

*Intuition, sometimes referred to as a sixth sense, is a natural component of being human. Like all other senses, sight, smell, etc., intuition is a sense given to us to help us survive and evolve.*

Intuition is a God given gift, part of the human package and everyone has it, even though you may be unaware it is part of who you are. It can range in scope and experience from knowing who is calling before you pick up the phone (caller ID aside), to receiving communication from people who have crossed over, or even dialoguing with your pets.

Most of us have had an experience of the first kind, but not often the second or third. In my opinion, there is no difference in these two ends of the spectrum as they both use your ability to sense beyond what is seen, heard and felt with our traditional senses, another way of defining intuition. The primary difference in your ability to do all of these is your dedication to cultivating and honoring your sixth sense.

Like the whole which makes up the human, each part is sacred. Intuition however is perhaps the most sacred of our senses. It is our guardian and guide and can be our best tool for navigating through life in a way that is for our highest good as well as for the highest good of those around us.

There are many kinds of intuitive, often referred to as psychics, with a wide variety of skill sets. Many people assume if you are intuitive, you receive information in only one way, or that information might look the same way to each psychic. In truth, there is great variety in how psychics might receive information and therefore diverse names for each approach. Some of the names you may have heard are Empaths, Clairvoyant, Clairaudient, Clairsentient, Mediums, and Channels. I think a reasonable analogy for how psychics differ in their approach might be to say it is like sitting in on a session of the United Nations. There is one source of information, the speaker at the time, but his speech is being heard in many different languages. The source or speaker, and the message remain the same, but the language is unique to each person in the audience.

So essentially psychics tune in to the same source of information, and predominantly the message can be the same, but how it comes to them, their language, is unique. Some psychics see pictures, others hear voices. Empaths can feel what others are feeling. Many psychics have more than one “language” for receiving information, meaning they may feel and hear at the same time. So an Empath may also be Clairaudient.

Many intuitives use tools as a springboard for their readings. For example, a person who uses numerology, tarot, astrology or other systems, use symbols such as numbers, iconic images and planets as tools to help divine information. Information comes forth and is then interpreted by the reader who translates these symbols into the appropriate information being given in the reading. So the tools being used to convey information may differ and present different information or guidance. But if you reduce all of these various approaches to the essence of intuition, it is the “reader” who makes the difference. They may choose different tools to access and convey their message, but the quality of the reader is what brings in the information and therefore the quality of the reading.

Some intuitives are born with their gift, but I believe anyone can increase their own natural born abilities. Meditation is an excellent way to cultivate your intuition. When you meditate you are connecting with your Higher Self as well as whatever you believe in that is greater than you, i.e. God, Spirit, Universe, Buddha, etc. By connecting with this very high energy you begin not only to balance your body physically, energetically and emotionally. This balancing creates an alignment which promotes the opening and growth of intuition.

I encourage you to begin cultivating your intuition and let it guide you in your daily life.