



***Intuitive Way* Excerpt**

TO THE READER

*“The animal soul has given birth to all the fetishes.
A fetish made of wood is a little like a garter snake,
But a fetish made of energy is closer to a dragon.
To snap a wooden idol in two is extremely easy;
But to break a dragon is a task beyond our power. . .”*
Rumi

Intuition is the long lost juice of life. It brings us fluidity and joy, instantaneous answers and abundant knowledge just for the asking. Living by intuition is an art, which when mastered produces a thrill like no other. It is into this experience of living, and perceiving,

intuitively that *The Intuitive Way* guides you.

You may have picked up this book because you feel blocked intuitively—maybe you’re feeling somewhat overwhelmed or untrusting, or unable to see the way out of the comfortable or uncomfortable “box” you’re used to inhabiting. It may be a chronic “flatness” that plagues you, or a temporary solidity of mind or emotion. Don’t worry! This is part of the natural ebb and flow of intuitive knowing. The wonderful thing about intuition is that it can return at any time and become fully activated at any age. It is an innate gift of your soul, so you can forget to pay attention to it, but you can never lose it entirely. The material in this book is designed to help you dissolve self-doubts and blockages and find your intuitive way forward.

You may be interested in intuition for a wide variety of reasons. Perhaps you’re looking for deeper answers. Or maybe you’d like greater clarity in your life direction, or more insight into your relationships with others. Maybe you’d like to undam your creativity, or increase the vividness of your dreams, or cultivate more magical synchronicity, or even improve the efficiency of the way you find parking spaces! I had a client once who wanted to improve his intuition so he could become a professional gambler in Las Vegas. Another man, a successful headhunter, wanted to increase his capacity to “read” his clients’ true abilities and sense which job would be a perfect fit. Intuition can bring increased success and satisfaction in every realm—be it material, emotional or spiritual—and can also bring many joys, both tiny and great.

CUTTING THROUGH THE CHAOS

It’s true that intuition can make your life smoother and more fun, but it may also be the crucial skill of the future. Everywhere I travel, I speak with people whose physical and emotional lives are in turmoil, who can no longer rely on job, relationship or possessions to provide meaning, who sense something very intense is going on under the surface. The “normal” beliefs and forms people have

identified with are shifting like sands in the Sahara. In addition, information is proliferating at such a frenzied rate that even with our personal computers and cellular phones (or perhaps because of them), we are increasingly overwhelmed and paralyzed. There are more opinions, demands for attention and slick media experts today than ever before. We need direct access to answers that are both authentic and appropriate to our lives. It is only intuition that can cut through the noise, only intuition that can provide calm in the face of chaos.

Our own private intuition is the catalyst for self-improvement and self-realization, because when it comes to making deep and lasting changes in one's personal life, it is only subjective experience, not facts, that registers as real. And yet, when I listen to my inner authority and receive its insights openly and quietly, and when I share my views in the same spirit, I usually find that I'm not all that unique! Other people have been sensing, thinking or dreaming similar things. Intuition becomes especially strong when we share it with each other—we find then that the synthesis of our shared intuitive knowing is a more powerful validation of truth than reading books by the most erudite scholars.

The Intuitive Way will give you the simplest truths I have gleaned from my own zigzagging path toward becoming a clear lens. It will empower you to know what you need to know, just when you need to know it. It will help you become one of the voices of love and truth in the world, and give you the advantage of extended perception, heightened clarity and a renewed sense of magic about life. With intuition, as you will see, miracles are not only possible, they're probable!

MYTHS ABOUT INTUITION

There are a number of myths that surround intuition, and one is that you have to be born with "the gift." I am living proof that you don't have to be born "special" or psychic to become a skilled intuitive; my intuition opened later in life. I had absolutely no surprising intuitive experiences as a child—never saw angels, had no imaginary friends, didn't conk my head and see visions or have a near-death experience. My destiny never showed up in a dramatically convincing way. Part of me wishes I had some weird and colorful stories to tell about the origin of my intuition, but I was phenomenon-free. I've come to see, however, that there is a real value in being the girl-next-door from the Midwest with a fairly normal developmental process. I learned firsthand that the intuitive process, or what I call "direct knowing," is a natural human ability and not just the realm of a special few. If I could learn to be intuitive, you can too!

As you contemplate opening your intuition, you're sure to encounter another myth about intuition. Many people associate being intuitive with being psychic. Do you think that if you open your intuition you just might pick those winning lottery numbers or know when and where the next big earthquake's going to hit? There's so much more to intuitive ability than predicting the highs and lows of the stock market or communing with spiritual entities. Psychic phenomena, as it turns out, are often just the first signs of a much greater and all-encompassing wisdom. We notice these paranormal ways of perceiving first because they're so dramatic. If you persist in the search for a more elegant, more efficient, more loving, more uplifting way of knowing, you'll follow the intuitive

way deeper and deeper into life. Eventually, you'll discover what I have discovered: that intuition is not just about knowing who's calling you on the phone—it's about attaining crystal clear perception.

You'll also realize that intuition is not the opposite of logic—it is a cyclical process, a comprehensive way of knowing life that includes both left-brain analytical thinking and right-brain communion states. This marvelous process has been called many things: the process of creativity, self-recovery, evolution, transformation—even enlightenment. In the end, the intuitive way is truly a spiritual path. Follow your intuition and eventually you'll experience your soul, in your body, as your personality. Intuition is a powerful tool that can heal the painful split we all feel between our earthly, mundane selves and our divine, eternal selves. When we realize that our spiritual knowledge is in us right now, and always has been, we become filled with light, light-hearted and enlightened.

HOW MY INTUITION EVOLVED

The pursuit of intuition became a passion for me in my twenties, building gradually from an interest in art, photography, animals and nature, and from an insatiable curiosity about the mysteries of life. The path first led me to become a graphic designer and corporate art director, using intuition to create advertising, brochures and logos—sensing what symbolic image might best capture the essence of a product or company. Then, for the past 20 years, I plunged more directly into the art of knowing and perceiving, teaching workshops on intuition development and using my expanded intuitive ability to sense the fundamental patterns and purpose in people's lives, offering guidance and healing perspective in private counseling sessions.

I see now how important it is to trust the pull of your interests. I flowed quite unsuspectingly from sketching trees and birds, to photography, to design, to a fascination with oracle systems like handwriting analysis, to reading books on psychism, to studying meditation, to doing life readings, to teaching workshops, to writing a book. Trusting the current to carry you to your destiny, or destination, is a big part of intuition. By doing this I learned that the process itself is the teacher.

To me, there have always been too many questions and not enough truly satisfying answers. Being trained as a designer to think originally and be a problem-solver, I wanted answers that were essential, not surgical or superficial. Eventually, to get answers that felt really “right,” I had to enter the intangible world of metaphysics. I wanted to know how consciousness, and the world, worked—from the inside out.

I looked into the inner dynamics of events and people's lives and discovered that when I paid close attention, if I could relax into a softer, less defined identity, I could “become” a whole new field of knowledge that included more data than I'd been aware of as my earthbound “Penney” personality. I practiced entering this expanded field over and over again, translating the information I found there into words of insight for thousands of clients, from many countries and walks of life.

I couldn't get enough about the invisible mechanics of how human beings come to be, know, create and grow. I was a spiritual detective, rediscovering through intuitive observation, what priests and sages from every culture in the world have always known. Our lives are based on natural laws. Everything we know occurs within those laws, and evolution moves in accordance with innately harmonious mathematical patterns. I began to think in geometry. I could feel patterns of knowledge. Sacred geometry, as it turned out, was not so far from graphic design.

I began to travel internationally and a long-term involvement with the Japanese turned me inside out. They gave me a profound understanding of a perfectly ingenious way of ordering reality that was diametrically opposed to our Western way of thinking in almost every detail. As I allowed myself to be absorbed into their cultural reality, my thoughts and body were repatterned and I was stretched into an entirely new kind of intuitive perception.

So, my intuitive growth has come from a blend of diverse insights from many disciplines and cultures. Each insight has always made sense (eventually), and never contradicted anything else. I simply added it to the stew.

MEETING THE LUCK DRAGON

The intuitive way of perceiving has always put me back in touch with the effortless, truly joyful nature of life and how, when we approach our experience with childlike innocence and awe, miracles abound. As I was contemplating writing this book, for example, I had a "bigger-than-life" experience that was marked by the kind of flow that always signifies to me that a greater reality, or an important teaching, is trying to emerge from my deeper mind. Intuition was talking to me in its strange language of omens, dreams and synchronicity.

A couple years ago I responded to an inner call that said, "Get in your car and drive to Santa Fe, New Mexico!" I was only half-way through an experimental study group I'd been participating in with my friend, author Carol Adrienne, who was developing exercises for the experiential guide for *The Celestine Prophecy*, which she was co-authoring with James Redfield. I was serving as a guinea pig, giving her feedback from an intuitive's point of view. In particular, we had been discussing the concept of synchronicity and coincidence, and the meaningfulness of the "themes" we found popping into our heads. This trip, with its nonrational, other-dimensional origins, seemed like a perfect chance to practice what we'd been studying.

The first night in Santa Fe, I had a simple but powerful dream. I was riding on the back of a giant sea serpent, far out in the ocean. Other people were straddling the massive coils that looped up out of the waves, along with me, and we were having the ride of our lives. Every so often, the huge serpent would turn its head slowly around and look back at us with a kindly expression, as if to say, "Is everyone doing OK back there?" When I woke, my first impression was, "This must be a symbol for my trip!" But what did it mean?

Two days later, I went hiking in a canyon. As I trailed along behind some friends, an exquisitely

marked snake suddenly crossed my path. The energetic impact it had on me was phenomenal, as it stopped and actually stared at me. The creature reminded me of something ancient, mythological and eternal, something just at the edge of my consciousness. Later I wondered, “Why was I the only one who saw it? And was it trying to say something to me?”

The very next day I had a highly synchronous meeting with a writer who was instrumental in helping me launch this book. I also saw the movie *Sirens*, which features—a snake—meandering from scene to scene. Then my marching orders came again: “Drive to Denver and see your sister!” I spent the next week in suburbia, communing with my sister and two nieces.

One day I rented a video for the girls—one of my all-time favorites, *The Neverending Story*. It’s a magical piece of work, a mythological hero’s journey for children, and for adults as well. In the story, the hero rides around the kingdom of Fantasia on the back of a lovable luck dragon named Falkor, facing down frightening monsters and passing innumerable life-or-death character tests. As I watched it for the second time with my 3-year-old niece Julia, she announced, “This is gonna be a scary part. . .” mostly just to let her body get prepared for an upcoming shock. Moments later she said, “But Falkor’s gonna be here pretty soon. Falkor’s a luck dragon.” I could feel her getting comfortable again. She could get through the scary parts as long as she knew she had a friend.

Driving home across the desert, I thought about my book, the trip, about synchronicity and what I would tell Carol. Then, with a jolt, I noticed the toy rubber snake curving up to greet me from its place amidst the rock collection I carry on my dashboard. I realized that the snake image had twined its way through my entire journey! And Falkor was the sea serpent in my dream! I didn’t know what it all meant, but was fascinated at the repetition of the theme.

“Well, Penney, don’t you see?” exclaimed Carol on the phone. “The luck dragon is just like the process of synchronicity and intuition! It’s magical and fun, full of wisdom, and it has the same energy of everything we’ve been talking about. Penney—this must be the spirit of your book! It’s your personal “intuition mascot!”

As Carol raved on enthusiastically, I got that profound shiver that for me always indicates truth. This luck dragon image really was something that was close to my heart of hearts and it carried an energy of childlike simplicity. Just look how Julia had identified with Falkor and overcome her fear. Hey, I’ll admit it—I wanted to ride on Falkor, too! So, in my imagination the luck dragon and I became partners. I practiced embodying the qualities he represented. If ever I forgot to feel his wise and happy energy, the world would remind me in some unique way.

Since those first dreams and omens, the dragon image has followed me relentlessly. Everywhere I happen to look, I see dragon movies, dragon coffee mugs, dragon children’s books, dragon puppets, dragon statues. A friend sent me an illustration of the Chinese goddess Kwan Yin standing on a sky dragon, and in a Tokyo museum I saw a happy little Buddha perched sideways on a dragon’s back. I even saw a rope dragon from Tibet advertised in a catalogue with the following

caption: “Within my mind I was riding atop my powerful friend. Do you have a dragon in your heart?” And just this morning, as I drove to breakfast, I noticed I was following a car with the license plate: “I M DRACO.”

OK, OK—I’m listening! For some reason the voice of my intuition has been speaking loudly on this subject. For centuries, especially in the East, the dragon has been the archetypal symbol of transformative power, immortality, wisdom, and good luck. It binds all the phenomena of nature, dwelling in the earth or water, flying through the air and breathing fire. It represents the basic, spiraling, sine-wave movement of our life force energy, or “kundalini,” rising from the depths of the earth, up through our spine and out the top of our head, bringing wisdom as it wings its way heavenward. In Asia, the dragon is represented holding the pearl of fertility and enlightenment in its claws. With its rippling up and down movement, the dragon seems to appropriately model for us the need to equally embrace both the highs and lows of life.

Since our intuition blossoms when we play freely with images, I had to agree with Carol—what better symbol for the intuitive way? And once I started merging with the luck dragon in my imagination, I found that the fluidity of my own intuition improved, and this book found its way out of my mind and heart and through the circuitous channels of the publishing world. I share this story with you because the image that came to me may speak to you as well. If it does, embody it and let it guide you. If not, as you work with the material in *The Intuitive Way*, keep your eyes and ears open for your own vibrant symbol for this amazing process of living and knowing.

Although intuition is a highly practical tool that can be applied to many daily tasks, let’s not forget that it also keeps us somehow pure and direct, and feeds our childlike sense of delight. In the end, it may be the quality of our deep inner experience that counts the most to our souls, not just what we accomplish in the world.

Bastian flushed with pleasure. “Is that true, Falkor?” he asked. “You wouldn’t mind carrying me?”
“Of course not, all-powerful sultan,” said the dragon with a wink. “Hop on and hold tight.” . . . Bastian vaulted directly from mule to dragon back and clutched the silvery white mane as Falkor took off. . . Riding a white luck dragon was something else again. If sweeping over the ground on the back of a fiery lion had been like a cry of ecstasy, this gentle rising and falling as the dragon adjusted his movements to the air currents was like a song, now soft and sweet, now triumphant with power. Especially when Falkor was looping the loop, when his mane, his fangs, and the long fringes on his limbs flashed through the air like white flames, it seemed to Bastian that the winds were singing in chorus.”

Michael Ende
THE NEVERENDING STORY