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Empowering you through Soul Centered Hypnosis, Healing, and Mentoring

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Subtle Bodies, Edgar Cayce, and the Language of Intuition

Some easy exercises to acknowledge your subtle bodies and enhance your intuition:

Exercise one for feeling energy:

1. Rub the palms of your hands briskly together for 15-30 seconds.
2. Hold your hands out in front of you, palms facing each other. Keeping your elbows in close to your sides will probably be most comfortable.
3. Slowly bring your hands together, as close as you can without touching. Pay attention to any sensations you feel in your hands.
4. Slowly bring your hands apart again, so that they are separated by 6-12 inches.
5. Repeat this process several times, bringing your hands together and apart. Be slow and steady. As you do it, pay close attention to your palms. You may experience a sense of pressure or thickness between your palms; warmth; buzzing; tickling; rubberiness; pulsing; or other sensations. You're feeling energy!
6. Don't worry if you feel something different than what is described above. Everyone is unique in what and how they sense energy.
7. Don't worry that you are imagining what you are feeling. You aren't. Allow yourself to believe in what you are feeling.
8. If you can't feel anything yet, don't be concerned. Ask yourself what it would feel like if I could feel it? Try "imagining" that you are feeling

Exercise two for noticing energy amongst others.

In public, like a coffee house, concert, store, etc. - Notice the energy of the people. In your mind, intuitively call someone to look at you. Energetically. You don't have to stare at them, just quickly and intuitively call them to look at you. Notice if your eyes meet if they too have a knowing...

Exercise three to connect energetically with animals.

1. If you have a pet or are with someone who has one connect with them
2. Connect with them in your mind- with your energy without speaking

3. Send them pictures in your mind to do something like sit, lay down or come to you

If you try these exercises and still don't feel anything, don't worry. Sometimes it takes a while, so just keep an open mind and keep working on them by repeating this exercise at later times. If you are feeling something, try to articulate or journal what it is you are feeling.

Edgar Cayce once stated in a reading that

"For anyone with great imagination, is of course is intuitive..." (Reading 1744-1)

1. Using imagination can sharpen your intuition if you add faith and trust to it.
2. Ask yourself questions and use imagery to "see the answers"- first thing that comes to your mind. It helps you to decipher how you see and get answers, and perhaps what your yes or no signals are in your body.
3. Ask yourself if you can't "see" or feel or hear anything, if you COULD see, feel, or hear something what do you imagine that it would look, feel or hear?

10 Things Highly Intuitive People Do Differently

Intuition and Creativity Wisdom Psychology of Intuition Huffmag Habits of Intuitive People Best of HuffPost

Here are 10 things that people in touch with their intuition do differently.

1. They listen to that inner voice

"It's very easy to dismiss intuition," says Burnham. "But it's a great gift that needs to be noticed. "Things that distinguishes intuitive people is that they listen to, rather than ignore, the guidance of their intuitions and gut feelings.

"Everybody is connected to their intuition, but some people don't pay attention to it as intuition," Burnham say. "I have yet to meet a successful businessman that didn't say, 'I don't know why I did that, it was just a hunch.'"

In order to make our best decisions, we need a balance of intuition -- which serves to bridge the gap between instinct and reasoning -- and rational thinking, according to Francis Cholle, author of *The Intuitive Compass*. But the cultural bias against following one's instinct or intuition often leads to disregarding our hunches -- to our own detriment.

"We don't have to reject scientific logic in order to benefit from instinct," says Cholle. "We can honor and call upon all of these tools, and we can seek balance. And by seeking this balance we will finally bring all of the resources of our brain into action."

2. They take time for solitude.

If you want to get in touch with your intuition, a little time alone may be the most effective way. Just as solitude can help give rise to creative thinking, it can also help us connect to our deepest inner wisdom.

Intuitive people are often introverted, according to Burnham. But whether you're an introvert or not, taking time for solitude can help you engage in deeper thought and reconnect with yourself.

"You have to be able to have a little bit of solitude; a little bit of silence," she says. "In the middle of craziness ... you can't recognize [intuition] above all of the noise of everyday life."

3. They create.

"Creativity does its best work when it functions intuitively," writes researcher and author Carla Woolf. In fact, creative people are highly intuitive, explains Burnham, and just as you can increase your creativity through practice, you can boost your intuition. In fact, practicing one may build up the other.

4. They practice mindfulness.

Meditation and other mindfulness practices can be an excellent way to tap into your intuition. As the Search Inside Yourself Leadership Institute explains, "Mindfulness can help you filter out mental chatter, weigh your options objectively, tune into your intuition and ultimately make a decision that you can stand behind completely."

Mindfulness can also connect you to your intuition by boosting self-knowledge. A 2013 study published in the journal *Perspectives on Psychological Science* showed that mindfulness -- defined as "paying attention to one's current experience in a non-judgmental way" -- may help us to better understand our own personalities. And as Arianna Huffington notes in *Thrive*, increased intuition, compassion, creativity and peace are all wonderful side effects of meditating.

5. They observe everything.

Look out window "The first thing to do is notice -- keep a little journal, and notice when odd things happen," Burnham says. You'll gain a keen sense for how often coincidences, surprising connections and on-the-dot intuitions occur in your daily life -- in other words, you'll start to tap into your intuition.

6. They listen to their bodies.

Intuitive people learn to tune into their bodies and heed their "gut feelings. "If you've ever started feeling sick to your stomach when you knew something was wrong but couldn't put your finger on what, you understand that intuitions can cause a physical sensation in the body. Our gut feelings are called gut feelings for a reason -- research suggests that emotion and intuition are very much rooted in the "second brain" in the gut.

7. They connect deeply with others.

Empathy-Mind reading may seem like the stuff of fantasy and pseudo-science, but it's actually something we do every day. It's called empathic accuracy, a term in psychology that refers to the "seemingly magical ability to map someone's mental terrain from their words, emotions and body language," according to Psychology Today.

"When you see a spider crawling up someone's leg, you feel a creepy sensation," Marcia Reynolds writes in Psychology Today. "Similarly, when you observe someone reach out to a friend and they are pushed away, your brain registers the sensation of rejection. When you watch your team win or a couple embrace on television, you feel their emotions as if you are there. Social emotions like guilt, shame, pride, embarrassment, disgust and lust can all be experienced by watching others."

Tuning into your own emotions, and spending time both observing and listening to others face-to-face can help boost your powers of empathy, says Reynolds.

8. They pay attention to their dreams.

Dreaming: Burnham recommends paying attention to your dreams as a way to get in touch with your mind's unconscious thinking processes. Both dreams and intuition spring from the unconscious, so you can begin to tap into this part of your mind by paying attention to your dreams.

"At night, when you're dreaming, you're receiving information from the unconscious or intuitive part of your brain," says Burnham. "If you're attuned to your dreams, you can get a lot of information about how to live your life."

9. They enjoy plenty of down time.

Few things stifle intuition as easily as constant busyness, multitasking, connectivity to digital devices and stress and burnout. According to Huffington, we always have an intuitive sense about the people in our lives -- on a deep level, we know the good ones from the "flatterers and dissemblers" -- but we're not always awake enough to our intuition to acknowledge the difference to ourselves. The problem is that we're simply too busy.

"We always get warnings from our heart and our intuition when they appear," she writes in Thrive. "But we are often too busy to notice."

10. They mindfully let go of negative emotions.

Strong emotions -- particularly negative ones -- can cloud our intuition. Many of us know that we feel out of sorts or "not ourselves" when we're upset, and it may be because we're disconnected from our intuition.