition is there to help you find the balance of your mind, body and soul.

Secondly, the purpose of your intuition is to think beyond the mental scope of life and offer innovative solutions to yours and the world's most pressing issues. This form of intuitive higher thinking is what allowed pioneering thinkers like Madame Curie, Albert Einstein, Nikola Tesla and Steve Jobs to bring about great advancements.

Intuition is the solution and you can contribute to this type of higher change by fostering your core instincts and allowing them to discover innovative solutions that have the potential to solve the world's problems. Just remember, you must have self balance first before you can create true global peace.

# INTUITIVE GUIDELINE

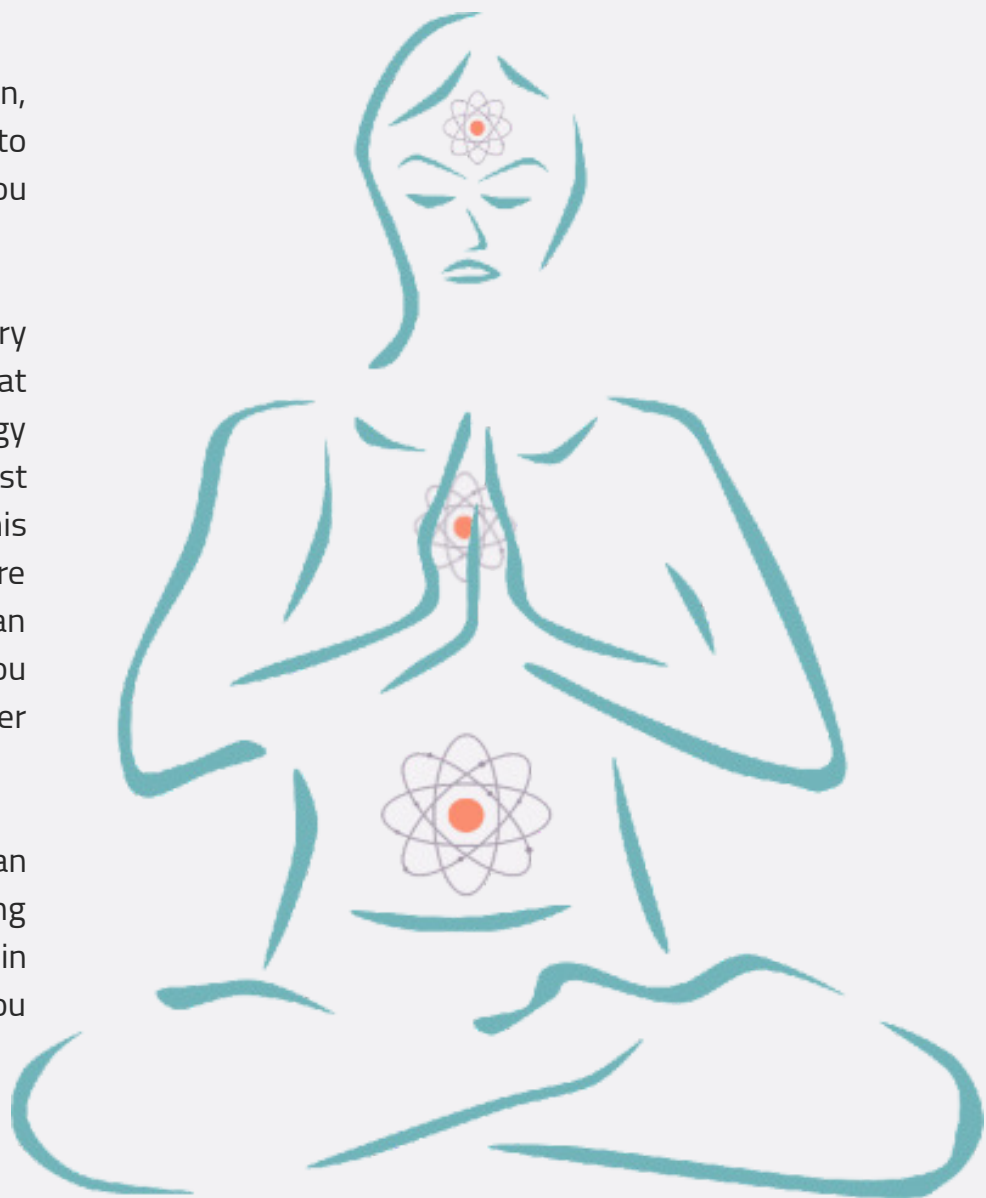


## Your Are Energy

When discovering your intuition, you will first want to take into consideration the idea that you are energy.

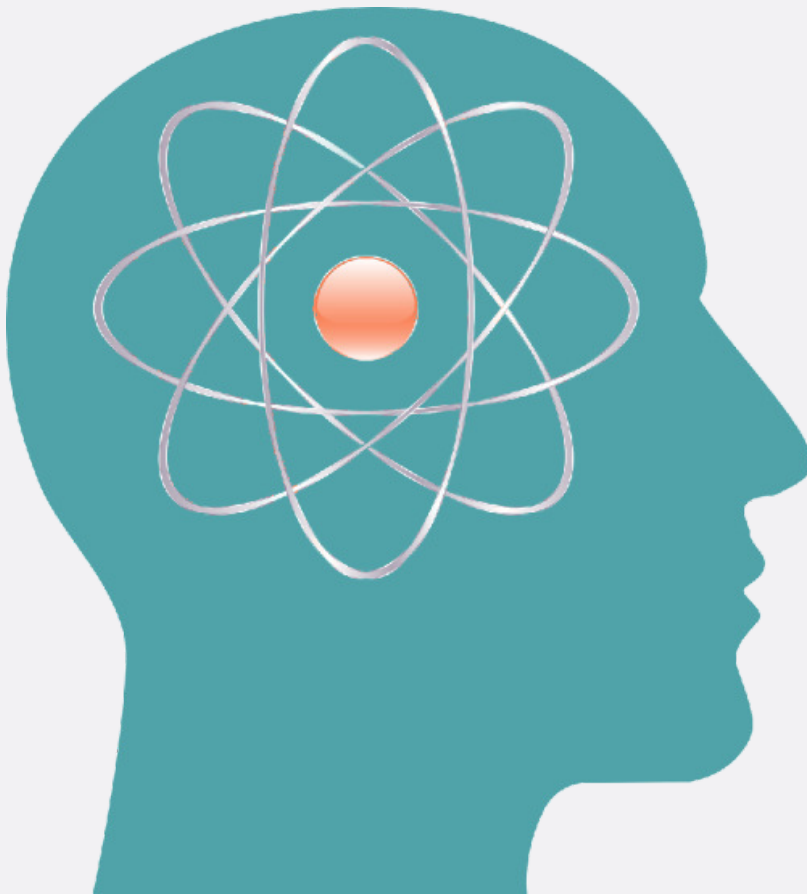
Albert Einstein's revolutionary theory of relativity shows us that everything is energy and energy never ceases to exist it just changes form. What does this mean to you? Everything! You are energy too, and as such, you can change form at will should you know how to use the full power of your intuitive skills.

Always remember, you are an energetic spark who is creating whatever reality is playing out in your heart and mind until you consciously change it.



# INTUITIVE GUIDELINE

---



## Your Thoughts Move Energy

Are you aware how powerful your thoughts are? Simply put. . . your thoughts are one of the main keys to manifesting and creating your reality.

To support this finding, scientist Dr. Masaru Emoto's conscious experiments with water overwhelmingly demonstrate how water's crystalline structures change when the person observing the water changes his/her thoughts. For instance, when the observer's thoughts were of love and peace, beautiful and complex geometric crystalline structures formed.

At the same time, intentions such as hate and fear created grotesque and ill-formed structures of unhealthy water crystalline masses. This is important because you . . . being mostly water . . . are your intentions and have more control over your life's circumstances than you know. If you want to shift your reality, all you have to do is use your intuition to discover and retrain the thoughts creating your lack or limitation.

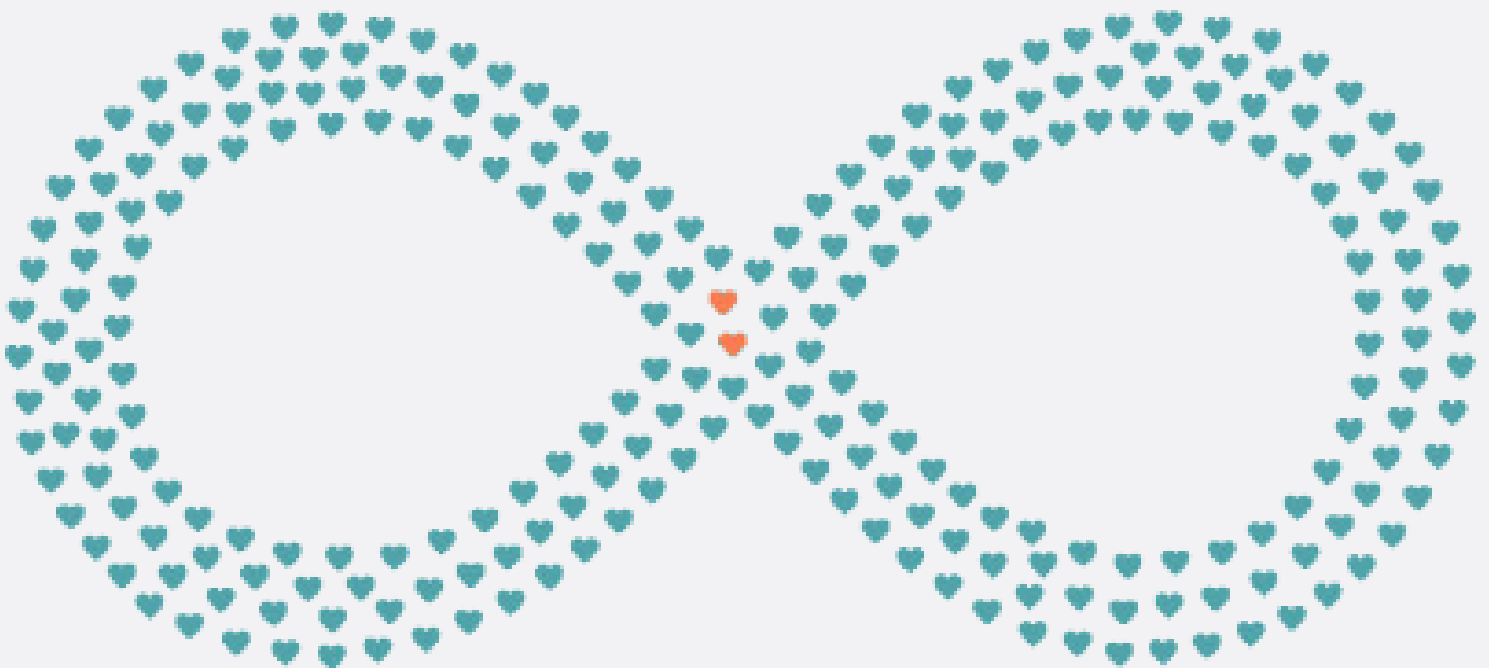
# INTUITIVE GUIDELINE



## Symbolism Is A Language

Energy speaks to you in the form of symbols. Energy forms into symbolic images, frequencies, sensations, and vibrations as a way of communicating with you. You receive these symbols based on your personal frame of reference. In other words, a sign only means what you determine it means.

For example, if your intuition perceives that the color sky blue represents your mental health, you might interpret that color to mean peace, calm and balance. At the same time, if I were to intuit sky blue for my mental health, I might interpret it to mean uncertainty, disconnect and an unwillingness to see the truth. You get the point. Every person interprets symbolism uniquely. Therefore, your interpretation is always correct and is ultimately the only one that matters.



# INTUITIVE GUIDELINE



## Use Your Imagination

I often hear from people just beginning their intuitive development that they feel their imaginations are making up what their core instincts are interpreting and therefore they cannot trust their instincts. However, imagination is necessary in the intuitive development process as it serves both the intellect and the intuition.

Imagination allows you to define a symbol as well as receive a symbol. For instance, if you imagine a beach ball on the sand, you are using your imagination to direct the universe, giving it a symbolic command . . . "I want to go to the beach." However, if you look beyond what you defined, suddenly your imagination is receiving a symbolic message back from the universe about how to achieve your goal. For instance, if you revisit your beach scene and look to see what is happening that you didn't command, you might unexpectedly see your partner sipping margaritas by the shore indicating that he/she is open to the idea of a sunny vacation when perhaps you thought they were not.

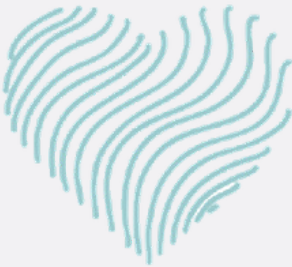
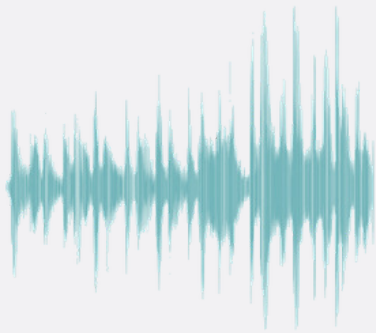
The point is you can use imagination to direct or receive an image as that is its function. While you learn to interpret your intuitive symbols, it's perfectly acceptable to let imagination be a part of the process . . . even if it brings you nothing . . . because nothing is something too.





# INTUITIVE GUIDELINE

---



## Use All Your Senses

Your intuition comprises four primary instincts by which you can see, hear, feel and know energy. Generally, one of or two these senses will be heightened, however, over time you will want to develop all of your senses equally. Below is a description of your intuitive faculties so you can become aware of which feel natural and which need development.

- You are Clairvoyant (Clear Seeing). You can see and project images in your minds-eye.
- You are Clairaudient (Clear Hearing). You can hear words and frequency vibrations that tell you what something is.
- You are Clairsentient (Clear Sensing). You can feel the emotions of yourself and the people and places around you.
- You are Claircognizant (Clear Knowing). You sometimes just know things to be true!

# INTUITIVE GUIDELINE



## You Cannot Use Intuition Incorrectly

Intuitive perception is unique to every person and therefore you cannot do it wrong. Whatever way the intuitive process works for you and whatever you perceive is correct!

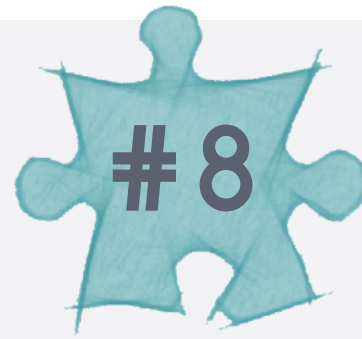
However, it should be noted that it's not your intuition's job to make your life perfect. You should know that your core instincts will at times lead you into experiences that are difficult or seem wrong. Just remember, you likely need those experiences for your personal growth. Try not to blame your intuition, rather use it to discern the lesson and growth in your circumstances.

Also, as you develop your intuition, you will have times when you feel it's operating at full capacity and times when you wonder if it's working at all. Keep following the techniques and exercises. You will find an ebb and flow to when your intuition is heightened versus dulled, as everything has its balance.

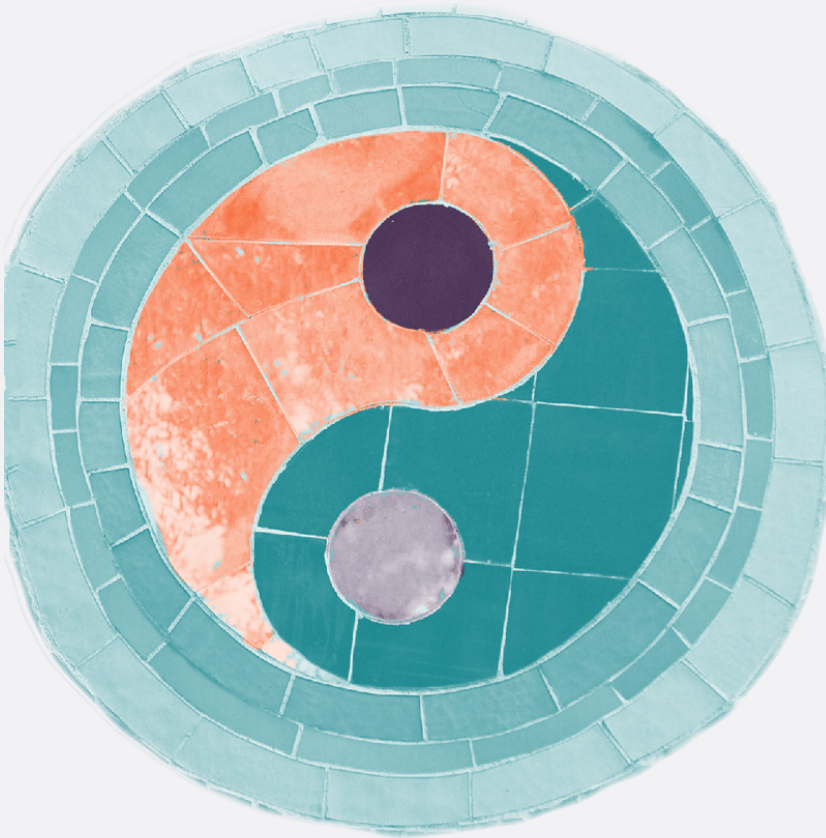


# INTUITIVE GUIDELINE

---



## Be Your Own Authority



Every individual has access to universal knowledge therefore, there is no higher authority in your life than you. To ensure that you cannot be programmed or otherwise negatively influenced by another student or energetic essence, it's important in any intuitive setting to claim your personal authority prior to accepting the truths of others.

Always remember that your truth is the only truth for you and that you will determine what is best for yourself.

# INTUITIVE GUIDELINE



## Maintain Your Space

Energetically we are all connected which is great. However, ethically it's inappropriate to meddle in someone else's energy as well as take on the energies of others. Therefore, defining your space and holding it for who you are and what you personally want is imperative.

The way you can maintain your space is by first letting your imagination put a bubble or boundary around your energy field. Once you claim your space, you can then be aware when foreign energy (or that of friends, family, strangers, etc.) enters your field and what affect it has over you, as well as when you might be unduly interjecting your energy into someone else's life.





# INTUITIVE GUIDELINE

---



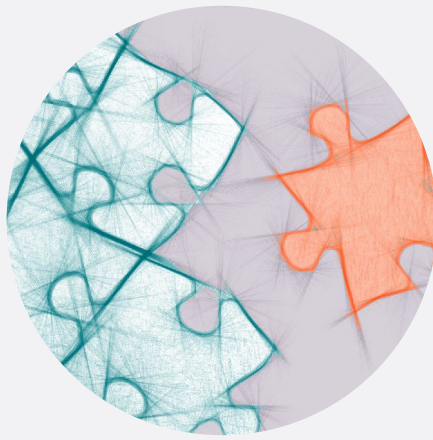
## Be In No Judgment

When witnessing yourself intuitively, it requires that you be honest with yourself. Unfortunately, rarely do we like everything we see about ourselves. For this reason, you will want to consciously hold your crown, or halo, at the higher perspectives of neutrality and amusement.

When you perceive your life events from the filter of neutrality, you automatically place yourself in a space of non-judgment. Amusement then allows you to find the purpose in your circumstances.

So while you might not like witnessing negative things about yourself, you can find the higher purpose in your behaviors by perceiving the events from a position of neutrality and amusement so you can learn and grow from your life events.





---

# CONCLUSION

---

Now that you have read these understandings, you can feel comfortable engaging in your intuitive development.

Refer back to these guidelines along the way but always remember you are in charge and that your intuition will help you come to know yourself better, so you can establish improved health, deeper relationships, increased wealth, and a greater sense of purpose.

Michelle DesPres, The Ethical Intuitive

[www.MichelleDesPres.com](http://www.MichelleDesPres.com)

[Info@MichelleDesPres.com](mailto:Info@MichelleDesPres.com)

