

# Accessing Intuitive Insight

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**1) CENTER YOUR ATTENTION INSIDE YOURSELF; RELAX YOUR BODY:** Center yourself fully in the present moment, in your body. Give your full attention to the rhythmic body cycles, descending into the body from: breath, to heartbeat, to nerves and electrical vibration, to the vibration of the cells, to the atomic level, and finally to the quiet center of a single particle deep within you. Create a feeling of absolute safety within yourself. Quiet the conscious mind. Center yourself inside your skin. You may also scan your body from toes to head, relaxing and softening all the parts systematically.

**2) SOFTEN YOUR MIND, BE AWARE OF FEELINGS AND SENSATIONS, BE IN THE MOMENT:** Bring your attention to the simplicity of what is so right now. Simply notice and take inventory, allowing environmental conditions to be as they are, allowing both comfort and discomfort in your body, in your emotions. Let go of needing to do something about everything. Make no decisions. Suspend the personal will and notice the presence of something higher in yourself. Remind yourself that everything you notice is a part of the Big Self. Shift from the linear, active, goal-oriented "masculine mind" to the soft, allowing, noticing "feminine mind."

**3) ATTUNE YOUR AWARENESS TO THE HIGHEST LEVEL:** Identify yourself correctly: you are the soul embodying and creating mind and body. Feel or imagine a quality of diamond light in your body and mind, or connect to qualities of the soul, such as: I am infinite beauty, I am infinite compassion, I am infinite energy, I am infinite courage, etc. Contemplate such thoughts as: "I am part of the harmonious flow of nature"; "The answers that are appropriate for me, and which serve my growth, already lie within me." Feel cheerful, untroubled. Create these feeling states in your body so they become real.

**4) CONNECT WITH THE UNIFIED FIELD:** Expand your awareness as though it is a bubble, outwardly, incrementally, in all directions, including more and more of the world in your personal reality. Let yourself experience connectedness or communion with the things you perceive. Whatever you perceive is inside you, thus part of you and knows you. Feel the waves of energy that pass through everything, the one consciousness within all forms. Everything is known, everything cooperates.

**5) FOCUS ON YOUR NEED:** Feel the sense of incompleteness, discomfort, need, curiosity, or desire for an answer. Formulate your question or request.

**6) ASK & RELEASE:** Do so in specific terms, with 100% conviction that there is an appropriate answer following immediately and easily. Remember that the Field is totally cooperative and the question and answer arise at the same time. Trust that the great orderliness and wisdom of the universe knows what you need. Let go.

**8) ALLOW THE INFLOW:** Be in peace and wait in soft receptivity. Have no projected outcomes or judgments about what you receive, how you receive it, or when it will come. Don't second-guess or try to refine the answer with your logical mind.

**9) CONSCIOUSLY RECOGNIZE THE INSIGHT:** Your insight may come in words, pictures, symbols or omens; either in the inner mind or in the outer reality; through any of the sensory modes; either immediately or in the near future. Be able to discern the feeling of truth and appropriateness through the "truth signal" responses of your body.

**10) MAKE THE ANSWER REAL:** Do something physical with your intuitive response: write it down, tape it, speak it out loud to yourself or a friend, make a piece of artwork—but make it sensory and real to your body.

**11) FEEL GRATITUDE & IMPLEMENT:** Give thanks and feel appreciation for the ready availability of wisdom, to the unknown beings who may be helping you, and to all the levels of your own consciousness for cooperating with each other. This validates the experience. Follow through on what you receive. Use the information. This completes the experience and frees you to move into a new phase of creativity.

