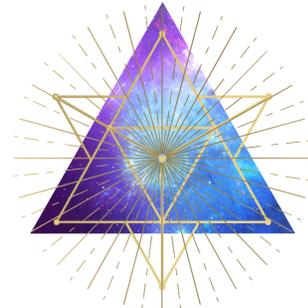


Module 7

The Science & Physiology Of Intuition



The Institute For
SPIRITUAL MASTERY

"Intuition is more powerful than intellect." Steve Jobs

From a scientific perspective, intuition is the ability to understand instinctively without conscious reasoning. To those of us who are spiritually open, intuition means seeing and knowing with the soul. Everyone was born with intuition - including you; it's simply a matter of listening and honoring.



"The Clairs"

(There are more Clairs to list here, but these are the most common)

Intuitive seeing, also known as Clairvoyance. Much like the work that I do as a medical intuitive, I am able to 'see' in my mind's eye, inside of a client's body, particularly the spine, organs, etc., and receive information about them.

Intuitive hearing is also known as Clairaudience which is an experience where one 'hears' something without the use of their physical ears. We've all heard of stories where a person is driving along, then hears a voice telling them to "STOP!". When they obey the voice, a child suddenly darts out into the street right in the path of their car.

Intuitive feeling is also known as Clairsentience. Some folks don't see images or hear voices, but are likely to experience intense sensations in their bodies. For instance, another medical intuitive might simply 'feel' where there is something to pay notice to in a client's body. Or, as another example, a clairsentient, while driving down a street may instinctively 'know' to slow down before an impending mishap.

Your 3 Brains:

1. The cranial brain
2. The heart-brain, or cardiac brain
3. The abdominal brain - the Solar Plexus

Journal your thoughts below on ways that you can and do recognize the various attributes of your three brains:



7 Things Every Highly Intuitive Person Does

1. Intuitive people remain calm enough to hear their inner voice. Some people experience more intuitive hits than others because they listen to their gut emotions instead of dismissing or doubting the vital messages.
2. Intuitive folks follow their inner voice. Some people experience more intuitive hits than others because they listen to their gut emotions instead of dismissing or doubting the vital messages
3. Highly intuitive folks practice empathic awareness. In other words, these folks are insightfully aware of what other people are thinking and feeling by tuning into their empathic natures. This potent form of empathy fosters deep, beautiful connections with others.
4. Intuitive people practice mindfulness. "Mindfulness" simply means being in the moment. A great technique to filter out environmental and thought distractions, mindfulness allows us to sense our intuitive nudges loud and clear.

5. Highly intuitive people nurture their creativity. Intuition is the magical ingredient in creativity, the precursor of creative thought. Creativity is a personal process, and there's no formula to force it; it is spontaneous by nature.
6. Intuitive folks trust their gut. Have you ever, after making a decision, felt instantly queasy or even a bit clammy? This is the innate body's way of informing you of your analytic mind's decision to fight your instinct.
7. Intuitive people analyze their dreams. Dreaming is a natural source of intuition. Sometimes dreams are nonsense, but dreams are the subconscious mind in action, relaying memories, sorting out fears, and offering prophetic foretelling of the future. Intuitive people don't just think, "Wow, that was a weird dream!"; they ask, "Where did that come from, and what can I learn from it?"



5 Simple Ways To Interpret Your Dreams

1. Dreams are often metaphorical; what type of symbolism was there in your dream? What could the symbolism have represented?
2. Who were the character and how did they interact with you?
3. What emotions did you experience in the dream and at what point, and how did they arise?
4. How might this relate to your current reality?
5. Could the characters in the dream represent someone else, including yourself?

Use your journal to answer the above questions when interpreting your dreams.

“Intuition is a master life teacher when we are willing students”

Charlson Meadows

How To Activate The Pineal Gland (listen to the meditation included)

1. Remove chemicals such as Fluoride from your diet and water sources.
2. Tap water contains many calcifying substances, so drink uncontaminated drinking water. Look into reverse osmosis filters, and drink spring water as much as possible.
3. Avoid pesticides, sugar, caffeine, and alcohol. Perform research on nutrition and supplements that support pineal gland activation. And pray over your food, as instructed in Module 2, the Prayer Module.
4. Working our bodies makes us more intuitive. We want to send oxygen to the brain and, ultimately, the gland itself, so exercise regularly.
5. Quiet the ‘monkey mind’ to become aware of what all those piezoluminescent crystals inside your brain want to show you. So practice meditation.
6. Performing the following visualization will help activate the pineal gland. Visualize straight beams of light emanating from the pineal gland like a sun in all directions. Breathe deeply and slowly. Perform this starting for only a few minutes per day. It is best to gently activate this gland slowly, methodically, and with intention.



To further instill within your psyche the teachings from this module, I encourage you to watch this fascinating YouTube video from Harvard-trained Dr. Mauro Zappaterra on the pineal gland and the appearance of the “I AM”.

https://www.youtube.com/watch?v=hh_mvbaUuCW&t=628s. (If you cannot activate the link, please copy and paste it into your browser. You’ll be amazed at his references to our physiological connection to our God Self!)

This concludes all seven modules of The Institute For Spiritual Mastery Foundations 2 Course. I’ve enjoyed and appreciated having you alongside me throughout this course. You’ve come a long way, and can be very proud of your accomplishment. My hope for you is that you have gained immense Wisdom and expansion as a result of being a part of this amazing self-discovery journey with me! If you would like additional help and mentoring on your spiritual growth path, please contact Debrah at 720-443-3940.