

YOUR INTUITIVE GUIDE

For an impenetrable shield, stand inside yourself.

Henry David Thoreau

You are your own best friend. We've all heard this statement before. The sooner we can grasp the meaning of this, the sooner we will realize the truth of it. What does it mean to be your own best friend? It means being in touch with your inner landscape, it means listening to your inner voice, it means trusting your **self**.

A sixth sense, spiritual insight, instinct; (the ability) to know something without conscious reasoning, immediate apprehension...pure knowledge>> INTUITION...the guiding light from within.

The primary force is intuition. In that deep force, the last fact behind which analysis cannot go, all things find their origin.

~ Ralph Emerson Waldo ~

When it comes to intuition, the largest part of it depends on trust. Trusting self. Allowing knowledge to enter your heart and trusting it to be true, keeping the mind and heart wide open. In meditation, for instance, you give the mind a rest and thus become more open to 'what is', without expectation or fears & desires. This is where intuition can give you room to grow spiritually, free from analyzing, thinking and reasoning.

Intuition is part of you, like your organs, and you cannot live without it. When you develop your intuition, and trust your intuition, your decisions become more fundamental and spontaneous. Trusting your intuition gives a feeling of freedom. Drugs, alcohol and cigarettes will impede the process of developing your intuition.

Quietude is the basic foundation on which to build your intuition. Regular meditation will strengthen your intuition; you will be more in balance and will find it easier to go with the flow of your inner landscape. When you are in balance you will not be bogged down by fear, emotions, exhaustion etc.

Know that your biggest source of wisdom lies within you; trust your intuition.

Taking care of self, body/mind/spirit, will enable you to tap into your intuition. Assume that intuition works for you. Trust that it is there to guide you in life's journey. Remind yourself that you are an intrinsic part of the 'big picture'.

The only really valuable thing is intuition.

Albert Einstein

It is important to pay attention to your intuition. Concentrate on what is happening in and around you. All your organs, your blood, your breath, all that makes up your life (your existence) works together to make up who you are and gives you life's journey on earth. It is this 'working together' that makes this happen in exchange with the world around you. Thus you are part of the "big picture".

The first and foremost step is to be aware. Awareness of self and of life around you will give you strength in developing your intuition. Be responsible for who you are and for the actions you take. Decide your own path and let your intuition guide you. Self confidence will give you the (emotional) freedom to follow your bliss and will lead you toward freedom of restraint such as fear, dogma. Take the initiative to create your own life, give into the moment, and release your anxieties & insecurities. Experience life and the myriad possibilities it offers.

It is with the heart that one sees rightly; what is essential is invisible to the eye.

Antoine de Saint-Exupery

By developing intuition you build self confidence and will eventually live from the inside out. You will be able to control your situations and your emotions. You will decide what makes you happy and what hinders you, remove barriers, decide your own mood and eventually you will be able to enjoy each moment as it is presented to you. Once your intuition is strong enough, you will enjoy pure assertiveness, strong decision making abilities, choice, and above all a strong sense of self. Hence you will feel better. Your health will improve as well.

Meditation and relaxation are big factors in achieving this goal, and once you have momentum there's no stopping...you will be able to enjoy life as it is meant to be. Decide your own direction in life; listen

to your heart. Animals possess intuition and we are witness of this every day. Tap into your own wisdom and realize your full potential.

Every artist dips his brush into his soul...

~ Henry Ward Beecher - (1813 - 1887)

For many people intuition is mysterious. Artists, on the other hand, are more familiar with the concept of this undefinable driving force. They tap into it (almost) subconsciously. We too can cultivate this non-rational way of being; rejuvenate ourselves, ground and balance our energies and deepen our relationships.

In order to do this we must learn to have awareness for the sensations that constantly soar through our bodies; these are signals that have to be attended to. In this way we begin to sense how they relate to what we eat, think and feel (etc.), and will bring our awareness back into a living connexion with our bodies & with the universe, experiencing the total 'body/mind/spirit' connexion.

This straight knowledge comes from our inner spiritual level, tapping into our 'higher' faculties, and is an expression of the soul. To experience this sense of bliss, it is essential that our emotional nature becomes serene and balanced. Regular meditation & relaxation, reflective thinking, and quietude are all methods to get into this state. It is a developed and discriminating mind that can lead us there. It is our 'higher' level thinking that brings us close to our inner essence of soul.

The only justice is to follow the sincere intuition of the soul.

~ D.H.Lawrence ~

The last endocrine gland to have its function discovered is the pineal gland. It is located deep in the brain, directly behind the eyes. It is associated with the 6th chakra ('Anja' or '3rd eye').

It is believed to be a dormant organ that can be awakened to enhance "intuition".

Rene Descartes called it "the seat of the soul".

This area is believed to be the connecting link between the physical and the spiritual world, and is considered the most powerful and highest source of ethereal energy available to human beings. This

gland is large in children and begins to shrink at the onset of puberty.

The pineal gland secretes melatonin (a hormone) during times of relaxation & visualization ; when activated it becomes the line of communication with the 'higher' planes.

To activate this '3rd eye' the pineal gland and pituitary gland must vibrate in unison, which is achieved through meditation & relaxation.

Visualization is the first step in directing the energy in our inner landscape, to activate the 3rd eye.

Intuition is achieved through 3rd eye development. We raise our consciousness from emotional nature into an illuminated awareness when the pineal gland is lifted from dormancy. We then loose our sense of ego and become conscious (aware) of our inner self.

Take the journey inside yourself and discover the 'friend' that will always be there, and has been there all along.

We need to be willing to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly.

~ Shakti Gawain ~