

What is Intuition?

Every person has Intuition. Intuition is what has allowed us to survive as a species by protecting us from danger.

Intuition is your ability to quickly collect, analyze and respond to information from all available sources without the involvement of the conscious mind.

It constantly analyzes all the data provided by all your senses and compares it to patterns stored in your unconscious memory. It searches for things that are either *unusual* or *recognized as potential threats* and notifies your conscious mind when it finds something demanding further investigation or action.

Intuition is how your subconscious mind communicates with your conscious mind. It allows messages from Spirit and the various “psychic” or “extrasensory” messages to be relayed to your conscious mind in a way that you can recognize them.

How Intuition Communicates

Hunches – Unexplained feelings

Women’s Intuition – Regular intuition, but women are less trained to ignore it than men

Gut Feelings – The masculine, socially acceptable version of Women’s Intuition

Heightened Awareness – When senses become acute for no obvious reason

Nagging Feelings – When the same feeling keeps reoccurring with no apparent reason

Persistent Thoughts - When the same thought keeps reoccurring with no apparent reason

Suspicion – A warning sign that something isn’t as it appears to be

Humor – Used to express suspicion, fear or other emotions in a “socially acceptable” manner

Wonder / Wondering – A sense of amazement about something, triggered by it not making sense

Anxiety – A body and mind stress reaction to a situation, whether the cause is obvious or not

Curiosity – Similar to wonder, but where you seek out the reason (Wonder just accepts it)

Surprise – A reaction to something previously unknown suddenly revealed

Doubt – A mental hesitation because something does not feel right or make sense

Hesitation – The body or mind’s desire not to do something it perceives as wrong or dangerous

Apprehension – Hesitation combined with fear

Fear – The body’s reaction to something that is expected to happen.

Important Note about Fear: Fear is *artificially created* for us all the time with exposé’s and news reports of things that are extremely improbable of actually happening to you.

Airplane crashes, volcano eruptions, terrorist attacks, sniper shootings, meteor strikes and nuclear catastrophes are all examples of things that *could* possibly happen to you, but probably won’t.

The media creates fear because it activates your body’s natural defense mechanism: **Find out more** about what you are afraid of. This is your natural system for “threat mitigation”. However, in the media’s case, to *find out more* means that you will pay them money for their paper, watch their show or do something else that benefits *them*. It is therefore in the media’s financial interest to keep the entire population scared so that they will return to them regularly for their *find out more* “fix”.

It is important to identify the things that are actually a *present threat*, or at least *likely to happen*. By ignoring the rest of the fear-generating stories, you free your mind and body to be able to perceive an actual *fear* warning without the background noise of all the manufactured fear that society fills us with.

If you live in a state of constant fear, when your intuition wants to actually send you a **real** fear signal, you can’t hear it over the usual media-generated fear background noise that is always in your head.

Learning to Listen to Intuition (Again)

Most people in modern society are trained to generally ignore their intuition by the time they are ten years old. It is still there, but you have to re-learn how to use your body's most powerful natural defense system.

We train ourselves to ignore intuition by giving the thoughts that come from our conscious mind the highest priority in our decision making process. Our intuition still speaks to us constantly; we have just learned to ignore that small nagging voice in the deep recesses of our mind.

Your intuition is the quickest part of your mind. It knows things that your conscious mind does not. As a result, it already has the answer to most important questions before you can finish asking it. The trick is to listen to it.

The Intuition Workshop Worksheet showed you the difference between the first, intuitive answer you get and the second, "rational" answer you received from your conscious mind. The workshop is designed to be done without letting you see the questions first. If you know the questions, your rational mind will start preparing answers to give you when the question is asked. This will often "drown out" the intuitive response and make it harder to hear. To get a good intuitive response, you should get either get the question asked to you by someone else or pay very close attention to the order the thoughts come into your head.

Intuition will always answer first. You just have to train yourself to hear it. As you get better at hearing your intuitive voice, you will be able to simply ask yourself questions and be alert for the intuitive first response.

Unfortunately, as soon as you hear the intuitive voice, your "rational" mind will tell you its own answer, and then immediately begin to try to convince your conscious mind why the intuitive answer is wrong and why you should listen to your rational mind instead.

You need to learn to first *hear*, and then *honor* the intuitive response by trusting in it. And then *acting* upon it.

Most people learn that when they ignore intuitive response that days, months or years later they find out that it was right. Unfortunately, at this point is usually too late to do anything about it. Learn to listen to your intuition, and develop the courage to act upon it under despite the rebellion of your own conscious mind. It will help you to greatly reduce the hassles in your life by listening to the portion of our mind that has been trained for millennia to protect us from bad things.

Ignoring Your Intuition: Manipulation Warning Signs

Manipulative people will attempt to convince you that your intuition should not be trusted because they want to take advantage of you. To do this, they will attempt a variety of tactics designed to make you dismiss your intuitive reactions to them. The primary method they use is by making "acting upon your intuition" appear socially unacceptable. These attempts will try to assign a label of "rude," "uptight," "too independent," "not a team player," "inconsiderate," "elitist" or other similarly negative characteristics.

The most commonly used manipulation techniques are listed here to help you recognize when they are being used against you. Identifying that someone is using one of these techniques on you is further validation that your intuition is probably correct and that you are being manipulated.

Forced Teaming

Creating a "team" with you when none actually exists to make you feel a bond with them and create a sense of duty to help them. Causes of feeling of "being rude" if you deny or rebuff them. Most commonly identified by the use of the word *WE*: "*We're in this together*" "*It's us against them*" "*We're always fighting this stuff*"

Charm

Charm is an ability, not a trait. The definition of charm is "To induce by using strong personal attractiveness". Someone who is "charming" is someone who is actively manipulating through your response to their attractiveness.

Niceness

Niceness is not Goodness. Niceness is simply the ability to give people what they want. While it is not inherently bad, but it is not inherently good either. Most serial killers are quite nice and charming people. However, they are not *good* people.

Loan Sharking

Offering unsolicited assistance or favors to create a sense of indebtedness to them. The person will then use your sense of fairness or obligation against you to “collect the debt”.

Too Many Details

Someone telling a lie will usually include details that they would not have included if they had been telling the truth. Because it sounds like a lie to them (since it *is* one) they add additional supporting information to make it sound more believable to themselves.

Typcasting

An attempt to make you change your behavior by making a slight insult as a challenge. If you resist help from a stranger, for example, they might say “Some people just can’t accept help from others” with the expectation that you will then attempt to prove that the label they assigned to you is incorrect by doing the opposite. In this example, by accepting help to prove that you’re not one of those people that they attempted to label you as. The best way to prevent falling for typecasting is to simply ignore it.

Unsolicited Promises

Unsolicited promises are one of the most reliable signals of ill intent. Promises attempt to convince you of something, while providing no guarantee. While a guarantee offers some form of compensation if it is not upheld, a promise offers nothing in return for your trust. It is used when a person has tried to convince you of something, seen that it has not completely worked, and is trying a last-ditch effort to make you accept it, because to not accept someone’s promise might be considered *rude*. It is simply a manipulation technique, nothing more.

Discounting the word “NO”

Ignoring “NO” is a sign that someone is attempting to (1) take control of you or (2) refusing to relinquish control that they already hold over you.

If you say “No” and then “change your mind” you have just given the other person control over the situation. Furthermore, you have just told them that any future time you say “No” is open for discussion or can be ignored.

“NO.” is a complete sentence that requires no explanation or validation.

In fact, if you say “NO”, **you SHOULD NOT provide any reason or excuse why you are saying it.** Providing additional detail or explanation says to the other person “Here is a list of things you can try to convince me are wrong to make me change my mind.”

Screw being “polite.” If you say NO and someone ignores it, they have been impolite first in not respecting what you said. After that, you should be as “*rude*” as necessary to get them to honor your answer.

Recommended Reading

This information was adapted from the excellent material in:

[The Gift of Fear and other Survival Signals that Protect us from Violence](#)
by Gavin De Becker.

This book is recommended reading for anyone who is interested in reading case histories of people who ignored their intuition and paid the price. It also features cases of when people trusted their intuition, despite what their “rational mind” was telling them and escaped horrible situations.

Intuition Workshop Questionnaire Instructions

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The following pages are used for the exercise portion for the Intuition Workshop.

This can be done by yourself, but the best way to do this is to have one person (generally the teacher of the class) who reads the questions out loud, and everybody else just focuses on writing down their answers.

There are two sets of pages after this page: the Workshop Answer Form and the Workshop Questionnaire.

The Answer Forms contain three columns. The first column is for your first Intuitive answer, the second for your Rational answer, and the third for any observations or notes you make along the way or afterwards when reviewing it.

The Workshop Questionnaire is a numbered set of questions that take the participants through a variety of areas of their life from mundane to personal to spiritual in a sporadic order designed to keep the Rational mind off balance so that it doesn't start trying to pre-guess answers and supercede the Intuition's answers.

Tell the people taking the workshop NOT to look at the Questionnaire page. Tell them that they have a copy of all the questions that they can take home with them, but not to look at them yet as it will mess up the workshop for them if they cheat and take a peak. Also state that there are no wrong answers, this is simply a tool to give you insight into the dynamics of their Intuitive and Rational minds. Their answers will be private unless they choose to share them, and they will take the packed with their answers and the list of questions home with them. Sometimes you will not get an Intuitive answer. If you have not gotten an immediate answer within the first 1-3 seconds, just leave the Intuitive response blank and put anything that comes after that into the Rational response column.

These assurances help to relax some of the mental defenses that block peoples' Rational mind from letting Intuitive messages through.

Ask each question aloud, one at a time, to the people taking the workshop. After each question is asked, pause and wait for everyone to finish writing their answers before moving on to the next question. There is no hurry, and it should be a very relaxed and mellow process.

The *very first answer* that pops into their head, no matter how odd, should be listed in the first column as the Intuitive response. Any answers that appear after that should be listed in the second column. They are free to make notes if they like of non-verbal responses, such as emotions, physiological responses, etc. After completion, have them circle any responses that evoked a physiological response (fear, nervousness, anxiety, etc) to examine later, as this often indicates that a nerve has been touched on a "core issue" that is of great significance to them.

It is normal to have a variety of reactions to this test. Some people will go all the way through it with no problems. Others may simply stop and put the test down halfway through it. Some will have groups of questions that they can't answer for one reason or another. Explain that this is perfectly normal, and explain that they may want to review their questions and answers later when they feel safer and try to come up with answers, or reasons why they are not getting answers now.

You may not get an Intuitive response for a variety of reasons: The topic is of no interest to your subconscious mind, so it simply ignores the question, the topic is too sensitive an issue for you to allow yourself to examine the issue at this time, the Rational mind is blocking access to the Intuitive mind as a protective (usually pronounced: "Fear") method, you just aren't in a receptive state of mind at the time, too much distraction, or any number of other reasons.

Discuss the questions in order, or randomly as your group feels appropriate and comfortable. Point out that when the columns match, it is usually an indication that your "True Self" and your "Image of Self" are in line with each other. Often times when the columns show strongly different things, the person is not acting in accord with their true nature, but is acting according to how they and their social group tells them that they *should* be. In this case, you can find valuable insights into where your true nature is out of sync with how you are told you should be.

Intuition Workshop Answer Form

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Intuition Workshop Questionnaire

#	Question
1	What is your favorite color?
2	What is your life's purpose?
3	What do you fear?
4	What is your current lesson?
5	White, Grey or Black?
6	Solid, Liquid, Gas or Plasma?
7	Earth, Air, Fire, Water or Spirit?
8	Spiritual or Religious?
9	What causes you pain?
10	What is blocking your growth?
11	What should you remove from your life?
12	Who should be in your life that isn't?
13	What causes the most resistance in your life?
14	What do you like most about yourself?
15	What don't you like most about yourself?
16	Are you willing to accept it?
17	Are you willing to change it?
18	Do you love You?
19	Does Divinity reside within you?
20	Is your entire being Divine?
21	Do you honor your own divinity?
22	How?
23	Favorite religion?
24	Who holds your heart?
25	Small, Medium or Large?

#	Question
26	Who do you love?
27	Why do you love them?
28	Are you important?
29	Are you loved?
30	Are the last two answers related? (important vs. loved)
31	What do you crave?
32	What do you resist?
33	Why?
34	Should you accept it or fight it?
35	Why?
36	How does intuition speak to you?
37	Do you listen?
38	Do you act on your intuition?
39	Intuition, Heart or Mind?
40	Does your intuition speak for Divinity?
41	Does your intuition speak for your Heart?
42	Does your intuition speak for your Mind?
43	Who loves you?
44	Why?
45	Live or Die?
46	Death or Birth?
47	Alive or Dead?
48	Progress or Regression?
49	What are you denying?
50	What is your Truth?

