

INTRODUCTION

Intuition Leads Humanity to Higher Purpose

“You cannot fix the problem with the same thinking that created the problem.”

– Albert Einstein, Theoretical Physicist

I WAS VISITING my daughter-in-law recently, when she gave me a gift that confirmed my greatest wishes. She had been shopping in a prominent department store and saw a black sleeveless t-shirt that reminded her of me. As I unfolded the garment, I was shocked at what I read. Imprinted on the front in large gold and white letters was the phrase, “FOLLOW YOUR INTUITION.” Retailers are notorious for hopping on bandwagons and following trends. If they believed the higher senses were an ideal worth promoting, it must be on everyone’s mind. That’s when I knew life wouldn’t be the same again . . . it would be better!

Did you know that in February 2017, *Forbes* magazine reported that intuition is the highest form of intelligence and listed it as one of the top ten qualities of all great leaders? With companies like Apple, Inc., which often refers to their products as being intuitive, and the American Express Company, which is writing articles on how intuition can take your business to the next level, it’s clear that what was once a fringe notion has finally cycled into mainstream thinking! More importantly, our perceptual shift in

thinking signals that we have entered a period of great change with the power to transform our personal lives and the world into higher, more purposeful expressions.

- What if you could use your higher perspective to heal yourself, all your relationships, and even your sense of purpose?
- What if you could use your inner senses to bring balance and peace to the world?

You may not be aware of it, but the greatest opportunity of your life and the future of humanity are in your hands, or rather in your ability to see from an expanded point of view.

There is little debate that as a species we are at a crossroads. Humanity can destroy itself through war and its environment through ignorance, or it can choose to evolve its thinking and find higher solutions to the world's most dire issues. My bet is on evolution. In fact, I've been seeing advancement for years.

Alternative concepts such as herbal medicine, past-life regression, reiki and even psychic-mediumship are no longer considered outlandish practices. Rather, these healing alternatives have intuitively cycled into the conventional mindset, leading many people to increased healing, empowerment and ability to affect positive change in the world.

Albert Einstein was correct in saying that you cannot solve a problem with the same thinking that created it. If you use the lower mind to resolve an issue, you will experience lesser results. However, when you approach your life's challenges with a higher perspective, you generate greater personal and collective outcomes. Intuition is our evolved thinking. Better yet, it's no longer reserved for only a "gifted" few... everyone is intuitive!

Intuition isn't a new concept – it simply hasn't received its proper credit. I know many people who have invested in counseling and coaching programs, hoping to receive life guidance, only to inevitably be told to trust their gut or to follow their heart – which really means be intuitive with yourself. We simply don't call gut feelings intuition. More importantly, we

don't teach individuals how to use their core instincts as a way of finding higher solutions to their life issues. As a result, most people have no idea that they are intuitive, let alone know how to trust their inner promptings to better themselves and the world. Thankfully, learning to use your higher senses is fun and easy. You just have to ask yourself:

- Am I willing to use what is already inside me to grow beyond my anxieties, addictions and limitations?
- Am I ready to discover my inner senses and live a sustainable life of improved health, transparent relationships, and meaningful purpose?

Can I be open to innovative perspectives that have the power to shift the cultural ideals away from fear, greed, and war toward love, cooperation, innovation, and working in harmony with one another and our environment?

If you answered yes to any of these questions, this book will provide you with the tools you need to be INTUITIVELY YOU so you can evolve your life and mend the world.

It's a pleasure to be with you on your journey,

Michelle

WHY I WROTE THIS BOOK

A Departure from Higher Knowing

BEFORE WE DIVE into the wealth of information contained in this book, I would like to share with you my personal intuitive story. I shudder to think what my life might look like had I never embarked on such a transformative journey and feel certain you will relate to my plight as it likely mirrors your own.

As a young girl, I did not have a positive self-image. Most of the time, I felt unwanted and unloved. My mother was in the habit of using inappropriate, hateful words as a means of parenting my older sister and me. Consequently, I was an exceptionally introverted child who spent her time outdoors speaking to mountains, clouds, trees and imaginary friends more than real people. The messages I received from nature's spirit brought me peace and comfort unlike anything else in my life. I recall once when I was five years old going to the park by myself. That day I would have a profoundly psychic experience that I wouldn't realize was such for nearly three decades.

I was a year younger than most of the kids in my neighborhood and hadn't started school yet. So when everyone got onto the big yellow bus, I informed my mother that I would be at the park and started out on my solo journey. Of course, in the 70s, no one thought twice about letting small children roam unaccompanied. Except ... I wasn't actually alone.

Above me, formed by clouds, was an Indian Squaw who watched over me the entire day. I can still remember her features with great detail, as if it were yesterday. She wore a straight leather dress with fringe at the bottom and moccasins on her feet. Her hair was long, braided and hanging over both shoulders. She even had a papoose on her back with a baby in it who was sleeping. For hours, the Native American mother hovered about, talking

lovingly to me and keeping an eye on me as I played on the swings, singing songs to her and her infant.

That day was one of the best I can remember. It has only been as an adult that I've come to think of this experience as odd. To me as a child, it seemed natural, and I assumed this was how everyone communicated. Unfortunately, when I was old enough to share my etheric interactions with my friends, I realized that something about my perceptions was different.

One day while walking to school with a group of friends, I shared a strange dream I'd had about spirits and otherworldly things. After confiding what I thought was something ordinary, one of the girls stopped dead in her tracks, looked at me and said, "you're weird." In that moment of feeling awkward and dejected, I realized no one else communicated with the energetic world like me. It was then at age eight, that I learned to disassociate from my intuitive abilities in an effort to be like my peers. Unfortunately, discarding my ability to commune with the energetic world inadvertently worsened my already weakened sense of self.

The results of growing up were not pretty. My sister left home at seventeen, following a path of alcoholism, addiction and mental illness. I left home at fifteen, following the path of teen motherhood, which, honestly, made me the lucky one.

Motherhood momentarily saved me. Although it was a difficult path, being a mother centered me and gave me purpose. I had the love of my child, and with that bond, I managed to eke out a successful life. I finished my education, got a good-paying corporate job, and established a committed relationship just as society expected of me. By all standards, I had overcome my lesser circumstances and was living the American Dream. Except twenty years down that road, I found myself in severe distress.

I loathed my oil and gas corporate career. Not only did I feel I was contributing to the demise of people and planet, but the "good old boy" nepotism within the industry was proving to be a treacherous place for a woman. Then there was the issue of my marriage and how my value as a partner was directly related to the amount of income I did or didn't earn each month. The only thing I enjoyed was being a mother, although I never

felt I had enough time with my children and was allowing money and status to take precedence over their better interests. It didn't make sense to me how living to the expectations of a lifestyle that seemed unrealistic, superficial and oppressive could be considered a dream. Surely, there was more to life than acquiring things? Or was my mother correct in saying happiness didn't exist – a notion I had always rejected and vowed to prove wrong?

I'm a minimalist by nature. In many ways, a roof over my head is all I need. Unfortunately, no one in my life or within our cultural messaging shared my beliefs. Fulfillment to me meant fostering love, connection, nurturing and healing. Yet, a well-lived life to those around me, and on every commercial on television, suggested that living in a palatial home, driving the most luxurious car, owning sixty pairs of shoes, and escaping to exotic lands and trampling the landscape was the life one should aspire to live.

Unfortunately, try as I might to assert my way of being, I hadn't been able to break society's programming and create a lifestyle that reflected my ideals. I was depressed. It seemed that my only hopes for happiness were to live a Prozac-induced life or learn to meditate. While meditation was great for releasing pent-up frustrations, it did little to change my outward circumstances, leaving pharmaceuticals as my only option. Except medicating myself was never really something I could do. I wasn't willing to mask my unhappiness just for the sake of living to mediocrity. It seemed that I had no good alternatives.

My Intuitive Solution

My life was falling apart. Something needed to change. I had decided that change would be my marriage, although I knew the problem was bigger than our relationship. In many ways, I was the issue. Yes, my worth as a partner seemed marginalized, but that was only because I was lost. As an individual, I had forgotten who I was. I was good at pretending to be what I was instructed to be, but had no idea how to be myself. The consequences of living a make-believe life created a sense of depression and anger within me.

Thankfully, the unseen world would once again befriend me despite having put them on a shelf, giving me the hope I desperately needed.

One day while sad, in tears and contemplating the end of what I had dreamed would be a love forever, I heard a woman say to me, “Fret not, everything will be fine.” I spun around expecting to see someone standing in my home, but much to my surprise, I was alone. I realized that the voice was coming to me like telepathy – a thought projected to me by another person – but who and why?

I laughed at myself, thinking I was going crazy and hearing voices. Except her words were not just comforting, they were familiar. Her voice was the same as the Indian in the clouds who had watched over me as a child. She had come to remind me that I had lost touch with my inner guidance, and because of that, my life was in disarray. Although it was too late to save my marriage, it wasn’t too late to save myself.

After hearing the woman speak to me, I again began having conversations with the etheric world in an attempt to glean their wisdom and discover my happiness. I also began reading everything I could about the subjects of energy and spirit, as I found comfort in knowing I was not the only person experiencing a different perceptual reality. Psychic medium John Edwards was one of my early influences, followed by Rosemary Altea, Sonia Choquette, Edgar Cayce, and Shakti Gawain. I also read Wayne Dyer, Deepak Chopra and quantum scientists such as Lynne McTaggart, Gregg Braden, and Masaru Emoto. However, it wasn’t until I found a program teaching clairvoyant development that I was able to put all the esoteric theories I was learning into tangible, everyday practice.

I discovered a school in Denver that taught Lewis Bostwick’s Berkeley Psychic Institute’s Clairvoyant Program.ⁱ The course had been in existence for thirty years but was new to me. I quickly enrolled and began my formal intuitive education, reconnecting to my inner wisdom. Consequently, empowerment and the ability to find innovative solutions to my everyday issues with family, career, parenting, etc. suddenly become a reality, and my life finally began to make sense and feel worthwhile.

Living intuitively taught me who I was, why I was, and what my life's purpose could be. It not only allowed me to transcend my limited upbringing, toxic relationships, and destructive patterns, but helped me find purpose and a sense of belonging. Today I have a thriving family, a meaningful career, a deeply connected partnership and an unwavering knowing that intuition is the key to saving humanity.

An Intuitive World

“Intuition is less about suddenly ‘knowing’ the right answer and more about instinctively understanding information.”

– *Forbes*, February 2017 ⁱⁱ

Notable scientists around the world are discovering what mystics and metaphysicians have said for eons. For instance, Dr. Michio Kaku, co-founder of the String Field Theory,ⁱⁱⁱ supports the idea that all things are interconnected. Dr. Lynne McTaggart and her intention experiments demonstrate that thoughts create reality, and Dr. Masaru Emoto's water intention experiments show the power of intention to change the physical world. Thanks to these cutting-edge scientists, what used to be fringe thinking is now at the center of certain scientific research and is now referred to in conference rooms around the world. As a result, these revolutionary developments are rapidly changing how we view and live our lives. There is no doubt about it. You are intuitive, and as such, you are a commodity in high demand with the power to forge a healthy and sustainable future not just for yourself but for humankind as well.

Imagine feeling better without medications that dull your sensibilities. Envision finding clarity that allows you to bring people together on issues no matter their stance. Visualize developing lasting love built on foundations of acceptance and transparency. Greater still, picture a reality where individuals know how to use their core instincts to be personally responsible and

collectively peaceful, creating a fair, balanced and environmentally friendly planet. Intuition is the solution but it all starts with you.

HOW TO USE THIS BOOK

“Intuition is the source of scientific knowledge.”

– Aristotle, Greek philosopher^{iv}

THERE IS A SIMPLE science to how your intuition aids you in establishing personal well-being and collective harmony. You didn't learn this vital discipline in school, but you can easily gain knowledge of it and become proficient at it now. The information contained in this book serves as your intuitive manual, teaching you how to master your intuition, so that you experience improved health, establish deeper connections and have greater influence in shaping a healthier world.

Within this book, you will find a unique set of intuitive understandings. I developed these guidelines to help students gain quick access to their intuition while feeling safe and in control when exploring their inner senses. Additionally, you will find a plethora of stories, explanations, exercises and ethics designed to help you hone your higher senses. Funny thing, though – you can read about your intuition all day, but you will never know what it really can do until you experience it for yourself.

As great as this book is in providing you with supporting documentation on the use of your intuition, don't get so hung up on the science or ideals that you don't engage in the intuitive explorations. Let this book be more about the experience first, and then you can go back and reassess the theories to determine or refine your personal beliefs. Below is a summary of what you will find in each section of *Intuitively You*:

- Part I – Intuitive Understandings – In this section, you will find a unique set of guidelines for knowing and using your intuition. These guidelines will help you feel comfortable with the process of exploring your intuition, while also making you the authority of your experiences.
- Part II – Intuitively Aware – This part investigates your four cornerstone instincts. These senses will aid you in finding higher perspectives that allow you to feel confident in making your life choices. These foundations will also provide you with innovative ways of relating to others so you are promoting higher understanding and peaceful interactions with all.
- Part III – Intuitively Responsible – In this section, you will use your intuition to take charge of your fundamental energetics so that you can maintain optimal energy levels. As you assume higher command of your individual dynamics, you recognize every person’s right to live their unique expression, initiating equality and harmony in the world.
- Part IV – Intuitively You – In this segment, you will learn to use your intuition to survey your four vital life foundations that will allow you to maintain a healthy environment physically, mentally, emotionally and spiritually. As you balance your primary life systems, you learn the secrets to transforming some of our culture’s toughest issues such as healthcare, education, politics and religion, allowing people to find common ground.
- Part V – Intuitively United – This section takes your intuition to its next level. Here you will use your higher knowledge to explore your soul’s history. From there, you

will learn to bring greater awareness and healing to yourself, your family, your sense of purpose, and even your intimate relationship space. As you live intuitively in your everyday life, you offer the people around you the opportunity to transform their circumstances, evolving humankind.

- Part VI – Intuitively Ethical – Here you will discover a distinctive set of moral parameters for being intuitive in your everyday reality. These ethics will foster your ability to apply your inner knowledge in all areas of life in ways that promote transparency, acceptance and world peace.
- Additionally – In each chapter, you will find intuitive explorations, contemplative questions and transformative ways to evolve your thinking, so you can create the type of lifestyle that benefits you and the entire planet.

It is best to start at the beginning and work through the book systematically. The concepts in this text build on one another. You will want the foundational understanding of each section in order to support the stages of your growth throughout this exploration. As you read the chapters, test out the concepts in your everyday life to gauge their powers, referring back to the exercises whenever needed.

Let's begin your intuitive exploration now.

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- ⁱ Lewis Bostwick, Berkley Psychic Institute, <http://www.berkeleypsychic.com/ShowPage.asp?id=163>
- ⁱⁱ Bruce Kasanof, "Intuition is the Highest Form of Intelligence," *Forbes*, February 21, 2017.
- ⁱⁱⁱ Michio Kaku, *Strings, Conformal Fields, and M-theory*, Edition 2 (NY: Springer, 1999).
- ^{iv} Aristototele, 323 BC.