

# UNLOCK YOUR INTUITION



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**HOW TO ACCURATELY AND RELIABLY  
ACCESS YOUR MOST VALUABLE RESOURCE**

ANDREA HESS



**SOUL STAR PUBLISHING**

## **UNLOCK YOUR INTUITION**

*How to Accurately and Reliable Access Your Most Valuable Resource*

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# PREFACE



Seven years ago, I would have told you that all I wanted to do with my life is become an opera singer. I moved to Arizona to pursue my Masters Degree in Opera Performance in 1998, with absolutely no idea that my life was going to take a turn towards the healing arts. I did not perceive myself as psychic by any means—in fact, I did not give matters of spirituality any consideration whatsoever.

The impulse to go to school for massage therapy came a year later. I thought it would be a fun profession that could sustain me in between singing engagements. Without having any idea what I was getting myself into, I started training to become a massage therapist while I was also still taking graduate school classes. The Southwest Institute of Healing Arts offers a very diverse

range of energy-based healing modalities as well as massage therapy instruction. I have to confess that I thought many of the people that went around studying Reiki, Polarity, and talking to their Spirit Guides were a little crazy. I didn't know anything about energy work, nor did I really believe in its validity.

Imagine my surprise when I walked away from some of my earliest therapies with tremendous pain in my body. While I wanted to chalk this up to the normal aches and pains that come with a physically demanding job, I soon realized that my pain was directly linked to where my clients were holding distress and tension in their own bodies. Fifteen minutes after a session had ended, I would end up feeling my clients' physical pain in my own body. How could this be?

My massage teachers were quick to tell me: energetic transference. Apparently, I was literally taking on the discordant and painful energies my clients were holding at the physical level. As you might imagine, I changed my mind about energy modalities in a hurry. I took a few classes in Polarity and Reiki myself, and learned how to manage my therapies so that I did not take on the negative or painful energies my clients were holding in their bodies. But I was still reluctant to openly practice any kind of energy work.

One day, I met a friend for coffee. She was very excited about an intuitive reading she had just received. She was determined that I should experience this kind of reading for myself. So I found myself, somewhat reluctantly, scheduling a session with Mamie Wheeler for a Soul Profile reading. It was more money than I should have spent, and I had no idea why I was even going... but I went. The reading blew me away. Not only did the information resonate so deeply with me as accurate, but the energetic clearing opened up whole new realms of opportunity. Did I at this point think this work was something I wanted to do? Goodness, no. I still did not consider myself particularly intuitive. However, the door to the world of spiritual development had blown wide open.

Over the next few years, I studied Vipassana meditation. I also began practicing yoga, and eventually completed yoga teacher training. In a quest

to work at a deeper level with my clients, I became a certified Life Coach through Coach for Life in San Diego. I was embracing spirituality in my life personally, but was still uncertain about making it the center of my professional life. As I began building my coaching practice, however, I found myself attracting very spiritual clients over and over again. My coaching sessions became focused on energy and intuition and receiving guidance. When Mamie began offering intuitive practitioner training, I was one of her first students. While I thought that intuitive readings would be another element of my coaching practice, they soon became the core of my work.

This book represents the “how-to” manual I wish I’d had on my path towards accessing my intuition and spiritual resources. Many well-known psychics will tell us that their abilities were obvious at an early age. What is less recognized is that many highly sensitive individuals shut down their intuitive abilities early on in life because of sensory overwhelm, or because the notion of intuition is discredited by parents, caretakers, and teachers. From this place of desensitization, it is often a hard process to reclaim the natural intuitive ability we are blessed with. On my journey, there was a lot of uncertainty and self-doubt, a lot of false starts and wrong turns. I recognize now, of course, that my intuition and inner wisdom was there all along. I simply did not know how to access it reliably and dependably. A lot of guidance had to hit me over the head a few times, sometimes quite painfully, before I recognized it for what it was.

Today, I use my intuition to earn my living, and to make big and small life decisions every single day. It is truly an invaluable resource. So much wisdom and information is available to us, if only we open up to the possibility that we ourselves have all the answers we will ever need. We are miraculously supported by a loving Universe, and our intuition is the resource that can assist us in making the most of this support. I hope that this book will assist you in embracing one of the most invaluable resources at your disposal: your intuition.





## CHAPTER ONE

# UNLOCK YOUR INTUITION



**Y**ou've been offered a job. At first glance, it seems like a great opportunity, with a higher salary than you are currently receiving. But lately you've been doing research into starting your own business. This new job would certainly not allow for you to focus on creating a business of your own. You're not sure what to do. So you sit down, take a few deep breaths, and access your intuition. Within seconds, a clear flow of information becomes available to you. The new job is not aligned with your highest path and purpose. While the initial salary boost would be nice, you would end up overworked and unfulfilled. Putting your resources into your own business, however, would lead to the same amount of additional work hours and income within three months. Your business, however, would bring you greater fulfillment, and far more potential

income in the long run than this job opportunity. Within six months, a part-time opportunity with your current employer is likely to present itself, allowing you to enjoy health insurance and a steady income while devoting more time to your own business. Within a year, you will most probably be able to make your business your full-time endeavor. Reassured, you turn down the job offer and make the dream of becoming your own boss a reality. Two months later, you sign your first client.

You are ready to buy your first home and leave apartment life behind. You've casually looked at some listings, and now your friend has recommended her realtor to you. But for some reason you find yourself reluctant to call her and start looking for a new home. You take a few quiet minutes out of your day to access your intuition. You realize that buying a home in four months would be a better time frame for you, even though it means going month-to-month on your lease. Your friends all think you're crazy to hesitate, but you hold firm. Three months later, your employer announces that your offices are relocating across town. Homes around your new place of employment are far less expensive, and you are glad not to be stuck with a cross-town commute.

You got a flat tire on your way home last night. You could either go to the tire store first thing this morning, or drive to work on your spare tire and run the errand on your lunch break. You are dreading the idea of having to sit around for an hour or more, waiting on your car. You take a few deep breaths and invite intuitive information to come into your consciousness. It is highly probable that the errand will take far less time in the morning. You follow this guidance, and are in and out of the tire store in fifteen minutes.

Whether we are making life-changing decisions or small everyday choices, the above scenarios are all examples of how our intuition can serve us. Our intuition is one of the most fantastic resources at our disposal. When we are able to access this tool accurately and reliably, it can save us time, money, energy, and a lot of frustration. Our intuition can show us the quickest way towards a desired goal. That goal can be finding a future

life partner, or simply getting home in time for dinner. Our intuition can assist us in embracing our life purpose. And our intuition can help us avoid unnecessary detours and roadblocks on our path.

Accuracy and reliability—these two concepts are usually not associated with intuitive information. To most people, intuition is a vague and inconsistent phenomenon that cannot be counted on. To make major life decisions based on intuitive information may seem very risky. If you are reading this, however, you have probably experienced flashes of intuitive insight and clarity. You may have acted on hunches or gut feelings, perhaps with mixed results. You may sometimes feel that more knowledge is waiting for you just at the edge of your consciousness. Perhaps, when you look at your life in hindsight, you recognize the intuitive insight that could have saved you time and difficulties on your path. But your intuition may seem like a fickle thing, inspiring you with accurate insights in one moment, leading you astray the next. You may doubt that you can truly rely upon it as a resource. Or perhaps you feel that you are not intuitively gifted.

Let me put to rest any doubts you may have about your intuitive abilities. Everyone is intuitive. Put aside any concerns you have about being gifted in this area. Your intuition is a function of your Soul itself. Since you most definitely have a Soul, it just becomes a matter of learning how to access and cultivate your inherent intuitive abilities. Your intuition is as much a part of you as your arm or your leg. And, just like your arms and legs, your intuition is available to you to call upon when you need it. After all, you never sit and wait for your arms or legs to move of their own accord, right? When you want to walk across a room, your legs do this for you—because of your intent. You know where you want to go, and your legs take you there. You do not even have to know every detail of how your muscles accomplish this task. You simply create an intention of walking across the room, and your legs are the tools that accomplish this task. This book will teach you how to access intuitive knowledge with the same sure level of dependability and accuracy as your legs respond to your intentions!

Most people unfortunately only turn to their intuition when faced with uncertainty around a major life decision. It becomes a last resort, when reason and logic have yielded no satisfactory solutions to the issue at hand. Without any prior experience in using intuition as a tool, you might want to know whether to enter into or leave a marriage, to quit a career, or to move half-way across the country.

This is a little bit like announcing that you are going to take up running, and you're going to start with a marathon as your first race—next week! Obviously, your body is not conditioned to take on such a challenge. And, most likely, the results of attempting such a race without prior training would be quite painful.

Similarly, starting your intuitive journey in order to solve one of life's really big questions can lead to unhappy results. If you are in a state of mental uncertainty, emotional upheaval, and spiritual unrest, it is unlikely that you will be able to truly receive accurate information when you haven't yet cultivated and trained your intuitive abilities. When you train for a marathon, you begin with running only short distances. Similarly, the best place to start applying your intuition is with life's small choices, where your emotional investment is not so high.

We usually don't give life's small choices much consideration. We tend to do what we feel we have to, what others want us to do, or what we are used to doing. And yet, the majority of our lives are shaped by the small decisions we make every day. Whether we spend our lunch hour browsing in a book store, or having lunch with a friend, can have a profound impact on our lives. Wouldn't it be wonderful to choose to spend our lunch hour in a way that uplifts us and moves us forward on our path of growth and evolution? Wouldn't this change the quality of the rest of our day? Wouldn't we come home in a better mood, and relate differently to our family? Would this perhaps lead to more uplifting interactions and inspiring conversations?

Our intuition offers us the opportunity to bring awareness to the

seemingly small choices that shape our life experience. We learn how to tune in to the path that leads to our greatest growth and fulfillment, not just in the long-term, but in our everyday circumstances. When we are secure in receiving accurate intuitive guidance in these mundane, day by day choices, we are ready to rely on our intuition in life's big decisions, also.

You already access your intuition on a daily basis. Whether you know it or not, you tap into guidance from your Higher Self and your Spirit Guides all the time. At the subconscious level, you already have an intimate, familiar relationship with the spiritual guidance and information that is available to you. Just like your subconscious manages routine physical tasks such as walking, it also manages your connection to the spiritual plane. Your Higher Self has shaped much of your life without you even being aware of it. That's why it can be so difficult to bring intuitive information forward into consciousness. The inner voice of your intuition feels so familiar—and alarmingly close to the imagination—that you may doubt the information you receive. The messages from your intuition are subtle, and you're used to getting them all the time.

Your intuition is a gift that is designed to make your life easier. You are not sent into this lifetime without assistance, or a roadmap of your path and purpose. You've just forgotten how to tap into this spiritual resource. Through this book, my hope is to empower you to use your intuition as a tool in everyday life. Your Soul knows why it is here and what it wants to accomplish. This information was not designed to be a mysterious secret from your conscious mind. We were always meant to have access to our Soul's path and purpose for its present incarnation.

In this Earth experiment, our Souls express themselves through our conscious and subconscious minds as well as our physical bodies. Over time, a perception of separation of the Soul and our physical selves has arisen in collective consciousness. This separation is merely a perception. In my readings with my clients, it always becomes obvious how significantly the

Soul shapes each of its incarnations, even though we are not necessarily conscious of its influence.

When we tap into our intuitive resources and into the wisdom of our Soul, we become aware of the connection between the spiritual and physical planes of existence. We access the wealth of spiritual resources that are available to us. After all, we are here so that our Soul can grow and learn. That is its purpose. The life lessons and experiences our has Soul chosen for this lifetime, the knowledge and experiences from past lives, the assistance of our spiritual guides and helpers, our Soul-level gifts and talents—all of these were meant to be available to us. This information was meant to be transparent and freely accessible to us in our physical lifetime. Through your intuition, all of this information is yours for the asking. You deserve to have at your fingertips all this available knowledge, perspective, wisdom and guidance.

Over time, developing an additional perspective on life through intuitive information adds a new level of perception to everyday life. Examining the underlying energies of the events, decisions, and mishaps in our lives allows us to live with greater awareness. Our lives run smoother, and small incidents don't lead to big disasters down the road. Misalignments and energetic roadblocks receive our immediate attention and can be resolved without having to manifest themselves into our lives as truly disruptive or unfortunate events. When we are out of alignment with our Soul's highest path and purpose, we receive immediate notice from our intuition. This is a priceless gift. We don't have to waste time and effort investing ourselves in paths that do not lead to growth and fulfillment. We've probably all wandered down a few dead-end roads in this lifetime. Unfulfilling relationships, careers, or educational programs can all be avoided when we tap into the power of our intuitive wisdom. We can waste a lot of years in this lifetime, doing what seems reasonable, or living according to other people's expectations of us. Have you ever done something just because your parents or friends or spouse thought it would be best for you?

We live in a world that prizes rational thought and logic. We are taught early on to think about the consequences of our actions, to carefully weigh the pros and cons of our decisions. It can be quite scary when we begin basing some of our decisions on the information we receive from our intuition. We like to think of ourselves as rational people. But, when it comes to personal decisions, the rational mind is simply not the most appropriate tool for the job.

Rational decision-making allows us to abdicate a degree of responsibility for the outcome of our choices. Just think of all the unknown factors that the rational mind cannot possibly be aware of. You cannot rationally *know* that your new boss will turn out to be an alcoholic. You cannot *know* that the house you just bought will have ongoing and costly plumbing problems. You cannot *know* that your new dog has a rare genetic disorder and will need expensive medications for the rest of its life. And so basing our decisions on logic and rational thought alone actually allows us to blame some of the consequences of our choices on life simply happening to us.

Now, however, we begin consciously accessing our intuition. Suddenly, more information is available to us. But this level of information also brings with it a higher level of responsibility for the consequences of our choices. We can no longer say “*there’s no way I could have known ...*” Reason, logic, and even some of our emotions may tell us that the new job we’ve been offered is the opportunity of a lifetime. But our intuition tells us clearly that the situation would not align with our highest good. Our intuition may tell us that our highest path and purpose is not what seems the easiest or most logical choice. Our intuition may advocate changes we are not sure we’re prepared to make. And often, we are not given the satisfaction of even knowing that we made the right choice. And yet, once we begin to listen to our intuition, it gets louder and louder until it becomes hard to ignore.

Some people in your life may also not appreciate your intuitive decision-making. Your wife may not understand why you don’t want to accept the job

offer with the big salary. Your friends may question why you suddenly don't want to buy that nice house, after you've already put money in escrow. Your kids may have already fallen in love with that dog!

## THE COURAGE TO LIVE INTUITIVELY

Allowing your intuition to contribute to your choices and decisions takes courage. Accessing your intuition makes you highly responsible for the consequences of your choices. Many people prefer to live half-blind because they do not wish to take full responsibility for the outcome of their decisions. It is up to you to decide whether you want to take the blinders off, gain greater perspective, and act on the information you receive. It is pointless to learn how to unlock your intuition if you are not going to put this resource to use in your life.

Sometimes your intuition will serve you by announcing quite clearly what path would not serve you. Perhaps you're familiar with this scenario: You are talking to a friend, co-worker, or family member. In the midst of conversation, you make a commitment. You offer to help with a project. You make plans. Perhaps you even commit to a joint business venture. But as the conversation ends and you are left to your own devices, you begin feeling uneasy. You are suddenly filled with regret over the commitment you made. This is not simply a slight feeling of annoyance or inconvenience. You are truly in discomfort. Your mind, meanwhile, is playing catch-up as you try to come up with plausible excuses and little white lies to get out of the plans you just committed to. Sometimes our conscious mind gets enamored with an idea and makes decisions before our intuition has a chance to weigh in. The mind can be a noisy place, and a conversation can be even noisier! We don't tune in to our intuition until the mental chatter has subsided. It may even take us setting foot on a path before we recognize that it is not appropriate for us. Our mind can get so busy being logical and rational, so in love with a good idea, that it does not even occur to us that *"right"* and *"reasonable"*

might not be the same thing. And so we interview for a job, announce a business expansion, or register for a workshop, only to recognize belatedly that our actions do not align with our desired outcomes.

These things happen all the time. The question then is whether we have the courage to be true to ourselves and our inner wisdom. Sometimes, intuitive insight is inconvenient. I once told a friend that I would accompany her on a retreat, only to find myself in utter discomfort at the thought of the upcoming trip. The travel arrangements were ready to be finalized when I had to come clean and back out. In our collective consciousness, being true to our word is held in high regard. We are taught to keep our commitments, to follow through on plans made. But what is our commitment to ourselves? If something feels truly wrong, should we follow through just because we said we would? Or do we make room for our own personal Truth, and allow our intuition to guide us towards our highest path and purpose? In my case, I simply told my friend exactly how uncomfortable I felt, without even trying to rationalize my decision. And, wouldn't you know it, but she had been feeling the same way! She was actually relieved that I cancelled the trip. I can say from personal experience that I have never regretted any decisions I've made based on my intuition. However, I can think back to quite a few instances when I've regretted ignoring my intuitive insights!

When you are in tune with your intuition, you develop an innate sense of what path is right for you. You don't waste your resources on little detours that lead nowhere. You are on a direct path to growth and fulfillment, and life runs more smoothly. Wonderful synchronicities and happy coincidences happen frequently. Doors and windows of opportunity that you may otherwise have missed become obvious. And you no longer pursue the seemingly obvious opportunities that in reality would lead you nowhere. But acting on your intuitive insight does take courage.

## DEVELOPING CONSCIOUS CONTROL

I am always amused by the Hollywood version of intuitive insight. On television, mediums are struck by overwhelming visions over their morning coffee, or have vivid and disturbing dreams that are messages from the great beyond. What always strikes me as frustrating is that our poor medium usually has no idea how to interpret these visions. She is not in control of her talent. While very dramatic on the small screen, this makes her talent pretty useless in the real world! Wouldn't it be far more practical to sit down, ask specific questions, and receive reliable answers? Granted, this wouldn't make for very good television, but in real life, the less dramatic version is infinitely more useful.

As an intuitive professional, I wouldn't be able to do my job if I had to wait for intuitive insight to "hit" me. Like everyone else, I have a busy life. I need to be able to sit down and do my work when I have time available. My intuition has to be "on" when I need to complete sessions for my clients. It's not about being in the mood, or being in the right frame of mind. It just has to work! Why shouldn't you, too, be able to sit down when you have time available and questions on your mind, and access the information you both want and need?

In this book, I would like to introduce you to your intuition as a tool that is entirely within your conscious control. We will work on establishing an accurate and reliable system of access that works, whenever and wherever you may need it. When you've worked through the exercises in this book, you will be able to sit down, ask a question, and receive an answer. It really can be that simple. You will decide what information you need, when you need it, and, ultimately of course, what to do with it when you receive it. This book will show you how to develop a clear and reliable system of accessing your intuition, so that it becomes available to you on demand. Imagine yourself as an athlete or musician. These people train and hone their skills until these skills are dependably second-nature. We're going to do the same

—but it won't take you years and years. After all, your subconscious has been receiving intuitive information all along. Now it is just a matter of bringing this information forward into the conscious mind. We will train your conscious, subconscious and Higher Self to work together so that your intuition becomes available to you whenever you need it.

Accessing your intuition accurately and reliably is a skill that does take some practice. Someone who reads a book about running may know a lot about the sport, but still won't be able to make it through a marathon. Your subconscious and conscious minds need to be trained and conditioned to work together to receive information from your Higher Self, just like an athlete trains and conditions his body. You can read this entire manual in one sitting, and learn a lot. You will not be able to quickly, accurately and dependably access your intuition, however, unless you practice. While the initial methodology may seem a little tedious, it is a necessary part of internalizing the process. So, by all means, read through this entire manual and skip through the exercises. Then go back and diligently complete the processes described, in the right order. Do not short-change yourself on practicing the various stages of your intuitive development. You are at all times laying the foundation for the upcoming exercises and chapters. You may request a free workbook at [www.EmpoweredSoul.com/workbook.htm](http://www.EmpoweredSoul.com/workbook.htm) to assist you in systematically completing all the exercises in this book.

All processes in this book are designed to help you receive accurate and reliable answers from your Higher Self through clear, mindful questioning. You will learn how to ask the most productive questions, and get clear answers. We will use an external method of divination—dowsing or muscle testing—and simple “yes” or “no” questions to receive information. At first, there will be some limitations to the questions we ask. As you work your way through this book, the quality of information you are able to receive will expand, the process will become quicker, and you will be able to consciously tune in to your intuition whenever and wherever you wish. Regardless of whether the question is simple or complex, the outline of the process will

remain the same. You will ask clear, concise questions within your mind—and you will receive accurate and reliable answers.

By the time you've finished with the exercises in this book, you will be able to consciously access your intuition in the blink of an eye. Once you've internalized your intuitive process, it will become second-nature to you. It will be available to you instantly, whether you're in a meditative state or doing the dishes, or standing in line at the grocery store. While it does require some effort, the process of connecting to your intuition is fun, and you will learn a lot about yourself. The wealth of your intuitive and spiritual resources is waiting for you. It's time to unlock your intuition!

