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### **Summary of *How To Rule The World From Your Couch* By Laura Day**

If you are looking to tap into your greatest potential, your powerful true self, you have come to the right place. The intuitive tools covered in this e-book are gathering information, mediumship, telepathy, body heat telepathy, remote viewing, precognition, and healing. It is difficult for some to grasp the idea that less work can bring about greater change. But once you stop thinking and start intuiting, you will have more time and energy to create the life of your dreams.

Intuition allows you to know what is coming and how to prepare for it. One key to developing these skills is to make it a daily practice to take notes about your observations. As you tune in and consciously clear yourself of old habits and patterns using these tools, your perception of people, places and the world will shift. Intuition is a journey. Travel outside of your current situation and into another time and place to gather diverse points of view. Learn how to change the past to heal a current condition. Alter your actions now to create a different future. If you take the time to practice the following exercises, you will be delighted by how much control you actually have over the events in your life. It will be an empowering experience.

### **Gathering Information**

Intuition is an insight that is accessed through an extra sense, higher than the typical five senses, intellect or experience. It takes you past the conscious to the subconscious. This information can guide you to your highest self, the truest answer. When you encounter what appears to be an obstacle, using intuition gives you the ability to instantly make the next move smoothly. Gathering information using this extra sense, allows you a peak into the future to see the outcome from various paths, which will help you choose the direction you want to go. By tapping into this infinite field of knowledge, you can guide yourself and others through all situations in life from career to health to love. It will help you to perceive the world around you in a transformative way, in a state of detachment. Once you start using your intuition as part of your routine, you can develop the ability to sensing answers without even asking questions.

Everyone is intuitive. It is an innate skill that can be developed to empower you. To begin, ask a specific question. What do you want to explore, know, discover and improve? Narrow the question down to one clear goal. Next, take your focus off the question. In other words, leave your intellect out of the search for the answers. Instead, focus deeply into the core of your body. Go into your heart. Breathe deeply. Expand your breath out to your skin and notice what you see, feel, hear, taste, smell, and perceive. Where is your attention? Breathe out a couple more times, first by expanding out beyond your skin and finally expanding out as far as you wish to go. Each time, notice where

your attention goes. You should receive information to help you formulate the answer to your question. It only takes a matter of seconds. Play the observer, not the thinker.

By taking your focus off the question, it frees up your senses to search around the question for answers. If you stare at something close, for too long, it becomes distorted. If you shift your focus off the distortion, then you have access to perceptions that exist around or in the question. This allows you to sense all information pertaining to the issue to open you up to fresh ideas. To go within, you practice following your attention to alternatives that can help you develop an intuitive answer.

Notice the information that comes in. It might not make sense at first. And in fact, you might find that you are blocked. If so, describe the block: what does it look or feel like, where is it, how can you go through it, under it, over it, etc. Being blocked is an intuitive answer. By exploring the block, you may be surprised to find the answer. Anything you perceive in any way, including outside distractions, has a purpose in leading you to the answer.

Symbols will sometimes pop up. They may not make sense at first, but as you chart your discoveries, you will start to find meaning in them. Perhaps in childhood you had a stuffed animal you loved. If that appears, it might represent something pleasurable. Intuition may not give you the whole story, but you should be able to get pieces that answer your question.

Resistance can be a natural part of the process when first honing your intuitive skills. You might find yourself judging, questioning or analyzing the information. Practice becoming the detached observer of the intuitive hits you perceive. Learn to have no expectation of the outcome. Judgment and opinion can cloud the vital information you are receiving. Record or write everything that you observe, even if it might not make sense. Over time, by documenting the information, you will understand the way that you attain your intuitive answers.

As you develop your intuitive skills, you will begin to recognize which part of you is answering: intuition, intellect, emotion, wishful thinking, or fear. It will lead you to useful information, answers that will take you out of repetitive patterns and onto the next step. Detailed questions lead to accurate information. Instead of asking if a job interview will go well, consider being more specific, What steps can I take to get the job? Or even, is this job my next best step?

An intuitive answer can equip you with ways to prepare for an event, change the outcome or even avoid it. It is important not to get caught up in all the mistakes you made in a certain situation, but instead empower yourself to change or leave it. Take action once you have made an intuitive discovery. When you open the door in using this gift to benefit your life, intuitive information will start to stream in.

What you notice or take in from around you creates awareness. Attention plays a big role in the intuitive process. To develop this awareness, stare at something in the room you are in. Every time your mind floats off onto another thought, bring your attention back to the object in the room. It might surprise you how many quick thoughts

flit through your mind. As you start to notice your attention, you will be able to decipher the important intuitive information from random thoughts.

Developing your intuitive skills is empowering. As you use this skill in daily life, you may find yourself challenged by a situation that you want to manipulate to benefit yourself at another's expense. If your objective is to create the life you want, without regret, you will find that it is important to make decisions based on your integrity. The quality of your life is directly related to your actions.

Being intentional about your practice will lead to clarity in using intuition. Set a sacred space, sacred time and a sense of ritual in your daily routine. Yes, you can use intuition, in any moment of your day, but to set aside time for yourself, to quiet and calm the mind is important. It can be as simple as sitting on your couch for a few minutes of uninterrupted time or creating an altar somewhere in your home or office. Choose a certain time during the day, that you can create his ritual. It can be as simple as relaxing and listening to your favorite music. The ritual might include sitting cross-legged, breathing deeply as you reflect on your blessings. Or it may include washing the dishes, quietly at a certain time of day. It is up to you to create this practice with what fits into your lifestyle.

As you begin to learn to use your intuition, it is important to set up quiet time to regroup and release the stresses of the day. With practice, intuition will become invaluable to those moments of crisis. You will be able to think clearly by shutting down the busy mind and tap into the calm where you can access the best course of action.

### **Mediumship**

Mediumship is the ability to become something or someone else, to see things from a point of view that is not your own. It includes communicating with the dead, tapping into past lives and connecting with spirit guides. This might be a hard concept to grasp, but it actually could play a vital role in seeking information. Unlike an intuitive hit where you sense the information, with mediumship, you embody the person or event.

It allows you to know the point of view of a competitor, tap into a market to see the best way to sell a product, and to assess a company's stock. In your personal life, it can aid in healing a past situation, interpret a future situation, and evaluate a friend or even a company's needs. By becoming a relationship, whether it is love or a client, you can get an understanding of it from a different perspective. As a medium, you can help others (and they can help you) connect with a distant person, alive or since passed. Remember the film *Ghost*? Whoopi Goldberg played a medium that was able to embody the main character's dead husband. Everyone has this skill. All it takes is losing your own perspective and opening up to bits of information that you might have not considered.

In reality, you probably use this tool all the time, when you "walk in another's shoes". This includes worrying about someone's opinion or how they may react. Instead of carrying that fear of not knowing, mediumship empowers you to get a clear sense of what the outcome could be and what action step is needed.

To practice mediumship, start by choosing your target: a person, object or situation. Next, step into and embody your target. Let go of how you see the world and assume when you think “I” that you are the target. Pay attention to what you, as the target, are experiencing. Then jot down everything you perceive. Where are you? What are your thoughts, feelings, memories and interactions? Play with this and remember to be patient. A good way to practice is with quick hits. Go into your target and then jump out in a matter of seconds. As your skills sharpen, you might notice how you have been using this tool without even realizing it. Now you can use it to your benefit.

Mediumship can help in making choices in your life. From basic decisions, such as choosing what to eat, to more complex ones, like deciding on the best treatment for an illness, you have the power to determine the most effective route. Start by practicing on smaller decisions, situations where you may not be attached to the outcome. Then move on to the bigger ones. Become aware of your personal judgments and biases of the target before you go into it, so it does not cloud your perception.

As you gain awareness, notice throughout the day if your attention is spontaneously directed to something, such as a person, event, object, or even a part of the world. These messages are trying to tell you something. Through your mediumship skills, you will gain a clear point of view that will prepare you in dealing with situations. It will become an essential tool that can open the door to inner knowing.

Once you understand mediumship, you can train others. Partner two people together and have one person choose the target. Simply say a name, event or an object, and leave out the details. The other person will become the medium. After the medium assumes the point of view of the target, have the person who chose the target start a conversation. When answering a question, the medium should speak quickly. This allows the medium to give detailed information, speaking before judgment can skew the point of view. Both people should document the conversation.

With mediumship, you can develop the ability to become aware of when someone else occupies your body. Notice when your mind is churning with other’s beliefs and opinions. When you realize that you do not feel like yourself, take a moment to find out who or where those feelings are coming from. Building this muscle will put you in charge, giving you direction, clarity and the courage to follow your own intuition.

Use mediumship while you sleep. Jot down a question or take a moment to become aware of an issue before you go to bed. Also consider whose voice came through you during the day or what voice stopped you from expressing yourself. Make a list of these influences, and then tear it up or choose some ritual to release it and reclaim your inner space. After you wake, write down your feelings and memories. As you go through your day, use the notes to accomplish goals and to keep clear of adopting another person’s desires as your own.

The more you practice mediumship, the better the results. As a daily practice, do quick hits to find out what situations you need to know about for that day, embody yourself twelve hours ahead to get a sense of how you feel, or test out different choices and experience the results to determine the best path. If you are researching a topic, such

as Shakespeare, embody Shakespeare and notice the information you receive. It can also be an effective tool to tap into a calmer version of you, when in stressful situations.

### **Telepathy**

Telepathy is the innate ability to read minds, feel into a situation and influence the thoughts and behaviors of people. Others also have the capacity to manipulate your thoughts and actions. Most of this happens unconsciously. Subliminal messages directed at you can cause emotions, like anger or fear, that are not your own. They may even misdirect you to do things not in your best interest. With telepathy, you can learn how to send and receive messages that benefit you. Simply by altering your thoughts, you can change the future. In using telepathy, you will gain the ability to step into the full power and awareness of yourself without interference from outside influences. Connecting deeply with this gift will open you up to your true self and in essence, build trust and strengthen your own self-love. In business, telepathy can be applied in problem-solving, negotiating cooperation, and feeling into what opponents are thinking and convincing them otherwise in advance.

To get a clear read on telepathy, first pay attention to the conversations that are running in your mind. Check for patterns that are playing out old scenarios that have no benefit. Are you hanging onto a past argument, withholding forgiveness, judging a situation or allowing fear and worry that is disempowering? Write down everything that comes to mind. These notes can be used as a reminder to redirect your focus to the positive use of telepathy. Choose one conversation that has been running in your mind. What are you trying to say to the person to fix the situation? Would the solution benefit both you and the other person? If so, use telepathy to resolve it. If you cannot feel a positive outcome, decide to let go of the situation. By clearing out old conversations, you free up space to focus on your goals.

Next, direct your attention to the messages you are receiving. Make a list of possible people sending you information, from family to friends to co-workers. Think of strangers you encountered during your day. Did anyone upset you? To effectively use telepathy and gather real information, your voice needs to be the clearest. The present moment is where you can authentically connect with telepathy to achieve your goals. Through this powerful tool, you can learn to attract the people and situations that serve your higher purpose. You are already connecting with people all the time, but with telepathy you bring a heightened awareness to your life situations.

In certain situations, you may find yourself desperate to connect with someone. For instance, in the case of a difficult break up, it might be unhealthy to pursue your target. If you find that you want to say something that you wish you had said, once you have communicated telepathically to your target, detach from the outcome. There will be times that you will not be able to sway the result in your favor. It depends on how the other person reacts.

It is easy to get caught up in other people's messages and goals; therefore it is important to reconnect with your body on a daily basis. A good way to do this is through

embodiment, as discussed in mediumship. Take a few moments each day, to step fully into your own body.

Take note of negative or frustrating states of emotion you are sending out. Did you have a disagreement with a co-worker or a fight with a friend? Redirect the negative energy somewhere else and use telepathy to resolve the issue positively. Instead of using angry thoughts to disturb your target, focus on goals that benefit you in the long run. Sometimes it is difficult to let go of a strong opinion about someone, but you have the power to shift the relationship by sending messages of cooperation or love. Focus on a positive memory or a quality of the person to shift the experience. Messages you send to people, will affect your well-being.

You do not have to believe in telepathy to use it. Experiment with it to see how it can work for you. First, choose your target. This could be a person, a group of people, or a situation. Use your senses to get a clear picture of your target. What kind of response or action do you want from your target? Is it in your best interest? Be clear about your own agenda. Do you want your lover to buy you a certain ring or are you looking for a deeper connection, one in which your true self is recognized? Use your intuition to notice reasons why your target may not want to respond to your message. Take notes, it may reframe the way you want to send your message. Then feel or visualize your target in front of you and relay the message with all your senses. Embody the connection between you and your target. Open to new information from your target. Be patient, the response could take moments or show up in a week or two. Jot down intentional telepathic messages to track your results.

Bedtime is an excellent time to send telepathic messages because your mind is freed up from the busyness of the day. Choose an issue, concern, situation or person you want to communicate with and note the desired outcome. Sweet dreams!

### **Body Heat Telepathy**

Body heat telepathy assists in attracting the right people or situations into your life. Whether it is a business partnership or a romantic relationship, it will create a sense of openness that draws the perfect person or situation in. Consumers fall in love with a product just as a person falls in love with another. Body heat telepathy can help you prepare for a relationship before you are in it, unlock what others need to see in you, open you up to attractive parts of yourself, and align you in a strategic negotiating position. People unconsciously communicate with each other all the time, but with body heat telepathy you will find a new awareness to the messages.

Connections can be made everywhere from walking down the street to the grocery store to a dinner party. Sometimes an instant love connection is made, leading to passion for a few months only to wind up broken hearted. You have a choice to send out messages through either your true needs or through old habits and patterns. Using body heat telepathy, you can clear out patterns and shift the messages you are sending out. Once you develop authentic self-love, you reclaim your own heart and are able to show your true self to the world. Deep within you, there are authentic memories, thoughts and

feelings you can tap into to find your power of attraction. By tapping into your inner strength, you can overcome your weaknesses to find that partner you can grow with.

Intuition is directed by your subconscious, so you will want to dive into your reasoning behind what you are looking for. Why do you want a loving relationship? Are you filling the void of loneliness or do you truly want to experience love? Take a look at your history to find out if you are protecting yourself from love. Perhaps you had a difficult childhood or a challenging break up. After you connect and accept your inner self, then you will attract a healthy relationship. Using body heat telepathy to create romantic relationships, will lead to improving all relationships, including your business ones.

Start by recognizing patterns and asking yourself questions. What is keeping you from love or that perfect business partnership? Write down thoughts, feelings, memories, songs that pop into your head, and even things you see in the room you are in. Pay attention to anything you notice. These things you become aware of are all clues to uncovering beliefs that no longer serve you. If you have the courage to work through issues and heal, they will become your strength in designing your future. To clearly see what may have been hindering you, will help in uncovering your true self. This process is meant to guide your intuition to get quick hits about what can help you. It is not meant to overwhelm or lead you to overthinking about the issues. Experience your impressions and let them go.

Make it a practice to become aware by checking in with your body. Take a moment to inhabit each of your senses, to feel into what you are thinking and experiencing in your body. By checking in with your body, your intuition will improve along with your telepathy skills, health, and personal power. It will also alert you to other people who are occupying your body. As you send and receive body heat telepathy, so do others. When someone has a thought about you, they enter your body. Watch for instances when you feel worry, anger or certain thoughts that you might question as your own. People, a lot of times without even knowing it, can send those feelings to you and you might pick them up as if they are your own. Fully embodying your own reality will keep you in charge of your emotions.

As you move into your body, allow all the thoughts, feelings and emotions to surface. Write them down or simply observe them and let them float away. The one thing you do not want to do is to avoid or repress them. You may find a solution in the moment the issue arises. Using this process to heal your heart will open you up to an authentic relationship.

To use body heat telepathy on someone, first check in with your body. Then turn your attention to your target. It could be someone you know, a person you would like to know or a future partnership. What do you notice, sense and feel? Using your intuition, experience what the person needs, wants or desires. You may receive bits of information to piece together. Or you may find yourself connected visually or through a knowing. You can send feelings, pictures, tastes, smells and words depending on what you sense they need. If you smell a rose, send it back to them. If you see travel and adventure, put

yourself in that picture and send it back to the person. When tapping into an existing relationship, you will want to clear your mind of preconceived notions. It may seem at first that you are making up the information, but with time and practice you will understand that you are really tapping in.

### **Remote Viewing**

Remote viewing is the process of going into a situation or a place and observing it. Instead of directing information, like in telepathy, you explore it, picking up or sensing images. As with the other intuitive skills, you view from a detached space but take it a step further by visiting places or structures that you might not be familiar with. Remote viewing does not mean that you have to “see” it. Use the sense that you are naturally drawn to. In assessing the place, you can go there through feeling, knowing, hearing, smelling, tasting or seeing.

Remote viewing is a handy tool in sensing a structure, body, or a process. You can visit a meeting you were not invited to, find a missing object or person, view the end result of a project, and evaluate your own strategies or a competitor’s. Take the time to explore future investments, solve building structural issues or take a walk through your grandmother’s childhood home. There are no boundaries in time and space.

Start to notice where your attention goes. You will find that you are viewing things all the time. As someone describes an event, company or another person, watch where your focus is drawn. If the person describes a trip, go on it with them, picking up scents, sounds, tastes, feelings and even changes in temperature. Unless you don’t feel comfortable, let them know what you are sensing. That way you can get feedback on what you are viewing. Bring a new awareness to your daily conversations, instead of getting lost in the idle chitchat of the busy mind.

To practice remote viewing, choose a target. Where do you want to go? Now, put yourself there. Take a look around and experience all that you sense. Notice the details. Take notes as to what you are tapping into. You may get pieces of the puzzle or complete images. Don’t judge what comes up. Play along with it. As with other intuitive skills, do it quickly. Treat this skill simply as a tool and try to not overcomplicate it.

A handy way of practicing remote viewing is by sketching out what you are getting a hit on. Even if your drawing skills are weak, it will help you focus on the physical aspects of your hit. Jot down words, images and figures that come to you. There might be times when you draw an object or get an idea that doesn’t make sense. By becoming aware of what the symbol represents, you will know what it means the next time it shows up.

The messages you get with remote viewing tend to be something unexpected. Out of the blue, you might get a fleeting thought of a friend needing help or project in trouble. It is alerting you to take action. Maybe you get a message that you should skip work or take a different airline flight. Remote viewing will show up in a detached way that is not emotionally charged.

A fun way to expand remote viewing skills is with group exercises. It is easy to train others to play these games. First, get clear about where you want the group to go. Then either give them small details or write your location on a note without letting them see it. Ask them to assume that they are in the location. Remind them to look through drawers, smell the air and peak out windows. Encourage them to use all their senses and to let you know what they are experiencing. This is designed to be a quick exercise, so they don't get caught up in analyzing.

The key to honing this ability is to test it out by checking your information against the facts. There are various ways you can do this with friends. Ask them if you can remote view their workplace or parent's home. They can verify the information you pick up. Tell your friend that you are going to use remote viewing to sense them at a certain time. Ask the person to keep track of their whereabouts at that time. Confirm your results.

Along the lines of remote viewing is astral projection. You go into it the same as remote viewing but you bring more of your presence into a situation. With astral projection, you become energetically apart of the place and can make your presence felt. This is a step beyond remote viewing, as now you no longer visit from a detached point of view. If a distant loved one is having a tough time, you lend your support with astral projection.

### **Precognition**

Precognition predicts the future. You can choose to use it for yourself, with anyone or on anything. If you are not happy with what you foresee, it empowers you to create change in the present moment to actualize the best possible future. It helps you to determine where you can influence change. And forecast things, such as the stock market.

Precognition exists in each moment of your day, but it is only when you become aware of this gift that it can really work for you. Just as you catch yourself slipping into the past, you also slip into the future. But this might be a foreign concept, as you quickly push it aside. As you practice this skill, it will reveal what you need to know about the future and guide you to a potential solution in the present. It might not always make sense, but if you follow your intuition, you will realize the power beneath this tool.

Start by asking a question about the future. Write it down and then forget about it. Occupy yourself with the things you need to do in your daily routine. Have you ever been at a loss for a name only to have it pop back into your consciousness once you redirect your attention? That is the key to receiving information. As you continue with your day, you will get hits from out of the blue. Keep track of them. Record all your ideas until you get the answer or a course of action to your question. There's a good chance that your notes will show unrelated but important information leading you to the answer. And you might not get a complete picture. Along with precognition, it's possible that you are using telepathy, mediumship and remote viewing to attain your solution. Pieces of information come so quickly that you might not have even realized it.

The future does not remain unfixed. You may, unknowingly, make hundreds of tiny decisions each day. This will influence future outcomes. As you become aware of

your patterns and beliefs, you will make better decisions about the future. Precognition is subject to interpretation and error. It will depend on how you assemble the bits of information. Do not be hard on yourself if you are wrong about a situation. With daily practice and logging your observations, the accuracy of the information will improve. Start with the small stuff.

If you receive a premonition, which is more of a warning that something bad is going to happen, dig deeper into the message. What is going to happen and when? If it is not what you want, ask what you can do to alter the outcome. Explore the issue, but as in the other cases, chart quick hits that you receive. If it is a situation, which does not affect you, and there's nothing you can do about it, train your awareness to only show you things you need to know. Instead of running around in fear, you can develop this skill to empower you.

An interactive, fun way to practice precognition is with a group of people. Ask each person to write down a question on an index card and fold it so the question remains hidden. Usually, the more detailed the question is, the more details will come out in the reading. Then have them walk around the room until a bell rings or you alert them to pair up. One person hands the other their folded card. The question is to remain a secret. Allow the reader one minute to communicate any information that comes to mind. Instruct the reader not to look at the other person or it may influence the reading. Have the group continue until each person has had multiple readings. At the end of the exercise, ask them to compare notes to see if they were on target. Some of the people might want to keep their questions a secret because of personal information.

Before you go to bed, write down a question that has been gnawing at you during the day. While you sleep is the best time to get answers because your thinking mind is shut off and you have full awareness. When you wake in the morning, jot down all the ideas, dreams, feelings or anything that comes to mind. It may not make sense, but write it down anyway. Keep adding to your notes during the day.

## **Healing**

Healing is focusing energy to achieve a state of well-being. Simply directing energy happens all the time when you cook a good meal, embrace a loved one, solve a problem or close a real estate transaction. These actions shift the energy creating a desired outcome or a healing. Everything is made up of energy, from the furniture in your house to your body to a thought to your surroundings. You have the ability to heal a person, company, situations or an event. Do you want to lose weight? By redirecting the energy into something you would like to experience, say finding love, you can lose those extra pounds. Healing can be used to create prosperity, strengthen a business, improve your own or a friend's mood, revitalize your body, or throw a fun party. It can even be used to heal a stalled car or your food at mealtime.

Energy is not good or bad, but it's the intention behind the energy that makes the difference. Illness is a cue that you need to redirect your energy. Instead of trying to destroy a malady, love it to shift the energy from fear. Aches and pains often show up to

let you know that you have somehow taken on a burden. If you release the emotion, or redirect it, chances are you can release the pain.

Healing occurs whether you believe it or not. If it is hard to wrap your mind around it, just try it out, and play with it. Think of your life as energy, along with all the parts, such as past, present, future, family, friends and work. Energy creates the world around you. As you direct it, you create your life. The more awareness you can bring to the energy of your thoughts, actions and patterns, the more you will find that you are living the life you dreamed.

To practice healing, choose who or what you want to heal. Take a deep breath and fill your body with energy. Feel it flowing through you. Your hands should be out in front of your body, palms facing each other. Guide your attention to put the object between your palms. As you breathe in, feel the energy move through your object. Use your intuition to notice what is there, breath into it and observe what changes. You may find that you heal through different senses, perhaps sending colors, smells, or hot or cold air. Just go with it. If you feel the urge to move your hands to help move the energy, do it. The intuitive hits you get will be quick and might be surprising. Allow the session to last until you lose focus. Take notes. This will trigger your subconscious mind to begin to use this tool naturally, in your every day life.

Now take deep breaths and quickly rub your hands together. Get the energy moving in your body. Expand your body with your inhalation and breathe out any stress or kinks. Keep going. Then put your hands anywhere on your body and feel as the energy of your breath moves through your hands.

Next, take the same deep breath, expanding your body in and out, but instead of using your hands this time, use your attention to notice the energy. After a deep inhalation, sense your target. Let your intuition guide you to focus as you get a physical sense of your target. Try not to judge what this looks like but tap into your senses to experience it. Notice your target change as it heals. Keep breathing deeply. Observe as feelings, messages and memories come up. You are not only composed of your own experiences and patterns but also projections you carry from others. As a multilayered individual, healing can help you notice as patterns intuitively appear. You can make profound changes with this awareness. If you feel ill or discomfort after a session, chances are you have released some repressed pain. Please note, healing is not meant to replace your medical doctor.

Healing to redirect the energy does not include creating a positive visualization. When you use your intuition to heal, you become detached from the outcome. Allow your senses to explore the issue and integrate the information. Intuition can create healing more powerfully and completely than visualization can.

As you work on yourself, explore what your life would be like to be healed. Are there risks or anything frightening to being healthy? Does a family member have the same issue? Do you need to clear up any issues with another person? In detail, describe the healed you. Step into the healed version of yourself. During the day, wear or carry

something that reminds you of the healed version of yourself. If you're feeling off, touch it to bring you back.

Make it a daily practice to feel your body as energy. It reminds you that your body is a fluid, living, breathing, changing organism.

As you develop and combine your intuitive skills, you will find your perception of the world shift to new points of view. The ability to create success will empower you beyond belief. When life throws you a curve ball and you find yourself struggling, keep at it. Discipline in your practice will show you paths to achieve your goals. Create your own internal process, using these tools to best serve you. With intuition, you will make fewer mistakes as you learn to control and predict what appears in your life.