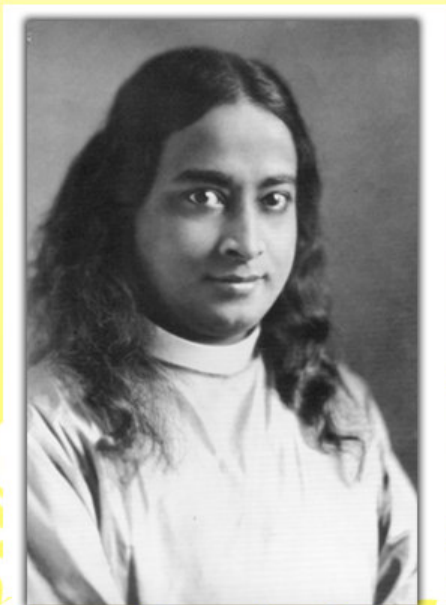




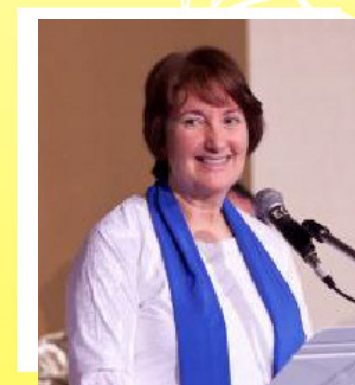
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How to Develop Intuition

with Nayaswami Devi



- Author of *Faith is My Armor*
- Editor of *Intuition for Starters*
- 40 years of meditation practice
- Co-Spiritual Director of Ananda Worldwide

What is Intuition?



1. The ability to perceive truth/reality directly from within.
2. Literally from the Greek "Understanding from within."

Why is it Important?



1. Gives us confidence to make clear, effective decisions for successful living
2. Helps us understand other people – their needs and motivations – for business and personal reasons

Where Does Intuition Come From?

Three levels of consciousness = degrees of intensity of awareness

A. Subconscious = dim, dreamlike bank of past experiences
centered in lower brain

B. Conscious = rational, problem-solving centered in middle brain

C. Superconscious = heightened awareness, mental clarity
centered in frontal lobe or spiritual eye.

THIS IS THE SOURCE OF INTUITION

Experiential Exercise

to feel different levels of consciousness

1. SUBCONSCIOUS: With closed eyes, repeat, "Through slowly drifting waters, I sink into subconsciousness."
2. CONSCIOUS: With open eyes, repeat, "With a burst of energy, I rise to greet the world!"
3. SUPERCONSCIOUS: With raised eyes, repeat, "I awake in Thy light! I am joyful! I am free! I awake in Thy Light!"

The Mechanics of Developing Intuition

The astral body is like a radio set with sending and receiving stations.

- The spiritual eye is the sending station.
- The heart center is the receiving station.

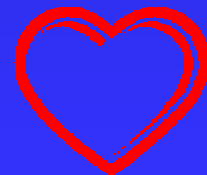
Experiential Exercise

for becoming aware of these centers

1. Spiritual eye – Knit the eyebrows together and project a beam of light outward. Relax and feel light and energy there.



2. Heart center – Draw shoulder blades together and visualize a sphere of light. Relax and feel warmth and energy there.



Right Attitudes for Drawing Intuition

1. Be relaxed but with high energy
2. Be specific in your question
3. Pose question in a positive way
4. Keep mind free of doubt – expect that you'll draw an answer
5. Be impartial, without expectations
6. Be patient and open

Technique for Developing Intuition

1. Sit up straight
2. Practice a brief meditation
3. Concentrate at the spiritual eye
4. Send out a strong clear question or visual image
5. Relax and bring awareness to the heart center
6. Try to feel a response in the heart

How to Trust Your Intuition

1. Positive Signs:

- A. Calmness
- B. Clarity
- C. Inner Joy

2. Negative Signs:

- A. Blocked energy
- B. Nervousness or agitation
- C. Contraction of the heart

Basic Principles for Developing Intuition

1. Ask for guidance from the superconsciousness at the spiritual eye.
2. Wait impartially for a response in the heart.
3. If no guidance comes, pose alternatives.
4. Guidance often comes after we set energy in motion by acting on it.
5. Be willing to change direction.
6. Cooperate with the guidance.
7. Regular meditation helps us develop intuition.

Questions



Upcoming Webinar:

How to Meditate w/Nayaswami Jyotish

Thursday, May 13th, 6pm PDT



- Jyotish has over 40 years of meditation practice
- Founding member of Ananda Sangha
- Co-Spiritual Director for Ananda Worldwide
- Author of *Lessons in Meditation & How to Meditate*

Upcoming at The Expanding Light:

A Women's Retreat

May 28-30th



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Enjoy a deeply rejuvenating and affirming weekend as we cultivate our relationship with the Divine Feminine, within and without.

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