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Opening Extract from...

You Do Know

Learning to Act on Intuition Instantly

Written by Becky Walsh

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LEARNING TO ACT ON

INTUITION

INSTANTLY

BECKY WALSH

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Introduction

IT'S NOT MAGIC AND YET…

A few years ago I was sitting in the departure lounge at London's Heathrow airport waiting for my flight to San Francisco to be called. In the couple of months before, I had sold my home and with it the new kitchen (I had saved eight years for!), given away my belongings, ended a relationship and, despite being at the height of my career, I was leaving that too and going back to college. I couldn't at the time tell you why, I *knew* why, but I had no logical or rational reason for my actions. All I can tell you is I was following my intuition and it has ultimately led to this book being in your hands.

So if I had a magic wand, I would give you one life transformative gift, a gift that would allow you to have faith in yourself, build deep openhearted relationships, make brave and inspired decisions, and know who to trust. In fact, if I had a magic wand, I might just use it to poke you in the ribs because you already have that gift; it is your intuition.

For many years I have worked as an intuitive catalyst. Most of my clients come to see me because they are coming up against blocks or holding points that are stopping them: Being who they want to be; living the life they want; or understanding their most important relationships. Using intuition, psychology, spiritual disciplines, and a bit of life coaching I give them the tools and information for change. The truth is that I'm often told I am reaffirming something they *already* knew. All I am doing is putting into words something they knew inside, but had no words for. So in writing this book I am about to do myself out of a job, because in this book I am going to show you that YOU *DO* KNOW!

It pains me that there are so many people going through life feeling lonely, disconnected, unheard, not trusting themselves, or lacking self-belief. Knowing what I know about intuition, I can see that this doesn't have to be the case. When I look back over my life the things I remember most are not the places I've been but the time I spent in the joy of other people's company. It is part of the human condition to want to feel a loving connection to other people. After all, it is what all the great love songs are about.

Many people struggle to keep their hearts open to love. There is a very good reason for this too, as the chances are that in your lifetime you have been hurt, shut down, shut up, and shut off. I can say this wholeheartedly as I see it in my clients every day. Yet if I asked you when you first suspected a situation or person would hurt you, the likelihood is that you already knew from the very beginning: When you first met the perpetrator or found yourself in the situation that subsequently went wrong. Yet you still allowed your mind and therefore your ego to govern your decision-making. The revolution comes when your intuition becomes stronger

than the fear generated by your ego. When you don't work from the ego, other people can't control you and you can't be paralyzed by fear.

Forgive me for making a generalization and presuming that you're not already living life intuitively. To be clear, I am not talking about the kind of intuition that has been taught or experienced so far. This is a new understanding of intuitive knowing, one that doesn't involve your ego – that's the voice in your head that thinks it 'knows' what's best... I am talking about a knowing without words that comes from deep inside you when you've managed to make your ego stop talking for just a minute and tune in to the softer, authentic tune of your intuition.

My challenge is writing a book about a 'knowing' without words and having to use words to do so. This book brings together many empowering ideas, some of which you might already be aware, which can be carried from one generation to the next. This form of evolutionary intuition is revolutionary: It draws on psychology, spirituality, and self-development. You may find as you read the following pages that you feel a sense of 'I *knew* that,' with a knowing deep inside of you but, perhaps, have never had the words to express it before.

Not to put too fine a point on it, **to live intuitively *is to live in freedom***. When you know how to trust your intuition, you have much more control over your ego, over your fear, and can learn to live in happy abundance.

We live in a magical world of possibility. When they understand it correctly and see beyond the humdrum of 'everyday' living, most people get excited about the idea of developing their intuition. However, this is not a paranormal or extraordinary

ability, it's a life skill. This was clearly illustrated by Thomas J. Stanley (Ph. D) who studied the behaviors, habits, and mindsets of 733 millionaires and multimillionaires for his book *The Millionaire Mind*, and discovered that the number-one reason that people became successful in business was: 'Ideas through intuition.'

Years of research have led me to the same profound understanding of the power of intuition in relationships, family, decision-making and ethical business. I don't just know it; I live it.

This book is full of survival skills for the changing world. This is not a passive evolution; it is an active revolution for peace.

Chapter 1
HOW WE RECEIVE INTUITION

There is one dilemma that plagues most people who want to live an intuitive life, '*how* do I know when it is my intuition?' It's an important question as there are many factors at play in the human psyche when we make a decision. We can get intuition confused with:

- Blind desperate hope: Mostly when it comes to relationships we look for intuitive signs to tell us that the person we have a crush on is in fact 'the one.' If the man of our dreams is called Mack, then every MACK truck that passes us on the road becomes A SIGN! A bit like pulling petals off a daisy saying 'she loves me, she loves me not' and deciding as it lands on 'not' that the daisy is clearly broken.

- Fear: Being scared of not being able to do the job can cause 'I have a bad feeling about taking this job' or not being bothered enough to take the learning curve it requires.

- Misguided optimism: I want this job so badly I *know* it's mine!
- Past experience: Having a bad feeling about someone because he or she reminds you of someone who hurt you before means that we can project our past experience on to them.
- Making it fit: 'The psychic told me I would come into some money, and then my mother died and left me her house.'
- And imagination: The ability to be able to make sense of the world through a mind process of creative storytelling, visualization, ideas formed into pictures, and daydreams. Everything you see around you started in someone's imagination. We can't create without it, yet some of these skills have a part to play in intuition, as your intuitive knowing uses your imagination to 'create' the knowing into pictures – this is known as clairvoyance. However, sometimes it can seem tricky to distinguish between imaginative fantasy and intuitive knowing.

In fact, there are only two forms of intuitive knowing: One you can trust and the other requires a deeper inquiry into its origin – and is the voice of the ego. That's important knowledge because all of the factors listed above (apart from imagination) come from the ego part of the mind and are not intuition. In the next chapter you will learn about both and how to tell the difference between the two. Unlike other forms of information, intuitive knowing isn't something you get through effort; you relinquish your barriers and allow the insight to come to you.

The four types of intuition

Let's start by taking a look at how we receive intuitive insight. Note I say receive as it's not possible to 'go out and get' intuitive information. Think of it this way: If you stuck an intuition satellite dish to your third eye, you would still have to be tuned into the right station to get a picture. The problem is we are sending out information all the time so we miss what intuition is giving us. It is the same as talking and listening at the same time; it's very hard to do, unless you are someone's mother. Mothers and grandmothers seem to be able to do that; at least mine can.

There are four main ways that people who are open can receive intuitive information. To be in balance it is important to have a little of each of the types, or at least to practice the other skills until you do.

Mental intuition

A mental intuitive will receive 'downloads' of intuitive information into the creative part of their mind and can almost express it without finding the words first. A simple explanation is that the part of the brain most commonly understood to be creative is the right hemisphere (more on that in the next chapter). An upside of being a 'mental intuitive' is that you are often sure when you make a decision. A downside is that people will accuse you of thinking too much and, although mental intuitives are great communicators, if they don't mix their intuition with empathy can sometimes be a bull in a china shop with information.

Student case study: The clairvoyant

One of the exercises that my students love is to create postcard paintings with wax and an iron. All the colors splurge together and the wax melts onto the postcard making new colors, textures, and shapes. The students then swap pictures and read them as if the person had just painted a picture of their life onto the card. The exercise allows the right hemisphere of the brain to get to work, which activates the intuitive mind. Most students report feeling that they are just 'making it up.' Only when the receiver of the information remarks on the accuracy do they start to believe their insights.

Helen, although not the most confident of students, starts slow then gets into a flow of communication that seems to bypass her logical mind. Her speech speeds up, her facial animation increases, and she loses herself in the flow of consciousness coming from her lips. As the information slows down, she looks back at the card that inspired her to access the download. She then turns a little self-conscious and asks 'Was any of that right?' to a fellow student stunned at her accuracy. Helen sees pictures in her mind (clairvoyance) and has downloads of information. In her everyday life she is brilliant at analyzing, putting patterns together, and thinking outside the box.

Somatic intuition

A somatic intuitive feels intuition physically, meaning that their body is a receiver of information. Somatic intuitives feel deeply that they are part of nature. They learn to know what all the subtle sensations mean in their body and can act upon them. An upside of being a somatic intuitive is that you remain grounded. You're able to react quickly and without panicking in physically threatening situations. A downside is that your body is always 'talking' to you and will use all aspects of physicality to explain any emotional discord in you and others. A somatic intuitive might be the person who finds it impossible to hold out to the third date: They want to get to know someone with their body before they get to know their personality.

Student case study: The mover

When I was a student at the California Institute of Integral Studies we learned that there are many ways to complicate things by using words. The course involved one weekend at college every few weeks; the rest of the degree was home study. At the start of each weekend, we took turns to talk about how we were doing with the course and our lives. One overseas student often found trying to communicate in a second language frustrating. Her English was excellent, but she lacked the speed of speaking in her native tongue. Then, one day, while trying to explain, she just got up and danced. The whole room became electric. There was no need for words; we knew and could feel exactly how she felt.

You might have had this experience while watching an actor on stage, a dance piece, live music, or even in the movie theater. You might have experienced it as your hairs standing on end, a feeling in your belly, something 'put your back up, without reason,' or as a sensation that comes from nowhere. It could be when you're driving and your foot comes off the gas without thinking, giving you valuable seconds to react to something up ahead. Being connected to the physical signals of your body is vitally important. It is your body that makes all of your hopes and dreams even possible, and it is communicating with you all the time. When you are busy thinking about how to solve a problem, you might find the answer comes more quickly if you let go and dance.

Emotional intuition

An emotional intuitive, also known as an 'empath,' feels things empathically. They pick up other people's emotions and sometimes find it hard not to make choices for others rather than for themselves. An upside of being an emotional intuitive is that you are very attractive to people. You understand people on a deeper level than most. The downside is that you find it hard to communicate who you are to people. If love were in measures, your love fills a highball glass and the love of others fills a shot. Everyone loves to his or her capacity, but you can still feel disappointed as your cup overflows and theirs goes down in one gulp.

Student case study: The empath

In a circle setting I like to ask my students to put an object into a box. The object has to be something they wear or use every day such as a watch, a piece of jewelry, keys, or even a phone. Then I get each student to take out one of the objects, hold it in their hand and, without knowing who the object belongs to, say a few things about that person. We then reveal the owner and return the item. This is known as 'psychometry' (and it is a fantastic way of finding out your intuitive type). The object absorbs the energy of the owner and can be intuitively read by someone holding it. I always stress, however, that whatever you feel from the object you must end what you're saying on a positive note.

One of my students, Carl, is extremely empathic. He took hold of a lady's watch and proceeded to talk about how the owner was feeling emotionally. He talked about the inner sadness that had followed her since childhood, and how he sensed her reaching out but still feeling very alone. The room started to become heavy and take on the feelings from his words. Carl ended by saying 'I would go as far as saying the owner of this watch is depressed.' As the teacher about to reveal the owner of this watch I was cringing. There were two possibilities; she would say 'yes that's all true,' burst into tears, and leave the room never to be seen again; or deny everything and Carl would think he wasn't very good at psychometry. So I asked Carl to leave his insights on a positive note. He paused and said 'It's a nice watch.'

Empaths really do feel other people's emotions very deeply. Most students of intuition are looking for what they can do to help others; therefore we look for others' pain rather than the joy in their hearts. What Carl learned later was how to use his intuition to look out for evidence of how the watch-owner had survived and thrived at many other points in her life, and to remind her of who she really was, so that he could end his observation with empowerment.

Spiritual intuition

Connected to a collective consciousness, a spiritual intuitive has a sensitive awareness of the energy system around his or her body – their 'aura.' They can't always put this knowing into words, but if you're in the desert and in need of water then this is the person to follow. We are all in an energy bubble of constant communication and a spiritual intuitive can access this information. The upside of being a spiritual intuitive is that you have a wonderfully creative imagination. The downside is that you are often ungrounded and seen by others as being flaky.

Student case study: The spiritual intuitive

Have you ever been accused of having your head in the clouds? If so, you might just be a spiritual intuitive. With my students I often talk through ideas then set a task so they can experience for themselves what I've said. A spiritual intuitive will always ask me

'What are we doing?' It is not just that they weren't listening; they weren't even in the room! Often accused of being ungrounded, a spiritual intuitive will have knowing that is beyond the physical world. Many people who are spiritually intuitive are reported to have cried a lot as babies, as if they were having a real sulk about being born.

One of my students, Anisha, has just such a spiritual intuitive global reach. She feels everything: From the depletion of the rainforests to the coral decaying in the ocean. She can't even put meat into her auric field and would cross the road rather than pass by a deli window display. Typically these intuitives are drawn to sacred areas of the world such as Glastonbury in the UK or Sedona in the USA. Anisha senses that everything is alive: From trees and plants to rocks. She also has an awareness of unseen energies and talks about spirits, nature spirits, and angels. She finds it difficult to focus on everyday subjects, but with practice she has developed her other four intuitive disciplines. In doing so, she has found that the physical world is full of love and joy. It isn't to be missed in favor of being in spirit more than in the physical body.

For the purposes of understanding the types of intuition that is really all you need to know, but if you are interested in getting more information on the intuitive types then you might find it helpful to read *Discover Your Psychic Type* by Sherrie Dillard.