



MODALITY SPOTLIGHT

The Intuitive Intelligence: Decoding the Energy Signals of Inner Wisdom

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You are working on a client and receive a flow of information from some source; is it intuition or psychic information? What is the difference between intuition and psychic power? Intuition is the highest part of ourselves (divine) speaking to us. It is spiritual; and the most valuable faculty we have.

Psychic powers are not spiritual. Psychic abilities are neither good nor bad. It is how they are used that makes them good or bad. For example, if you use psychic ability to look at the aura of a person.

Intuition and psychic development are available

in all of us. Intuition and psychic development can occur through yoga breathing, prayer, meditation, concentration, contemplation, repetition, etc. Intuition is part of your sixth sense. It is an awareness of a fact or reality that is to relate to any usual reasoning power or logical assumption. It is an insight about events that may or may not take place. It surpasses logic and is more than an educated guess. Intuition is your internal communication system.

You may be an empath who is intensely sensitive to other people's emotions, pains, and energies. You might be born with it, and it can be multi-generational. It is ruled by the sacral and heart

chakras. As an empath, you are a person tuned into another's feelings and share in the emotions emanating from that individual. You are tuned into the emotions and physical feelings of another person's past, present, and future. You may have a feeling when meeting or working on someone. You might be clairaudient and can perceive sounds or words from outside sources in the spirit world such as voices, sounds or music. You receive messages mentally or within your ears. It is ruled by the throat chakra which controls communication. When this chakra is balanced and open it allows messages to be received. A chakra alignment meditation is good to practice because it stimulates the free-flowing energy between all the chakras. It is the doorway to the sixth sense.

You might be clairsentient and could feel the present, past, or future physical and emotional states of others without the use of the normal five senses. An example is when you get a gut feeling when working on a client. Clairsentient is tied into the sacral and heart chakras. Sacral chakras are emotions of gut feelings. You can increase your clairsentient ability through meditation or chakra alignment, because it stimulates the free-flowing energy between all the chakras. The doorways are the third eye and heart chakras.

You might be a clairvoyant and can see events from the future, present, and past within the mind's eye. Clairvoyance differs from telepathy because telepathy is a conscious, direct sending of information from one individual to another without the use of the five senses. The doorway for clairvoyance is the third eye.

Everyone's body sends messages. According to Fred Alan Wolf, "Every action and every thought arises in your consciousness, there is a certain frequency or vibration associated with that."

The body always wants to heal itself (Dr. Candice Pert). As healing practitioners make mind and body

connections, these mind and body connections bring information from the outside and inside and contribute to the healing process of clients. Information comes to the surface to be acknowledged, worked through, transmuted, and healed.

Whether you feel the emotions of clients, hear that little voice inside yourself or hear voices (or your name) when no one is around, know something without logic or facts, have intuitive thoughts pop into your head at random, or visually see visions, symbols or pictures – you are receiving information, data, or suggestions. Perceive yourself as empowered to improve the spiritual, mental, emotional and physical health of your clients and release what is preventing them from becoming healthy. €

Sources:

- Ph.D., Pert, Candice (1997). *Molecules of Emotion*. New York: Scheiner.
- Ph.D., Wolf, Fred Alan (2006). *The Spiritual Universe: One Physicist's Vision of Spirit, Soul, Matter, and Self*. New York: Moment Point Press.



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