

*Soul Self Series Book 2*

Let Your  
**SOUL SELF**  
Speak  
**OUT**

About  
**INTUITION**

PATTY ANN

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**SOUL SELF**  
Speak  
**OUT**



About  
**INTUITION**

**Written & Designed  
By Patty Ann**

**Soul Self Series Book 2  
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## *Intention*

The Soul Self Series was created to nurture awareness in oneself through self discovery and exploration. This is a non-denominational guidebook series, and devoted to developing critical thinking skills and reflections thereto.

Each title is a stand alone book and can be read in any order. All books follow a familiar format, so the principles can be consumed easily.

## *Format*

The content is purposely concise to provide readers with bite-size reflective themes to consider. This activity includes thoughtful questions, which are posed as possibilities. Notations, and journaling, are encouraged to prompt engagement, and enlist mindful critiques for enrichment, and expansion.

## *Best Use*

For a suggestion, grab a pen or pencil. While reading you can then immediately capture your thoughts and write them in the notation spots. As the activity progresses, you will gather more ideas. Rather than writing full sentences, jot down key words and concepts that inspire you, while considering concepts and theories.

## *For Independent Study or Groups*

Although this guide is in a workbook format, it includes separate individual and group Q&A pages that can be interchanged.

These guides offer options! Facilitators can direct learners to explore and answer questions individually, in small groups, or by guided whole group discussions. Individuals can enjoy contemplating and journaling the topics.

*Thank YOU & Enjoy!*



# *What About YOU & Your Intuition?*



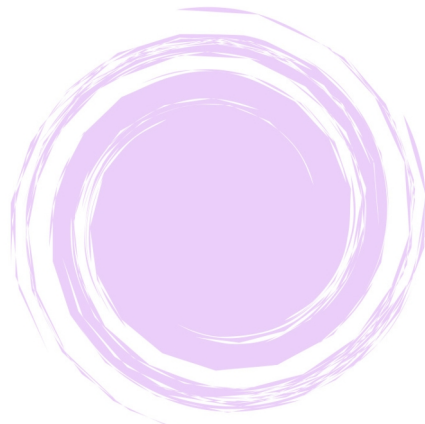
Welcome! This guidebook is a brief, yet inclusive introduction to personal intuition development. Included is a basic knowledge, how it works, and how to develop intuition. This interactive format is outlined with key points, tips, suggestions and exploratory questions for you to ponder and reflect upon.

## *Intuition Defined*



Intuition is the ability to hear, see, feel or know something immediately, without the input of the conscious mind's reasoning, or logic. Intuition does not need proof or evidence to exist. Because, personal experiences have validated its existence.

*Words associated with intuition include:*

- Extrasensory Perception (ESP)
  - Heightened Awareness
  - Second Sight
  - Psychic
  - Instinct
  - Insight
  - Paranormal
  - Precognitive
- 

# *What is Parapsychology?*

Variations on the advanced degrees of intuition falls into the category of *Parapsychology*.

**As per Wikipedia:** Parapsychology is the study of paranormal and psychic phenomena, including telepathy, precognition, clairvoyance, psychokinesis, near-death experiences, synchronicity, reincarnation, apparition experiences, and other paranormal claims. It is considered to be pseudoscience by a vast majority of mainstream scientists.

Extrasensory Perception is outside the realm of physical matter. Therefore, cannot be measured by science which requires verified proof to validate its existence. Over time, techniques have been- and will continue to be developed to measure and quantify intuition. However, and as always personal experiences can attest to- and confirm the power of Extrasensory Perception.

What are your thoughts? Does intuition come from your soul, the collective consciousness, your human experience, another dimension, or somewhere else?

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Do you believe intuition is a natural ability that everyone can access?

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Does intuition live on a certain energetic frequency range that can be tapped into just like one would turn a dial to receive a radio signal?

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# *Intuition Speaks to YOU!*



The source of all life, both physical and nonphysical, is energy. Different types of energies vibrate at different levels of frequency. Intuition is an energy that vibrates at a high level of frequency.

Your brain constantly acts as a receiver of energy frequencies. While intuition comes through your mind, its vibration speaks to you through your physical body.

Have you ever had a gut instinct that warned you of danger? Or, had a knowing that something would happen, and it did? Your body is the interpreter of your brain's connection to intuition. The key is to LISTEN to your BODY TALK!

*Some examples of how intuition manifests itself:*

- Having knowledge that seems to come out of nowhere.
- Creativity that manifests in a new song or invention.
- Knowing the outcome of a project before it begins.
- An inner voice that guides an important decision.
- A dream that gives a message from a friend.
- A directional sense that steers safe travel.
- Knowing how a future event will turn out.

Describe a memorable event where your intuition guided you—and you had conscious awareness of it in action. What body sensations were predominantly evident at the time?

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How does your intuition manifest MOST often in your body? Such as, Does your intuition come through feelings, knowings, auditory or visions? Explain your experiences and physical sensations.

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Do you experience coincidences? How often? Describe the type of coincidence that occurs most frequently.

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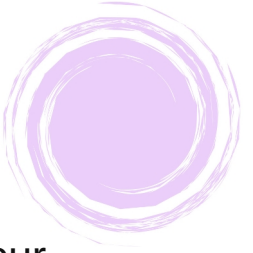
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# 4 Distinct Intuitions



There are varying degrees of intuitive intelligence. Here are four classifications of well developed extrasensory intuitions. States of perceptive experiences can have a wide range of differences, unique characteristics and sensitivities.



## 1

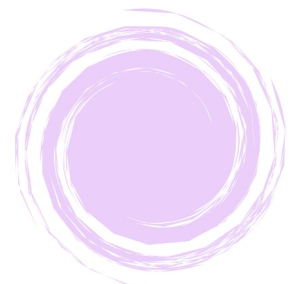
**Clairvoyance** is the ability to have *visions* through various means such as from an awakening awareness, or in a state of conscious connection.

**Example:** Jillian has a vision through a meditative trance of a burning building down the street from where she lives. A week later a house is destroyed by fire. The house is located two blocks down the road from where Jillian lives.

## 2

**Clair-audience** is the ability to *hear* and receive words, messages, or phrases. Audible messages can come through the inner ear, right outside the ear and/or inside the head.


**Example:** Thomas occasionally hears the repetitive message, "*he will leave soon*". Thomas does not know exactly what this phrase means. Later while talking to his friend, she mentions the phrase, "*he will leave soon*" in her sentence. The message was in regards to their mutual friend's impending vacation.



# Encouraging Intuition



Intuition cannot be forced, but it can be stimulated, and developed. Since intuition is received through your physical body, then it makes sense that you can use your body to retrieve intuition at will. Here are some methods to access intuition.

- Quiet your mind chatter. This is at the forefront to allow intuitive reception to move into the brain.
  - Do physical activity such as running or hiking. Physical exertion slows down the mind's compulsion to think. The mind will relax during physical effort, which allows other energy frequencies to enter easier.
  - Meditate. Find a quiet undisturbed spot. Then concentrate only on your breathing. Hear it. Feel the inhales and exhales. Focusing on your breath forces your mind to be present to the now.
  - Do a repetitive, non-taxing activity. One that keeps your hands or body busy, but does not demand much thought to be accomplished. When the body is engaged, the mind calms. This often causes a meditative state in which new ideas and creativity flows.
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**Important:** An active mind will have the tendency to use its logic, and look for worldly proof that intuition is NOT real. That which comes from the intangible often contrasts the tangible. The physical body can restrict intuition based on a person's beliefs.

*The thinking mind is not always a friend to intuition!*

# *Intuition vs. Thinking*

## *Which One Prevails?*



Thoughts, thinking, and reasoning are learned from lifetime habits. Additionally, people are influenced by parents, friends, social networks, the media, society, and virtually every interaction experienced since birth. By early adolescence a person's thought processes have shaped their perceptions of the world around them.

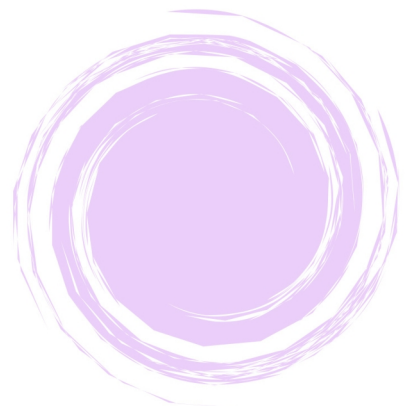
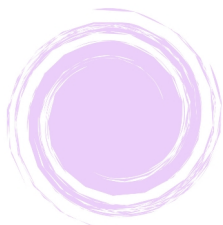
A person's set of beliefs are often the biggest barrier for allowing intuition to flow freely in its purest sense. If a person desires to develop their intuitive inclination, these beliefs may need to be (re)examined. For instance, what if a child is told that precognition is not real, and only a trick their mind plays? Particularly, if this message was reinforced throughout their childhood? What beliefs will the child form about precognition?

Since all intuition is received by our brain, it is our thinking mind that filters its message. It is not uncommon to misread intuitive messages. This happens because our deeply embedded—often unconscious—beliefs inhibit, then misinterpret this energy.

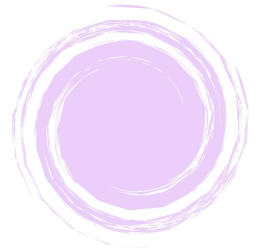
### ***Remember to...***

- Relax and open your mind and heart.
- Limit recycling thought patterns.
- Nurture your mind with a busy body.
- Stop perpetual mind chatter.
- Catch and block restrictive beliefs.

*Then, let the cosmic communication in!*



# Ask for Signs!



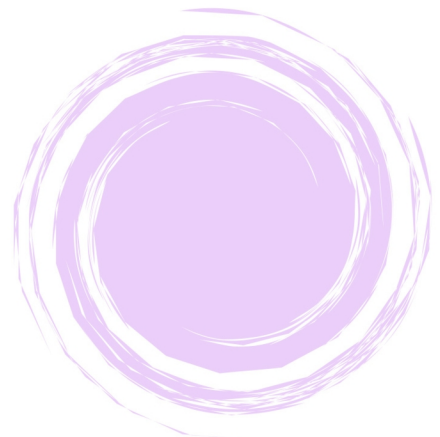
*Ask and you will receive!* Your inner being, your soul self, or higher power is here to help guide you. Ask IT to send you a sign. Ask with a specific intention targeted to a particular inquiry.

Do not set an expectation for how a sign will arrive. Most always it comes softly to greet you: *in unexpected, quiet moments*. Answers can come through your intuition, or through other means outside of you. Here are some external examples:

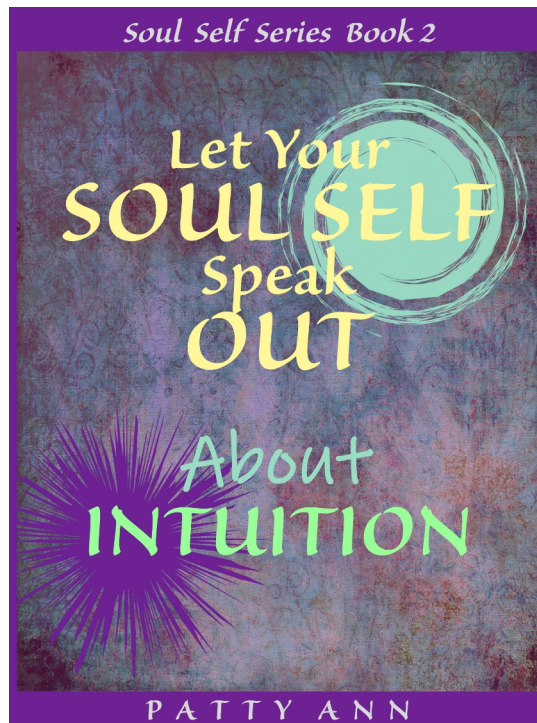
- A song on the radio plays words that confirms a doubt.
- Butterflies flutter in your path and a change is forthcoming.
- A friend unknowingly answers a question you thought about.

Daily life speaks to us. For useful whispers that are not heeded get turned up a bit louder. If you don't acknowledge the whispers, next you receive a louder, different version. Perhaps, a thump upside your head! The universe is saying, "Pay attention!" Signs and messages come through many avenues until you hear them.

When you receive these blessings don't question- or think thoughts to perish them.  
Just relish these enchantments.  
Acknowledge and appreciate.  
And, ask again! And, again!



Thank YOU for Enjoying



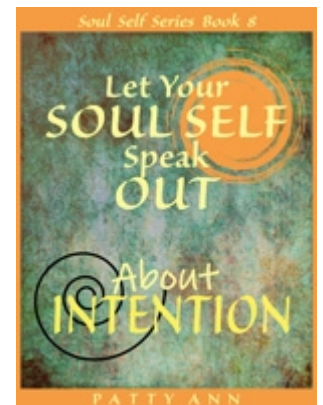
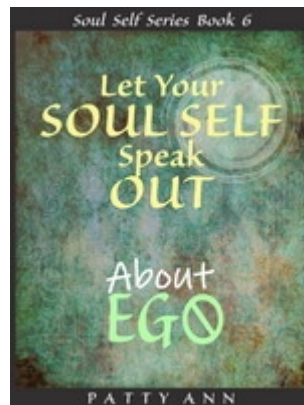
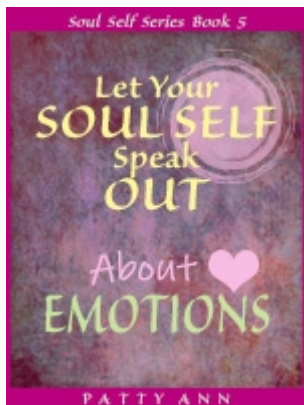
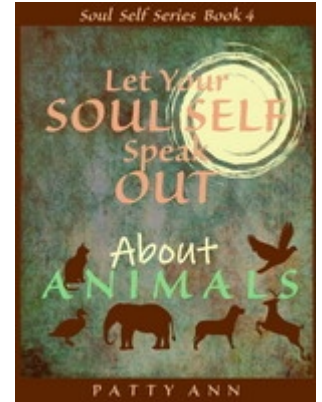
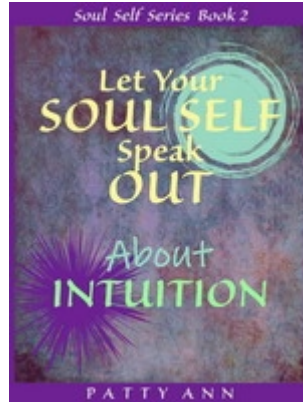
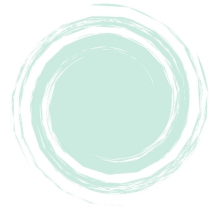
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