



Intuitive

Intuition Development
Newsletter

Hello and a very big welcome to this, the very first edition of

'Intuitive'

Intuition Development Newsletter

In this Autumn Newsletter:

- 1) Fear Blocks Intuition**

- 2) The difference between Wishful Thinking, Intuition and Manifestation.**

- 3) The Heart and Intuition**

- 4) Awakening Intuition**

- 5) Quotes**

- 6) Winner of the Free Reading**

'Intuition' from the Latin root word 'intueri' is; 'the act of uncovering teachings or deeper understandings from within'.

1) Fear Blocks Intuition

Fear manifests in numerous guises:

Fear blocks both the intuitive process and the ability to act on intuitive promptings:

All the following examples and more, block you from accessing your intuition in the first place and/or following your intuition's promptings in the second: Pressure of time, negative emotions, stressful situations, fear of condemnation, fear of consequences, fear of making a mistake, fear of the unknown, fear of what your family will think of you, peer pressure,

Can you think for a moment, about a time in your life when you felt something was the right or the wrong thing to do for you, but didn't follow through with your feeling, for fear of what others might think of you? This is a very real consideration. You could even say that to live a life in which you are guided by your intuition, takes courage.

Conversely, can you remember a time in your life when you did follow through on your intuitive promptings despite your fears?

What was the outcome in both situations and how did you feel about the outcome?

I read something I found very interesting: a study indicated that 30 percent of women who got married and then divorced, knew on their wedding day, that they were doing the wrong thing. They carried on anyway – fear of being left on the shelf for one, fear of being alone, fear of family and friend's responses etc.

I read a while back about an Initiation Practice in ancient times; After years of training in the psychic arts, the initiate was placed in an underground chamber with many passageways leading off from it. The Initiate had to find their way out using only their intuition to guide them. All sorts of ghosts and phantoms were placed in there specifically to frighten them.....only by holding true to their inner guidance system, could they come out alive! Whether that is true or not I don't know, it certainly a very striking story.

2) The difference between Wishful Thinking, Intuition and Manifestation.

Wishful thinking - you imagine in your mind's eye a situation turning out the way you want it to be.

Intuition - you use your inner senses to give you information about the outcome of a situation

Manifestation - you use your intentions and imagination to actively engage in the process of creating something you want, but is not yet there in your life.

Can you remember any specific instances when you used either wishful thinking, intuition or manifestation in your life?

What makes those particular instances stand out in your mind?

3) The Heart and Intuition

The heart is the centre of love, it connects you to others. When you sense into a situation using your heart centre, you are working, feeling and being for the highest good of all. When your intuition resonates within your heart, you are walking the path of love.

Small Warning!

An over inflated sense of self importance could give you the feeling that you are specially chosen, a great healer, highly evolved spiritually, more tuned in than others. Test your intuition within your heart, to make sure that its not your ego guiding you!



4) Awakening Intuition

Your Intuition is always there for you 24/7, its how finely you are tuned into it, that determines how much and how well you have access to your inner guidance system.

Take time/put energy into tuning into your Intuition.

Here are some ways to begin:

Pay attention to your 'gut' feelings.

Notice how your rational mind can say one thing, while your body is telling you quite another. You can be aware of this at any time of the day and in any situation.

Listen to the still small voice

Take time to sit down and meditate – slow your breathing – see what images and feelings come up for you. Ask your intuition for guidance and listen for the answers. Start with little questions that are not going to have big consequences in your life.

Act on the inner promptings

Follow the promptings of your intuition, this way you will come to trust your inner teacher.

Testing - Keep a Journal.

Write down:

The intuitive guidance you receive

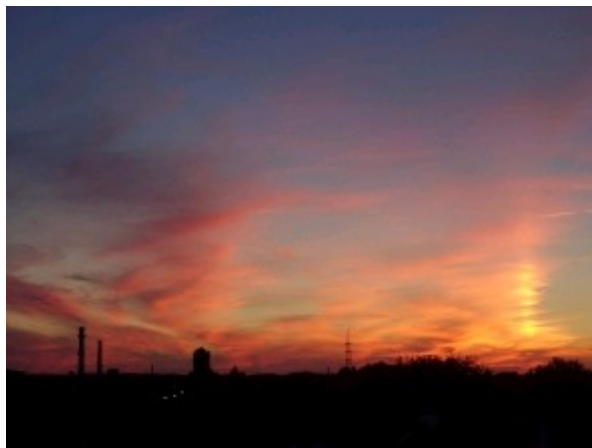
How you follow the intuition – how you act on the prompting

The outcome of following your intuition.

By gaining small successes you will build up confidence – don't forget, you will learn through your mistakes too.

Keep an eye out for signs.

Keep an eye out/ listen for messages in books, dreams, words of a song, birds/animals/people that cross your path (will go into this in depth in future editions)



5) Quotes

“I feel there are two people inside me - me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely.” Kim Basinger

“You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.” Alan Alder

'The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift'. Albert Einstein

6) Winner of the Free Reading

I gave each subscriber a number, wrote the numbers on pieces of paper and then put them in front of my black Cat Gawain, who with his nose touched Mary Moonbeam's paper! So Mary is the winner of this month's Free Tarot Reading. Well done Mary!

I would very much like you all to be contributors to this Newsletter, so if there is anything you would like to share; things you have learned about your intuition - exercises, experiences - please don't hesitate to contact me. We all have experiences and knowledge that can help each other to learn and grow, so please don't be shy about sharing yours. The next newsletter will be out in December.

gillian@emailtarotreading.org

[Intuitive and Email Tarot Reading](#)