

Five



Using Your Abilities in Everyday Life



Most of you will probably decide not to work as a professional intuitive and give readings for others. Instead, you may be an “everyday intuitive” and use your abilities daily—to gain insights into situations where you need assistance, to offer support to others, or to generally guide you as the unique individual that you are. In understanding how your abilities work by engaging them on a daily basis, you will spread your light among those you meet and interact with daily. By connecting with your own abilities, you may inadvertently help someone else connect with their unique abilities. Embrace the intuitive part of yourself as you live life. Your abilities are a gift to guide you on your spiritual path.

understood my role in it, I was able to release my fear of ants. I still don't like those little creatures but I'm no longer terrified of them.

The false-teeth fear did stem from the event that happened in this lifetime, but I realized that it wasn't because of the false teeth, although it was shockingly traumatic to see them in my hands. It was the fear of trusting someone and having that trust crushed by an adult who thought it was a funny practical joke on a ten-year-old child. There wasn't anything funny about it to me. By looking back at the event as a stranger looking in and using clairvoyance to help me see it clearly, I was able to understand and let it go. I still don't like false teeth but I can look at them now without emotion.

You can face your fears in the same way by searching for their root cause with whatever intuitive abilities you possess. Ask your guides for their help. Once you find the cause, you can take back the power it's holding over you and let your fear go.

Intuitive Triggers

An intuitive trigger is the ability to set physical signs as reminders for something you need to do, or to set exact symbols for spirit contact, upcoming changes, and growth of intuitive abilities. You may have used your ability to set intuitive triggers for yourself without even realizing that you did it. This works on the spiritual level just as tying a string around your finger to remember something works on the physical level.

The first type of intuitive trigger is one you use to remind yourself of something you have to do. For instance, you have a doctor's appointment at 4:00 p.m. on Tuesday. You might intuitively set a trigger that you'll see an orange frog three hours before the appointment to remind you of it. Then, when you see that orange frog on the television, you remember your appointment. This works because you're using your ability to set and program a specific reaction to the energy of a specific catalyst. The catalyst can be anything you like: a gallon of milk, an animal, the ringing of a

bell, or even a stapler. It doesn't matter what the item is, it's your choice, and the energy connection to the catalyst is what activates the memory of what you need to do. Granted, with the technological advances in cell phones, you may not need an intuitive trigger to remind you because you could just set an appointment alarm to ring, but if you're working on advancing your intuitive potential and strengthening your abilities, then try using this type of trigger for a while instead of your cell phone. Make the trigger something out of the ordinary that you wouldn't expect to see. If it's a common occurrence, then it may not work as well.

The other type of intuitive trigger is one that, when you see it, you know it is a sign that a very specific type of intuitive experience is about to happen. You can set different triggers for different types of phenomena. You may have a sign that your spirit guides show you every time they are going to communicate with you or to let you know they are nearby. It may be a butterfly, a dove, or a specific number. Or you may experience a whirring sound in your ears to let you know you're about to astral travel, you might see an angel formed in the clouds for angel contact, and you may encounter a different sign that lets you know you're going to have an experience that will lead to the development of a new intuitive ability.

Regardless of the types of intuitive triggers you set for yourself, using them will allow you to remember, become more aware, and feel a greater connection to your own abilities, guides, and spirituality.

Try It Now: Set an Intuitive Trigger

For this exercise, I want you to choose an event that is coming up this month. Once you have the event in mind, sit quietly and choose an intuitive trigger for it. For this exercise, choose a butterfly to be the trigger. Once your trigger is set by following the instructions above, wait until the event happens; once it has happened, write down the details of the event and how the trigger worked for you.

Validation Signs/Confirmation Signs

While intuitive triggers always happen before the event, confirmation signs happen after the event to let you know that what you experienced was indeed intuitive or spiritual in nature. I see dragonflies all the time regarding intuitive experiences. Or, if I'm talking to someone, I may see confirmation signs for them. Something that will confirm to them that what we were discussing is part of their truth.

Whether you're just beginning to learn about your intuitive abilities or are a longtime practitioner, there will be times when you will receive validation signs in regard to your intuitive gifts. These are second signs that act as confirmation of a previous sign or impression that lets you know the information you received was correct.

When spirits are around, they will often give you signs of their presence. Your spirit guides, angels, or loved ones who have passed often use signs to let you know that they are with you. Loved ones may send a particular scent, song, or specific words that were important to them in life or that meant something to the two of you. Angels often have unique scents or will leave feathers to let you know they are near. Specific objects such as coins are also used. Sometimes you may not understand that what you're experiencing is a sign. You may notice the sign and think of your guide or loved one, but not realize that the sign is from them, so they will send you another one until you connect the dots.

It's easy to question your intuitive talents and doubt that you're correct in what you're experiencing. Your doubt will lead to a second sign from the spiritual plane that lets you know you're right. Let's look at a couple of examples. Let's say you're cooking dinner and you've got the television on in the adjacent room. All of a sudden someone on the television says the words "knee high to a grasshopper." Those words seem to jump out at you and remind you of something that your grandfather used to say when he was alive, so you go into the other room to see what the show is about. It's a news anchor reporting on a story. As you look at the

television, the reporter's name pops up in a little box near the bottom of the screen. The reporter has the same first name as your grandfather. This is a validation sign that your grandfather is close by. So you go back to the kitchen to finish dinner and realize that you're cooking pork chops, your grandfather's favorite meal.

When it comes to intuitive impressions, they can happen in a similar manner. Let's say you suddenly sense that you need to go to the store for milk immediately, even though you still have half a gallon in the fridge. So, following your impression, you jump in the car and go. On the way there, you notice a sign that has the words "wait until tomorrow" on it. In the store, a lady you don't know starts to talk to you. She's telling you, a complete stranger, about a problem that is worrying her. You think of the half-full milk carton and the words that you noticed and you tell her, "Sometimes you have to look at the glass as half full, and sometimes, you just have to wait until tomorrow for the situation to become clear." The woman suddenly smiles at you and says, "You're right. That's exactly what I'll do. I'm sure this will work out just fine." Because you acted on your initial impression to go to the store, and paid attention to the signs that you received along the way, you were able to help someone who was upset to see a situation more clearly. Pay attention to the signs you are given because they have the ability not only to help you, but others as well.

Knowing What Someone Is Going to Say Before They Say It

If you've known what someone was going to say right before they said it, or maybe you said the exact same thing as someone else at the exact same time, that's intuition. Let's look at a couple of explanations as to how this can happen.

Sometimes we know one another so well that we're able to finish sentences or even communicate with just a look. But isn't this also intuitive in nature? I believe it is. We might be so in tune with the other person

that we just know what they will say next. People that are this close often finish one another's sentences.

Sometimes, we do not know the person at all. When you're able to finish the sentence of a person whom you do not know, this is an example of your intuitive abilities at work. You clairvoyantly pick up on what they are about to say seconds before they speak the words. You're briefly connecting with their energy and with them on a soul level.

If you had a nickel for every time you knew what someone was going to say before they said it, or for every time you said something at the same time as someone else, I bet you'd be rich, wouldn't you? Finishing sentences for someone else or knowing what someone is going to say before they say it are signs of your telepathic ability shining through.

This doesn't apply to talking over someone, which is finishing what you think they're going to say just because you're too impatient to give the person time to talk. When you do that, it has nothing to do with psychic abilities. You're just interrupting them. Talking over someone is telling them indirectly that you think they're inarticulate and you don't have the time, interest, or inclination to listen to what they have to say. If someone is struggling for a word and asks, "What's that word? It's on the tip of my tongue," that's a request for assistance and if you answer then, you're helping them out.

Your telepathic ability comes into play when you either think the exact same words at the exact same time as they are said by someone else, or you verbalize those words and both of you say the same thing. Then one of you says, "Jinx! You owe me a soda," and have a good laugh. This normally happens more with people whom you're close to than strangers because you're more in tune with their energy and have a connection to them. Best friends or twins sometimes only talk in half sentences because they already know the rest. A conversation between telepathic people who are this close can be difficult to follow. Sometimes, they can just look at each other and know what the other one is thinking. That is a true telepathic connection.

Mind-Over-Body

Sometimes called "mind-with-body," this is when you are able to control your body's sensing abilities and physical reactions by focusing intuitively on the energy surrounding you and using visualization to positively affect it. This is not a predictive type of ability where you're receiving impressions. Instead, you're using intuition to connect to your energy. I've been fascinated with this concept since I was a teenager and saw a documentary about a man who could consciously slow down his breathing and heart rate so much that people thought he had died. Of course, after the show was over, I had to try it. In order to control your body in this manner you really have to intuitively tune in to every fiber of your being. You must be at one with your breath, heart, and blood flow. You must feel a connection to your intuitive and spiritual self and you must maintain a firm control over the way your body reacts to your intuitive suggestions. It's always good to have someone with you when you try an exercise like this. Then they can monitor your success rate. If you are breathing at twenty breaths per minute and you're able to slow it down to eight, or you're able to reduce your pulse from ninety to seventy, then your abilities are working to control your body as you're instructing them.

People also use intuitive mind-over-body techniques to control pain or heal wounds. When women are in labor and the medical staff says to find a spot on the wall, focus on it, and breathe, you're essentially calling on your intuitive self to control the pain by focusing elsewhere. You can also focus directly on pain to bring about faster healing. The next time you have a small cut, intuitively send healing energy to the pain of the cut, giving it the intention that the cut will not hurt anymore and will heal in half the time it would normally take. Write down your results.

Your Abilities and Water

Sometimes you can receive intuitive impressions or moments of great spiritual insight about your abilities when you're taking a shower, soaking in a bath, or relaxing in the pool. Some intuitives even do readings with water and get impressions from the way it swirls in a cup or the way droplets form on a glass; they may dip their fingers in the water and then let it drip from their fingers onto a flat surface and do the reading based on how the droplets are arranged. Water is a great conductor of impressions for many reasons. Before we were born we lived in water; when we are connected to it now, we relax and feel comfortable, making it easier to receive impressions or messages.

Sometimes when you're blocked intuitively, water can unblock you. I'd like to share an exercise that I often tell people to do that will help them connect with their intuitive abilities, relieve stress and anxiety, and allow them to release any negative energy surrounding them. It is a simple exercise but its benefits can be substantial.

Try It Now:

Unlock Your Intuitive Abilities with Water

The first thing you'll do is run a deep, hot bath, not a lukewarm or cool bath. Get the water as hot as you can stand it without burning yourself. If you want to put fragrance into the water, that's perfectly okay because it will help you tune in even more. Stand in the tub. Now (because the water is hot and your skin is sensitive) *slowly* lower yourself into the tub. As the water flows over your skin, imagine its energy flowing into the muscles of your legs and all the way through your body as you sink deeper into the water until you're submerged up to your chin. Visualize the water's energy flowing through you, seeking out any negativity and soaking it up like a sponge. Ask your guides for any messages that they want to relay to you; think about new ideas you would like to create or

solutions to problems you need to resolve and then let these thoughts go. Clear your mind, feel centered within yourself, and connect to your own intuitive energy. Now, and this is the most important part, *relax*. Soon you will begin to receive solutions, new ideas, and insightful messages. When you are finished soaking, imagine the energy of the water that you drew inside of you now moving out of you, taking any negativity with it. Stand up in the tub at this point and pull the drain so that the negativity doesn't reattach to you. Shake any water off of your feet as you get out of the tub and dry off. Then write down any messages that you received while soaking. When you're stuck, this exercise can give you a new perspective on things. You'll feel recharged, invigorated, and more in tune with your intuitive nature.

Sensing Trespassers

If you've entered a space that no one but you is supposed to have access to, such as your home, workspace, car, or any other part of your property, and are overcome with the sensation that someone else has been there even though nothing is out of place, then that is your intuition warning you. When you psychically connect to this sensation, you know right away that it was a living person that invaded your space. To me, this feels like a heavy, prickly sensation of the energy of the intruder. Sometimes you can determine exactly who it was and other times you can't. This sensation is one that feels persistent and gives you a sense of uncertainty.

When your intuitive abilities are on high alert in these types of situations, you should always pay attention. More often than not, the person is someone you know, a coworker or a family member. When you start asking around, you will discover the cause of your sense of unease. Other times, it may be someone you don't know and who isn't supposed to be there. Recently I've had this sensation at our barn. Something just seemed off, as if there was an energy that didn't belong. Over the course of several months, it started as small things. Feed bins and stall doors were unlocked

when I knew for a fact that I'd shut and latched them the night before, items were in the wrong places, and then it escalated: the tail of one of our horses was cut and there were injuries that just didn't make sense. Because of the impressions that I'd received, I became more alert and aware of how the barn looked at night and anything that was wrong in the morning. We started calling the police and filing reports. I notified everyone in the community, put signs on the property, and lit the barn up with floodlights so that anyone who came into the barn would be seen. I double-checked everything twice at the end of the day. Soon the feeling went away and we no longer had any problems. Had I not been in tune with the energy of the barn as well as my intuitive connection to my animals and their behavior, this intrusion may have continued. So make sure that when you have these types of feelings, you tune in intuitively, focus, and become more aware. It may not be anything serious, but then again, it could be warnings that will help you head off future problems.

Other times, you may sense that a person is in your space when you're expecting them to show up. You look, but they haven't arrived. In this case, they are projecting their energy to their destination before they actually get there, and because you're waiting for them, you pick up on this energy. When this happens, you'll find yourself constantly looking out of the window to see if they've arrived because you're picking up their projected energy.

Finding Lost Items

If you're particularly good at finding things you've lost or that someone else has lost, then you're probably using your intuitive ability to find the missing object. This is a very helpful way to use your abilities, especially if you're running late and have misplaced your car keys. Let's look at some ways to use your specific abilities in order to find missing items. If one method feels blocked to you and isn't working, try using a different ability to locate the object.

When an item is missing, it's easy to get frustrated and anxious as you attempt to find it. Instead of letting your emotions get the best of you, stop. Stand still for a moment and focus your attention on the object. Use your clairvoyance to seek out the energy of the lost item and then see yourself finding it a few minutes into the future. Now go to where you saw yourself finding what you've misplaced. More often than not, it will be where you saw yourself finding it. If you're empathic, you'll do the same thing. Stop, focus on the object, and feel its location. Walk around the general area until you feel drawn to a specific spot that just feels right. If you are clairaudient, ask your guides to tell you the item's location. Listen carefully and then go look in the place that you hear.

You can also use remote viewing to find lost objects. First, think of the object that has gone astray, and then follow the energy path of the object to its current location. Similarly, creative visualization can be used to find lost objects. Imagine that you're intuitively connected to the item by a cord of energy. Now gather the cord in your hands, gathering it up as you walk closer to the object. When you're out of cord, you'll find the item.

One thing to remember is that sometimes you're not supposed to find the lost item, but instead you're supposed to learn a lesson from losing it. There are times when the thing that you've lost has served its purpose for you and has been found by someone else in order to fulfill a purpose in their lives. Let's say you have a favorite worry stone, one of those little polished stones that you keep in your pocket and rub when you're worried, and then out of the blue, the stone is missing. The lesson in losing it could simply be that you've grown past having to rub a stone to eliminate worry. You no longer need this device so your worry stone has been lost, only to be found by someone who needs a worry stone. If the item is supposed to remain in your life (like your car keys), then you will find it easily by using your intuitive abilities.