

## INTRODUCTION

Are you a *SI*? Are you able to sense the truth in situations? Do you feel in your body or energy field the unspoken feelings of others? Then, you are a Sensitive Intuitive, a *SI*. If you are a *SI*, the intuitive experience is instant and often not based on what is being presented on the surface or what is being said by the other. You just “know” what is really going with the other. It’s easy for you to know people’s state of being by attuning to their energy and feelings. The intuitive flash of truth is received by your body and mind and might create the following:

- a persistence vision
- an intense feeling in your muscles
- fast racing heart beat not related to health or exercise
- a nervous system response like prickles in your skin
- a gut sense
- persistent racing thoughts

You might have intuitive flashes but do not experience such intense physical reactions normal to a *SI*. You probably have the gift of conceptual intuition. For you it is easy to perceive information or an intuitive knowing through the left brain channel of thinking. This form of intuition has perhaps helped you be successful in business negotiations, scientific discoveries or creative thinking, but did not cause you discomfort in your body or challenge to your sense of self. At times, those who have conceptual intuition develop sensitivity after a physical trauma or opening like a spiritual awakening. In that case, it is most often a welcomed expansion of the gift of intuition. Those of you who were born with intuitive sensitivity or developed it in childhood from an intense event, might not value being a *SI*. You were treated or judged by others in your developmental years when you openly shared the intuitive flash. Some of the judgments thrown at you might have been:

*“You’re just too sensitive!”*

*“How did you know that?”*

*“Don’t guess. Tell me how you learned that . . .”*

*‘Don’t give me that look. . . .’*

A SI learns through these exchanges to distrust his or her abilities. As the story below will show, I had one of those judging moments as a child that imprinted a deep seated fear of being intuitive.

*One spring day, I sat still mesmerized by the copper beech tree outside the classroom window of Catholic school I went to for 12 years. The branches danced in the wind and the leaves glittered in the sunlight. Lost in thought of the light’s beauty, I didn’t hear what the nun was explaining about the math problem. In an instant, I knew what the answer was and said it out loud.*

*“That’s correct,” she said and proceeded to demand that I share with the class how I figured it out before she finished putting the problem on the board. I froze and sat silent.*

*She told me to get myself together and tell everyone how the answer was figured out before she finished writing on the chalkboard. I cringed inside and answered, “I just know it, Sister.”*

*“Nonsense! Come to the board and show the class how you worked it out correctly,” she demanded.*

*Then it would happen. The fear of not knowing how the answer came to me would overwhelm me. The shame of not working it out the way the teacher expected was like being slapped. She implied and I accepted the stern judgment that my guess was just to be a pest to get her attention. I reacted by crying, stuttering and at times, collapsing with an asthma attack. The nun usually would back off and tell me to go out into the hall to catch my breath.*

As the school years went on, I learned like many other SI students, to just be quiet and not share with anyone what I knew through intuitive flashes. This included not just factual information, but also what others were thinking or feeling. At times, I would know what would happen to them in the future. I became afraid of knowing, but I healed and learned a new way to with the natural gift of intuition.

Anyone stuck in fear can also learn to move from fear to a calm, secure centered sense of self. So even if you were discouraged as a child like I was, or were educated in a strict rational

based school, or became frightened by your empathic feeling of others' pains, you can still learn to access the gifts of intuition in a safe, calm, peaceful way.

Some of the benefits of learning to use your intuition are:

- You will be able to attune to the unified energy field of consciousness that allows you to perceive non-local situations. This allows you to have an intuitive flash about a person or event at a distance while staying centered in your own state of being.
- You can enjoy receiving energy of thoughts through an image, vibration, sound or kinetic sensation.
- You can have more compassion for other's choices by attuning to the collective patterns of behavior that affect both individual and group relationships.
- You can have a deep connection with those you love by being able to attune to the subconscious beliefs that affect their physical, emotional, mental and spiritual reality.
- You can experience peace of heart by attuning to higher frequencies such as light, sound, and divine energy.
- You can serve others by offering them the intuitive wisdom that could help them be happier and healthier.

For a *SI*, it may take many years to overcome the fear of his/her gifts and relax into feeling the joy of intuition. Through various trainings and healing exchanges a person with intuitive gifts hopefully comes to appreciate that rational thinking and intuitive knowing both input information into our consciousness and work best in harmony with each other. Despite seeking help through various integrative paths such as therapy, meditation, yoga, energy balancing such as Reiki, divinity training, prayer practices, and mind control techniques such as hypnosis, many yet are still haunted by intuitive flashes, pain in their bodies from intuitive merging with another's difficulties, or nervous thoughts from disturbing visions.

Often because of the trauma of living with sensitivity, a *SI* can become accustomed to tuning into negative or hurtful energies. This sensitivity to shadow experiences seems to be where a *SI* may get stuck. This attachment to sensing shadow from trauma or hostility has a thick energy that is easy to perceive and often creates a burden for a *SI*.

In order to help those struggling with intuition, I have created a series of manuals offering techniques that a *SI* can learn in order to move from being burdened with intuitive sensitivity to the enjoyment of its wisdom. During the years of working as a guide to consciousness, I have shared these techniques so that even the most overwhelmed *SI* can live with and use intuition in a positive, centered way. After practicing the techniques, intuitive flashes then become part of a journey to help self and others move beyond fear of truth and see helpful ways to change. Once you learn how to set the energy and look at negative moments while staying positive in self, you will embrace the value of the tuning-into the skills of intuition. These techniques do not replace spiritual path work or healing or mental knowledge, but can be used as a practical tool with any wisdom path.

In this first manual, you'll learn how to maintain your healthy intuition by practicing seven steps of intuitive energy management: grounding, centering, shielding, releasing, proclaiming, positive infusion, and soul alignment. Then, it will be easier to practice healthy use of intuition in your relationships and life on Earth by learning higher frequency infusion, positive projection, loving release techniques, and soul connection alignment.

In addition, intuition offers you ways to connect with other realms and beings. After learning the seven steps, the second and third manuals will guide you in ways to enjoy having a bright intuitive mental state, a balanced flow of energy in relationships, and how to access the wisdom of your multi-dimensional consciousness.

I hope you enjoy learning simple, positive steps of reading intuitive flashes that can open the door to an expansive way of living.

## Find Your Learning Style to Enjoy the Lessons

Before we begin the lesson, take a moment with the information below to consider your learning style and its influence on doing the exercises with more ease.

Learning Styles:

**Visual-Spatial**—learns through images and spatial awareness

**Auditory-Rhythmic**—learns through rhythmic and tonal patterns

**Kinetic-Physical**—learns through physical and energy body sensations

**Conceptual-Logical**—learns through recognizing abstract patterns and symbols

Ways for individuals with different learning styles to approach the exercises:

**Visual Learners:** please read the information, gaze at the symbols and visual material before do the guided imagery or playful exercises.

**Auditory Learners:** record in your own voice the chapter such as Grounding, then listen to it while reading it.

**Kinetic Learners:** please go the end of the chapter and do the playful exercise first then read the full chapter followed by listening to the guided imagery exercises that you recorded after reading them. Try to focus on the sensations in your body and energy field while doing the exercise.

**Conceptual Learners:** please read through the information for thought patterns that make sense to you before doing the guided imagery and playful exercises.

## Path of Peace Key Tool

### The Harmony of Heart Energy



A *SI* experiences intuitive knowing through feelings and energetic connections of an intuitive flash. When intuition is untrained, a person tends to react to such an intuitive feeling by either losing present moment and place focus, or attaching to the intensity of shadow energy in the perceived flash. Such reactions can be disruptive to states of being or consuming to the rational mind of the intuitive.

As mentioned in the introduction, you might have learned to distrust your sensitivity or judge yourself for experiencing intuitive flashes as physical or energetic experiences. In these lessons, the image of a heart will be used to symbolize and activate a loving acceptance of your energetic, intuitive state of being and reactions. The exercises will guide you in imagining a heart over the area of your body that focuses the lesson such as creating the heart image over the lower spine, hips and legs for grounding. Then, this becomes the “**Anchoring Image**” for your consciousness to perceive being grounded.

After you practice using the “**Anchoring Image**” method, you then can call forth the heart image to peacefully and automatically create grounding. This will be used in a similar way for each lesson.

# Path of Peace Training

## Step 1

# Ground

*A tree with deep roots can experience more of the sky.*

When you ground, you honor your physical and energetic bond with Mother Earth by aligning your energy with the vibration and light of Earth. Grounding creates a safe, secure base of support in the present moment that helps you to experience in a positive way an expanded frequency of consciousness and actions.

The following is a true story that demonstrates the need for learning and using ways to ground. As life throws us unexpected circumstances:

*Three friends, exhausted from the demands of life, went on vacation to rural Maine. Mary was a professional intuitive, Ilse was an artist and Teresa was an energy healer.*

*After several days at an ocean resort cabin, they set out to explore the area. They let their guard down and relaxed, moved by the beauty of the farmland, the wildflowers and the sweet corn growing in the fields. All the pressures of their busy lives melted away. They let the peacefulness of the county soothe them.*

*Teresa saw a sign that said there was a farm stand about a mile down a dirt road. "Let's go," they proclaimed in unison.*

*There were bright colored cloths covering the tables in front of the barn. They displayed jars, pies, cookies, hand sewn items and children's handmade toys. After sampling the home-made baked goods, some cider, and maple candies, the three friends decided to go for a walk.*

*They walked behind the barn and saw a beautiful meadow full of wildflowers. The woman tending the stand told them to feel free to take the path just beyond the*

*meadow that led to the highest point in the area from which they would see the whole valley.*

*“Sounds like fun, let’s go,” said Mary.*

*They stepped onto the path toward the hill and everything changed. Mary collapsed moaning from pain in her gut. Ilse rushed down the hill, grabbed an apple off the tree, and walked aimlessly down the road. Teresa shook and cried. Mary and Teresa did some deep breathing and pulled themselves out of reaction. “Oh, I wasn’t prepared for the energy blast,” said Mary and then asked, “Where’s Ilse?”*

*The two friends walked away from the hill and called out for Ilse. She met up with them by the barn.*

*“What happen?” asked Teresa.*

*“I felt like I was being stabbed,” answered Mary.*

*“I saw blood and wanted to get away from it,” answered Ilse.*

*“A surge of energy tore through me, knocking me off my feet,” said Teresa.*

*The farmer heard them talking and shared with them that a woman had been killed at the spot where they were standing. They knew what they had to do. First, they sat down on a bench, took a few deep breaths, grounded their energy, centered their consciousness and shielded their aura. Prepared to stay stable in their energy, the three friends walked back to the spot of stuck trauma energy to heal it.*

The friends in this story experienced some of the signs of being ungrounded.

- ❖ Mary had contraction and tightness in her body and feelings
- ❖ Ilse impulsively spaced-out, experienced out of control euphoria, and reached for something to eat
- ❖ Teresa felt over stimulated by the energy leaving her not feeling at home in herself and pained by the energy surging through her

They could have also felt chaotic in their thinking and disconnected from people and things around them. If you are ungrounded, all the intense surges of energy bombarding your senses and intuition get blocked in your body or bounce around in your energy field, hurting you like lightning moving through a ungrounded object.

## **Signs of Being Grounded:**

- ❖ trust that your physical and energetic existence has what is needed for sustaining the life force and growth of self
- ❖ embracing with ease the rituals of nurturing ones life
- ❖ feeling comfortable with the “here and now” awareness
- ❖ positive present focus in daily living actions
- ❖ ability to take concrete possible actions on big, expanded dreams
- ❖ calmness and even flowing energy in your muscles, thoughts and feelings
- ❖ feeling at home in yourself, your life and the world



## **Signs of Being Ungrounded:**

- ❖ spaced-out focus
- ❖ contraction and tightness in muscles, thoughts and feelings
- ❖ inappropriate intensity of thoughts and emotions
- ❖ impulsivity
- ❖ feeling of being disconnected with the World Community
- ❖ not feeling at home in oneself or one’s life
- ❖ feeling anxious about personal and world sustainability

**The Goal of Learning Grounding:** to create an imprint in your consciousness that grounds your energy in positive present moment and to feel the connection with the space on Earth where your body is located when breathing. The imprint activates a neurological pathway created through practicing the lessons so that you can easily and immediately ground when your sensitivity overwhelms you.

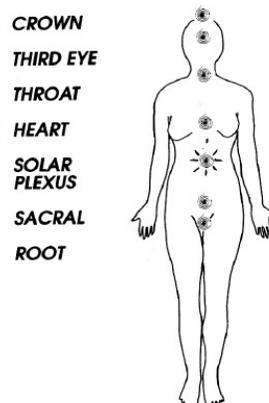
1. Try different exercises in the training at times when you are relaxed or playful.
2. Practice grounding using the method that matches you and that you experience with ease during situations and times that are energetically challenging.
3. When needed, intend to ground and then trust the imprint is operating without you to do the exercise.
4. Ground as one of your daily rituals allowing it to activate a positive focus in your state of being.

# Create the Grounding Heart

## *As Above So Below*

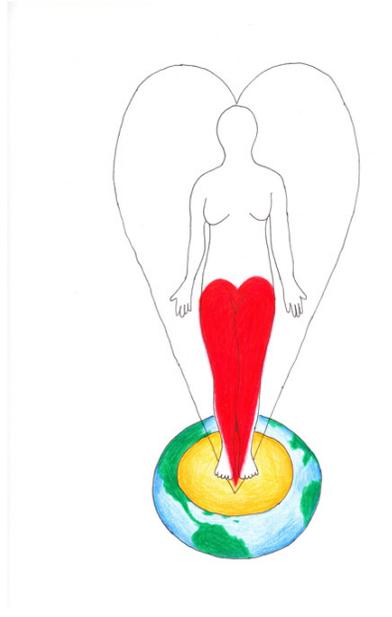
Part of this process is attuning to the energy centers in the body called chakras. This name is from the Vedic path but they are also known by medicine people as Wheels of Light. For *Path of Peace Training* it does not matter if you are uncomfortable using the labels. If focusing on the labels is an issue for you, look at the image below to see where the chakras are said to be located so you can think of that area of the body when doing the guided imagery. This will allow you to hear the word chakra without associating it to a particular consciousness path.

### **THE SEVEN CHAKRAS**



For creating the Root Grounding Heart, you will be focusing on the first chakra called the Root. You will be guided to move energy from the Root up through the second chakra, the Sacral, in your lower body and looping up around your hips, down your legs into the feet. Below the feet is a chakra that is the opposite one from the halo chakra above the crown. Record the following guided journey. When you are ready to listen to it, quiet yourself and relax. Notice the energy above your head, in your lower belly and below your feet to prepare for the experience of creating the **Root Grounding Heart**.

## Guided Imagery to Create the Grounding Heart

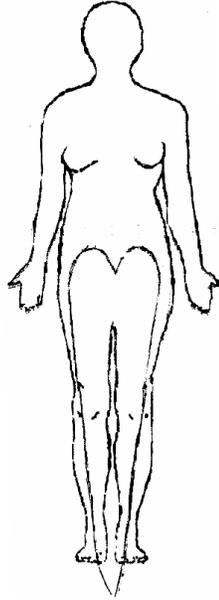


This guided imagery is for your benefit so it is told in the first person. Imagine saying to yourself to draw and energize the:

*At the base of my spine, by my tailbone, there is a swirling force of light energy, my Root chakra. I breathe into this light center and feel its vital energy.*

*From this source of loving life force at the base of my spine, I start the process of activating a Grounding Heart. I imagine the beginning point of the Grounding Heart in the Root chakra. A red beam of light moves up to the next energy center, the Sacral chakra, the swirling light center between my hips. The light splits into two beams as it flows out of the Sacral chakra-- one beam going to the left and the other up to the right. Each beam loops around a hip then flows through down my pelvis, down my right leg and down my left leg. The beams of light continue to flow down until they fill my feet*

*Under the balls of my feet, each beam of light goes into the light energy chakra that's under the earth's surface right below my feet—this disc of light is my body's Earth Light chakra. This chakra absorbs the beams of light. The light blends together forming one light again. This creates the base point of the Grounding Heart.*



*I feel the energy of this heart. I see its light and feel a pulse of energy as I breathe with the Grounding Heart. (pause)*

*From the Grounding Heart, my energy extends into Earth, sending loving beams of light like roots of a tree. . . . seeking. . . seeking. . . seeking energy of the Earth. My light flows down to the molten core of Earth, blending with the Earth's magnetic, creative energy.*

*This is love. The Earth loves me. The Earth is taking care of me. I remember that I am of the Earth. The cells of my body are part of the Earth. She loves me. From that home of deep love within the Earth, she returns the light. The energy from the molten core of Earth flows up toward the disc of light under my feet. (pause)*

*As I breathe the Earth's light goes back up into my body it becomes two beams again. They flow up through my legs, up through my upper legs, up through my thighs, through my hips and back to the center point of the top of the Grounding Heart by the Sacral chakra in the middle of my lower belly.*

*From the Grounding Heart in my lower body, I feel the rhythm of love nurturing and soothing me. This heart is a strong base of light and energy that moves love up through my body and into my mind. From the top of my head to the disc under my feet, I manifest the energy of Mother Earth's love. I enjoy the comfort and peace of being grounded. I come back to outer focus knowing I am grounded.*

## Focus Object and Core Light Grounding

A *SI* can become hypersensitive to external stimuli that sends his/her focus to the future as a way to feel safe—to control what might happen. The mind becomes busy scanning the environment or situation for input from the senses on what is needed to create this future safe existence. It becomes hard to relax and think clearly because the brain stays focused in beta wave pattern. In order to diffuse the tension of the hypersensitive state the *SI* can use a **‘focus object’** to activate alpha wave through slower brain wave and imagery the *SI* moves away from scanning the future to being focused in the creative present. The object can be an external form like a tree or building or an internal image of a form. Focusing on the object helps move into alpha consciousness and stay present in your body, mind and energy.

*Sit or stand in the environment you are in (office space, home, supermarket, etc.) and look around. Find an interesting object to focus your attention on, which will ground you in space and time.*

*Inhale with a long, slow breath that lifts your ribs, exhale and relax your ribs. Say in your mind, “I feel myself being here in this space and time.” Then breathe into your belly and say, “I accept my body being here and I choose to be calm.”*

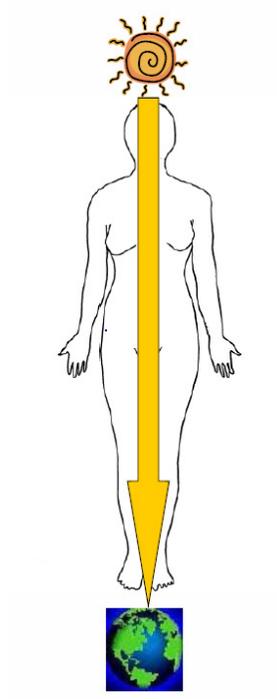
*Look around the environment and bring your focus back to yourself, smile and affirm, “I exist here and I am okay.”*

When you have time to stand or sit still, you can use light moving down your core energy path as a grounding tool. Try the following exercise

*Stand or imagine standing outside under either the sun or moon light. Become aware of the light touching the top of your head.*

*Inhale into the light on your crown and with the exhale, move a beam of this light into the middle of your mind. Continue inhaling light and with each exhale, move the beam of light down into the middle of your body until it is centered in your feet.*

*Breathe the light into the Earth and affirm, “I am here in this space and time, and I am at peace.” Or create your own positive affirmation to claim being grounded.*



## Playful Grounding Tools

In order for any tool to become part of your daily rituals of life, it is important for you to enjoy using it. Being grounded need not be serious or difficult. Let the magical child within you enjoy being grounded by playing with one of the steps below:

1. Stand tall with your arms lifted toward the sky and your palms open. Place your legs two or three feet apart with your feet flat on the floor or the earth. In one quick movement, swing your arms toward the ground keeping your back straight, bending your knees and grunting loudly as you swing your arms. Wiggle your hands over the ground and laugh. You are now connected to Earth and to yourself in the positive moment.
2. Take a walk to a beautiful, refreshing place in nature. Breathe and take in the beauty. Swing your arms loosely as you walk. Hum a tune. In this moment of play, look around for a pebble or small stick and pick it up. Hold it as you walk and when you are ready, put it down. Keep doing this until you are pulled to keep the pebble or stick. Bring it home with you and place it somewhere where you can see it. During the week when the pressures of life distract you, sit and hold it while you close your eyes to remember being with Mother Earth. Let yourself feel the connection with Earth and her loving support for you. Remember no matter how alone you might feel, dealing with the practical challenges of human life, you are part of the family of Earth. Her energy pulsates through you nurturing your life-force energy. Every so often returning the object to nature and repeat the process for possession of a particular object of nature is not aim of lesson, but rather to feel the abundance of love and energy available to you from Earth.
3. Get a tall thick stick from the woods or garden shop. Go to a place of nature near you--woods, park, field, ocean shore, backyard etc—where you can make a little noise. In this exercise, you are a grounding point of the four directions of the Earth's energy.

#### 4. Four directions celebration:

- ❖ *Face east and pound the Earth with the walking stick and proclaim, “Energy of the East, I am here to greet you.”*
  
- ❖ *Walk a few feet in a curve, face south and pound the Earth with the stick and sing (even if you can’t sing), “Energy of the South, I am here to merge with you.”*
  
- ❖ *Walk a few feet in a curve, face west and pound the Earth with the stick and in your most inviting tone say, “Energy of the West, I am here to share with you.”*
  
- ❖ *Walk a few feet in a curve, face north and pound the Earth with the stick and whisper, “Energy of the North, I am here to release attachment.”*
  
- ❖ *Walk back to the east spot, and then, step into the middle of the circle you just walked around and put the stick down. Throw your hands to the sky and say, “Energy of the Sky, shower love down around and through me.” Swing your arms to the Earth and say, “Energy of the Core of Earth, raise your vibration up through me.”*
  
- ❖ *Swirl around and hoot and howl as much as you can or as much as the surrounding area will allow. Be the child of Earth that you are. You might take the stick home with you as a reminder that grounding can be full of love and fun.*

## Review of Important Points:

1. grounding your energy helps you be at peace in times and moments of change and intensity
2. being grounded gives you a positive base of support to handle personal challenges
3. being grounded opens a pathway of joy for the creative projects of your mind and soul
4. practicing grounding can be playful and powerful in anchoring a positive approach to life
5. from the Grounding Heart Center, you experience love flowing from Earth to you and back to Mother Earth, creating a solid base of support for conscious living

SAMPLE

