



## How to Develop Intuition

By Laura Silva Quesada

For thousands of years wise men, religious leaders and scholars from all cultures have attempted to educate us with the fact that we are far greater beings than what is experienced with the physical senses. More recently there seems to exist a growing acceptance that we are spiritual beings having a human experience and not the other way around.

Leading proponents of the move towards higher consciousness and self actualization such as Wayne Dyer, Steven Covey and Deepak Chopra are among a few who have helped pave the way for the modern day man and woman to find it easier to accept their true nature as spiritual beings. With that acceptance comes the understanding that our true nature is timeless, infinite, and all knowing. And although the word “spirit” implies qualities of being invisible and intangible, it doesn’t take away from the reality of its existence.

The spirit, mind and emotions, three fourths of who you are, are non-physical or spiritual in nature. The only concrete part of our makeup is the physical body, and at *its* very core there is a foundation of spiritual energy that to this day cannot yet be experienced with the physical senses or high tech equipment. This makes it invisible, intangible or spiritual. The qualities of being spiritual also apply to Mind and Human Intelligence. Because you cannot see, hear, taste, touch or smell the Mind or Human Intelligence does not mean they do not exist. It only means that they exist on a different dimension that is not accessible to the physical senses.

Your spiritual nature cannot be experienced fully with your physical senses, but it can be experienced with your mental or subjective senses.

Your mental, subjective senses are those senses used by all aspects of you that are spiritual in nature in order to move around effectively in the

subjective dimension. The subjective dimension has no boundaries of time, space or dimensions, and because your mental senses also have no boundaries, they are free to experience anything, anytime and anywhere. This creates the foundation for **intuition** to exist. The reasons most people don’t believe they are intuitive or even use it effectively as a problem-solving tool that can lead to great success in life are that they

1. Are unconscious of its existence in their lives
2. Don’t value intuition as a valid sensing mechanism
3. Are unable to discern and interpret information sensed subjectively

**Like reading, intuition is a skill that can be developed**

Educating yourself in how to sense, discern and interpret information you experience with your mental senses utilizes a process that is very similar to the one that was used to teach you how to make sense of information you experienced with your physical senses. This process leads to heightened intuition, E.S.P. or Clairvoyance.

Knowing how to interpret and use information sensed with your physical senses is the result of this training process and one that continues so long as you are learning. The learning process involves establishing points of reference with what you see, hear, taste, touch and smell. The more points of reference you establish with what you experience with your physical senses, the better you are able to move around in the physical world. To no fault of your own, the training process, although very effective, only focused on the physical senses that have fixed boundaries of time, space and dimensions in comparison to your subjective senses with no boundaries in the least.

By nature, and to insure survival, humans have a tendency to follow the path of least resistance and the one that is the most concrete. Now that we know that we have succeeded with our physical survival, it appears that the time has come for us to continue with the second phase of our human evolution by exploring our spiritual nature and the world it resides in. The best way to explore our spiritual nature is by internalizing our focus and going through the process of educating our "True" selves as to how to interpret what we sense with our subjective senses and establish markers or points of reference along the way. As with the physical senses, the more points of reference you establish with your subjective senses the more effective you are in moving around within the subjective dimension or world and the keener your intuition becomes.

There are many benefits to developing your intuition and learning how to interpret information sensed with the subjective senses such as being able to:

- Go back in time and resolve past issues that may be holding you back from having it all
- Desensitize traumas and overcoming fears
- Access information that may be from any time, in any place or dimension, then use the information for problem-solving
- Heal your spirit, mind, body and emotions
- Assist in the healing process of your loved ones
- Project your intelligence into the future and design the life you desire
- Be able to make correct choices and decisions
- Solve problems of all kinds
- Make your life better every day in every way
- Exist as a spiritual being enjoying a wonderful human experience

Intuition, E.S.P., Clairvoyance and being Psychic all mean basically the same thing and each is an ability that is available to all. Although everyone has

the potential of being intuitive, enhancing it, like with reading, is a skill that can be developed in a short period of time and be used for problem solving.