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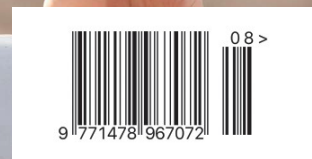
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Our Intuitive Lives

Words: Wendie Colter, MCWC, CMIP

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“I trust my gut feelings.”
“I just knew something was wrong.” “I heard my intuition nagging at me.”
“I had a dream about something that came true.”
Intuitive people seem to just “know” things in ways that others may find baffling.

Like many people, I recognised myself as intuitive from an early age. As I grew up, I found I was able to hone my intuition and began to work closely with it. Now, as a professional medical intuitive and instructor of medical intuition to health and wellness practitioners, intuition is an intrinsic part of my awareness that guides and enhances my life.

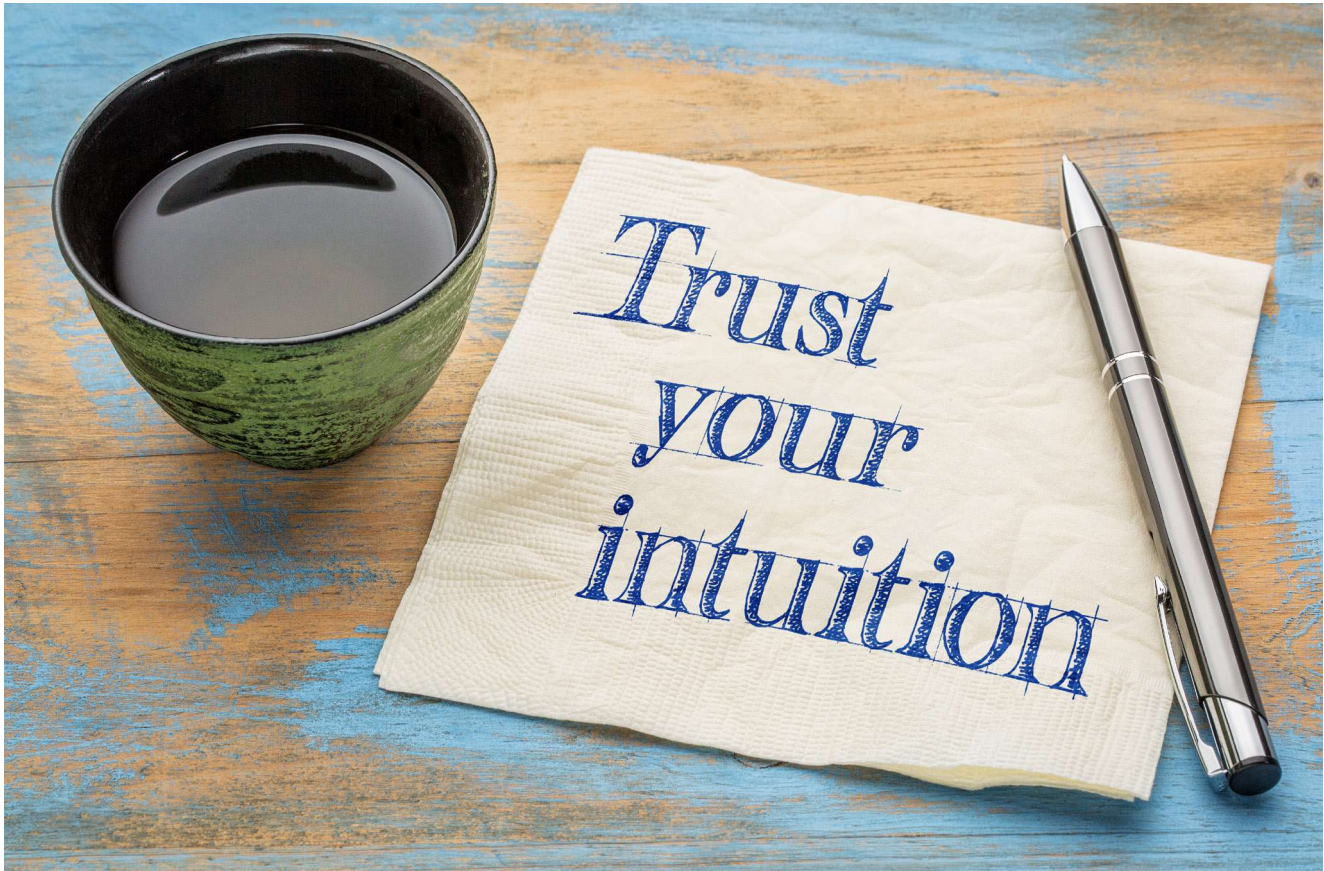
One of the most gratifying aspects of working closely with our intuition is allowing it to

guide us through life’s ups and downs. Life can be challenging, no matter how you look at it, and challenges help us to grow and evolve. Our intuition can be our own personal lighthouse to guide us to our desired destinations, and help us to avoid pitfalls along the way.

One of my great joys in working with intuition is allowing it to continually surprise me. When a long-sought desire doesn’t pan out, I tune in and ask my intuition what my next step should be. Invariably, the answer will be useful and practical, and may even point me in an innovative direction I hadn’t considered before.

Sometimes my intuition will tell me to wait and refocus. Sometimes it tells me not to give up, as the answer may be right around the corner. Sometimes it will help me find inner strength, or give me a no-nonsense reality check when I’ve gotten off track. Sometimes my intuition just helps me laugh and lighten up!

Tapping into our intuition effectively takes one very specific skill. Luckily, it is one that doesn’t take years of training or “special gifts” to access. The magic formula that takes the intuitive experience from an occasional “hit” to a reliable and trusted source is – *acknowledgment*.



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Simply acknowledging your intuition is a critical key in helping to grow and develop it.

How Do People Experience intuition?

How do most people experience their intuition? Sometimes intuition creeps in quietly, like a thought you just can't shake. Sometimes it hits us like a bolt of lightning out of the blue. You might even wake up from a dream with a strong memory of intuitive information.

People often report having an uncanny sense of knowing. This intuitive skill is called *claircognisance* - derived from the French word "*clair*" meaning "clear," and "*cognisance*," meaning "to know." One of the most common intuitive experiences is having an intuitive sense that a friend or loved one was going to contact you – just moments before they do. In fact, there have been studies on this particular

phenomenon, with results that show our intuition is more than just a "chance" occurrence.

Some people feel a physical feeling or an emotion that leads them to intuitive awareness. This intuitive experience is known as *clairsentience* or clear-feeling. Some people may see intuitive images in their mind's eye, which is known as clairvoyance, or clear-seeing. There are several other types of intuition, including *clairaudience*, or clear-hearing, where a person may intuitively hear sounds, music, or the quiet, loving voice of inner guidance. There is even *clairaliense*, which means clear-smelling, and *clairgustance*, meaning clear-tasting.

Although these intuitive experiences may seem out of the ordinary or "woo-woo," I believe that intuition is an innate ability that everyone has access to. As you begin to pay attention to your intuition, you may find that it is available to you more often than you might think.

No matter how you experience intuition, in order to develop it, the first step is to simply acknowledge it. Next time you get an intuitive "hit," stop what you're doing for a moment and pay attention to it. Give it your full awareness, even for a few moments.

Consider writing down your intuitive "hits" in an intuition journal, and note down the date and time. Be as specific as you can. Jotting down your intuitions – when you first have one and when you might recall one in hindsight – helps "build the muscle" of your intuition. You can also keep a notepad by your bedside to write down any intuitive dreams on waking. Look back through your journal every so often - you might be surprised how accurate your intuition can be!

Getting Focused

Keep in mind that your intuition will not be 100% correct all of the time - even the most experienced intuitives are aware of this fact. When I want

information from my intuition, I first check in on how I'm feeling. If I'm experiencing any strong emotions, I have found it's a good idea to release them first in order to be fully present for my intuition.

To do this, I might find a quiet spot, take a few deep breaths, close my eyes and calm my mind and body. Or, I might wait until a later time when circumstances may have shifted, emotions have cooled down, or during my next meditation practice. My intuition is always available, whenever I'm available to pay attention to it.

Can Our Intuition Help Our Health?

As a medical intuitive, I have seen that our bodies send messages to us in many ways. Learning to pay attention to these intuitive signals can help us respond more quickly to health concerns, and may even help prevent a health issue from developing.

Our body's intuitive messaging system is actually hardwired into our biology. Studies from the HeartMath Institute show that the heart appears to receive and respond to intuitive information ahead of the brain and the conscious mind.

Dream imagery can relay intuitive information about health as well. A study of women who experienced warning dreams preceding a diagnosis of breast cancer found that their intuitive dreams were powerful, life-changing experiences that prompted them to get the needed medical attention.

Paying Attention to our Body's Messages

Though it may seem a bit daunting at first, developing the intuitive connection between our minds and our bodies is in many ways like learning a new language or strengthening a muscle. With time and practice, your intuition can grow. Here are a couple of tips to begin tapping into your intuition.

1. Begin a regular meditation practice. One of the primary benefits of meditation is the opportunity to "take a break" from the daily mental and emotional chatter. Focusing inward allows us to release stress, calms our nervous system, and creates a quiet inner space. This can give us the opportunity to hear our body's messages more clearly.
2. A simple body scan can be a useful tool to connect intuitively with our bodies. While sitting comfortably or lying down, mentally check in with your body, starting at your feet and moving slowly up to the top of your head. Notice any intuitive messages your body may have for you.

We can develop our intuition to be a reliable compass for our lives. If you take the time to pay attention to it, you might find a new and fascinating source of inspiration and guidance.

Wendie Colter has been a professional medical intuitive for more than 20 years. The founder/CEO of The Practical Path®, Inc., she offers intuitive development programs to clinical health professionals, complementary and alternative practitioners, and the general public. She is an invited speaker and instructor at some of the premier integrative health centres in the US and the author of *'Essentials of Medical Intuition: A Visionary Path to Wellness'* (Watkins/PRHPS).

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