

Spiritual Innocence and Your Unique Path of Intuition

Sometimes students get upset when they cannot intuitively see. To me, they are wasting valuable time and energy, ignoring amazing insights and connectivity to their power, as it flows in a variety of ways. We always want what we don't have. We've all been there. What I really want to stress to you through this kit is that you *can* see. Many of us just don't know what we are looking at. Or we think we're failing if we can't see a color physically manifest. You need to understand that most of the colors of the human electromagnetic energy field are out of the field of capabilities of the human eye. You will only see them with your mind's eye. So never get discouraged. There will be times when you will physically

see the colors around someone's body, but if you don't right away, please know you are not doing anything wrong. It will come to you. Trust the process.

Let us briefly look at how you can identify your unique intuitive process, build on that strength, and move forward into new ways of intuiting information. You have to start where you are. There is no other way to begin this or any other journey.

You access intuitive information by seeing with your mind's eye, by feeling sensations in various places or throughout your body, by hearing phrases or sound bytes within your mind that are non-emotional in origin, by getting a strong sense of knowing (even though you don't know how you know, you simply do), and by smelling a scent of something that isn't there. Now, to a person who has no understanding of intuition, these experiences could be misinterpreted as mental or emotional delusion, as those are certainly present in various mental conditions. But we are not discussing pathology. Everyone has intuition,

and since intuition is an insight without any reasoning or analysis, it has to come into your cognitive mind and your sensory or feeling nature through physiological pathways—your nervous system and brain. Here are some quick tips on intuition in general.

- Intuitive information comes in a fleeting and quick manner.
- Intuition does not form a continuous loop of the same information over and over and over again. In other words, you may hear (or see or feel) intuitive insight regarding your life and or a situation repeatedly, but that is because you are not willing to act on the intuitive solution. No more, no less.
- And the big kahuna of tips: Intuition has no emotion. None. Nada. An intuitive thought can certainly stir your “emotional pot” and provoke feelings, but that’s your intellect—your stuff—chiming in, not the intuitive thought.

Your ability to access your intuition isn’t the main concern; it is your ability to trust it and take action. Strengthening the skill of trust is more important, for some people, then opening their intuition. You hear it, you see it coming, and you know it to be right, but you hesitate, stall, or procrastinate. That’s what I want you to let go of. Start trusting. You know yourself better than anyone.

LETTING YOUR IMAGINATIVE KID OUT TO PLAY

When it comes to connecting to your intuition and to gathering information from color (to help with problem solving, finding your footing on your life’s path, or healing your body), it is extremely valuable to approach the process like a joyful child. A child’s state of mind naturally releases fear. Kids trust their knowing and have tremendous curiosity. Your intuitive abilities will become more precise and powerful as you become more adventurous and playful.

When His Holiness the Dalai Lama received the Congressional Gold Medal from the President of the

United States in October 2007, His Holiness addressed the dignitaries present, and the world, with profound compassion. His innocent, precious, childlike humor and wonder filled the halls of Congress that day. During his speech he would pause and giggle with infectious delight. His Holiness the Dalai Lama embodies the precious child to which I am referring. We all have it within us, and we should strive to allow it to come forward and grace our lives. The benefit of this innocence leads us to peace and happiness, and it helps us to cope more harmoniously with whatever we encounter.

We have all been there; life has gotten a bit messy. You're not feeling well, your personal life is crashing while your professional life soars, or vice versa. Life is full of the good, the bad, and the ugly. No amount of wishful thinking will take that away. We have to learn how to hold our place, keep centered, and be with what *is*—meaning you are not running away from the moment. You are present and aware.

The childlike ability to hold that place of “*is-ness*” is essential to intuitive development and to understanding the energetic power of color. If you think you know what the energetic story is behind the color red, or what exactly the blue means as soon as you sense it, you may actually be fooling yourself and be way off base. Holding space, sitting with what is, and letting the curious intuitive child within you play with what you are sensing is the best way to build trust in your intuitive abilities and to glean the most accurate amount of information available.

INTUITIVE PLAY: Footsies!



This may sound a bit silly to some of you, but that's the point. Sit comfortably in a chair. Take in a few deep cleansing breaths. Now ask your body which foot you are going to focus on while doing this playful exercise. That's right, your foot. In fact, let it intuitively pick you. “I want to play!” your left or right foot may say.

Once you have that information, and you, of course, trust that information without hesitation, take a nice deep breath and exhale slowly out through your mouth. “Aaahhhh.”

Close your eyes, if you have not already done so.

With your eyes closed, take your mind’s attention to a point of focus right between your eyebrows. Imagine that you are breathing in and out of that place between your eyebrows. The breath naturally goes into your lungs and out, but your imagination playfully takes your breath up into your head to this point. When you exhale, you imagine the breath moving out of your forehead, between your eyebrows. Breathe in and out in this manner several times. You may feel a slight pressure or tingling, or you may not feel anything. Either way is fine. You are always in control.

Now, with your body relaxed and your breath slow and steady, imagine that you are looking at your chosen foot with your eyes closed and with your intuitive,

mind’s eye opened wide. Simply pay attention to any sensations you may feel in your body—tingling, rushing energy, or twinges. Note the colors your intuitive inner voice may share with you as you intuitively ask, “What colors exist in and around this foot?” What colors do you see within your mind’s eye? Don’t try to hyper-focus on one of the colors, but try to take it all in.

Remember to take your time and be with what is. Don’t force anything. If nothing is coming to you, simply focus on your clear intention to intuitively read the colorful energy of your foot.

Take at least ten minutes to play with this exercise and use the space on the next page to write down your experience. Even if you didn’t see anything this time around, write down your experience anyway. You might be surprised by what insights show up.

INTUITIVE PLAY: Mirror, Mirror



Another fun exercise that will help illuminate your ability to intuitively see and sense the colorful energy around your body is “Mirror, Mirror.” Sit or stand comfortably in front of a mirror. Keep your eyes open while you take in a few cleansing breaths and release the tension from your body. As you breathe in and out, look at your body in the mirror—without judgment or criticism (but keep in mind that this will come up anyway).

Then, with eyes closed, focus your attention at the point between your eyebrows again and let the intuitive games begin! Set your intention to intuitively see, know, hear, or feel the colors in and around your body. (Actually, you don't need to be in front of a mirror, but for some, it is helpful to get started by having the perspective of looking at your body's reflection—looking at the self from the outside.)

Most important, loose your inhabitations and your need to “get it right.” Let your logical mind take a break and set your spiritual child free! Have fun!

Take ten minutes or so to intuitively scan your body, starting at your head and moving your way down. Or you can go to whatever area of color you intuitively sense first, and pop around from here to there. Write down the colors you sense. What is equally important as you're writing about the colors you sense is to journal your overall experience. In the space provided, include any feelings of shyness, fear, courage, awe-struck moments, etc. It is extremely valuable to understand the process, and to not focus entirely on the results or lack thereof.
