

# Embracing the Truth of Your Divinity

## ~ *Allowing Intuition to Lead the Way* ~

*"I believe in intuitions and inspirations...*

*I sometimes FEEL that I am right.*

*I do not KNOW that I am."*

Albert Einstein

***Intuition is our road map to discovering our personal Truth...  
Yet... its presence is often not noticed or ignored.***



There is so much information and knowledge available to us now that it could be a bit overwhelming. Our minds may be filled with illuminating facts and knowledge; yet our brain may not be able to integrate this information. This can lead to clouded thinking and the inability to focus, therefore, intuitive insights will be hindered.

Our intuition will always lead us to the information and knowledge that is appropriate and useful at any given time, and when acted upon it will ensure the quickest and easiest path to utilizing this information so that our desired goals and outcomes become actualized.

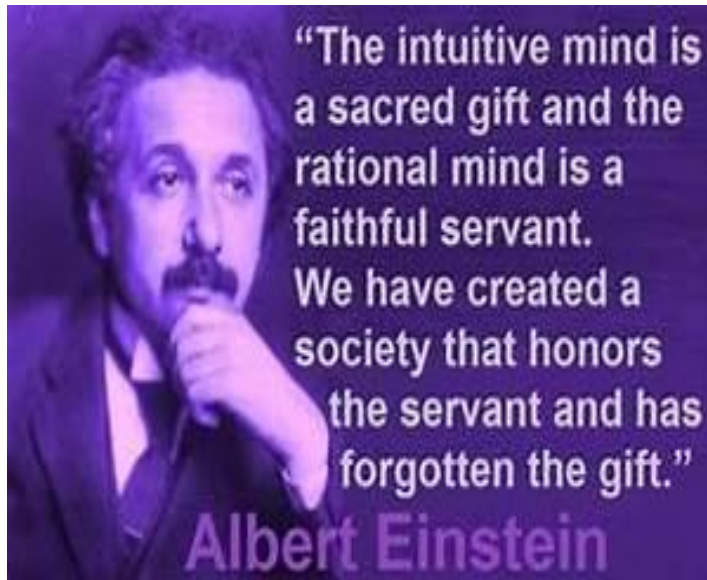
### **What is Intuition?**

Intuition just IS. I have no words or feelings to define intuition... it is like a knowing... yet it is more. I often marvel at this beautiful gift... finding myself 'doing' something, yet not knowing why until much later. In a sense, it has become the fourth aspect of Beingness; Body, Mind, Spirit, Intuition.

I understand Intuition as our souls' way of communicating and inspiring us through IDEAS, FEELINGS, URGES, and flashes of INSIGHTS. I also realize the importance of having a healthy body and environment for Intuition to flourish so that these ideas, feelings, urges and flashes of insight can have Expression.

Our body's brain and 'gut' are designed to communicate with each other so that the presence of intuition can be known. You may have heard the term "trust your gut" and recognize that the gut has often been called the second brain; for clarity, I will call this the "lower brain". This lower brain communicates with our upper brain through electrical impulses, transmitted through the vagus nerve.

Feelings in the solar plexus and/or abdominal area of our body can be intuitively felt as lightness, giving a “yes” as a positive sign, or resistance/heaviness, giving a “no” as a negative sign. Shivers, chills, and/or sensations along your arms and legs is a common way for Intuition to validate that something is Really True.



As the upper brain can become overloaded with unprocessed knowledge and information, the lower brain can become unbalanced or blocked due to unprocessed emotional energy.

To bring balance into our lives, it is important to allow ‘time’ for the integration of new information while clearing any emotional energy that arises.

## How can you maintain a healthy environment for Intuition to flourish?

Assess your lifestyle: Ask yourself the following questions:

- Are you spending too much time in intellectual pursuits or activities?
- Are you expressing your feelings through truthful communication?
- Are you allowing your creativity to express through painting, writing, art, or whatever brings you joy?
- Do you give yourself permission to have FUN?
- Are the foods you eat supporting a healthy gut?
- Are you aware of your emotional states and the energy of others around you?

Keep your energy field clear:

Use the following procedure several times a day to release any suppressed and/or unresolved emotional energy:

- Take deep and complete abdominal breaths throughout the day to ground your energy and clear emotions.

Use the following procedure several times a day for maintaining a healthy energetic field:

1. Take a deep relaxing breath... then imagine a clear light from the Universe coming straight down from above, into your head, all the way down through your body and out through your feet.
2. Picture the energy rising from the bottom of your feet and going all the way up through the top of your head and out into the world, clearing your energy as it moves through you.
3. Picture light spreading throughout your body.
4. Notice how you are feeling; freer and lighter!

Increase your ability to encompass the following qualities or higher senses:

- Awareness
- Compassion
- Imagination
- Focus
- Expression

Making the necessary changes in lifestyle, keeping your energy field clear, and becoming more in tune with your higher senses will invite your Intuition to become an Integral aspect of who You are.

As you begin to recognize, acknowledge, and act upon the messages of your Intuition, your life will be easier and have a more graceful flow.



*Embracing the Truth of Your Divinity  
is Allowing Intuition  
to be your Guiding Light  
in all areas of  
Your Existence.*

*Love and Namaste  
on your Inner path of  
Self-Discovery,*

*Jackie*

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