

11 Best Intuitive Practices

Reinventing Yourself,
Your Life, and The World
As You Know it!

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The Ethical Intuitive TM



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INTRODUCTION

When I began my intuitive development, I was shocked to learn that it was more about self-healing than predicting the future. Somehow, I had it in my head that using intuition would magically show me the path ahead and make my life perfect. That wasn't the case – necessarily – then again it was in a way. The fact is until you start working with intuition it's hard to know how it works and the impact it can have in your life, which is exactly why I want to share the information in this e-book with you.

The concept of intuition can be an elusive one. Figuring out what intuition is, how it works, and what you're supposed to do with it can be overwhelming and hard to comprehend. In an effort to help give you a more concrete understanding of your inner senses operate and how to use them in your daily routines, I offer you these *11 Best Intuitive Practices for Reinventing Yourself, Your Life, and the World as We Know It*.

Everyone is intuitive. In fact, intuition is the education you should have received in school, but sadly didn't. It allows you to create balance physically, mentally, emotionally and spiritually. Furthermore, your core senses aid you in making vital decisions, finding your right path, and overcoming your insecurities and limitations by showing you how to sustainably change your non-serving patterns and behaviors. The key to understanding and working with your intuition is not to think about how it works but to practice using it in your everyday reality so you can come to understand its purpose and power.

Read through these innovative, self-empowering tools and learn how intuition has the ability to transform your reality, and much more!

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#1 - USE ALL YOUR SENSES

As a Certified Clairvoyant, I was trained to read, or more precisely to “see”, and interpret energy for the purpose of bringing it into balance. However, rarely did I actually see anything. Instead, I heard energy in the form of frequencies and words. For instance, when we were instructed to witness a color for one of our chakras (energy centers), it was the vibrational frequency that would tell me if it was red, green, purple, or whatever it might be. Same as when we were asked to see the contracts between us and another person; while I saw nothing, I did hear the words of my own higher voice telling me what the contracts said. So, I never had a problem saying what I saw even though it was really what I heard. Unfortunately, that wasn’t the case for some of the others.

Many of the students had dropped out of the program because they felt like they were not able to see images and impressions and therefore that must have meant they were not intuitive. Except, everyone is intuitive. The only difference is some of us naturally receive energy information in the form of pictures, while others get it as words, feelings, or a sense of knowing. My school simply didn’t focus on those other instincts. So, I took it upon myself to learn and hone all my intuitive abilities. Consequently, I now see images as clearly as I hear words and I can feel energy as well as know it instinctually without a doubt. However, what I didn’t expect was that developing all of my intuitive skills would ultimately make me a more well-rounded individual. Turns out, our four foundational intuitive skills of clairvoyance, clairsaudience, clairsentience, and claircognizance were not just designed to bring us into personal balance but they bring collective harmony as well.

What Are Your Intuitive Senses and How Do They Operate?

Your traditional five senses of touch, sight, sound, smell, and taste relate to the outer world and help you understand what is taking place in the physical dimension. However, you also have four cornerstone instincts that allow you to inwardly see, hear, feel and know what is taking place within the energetic reality, long before it builds enough density to be tangibly manifested. It’s these etheric senses that aid you in finding higher perspectives so you feel informed and confident when navigating your life. Yet, that’s not all your intuitive skills do. They also provide you with innovative ways to relate to others, promoting acceptance, cooperation, and peaceful interactions with all.

Here is a description of your four cornerstone instincts and how mastering them brings balance to you and the world:





Clairvoyance means clear seeing and allows you to see and project symbolic images and stories in your mind's eye, giving you information about your health, wealth and well-being. Your higher sight also provides you with the ability to see another person's perspective in ways that promote harmony within all your relationships, enlightening the world around you.



Clairaudience means clear hearing and allows you to hear words and detect frequency vibrations that tell you the nature of your circumstances and how best to stay on your personal path. Your higher attunement also aids you in becoming a better listener so that you are engaged in your relationships, creating common ground and diplomacy with all people.



Clairsentience means clear sensing and allows you to feel emotions, taste auras, and even sense the pain of others so that you become aware of the factors influencing your life and can change them at will. Your heightened feelings also provide you with the ability to connect deeply to other people, initiating empathy that promotes balanced partnerships and caring communities.



Claircognizance means clear knowing and relates directly to your ability to know something with absolute truth and provides you with the power to live your most authentic life. As well, your knowingness is instrumental in accessing innovative global ideas with the potential to reinvent our harried daily routines, help stabilize earth's climate and even create world peace.

While your core instincts have always been working, you may not have known. As I said earlier, this is the scientific education you should have received in school but didn't, which is a shame as your senses serve as a guidance system, or means of finding the meaning in your circumstances, so you can transform your life and the world around you. Let me show you how to recognize your senses and work with them.

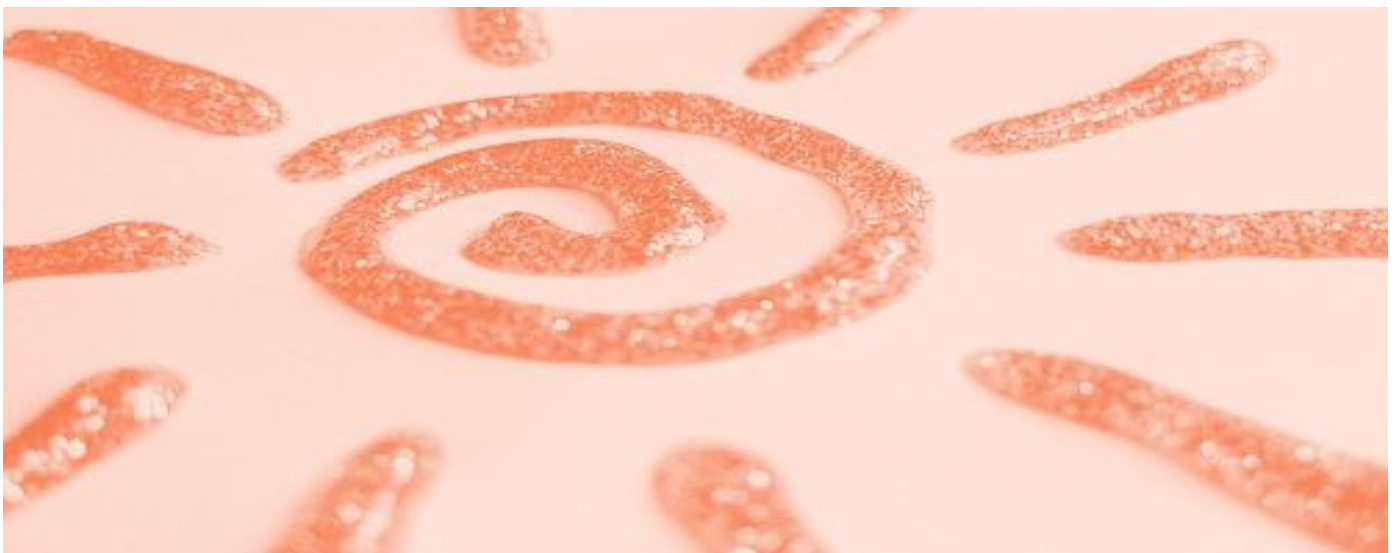
How to Use All Your Senses

You know the saying . . . practice makes perfect! The best way to discover how your intuition works is to play with it and learn its nuances. Here are few things you can do to recognize and use your four cornerstone instincts:

Acknowledge your senses: Intuition operates in a variety of ways. Recognize that your inner senses of sight, sound, feeling and knowing are bringing you information about your everyday life circumstances and how to achieve your life goals. Pay attention to your core instincts and the messages they bring by following the suggestions below. Take a day, week or however long you like to play with each of these senses individually to get a better understand of how they work for you:

- **Attuning to the images that flash in your mind's eye.** Take a few days and focus only on how you receive images and pictures in your mind. Ask yourself what the impressions relate to in your life and what they might be suggesting you consider.
- **Listening to the words or frequencies you hear inwardly.** Spend some time focusing only on the words, songs, vibrations or frequencies you hear throughout a day. Ask yourself in what aspect of your life do these messages apply.
- **Noticing your emotional responses regarding what you are experiencing.** Over a period of time, note the emotional impulses you receive that shift or change your mood or attitude about another person. Ask yourself if these emotions or feelings are trying to convey something to you and consider what that might be.
- **Honoring your sense of knowing and don't second-guess your inner promptings.** Give yourself permission to just know what your intuition is conveying. For instance, if you keep seeing the number three (which often represents communications) and believe it to mean that you need to speak up on behalf of yourself and others, then honor your sense rather than deny it.

When you've given time to each of your senses, you can continue using them in many other ways as you will see going forward.



#2 - CLAIM YOUR AUTHORITY

I remember once getting a call from a girlfriend who was arranging a happy hour for a group of us ladies. I desperately wanted to take a break and go meet up with my friends but I couldn't escape my mother's voice in my head. All I could hear were her words telling me that I couldn't go have fun until all my chores were done. It was annoying especially because my chores were never done. I'm an entrepreneur; there is always some form of work that needs accomplishing. Thankfully, I'd been learning my intuitive skills and had discovered the key to thinking for myself.

In that moment of deciding to go play or continue working, I took charge. I went into my center of head and removed my mother's influence. I then became honest with myself and asked if it was really a good idea to quit toiling early and go have fun, to which I got a resounding, YES! The truth of the matter was that I'd been in a creative flow non-stop for weeks. Getting out of my routine would actually help me revitalize my waning energy.

I'm proud to say that happy hour was a delight. The chatter, laughter, and sisterhood gave my spirit a much-needed lift. But the real winner in this scenario was my authority. The moment I choose not to conduct my life based on my mother's ideals I took over the role of being in charge of my reality. I have to say, I've never looked back and never have I felt better.

Why It's Important to Own Your Authority

Your Command Central is your point of authority, your personal headquarters where your higher self hangs out, overseeing the motivating and driving forces that create your circumstances. When you have other people's energy or ideas lingering about in that space, you are allowing them to have sway over your thoughts and what you believe. Only when you clear out these "foreign" energies can you find your personal truths, making the difference between experiencing fulfillment verses discontent.

By consciously assuming the posture of being your own authority, you become the leader of your life, accessing universal wisdom to better yourself and the



world around you. It's your job to maintain this space in order to properly grow and build healthy relationships. Let me share with you a few ways you can claim your Command Central and maintain it for optimal reliability.

How to Claim Your Authority

You will want to perform routine checkups on your Command Central as a means for staying on track with your higher goals and ideals. Follow the intuitive practices below to learn how best to maintain your command:

- **Design Your Command Central:** Before you can operate effectively in your center of head space, you first have to design the space. Do this by placing your attention in your mind's eye. Using your four foundational intuitive skills of sight, sound, feeling and knowing, design your room in any way that feels warm, inviting and comforting to you. This room can look like anything and you can change it whenever you want. Have some fun with the process. By giving thought to this space, you are taking a major step toward becoming your own authority.
- **Clear Out Your Command Central:** After you have designed your room, take a moment to look around that space and notice who might be in there with you. As you recognize who is in your room with you, whether that's family, friends, a past love interest, think about what type of influence they are having in your life. Then, regardless if they are well meaning or not, ask them to leave. The point is that this space exists so you can find sovereignty and personal truth, which are the keys to fulfillment. By reserving a space in your Command Central strictly for yourself, you are symbolically telling the universe that you are an individual being, assuming your right to higher knowledge. Go ahead now and escort out anyone in your room. If you find they are unwilling to leave, be assertive. Use something like a trap door to help them leave, not giving them an option. From now on, reserve this area exclusively for yourself, as this is how to be responsible and live the life of your choosing.
- **Perform Regular Maintenance in Your Command Central:** The key to maintaining your Command Central room is to remain aware of what is taking place within that space. You can do this simply by placing your awareness on your room and checking in with it to make sure there is no one but you in there. If you see someone or something, make them leave. Later you can determine what type of influence they were having over your life and decide how to negate or instill that quality for yourself.



#3 - USE BOUNDARIES

I had a friend once, who was always in some sort of emotional chaos and who would exhaust me like no other. It was always the same. The minute we'd meet she would start crying about whatever upheaval was taking place that day and then we would spend the entire time trying to help her figure out her life. Like I said . . . exhausting, not to mention one sided. Still, I put up with it for many years thinking I was helping her. Although, nothing in her life ever seemed to change. It wasn't until I learned about boundaries that I realized she was overstepping mine, or at least she would have been if I had such a thing.

In retrospect, I was allowing her to take advantage of my time, energy, and creativity simply because I had no idea I was entitled to boundaries. Interestingly, when I started using barriers to protect my time and energy when I was with her, like shortening our time together, listening more than fixing, and not responding to every call, she initially became angry with me. Thankfully that didn't last long and I would soon notice a shift in her.

Because I was no longer coddling her irrational emotions, she stopped expecting me to pick up the pieces of her life. Instead, she actually became interested in my life and what I had going on as well and eventually we were able to build a mutually beneficial relationship.

Why You Need Boundaries

In a world where we only see separation, we forget that we are all energetically connected. My energy bumps into yours and vice versa. Boundaries help you individuate yourself from the whole and allow you to focus on the experiences you came here to have. If you tend to pick up other people's emotions and attitudes, boundaries will aid you in keeping unwanted energy out so you can come to know yourself better. The greatest thing I've noticed about setting energetic parameters is that it not only makes you more responsible for your energy but also causes the people you interact with to be responsible for their essence as well, even if they're not conscious of what is happening.



How To Use Boundaries

As boundaries are energetic, you can use anything as a boundary like flowers, trees, crystals, mirrors, feathers, or just light. Keep in mind you can also invoke parameters like walls, moats, and other distance-creating elements, but realize the ramifications of such things: trees are inclusive, but walls are isolating. You will want to consciously determine the parameter appropriate to the situation. Regardless of what boundaries you want to surround yourself in, you can follow the suggestions below:

- **Place a Bubble Around Your Energy Field:** As you've learned to claim your authority, you can take it a step further by putting yourself in an expandable bubble. Everything inside this bubble comprises the energy you need to manifest your reality.
- **Set Boundaries Around Your Bubble:** Once you have your bubble defined, now you can play with surrounding your bubble with boundaries. I first learned by using roses as parameters. Roses are a symbol of love but they also have thorns that keep out unwanted pests. When I'm with client's I put my bubble inside a diamond so I can see clearly but that I don't take on my client's energy. Of course, I use a completely different boundary of softness when I'm with my sweetie. You will see - this works! You can use any element you want to protect and define your space. Go ahead and surround yourself in some boundaries that will serve you at this time. Notice how your space changes but also notice how people react differently to you and how they give you more respect.
- **Change Up Your Boundaries Often:** Each time I change settings like going from home to work, or from work to the grocery store, I change my boundaries to match my circumstances. You'll find that adapting your parameters gives you greater control over your experiences.



#4 - DON'T HEAL OTHERS

When I attended clairvoyant school, we were discouraged from hugging our classmates if they were having an emotional reaction to the intuitive information we were provided. Now let me just say, it's normal for people to cry in an intuitive session. Tears are typically a sign of relief that you are having a breakthrough and are receiving the solutions to your issues. In other words, Kleenex and intuition go hand and hand. It seemed cold and callous not to comfort someone in that moment. Except, there were actually two critically important reasons we were instructed to be neutral to someone's emotional release. First, resonating with someone's emotions when you are providing insight will cause you to drop out of your higher state and will compromise your intuitive integrity. Secondly, you will be more likely to over invest in that person's healing, feeling as though you are responsible for making sure they follow through with your solutions to the point where you might try and do it for them, or that they will expect you to do it for them. Instead we were to have compassion from afar as they processed through their own feelings and got it straight in their own minds about how they were going to integrate these messages in their lives.

The Intuitives Role

One of the first things I teach intuitives, is how NOT to heal others. As an intuitive, you have access to healing insights that can benefit you and others. However, it's vital to understand that you cannot heal another person; you can only transform yourself.

When you are being intuitive, it's easy to feel like it's your responsibility to comfort and baby sit someone through their transformation, but don't fall into that trap. Your nobody's god but your own. In reality, you can only heal yourself and others must heal themselves too, as that's the only way we really grow. Although you can see the cause of another person's stagnant energy and negative patterns, you cannot heal those aspects for them. That's their work if they so choose. It's like the saying, "You can lead a horse to water but you can't make her drink." You can share your higher perceptions with others, but refrain from trying to make them "get it" or follow your suggestions. In other words, don't call to see if they are adhering to your instructions. Also, don't feel the need to coddle them through their



metamorphosis. Generally, when you overly invest yourself in someone else's healing, you slip into your ego and are then only seeking unhealthy attention and hindering them from taking charge of their reality.

When being intuitive, you can provide others with insight but detach yourself from the need to do anything else lest you cause an unnecessary disruption. You can influence others best by being in balance personally and, in so doing, serving as an example of what is possible when you heal yourself.

Try not to force your agenda on another person, lest you scare them away from the intuitive process. Lend your insights, step back and allow the people in your life to do what they will with your perceptions knowing they may never become the people you know can be and that's acceptable. It's enough that you are the change.

How Not To Heal Others

Here a few ideas on how you can practice not healing others in ways honor both you and them:

- **Be Neutral:** The best way to remain compassionate yet detached is to be neutral to other people's circumstances. In that sense, you are staying out of judgmental rather than labeling something as good or bad. That's not always easy. Sometimes people experience terrible things. But if you can remain neutral to a person's life events, you will find that even the bad has a good reason for being. Often negative experiences are what call attention to our unhealthy patterns. If we can be neutrality toward those events, for ourselves or others, we can find where the growth is in these situations and are empowered to grow beyond them.
- **Seek the Higher Purpose for All Circumstances:** Like I said above, when you are neutral you can find the purpose for any event. No matter how bad something might appear, there is always growth in it. Empower others to heal themselves by helping them understand the reason for their life events and how to grow beyond them and then step back and watch as they naturally transform themselves.



#5 - DON'T GIVE UNSOLICITED INSIGHT

A student of mine came to class one night upset because he'd ruined an important business relationship. It seems he'd shared an intuitive impression he was having regarding the businessman's financial future and the man didn't appreciate the source. I wish I could say I hadn't heard of, or even experienced, this type of thing before. Here's the problem though, sometimes people are just not ready to hear what you have to offer as insight and solutions. Sometimes they flat out don't want it coming from an intuitive source which is why you have to be cautious when offering intuitive information.

While I appreciate Teresa Caputo and her television show advancing the acceptance of mediumship and speaking to the deceased, her approach is not the best. Engaging strangers and offering them profound messages when they have not asked you to do so is an invasion of their privacy. Plus, it can cause people to reject the intuitive process all together because it feels like a violation and mind control. In other words, the exact opposite of what we are trying to accomplish.

It's critically important that you have permission before intuitively interpreting another person's energy field. Everyone has the right to privacy, including your friends and family. Just because you think you can sense their higher solutions doesn't mean you should, nor does it mean they are ready to receive the information. If you believe someone could benefit from your insight, ask for their permission before expressing your intuition – or better yet, wait until they approach you, seeking your perspective.

Why You Get Intuitive Information and What to Do With It

When you are being intuitive, you will receive impressions, words, vibrations, emotions, and moments of knowing about the people in your life. Your impulse will be to give them your insight and solution to their problem. All of which is fine, if they've asked you for it and they want to change.

Yet keep this in mind, when you are first learning how to use your intuitive abilities, most often the



insights you receive for others are really just messages for yourself. Your intuition is trying to help you understand something about yourself. For instance, if you are in a grocery store and you see a negative energy around someone, it's not for you to go tell them what's going on, it's for you to look at your own energy and see if something of that nature exists in you. If you notice a crossed over person trying to get the attention of someone you see walking down the street, check in and see if someone is trying to get you a message. Remember, heal yourself, not others.

What To Do With Other People's Information

Here are a couple thing to keep in mind when receiving intuitive information for others:

- **Ask For Permission:** If you feel strongly that you have information someone needs to hear, ask them if they want you to share your insights. If they say yes, then offer what you have. If they say no, let them know that's fine and don't say anything else. Although, I'll throw this out there too. Often when you say to someone, "Can I tell you what I'm intuitively seeing about that?" They will feel obligated to say yes even if they really don't want to know. Maybe the better way to ask permission is to say, "If you want my insight on that, just let me know." Then you're allowing them to make the choice for themselves.
- **Ask Yourself What The Message Is For Yourself:** When you have those times when you receive information for someone else but you cannot share that information with that person, remember it's more than likely the event is happening for you more than the other person. Ask yourself what the message might be for you and don't worry about the other person. They will get the information if they are meant to.



#6 - READ EVERYTHING AS A SYMBOL

I used to get sick with a cold several times a year and always the symptoms were the same. Sore throat, sinus congestion, and a deep cough. Then I learned to see everything in life symbolically and I stopped getting sick.

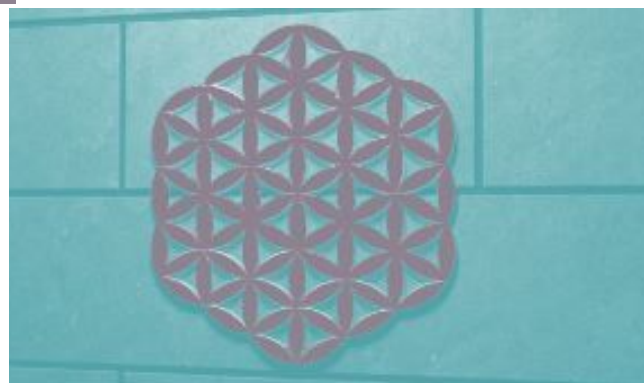
While I was in clairvoyant school, I learned that energy forms itself into symbolic images, sensations and even physical events, as a way of communicating with us. It's our intuition's job to interpret the symbolism so we understand what it's telling us. For instance, if I were to suddenly receive a glimpse of cat in my mind's eye, I might interpret the symbolic event to mean that I should be more independent, as cats are a sign for independence. Or let's say on my drive to the office, every street light turned red, I might consider that to be a sign that perhaps I need to slow down for the day. I applied this same ideal of breaking down the symbolism of my colds. The next time I came down with a cold, I looked at it symbolically. What I learned healed me in ways I never expected.

When I intuitively asked my cold what its meaning was, I heard that I was getting sick because I had words or conversations that needed to be spoken but were being restrained. When I had this realization, I remember immediately knowing the communication I was avoiding. Wanting to test what might happen if I spoke my truths, I engaged in the conversation I had been repressing. The results were remarkable as the span of my cold lessened.

I would go on to conduct this same process anytime I started to feel the beginning of a cold. Immediately, I would ask myself what I was in need of saying. With my new understanding, I would then have those (sometimes difficult) conversations, each time reducing the effects of my colds. Eventually, I wouldn't get my appointment colds like that anymore. I had gotten in the habit of speaking my truth and there was no need for the illness to take hold.

Symbolism is the Language of the Universe

Like I said above, energy speaks to you in the form of symbols, otherwise known to be a universal language. Energy shapes itself into symbolic images, frequencies, sensations, vibrations and physical events as a way of communicating with you. Everything you experience has meaning, big, small or



indifferent and is set before you to prompt you on your way. Part of your intuition's job is to help you understand the symbolic meanings in your life so you can stay on track with your soul's plan for growth and evolution.

How to See Symbolically

Shakespeare said, "All the world is a stage," and he was correct. Here are a few ways you can develop your ability to discern the many metaphors taking place in your everyday world.

- **See Life Metaphorically:** I always say coincidence is ill defined. In that sense, everything means something although not everything is profound or means that much. Get good at discerning the events happening around you that are bringing you information about your life's path by noting what appears to be coincidence, but is really synchronicity, and ask yourself what it means to you. For instance, if a hawk swoops your car, go online and research the symbolism of the hawk. You'll find information about how hawk represents higher perspective. You can then ask yourself where you need to apply higher perspective in your own life and then take actions toward your findings.
- **Meditate on meanings:** But don't just get your interpretation from Google. You receive messages based on your personal frame of reference. What I mean is . . . a sign only equates to what you determine it equates. For instance, if your intuition perceives hawk to be a protector, while mine says it's about perspective, both are correct.
- **We all interpret symbolism differently** based on our unique experiences and beliefs. Therefore, your interpretation is always correct and is ultimately the one that matters most. Research the symbolism and then meditate on it for yourself to find the meaning that is right for you and then apply the principle to your everyday life.
- **Don't Make Big Sweeping Changes:** It's also worth noting that if you are new at working with your intuition, don't make serious life changes based on what you've found until you have more certainty with your intuitive skills.



#7 - SEE YOURSELF AS OTHERS

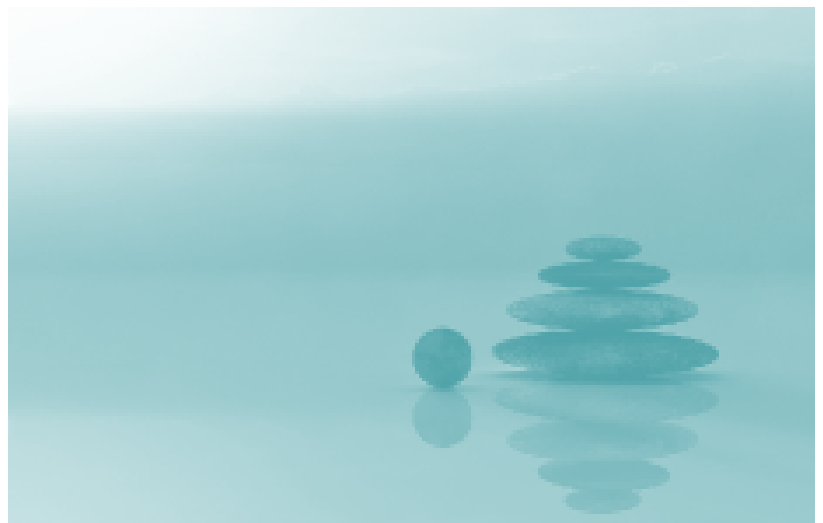
A few years ago, I went through a period of several months in which I had encounters with what I would consider entitled people. You know. . . individuals who want to cut you off while driving so they can get where they need to be regardless of where you need to be, or people who can't compromise and only want their way, or family who think you are their personal therapist and then get upset because you're not at their disposal. Over this period, it was consistent and overwhelming the amount of demands people were making of me in my normal everyday life. Finally, I decided to intuitively look at the issue to see what was going on.

The message I received was that I was encountering entitlement because I needed to learn how to be that for myself. Now let me say, I wouldn't have thought it was "good" to be entitled. However, there is a balance to all things. What I've learned is that entitlement is an energy that can motivate you to take charge of your life – which isn't a bad thing at all. It just means you are being true to yourself and commanding the reality that suits you best. Of course, just like I was too accommodating and giving, you can be too entitled as well. The point is to find the balance between accommodating others and self-desire. In fact, the entitled people I was encounter were receiving a message too – to be more like me, just as I was to be more like them.

We All Serve As Mirrors For Each Other

When you reject another person, you are in actuality having a resistance to a mirror element within yourself. It's just like Donald Trump who claims the media produces fake news, when he in reality is feeding them fake news – but do you think he understands that about himself? What about you – can you see those elements within yourself?

The fact is, it's not easy to see where our personas are out of balance. Thankfully there is an intuitive way you can discover the parts of you that are repressed and problematic simply by seeing others as yourself. When you do this, several things happen. First, you become less judgmental and more accepting of all people and their needs for



whatever experience they are having. But also, you start to become more fully integrated when you give yourself permission for all of you, which in the long run results in a sense of fulfillment.

How to Benefit From Seeing Others As Yourself

Here are a couple suggestions for how to start seeing others as yourself:

- **Don't See Life as Good Or Bad:** Judgment is what causes us to think one thing is better than another. However, higher perspective would tell us that everything happens for a reason. Sometimes what we might perceive as bad is happening for a good reason. Like abuse even. . . maybe it's happening so someone can call attention to it and break the pattern. In that sense, abuse isn't a bad event, it's more a necessary element that serves a higher purpose. Try not to see events so black and white. Understand, there is agreement and growth in all things.
- **Adjust to What Bothers You:** When you encounter a person that bothers you, don't go into judgment about them, ask yourself where that behavior exists in you whether it's repressed or overused. Take the opportunity to determine if you are out of alignment with that part of yourself and then resolve to make personal adjustments to bring yourself into greater balance.



#8 - CUT CORDS & AND CHANGE TOXIC AGREEMENTS

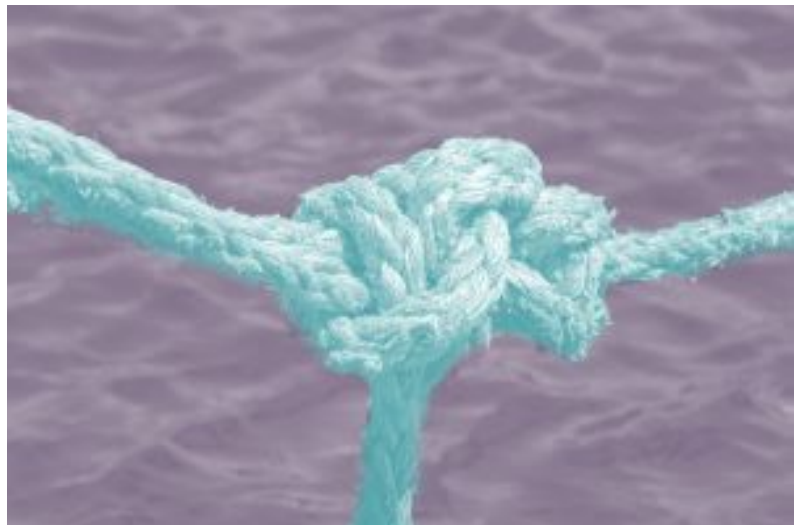
Jenny had tried for decades to mend her differences with her father. But try as she might, he didn't want it and rejected her ideals for compromise and acceptance in order to have a relationship. She was sad but she also knew that age 55 she'd given it her all. He simply wasn't going to change. However, that didn't have to stop Jenny from getting the healing she was seeking.

Jenny decided to intuitively rectify the situation energetically. She hoped that by cutting the etheric cords that kept her attached to her father, she would end her agreement to experience let down, abandonment and unworthiness. However, Jenny wasn't prepared for what happened next.

Jenny centered herself and retreated into her Command Central. In her center of head, she envisioned a mirror and stood before it looking for the cord that connected her and her father. She found the connection was attached through her lower spine. Interestingly, Jenny recalls thinking to herself perhaps this was the reason she'd always suffered from low-back pain. Regardless, she was intent on removing the strand once and for all. Jenny then envisioned herself holding a pair of scissors and proceeded to cut the cord. She watched at the energy strand dissipated and noted how good it felt to release the dynamic. Except, suddenly her phone began ringing. It was her father, who by the way was not in the habit of calling her.

Immediately, she picked up the phone happy to say hello to her dad, imagining he was now someone else, only to hear him say, "Your mother said we needed to talk. There we've talked." The resentment and disdain in his voice hit her hard like a stark reality check. Nothing was going to change with him.

Noticing that she'd re-engaged the cord the minute she believed he's changed, she went into her center of head, disconnected the attachment, and refrained from interacting with him until she was no longer



susceptible to going back into the old pattern. Curiously though, why do you think Jenny's dad called from out of the blue just after she'd disengaged their connection?

Why We Have Binding Agreements With Others

Souls create contracts prior to coming into their earthly bodies that in turn create energetic cords that attach us to one another and the dynamics we agreed to be for each other. However, when you are intuitive, you can consciously take charge over the cords and disconnect those that no longer serve your highest good. However, whether a person is conscious or not, when you release or change the connection, they will feel a subtle shift in their life and suddenly feel the urge to reach out in an effort to bring back what they feel they just lost. For this reason, you must apply boundaries when cutting cords so you don't undo what you just did.

You may not always be able to mend a difference with someone. You also may not want to energetically be attached to certain people anymore like ex-partners and such. Cutting the energetic cords is the easiest and most effective way to change your agreements with those who do not want to evolve. However, you can also mend contracts rather than ending agreements. Prior to cutting cords with her father, Jenny first attempted to alter the energetic contract in an effort to make it more balanced, it just wouldn't hold.

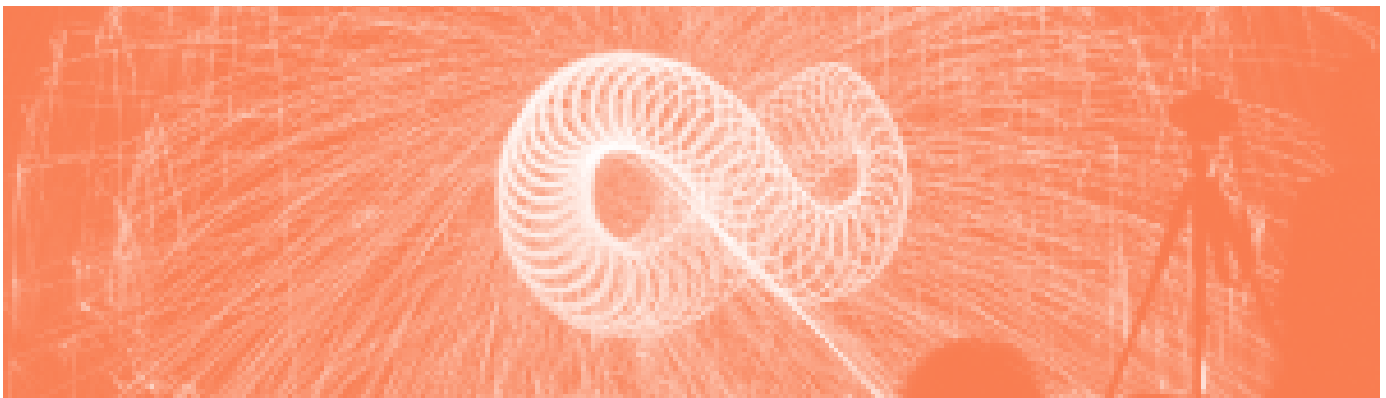
When To Cut Energetic Cords Verses Mend Contracts

There are a few ways to change your agreements with the people in your life. You can adjust your contracts. In that sense, rewriting them to benefit the greater good of all without having to eliminate the energy from your life. That's said, there are times when it's vitally necessary to remove toxic cords. For instance, if someone in your life has been or is being abusive, non-responsive, or just plain unreasonable, yet you feel a sense of allegiance to them, you may want to consider cutting the cords to that bind you to the idea that you deserve to be mistreated. Same as if you are still attached to an old relationship that causes you to not



be able to bond with someone else, it's likely a good idea to cut the energetic cords. Keep in mind that, like Jenny, you may find that you need to cut your cords with family members. Know that you are doing them a favor too when you are opting for what is best for all involved. Yet regardless if you are rewriting contracts or cutting cords, you are shifting the energy for yourself and those involved, even if they don't know what you are doing. Here are a few ways you can cut cords or rewrite contracts that no longer serve you:

- **Energy Follows Intention:** Changing your energetic agreements is easy when you consider that your intention directs energy. In other words, if your intent is to cut the energetic cord between you and another, it just happens. Same as if you want to edit a contract. You can add to or take away from your agreements simply by intending that it be so.
- **Get Still and Take Charge Of the Energy:** When you are ready to change an agreement, either ask to intuitively see the contract or to cut the connection. To change contracts, read what the current agreement says and then alter it to accommodate your higher understandings and desires. When you are finished with the contract, just ask that it be reinstated, knowing that you have alter the relationship.
- **If you wish to cut the cord between you and another,** intend that you see the cord between you and the other person and simply cut the cord in any way necessary – with scissors, a chainsaw, or just break through it. Whatever it takes to accomplish your goal.
- **Don't Re-engage the Cord:** It's critical to remember that it's highly likely that even if the person you are changing agreements with doesn't know what you are doing, they will feel the subtle shift and will unconsciously reach out to see if they can re-establish their connection. If you are serious about radically altering a dynamic in your life by cutting cords with someone, be sure not to undo your work going right back into the old pattern. You have to take a stand if you want the energy to hold – just use boundaries and you'll be fine.



#9 - GO WITH YOUR FLOW

The 8-5 daily grind was never conducive to me. While that type of daily routine works for many other people, it simply pulls me out of my personal rhythm and creative flow. I'm a night owl and ideas spark for me at 3 AM. So, when my boss was demanding that I be alert and chipper at 8am sharp, you can imagine that didn't always go so well. Although I could be on time, I could never master being alert and chipper about it. Except, really the problem was that the cycle I was expected to adhere to wasn't allowing me to access my creativity flow. In that sense, I was stagnating in the 8-5 world. It wasn't until I began working for myself that I was finally able to find my right flow and cycle. Consequently, everything became better -- my attitude, my health and even my ability to earn a living increased.

Why We Are Out Of Sync

We live in a society that expects we follow the daily routine without falter if we want our needs to be met. Unfortunately, that regime doesn't account for individual flow and creativity. Instead, it stifles those elements by forcing them to perform on demand in a box. It's no wonder why change seemingly never happens. Yet, there was once a time when humanity was in sync with its natural rhythms. We know that period as the Renaissance when art, literature, and invention dictated the flow. This moment in history was not regulated by a clock but an internal ticking that happened at all hours of the day and night. Artists and inventors alike conducted their business as the mood struck. Consequently, an enormous burst of innovation, beauty and love ruled the day.

Somewhere it fell out of fashion to be creative and worthy in that way. Somewhere it became more about money and getting your share of it at whatever cost to others and the earth. In this period, flow is directed. You are told when to create and when to produce and are not afforded the luxury of moving at your own pace and style. This moment in history will not reflect a burst but rather a dimming of our internal lights. It won't be until humanity takes back it's right to create for the greater good, that our lights will brighten again and innovative solutions can be found.

Intuition has shown me that there is a time for all things. A time when



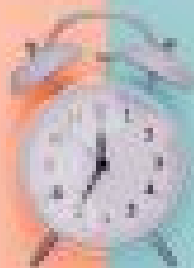
energy is higher and when it is lower, a time for productivity and a time for play, a time for connection, a time for isolation. Unfortunately, in our culture we are not encouraged to following the cycles as they shift for ourselves individually, rather we are expected to go against the grain by following a prescribed schedule of what to do and when to do it based on the need to be make shareholders happy, which is intrinsically unhealthy.

If you've ever experienced burn out, depression, or anxiety, it may well be because you are not in sync with your right timing.

How Do You Demand Your Timing Be Honored?

Because we all have to work together in the real world and because every person's timing and flow is unique, following your internal clock does require an element of compromise. There are times you have to do things when it's not best for you. Anyone who has raise an infant can tell you what that's like. However, if you can acknowledge where you compromise, you can then start to eke when it's best to follow your own flow. Here are a few ways you can recognize and follow your own timing in today's world:

- **Become Aware Of How You Are Feeling At Any Moment:** Get used to checking in with yourself to see where your energy is residing throughout the day. It can be helpful to plot your mood and energy shifts over a day so you know what sets you off and what your body and spirit are calling for at all times. You can't know your timing if you are out of touch with or don't acknowledge what you want in any moment.
- **Start Giving To Your Flow:** Once you become more aware of how your energy shifts throughout a day, start finding moments when you can give to the cycle that is right for you. And know this - no one is going to give you permission for your timing. You have to state what you need and how you are going to give that to yourself in order for others to accommodate you. Use your power to say when you feel creative or tired and give yourself more of what is right for you. The more you can incorporate your internal clock into the process, the better your life will unfold.



#10 - BE WHAT YOU WANT

I started teaching intuitive classes nearly 20 years ago but it wasn't easy for me to get started. In the beginning, I wasn't sure I should be instructing others. I mean really – who am I? I'm an everyday person just like my clients. Plus, I had my insecurities. I never thought I was wise, organized, or successful enough to be a leader for others. Yet, several individuals had sought me out wanting me to teach them to develop their intuitions. I was torn. I didn't want to let my clients down nor did I have the confidence to be what they needed from me.

Interestingly, at that time I had a deck of oracle cards that I liked to use to glean meaning from when I was in question about something. The deck consisted of 44 goddesses. However, when I randomly pulled a card seeking understanding about hosting intuitive classes, I would almost always choose The High Priestess, who incidentally has full access to universal wisdom and knowledge and is a teacher for others. You would think I would have been thrilled to pick that card. Except, I didn't feel like her at all.

I couldn't relate to the High Priestess. She didn't seem to have a place inside me. But then I heard it clearly. "The only way to know her is to be her." And I saw an image of myself donning the aspect of the High Priestess as if she were a persona I was wearing like clothing. That's when everything changed.

Wearing the High Priestess pulled my vibration into its highest level of understanding, patience, and communication. If I could step into a teaching space with her confidence and sense of knowing that there was nothing I couldn't help my students learn. Interestingly, the act of being a teacher not only amplified my leadership abilities, it also increased my business as I was seen as more knowledgeable and commanding. In that sense, my magnetic draw was greater.

Now, with nearly two decades of teaching under my belt, the High Priestess is second nature to me. Being her allowed me to become her. More importantly, this experience gave me a golden key of sorts that I could apply not just to my career but to any aspect of my life. If I wanted more money, I could be wealthy. If I wanted commitment with a partner, I could be loved and



cared for. If I wanted greater respect, I could be respected. Whatever I experience I wanted, being it was the key to having it show up in my day-to-day.

To Feel It Is To Be It

Like I said earlier, energy always follows intention. If you intend to be something, you'll be it. But here's a little secret. Energy doesn't just adhere to mere words it actually follows feeling and emotion more. If you were to intend to have a bank full of money but your emotions felt that was impossible, you'd never have a bank full of money. You have to believe you are money to the highest degree in order to create this reality.

That said, there are so many greater things to be other than money. For instance, you can be creative and find all kinds of things in life to support and sustain you. You can be determined and contribute to global environment efforts. You can even be kind to yourself and learn to love who you are at all times, even when you falter. Whatever you want to be, remember your emotions have to match your thoughts in order for your vision to manifest as you desire.

How to Be What You Want

Let me share with you a tool for getting your thought and emotions to match:

- **Focus on Being:** The best way to be anything is to spend time getting familiar with it so your emotions can attune to the vibration of what you want. Start by meditating on your desire such as I did when I wanted to become a teacher. Familiarize yourself with how it feels to be what you are asking for and wear it like a costume. Then periodically as you are going about your day, bring that feeling in and be what you want.
- **The more you practice being your desire in your daily routines,** the quicker you can create that reality in your life. Just remember, if you don't feel it, you can't create it. Let your emotions believe in your aspirations and feel as though it's already a part of your life.



#11 - FIND YOUR INTUITIVE TRIBE

I had never met anyone like me until I attended clairvoyance school. I came from an exceptionally conservative family that believed in the “every man for himself” concept. My beliefs, however, were different. I was, and still am, of the mindset that “we’re all ONE and in it together.” Except, every time I tried to speak my energetic spiritual truths, I was scoffed at and spurned, making me doubt my intuition and wishing I was “normal” like them. Then I found my intuitive tribe.

It wasn’t until I started taking energy classes that I finally found other people in my life who could understand my perspective, or at the very least, let me express it without making me feel foolish. Suddenly, I realized I wasn’t abnormal. There were others like me in the world too, many in fact. With this realization, I started giving myself permission to be what I wanted and to live the life that was right for me. I had found a wonderful clan of individuals who weren’t telling me what to be but were encouraging me to find out who I was for myself. My tribe fostered my knowledge, uniqueness and power. Without that level of support, I would have continued to feel less than and wrong. Instead, I began thriving as an individual, confident and fulfilled for the first time ever.

Why a Tribe is Necessary

One of the issues I hear most from clients and students is that they have no one to talk to about intuitive things. Most of the people in their lives either don’t get it or don’t want to get it and so they end up never conversing about the inner reality they’re experiencing, which can have some disconcerting ramifications. Often this bottling up of ourselves causes manic feelings where we wonder if we’re crazy. We might even believe we are bad, wrong, or insignificant because of this holding back of ourselves. It isn’t until we are around other people who are exploring energy phenomenon as well that we realize we’re not alone, nor are we crazy. It’s simply that it’s a smaller population of people who are ready for intuitive growth and so you likely have to seek out your tribe rather than think they will be your family or life-long friends.



No matter what you do, seek the support of your tribe when learning to be intuitive. Just remember to hold your authority while also being willing to see what others have to offer.

How To Find Your Tribe

Finding your clan doesn't have to be difficult. Here are a couple ways to get started:

- **Attend Meet Up Group with People of Like Interests:** If you have not heard of Meet up, it's a social media platform that allows you to find groups with your same interests. You can set up a profile and then search for meetings regarding intuition, spirit and psychic phenomenon. Attending these meetings can often times connect you to people who understand what you are experiencing.
- **Don't Be Shy:** The other thing I would encourage you to do today is be brave and let other people know what you are experiencing. You'll likely be shocked how many people are going through the same thing these days. Maybe you can even organize a book club where you read about and practice intuition as a way of exploring the concept with anyone wanting it too.



CONCLUSION

You now have an extensive understanding of how to use your intuition in practice - everyday ways that allow you to command your life and create the reality you desire!

Apply these ideas in your life and watch as transformation take hold.

If you want to continue learning about the many ways to operate and use your intuition, your next step might be to:

- **Book a discovery session** with Michelle and let her help you find your unique higher path.
- **Attend an online class** or order Michelle's Intuitively YOU Online Book Study Course ([click here to receive 25% off](#)) which comprises an extensive step-by-step video series following her latest book and learn how to become proficient at using your core instincts to find healing, empowerment and change.

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