Here in Step 7 we step fully into the heart’s intelligence that we began exploring in Forgiveness and deepening in the previous lesson on Empathy.

Where Understanding Your World requires the logical brain’s ability to ask questions and process the information received in response... it is also important to connect the head’s logic with the heart’s truth: via our intuition.

This will also prepare us for discovering and aligning purpose in later lessons. Because the key to living on purpose and with great impact is to know your North Star by which to navigate your life in the directions you seek.

We’ll dig deeper into this in later lessons, however for now just consider that only your heart can know your true North Star. Only your heart can navigate your ship through stormy waters and cloudy skies. So part of awakening and refining your intuition is to develop your awareness of your heart’s deeper truths, as well as to forge an understanding of your heart’s innate intelligence.

Lastly, awakening your intuition helps you hone your awareness to the degree that you access higher guidance and parts of your being beyond your conscious awareness. If you recall in Lesson 2, we visited the latest scientific research regarding consciousness and our quantum mind. You can think of intuition as your ability to access information via your quantum mind, which is your consciousness beyond conscious awareness.

Now while most people teach how to connect with your intuition, we here at Choice Point approach intuition as your natural higher awareness that is always activated and most accessible when you are present and in a grounded state of being.

For this reason, making effort to connect to your intuition can often have an opposite effect. It roots you in your thinking mind and into a state of doing. These are often therefore counterproductive in actually helping you access your intuitive information.

Therefore, in this lesson we are going to focus on the primary things that block intuition, and how to begin clearing them. You’ll notice as you do, and while you continue to practice asking questions, that quite quickly the insights and answers you receive via your intuition will become clearer and clearer. As for accuracy, intuition is always accurate. Where we are led astray is in not noticing when our thinking mind has taken over and altered the information... or when our intuition gets clouded or blocked.

That is why gaining clarity is the most important step toward receiving accurate and powerful higher guidance.
Though some who teach intuition approach it almost as though it were a magical ability or, at the least, a mysterious one... in our experience talking to spiritual masters, visionaries who have rigorously tested and relied upon their intuition, and in studying the science... what we see is that intuition is an ability to access information both within and beyond ourselves, via the quantum mind.

If we were to see the quantum mind as a sort of web or network of consciousness across the entire field of reality (much like the internet or World Wide Web), we could liken our intuitive ability to a search engine. Everything gets indexed within your subconscious and within the quantum mind. Think of intuition as your way of googling it.

To further the analogy, your key algorithm for a successful search is Clarity + Self-Trust.

Clarity is achieved through clearing away the hidden blocks. Self-trust is achieved through practice and the confidence that practice brings. So let’s cover some of the most common blocks that sabotage our natural intuition, along with some tips for clearing them as you practice. Then you can continue to practice asking questions and allowing your intuition to answer, rather than your thinking mind.

The Common Blocks to Intuition Are:

Desire or Fear
The most typical block that can keep you from receiving higher guidance via your intuition is simply your desire for a certain answer, or your fear of it. This is because a neutral state of awareness is needed to tap your intuition. And a neutral state is simply an open state that is willing to receive anything; that wants the truth, no matter what. That is why we focused first on the Enquirer in you who could hold a neutral awareness and desire for Truth.

You can of course hold a preference for what you’d like to have happen, however it’s important when seeking intuitive guidance that you release any emotional charge on that preference. Particularly if there’s fear attached.

A great way to dissolve the hidden block of desire or fear is to first calm yourself through meditation or visualization, and then from that neutral space, ask your question. Remember that if you’re not receiving clear intuitive hits it’s not that you aren’t intuitive or that you’re doing anything wrong. You already know how to do this because you were built to do this.

All that’s happening is that perhaps you’ve lost your neutral space. To get it back, pause your questioning and allow a meditative space of ‘witness consciousness.’ (There are many free resources online and in books to teach you techniques for developing witness consciousness if you’d like to learn this skill.)

Also pay attention to how you tend to receive your intuitive answers. Some people see pictures. Others hear words. Sometimes it’s a fully formed knowing. It could also come to you as a feeling or sensation in a part of your body that you intuitively connect to an emotion, context or past experience.

All of this is your information that is matching the information you’re receiving intuitively. Think of these as your translation assistants. They’re helping you make sense of the information using things you already know so you can more easily connect the dots.
Pain & Emotion

In some ways pain and emotion can easily be triggered when you’re in a state of fear or desire. But let’s say you’ve achieved neutrality and you feel connected to your intuition. You’re beginning to receive insights and then suddenly it’s like the door gets shut in your face. The connection feels cut off. Or the intuitive information you were receiving suddenly gets really confusing or cloudy.

What has happened?

Well remember how we just said that your intuition will often translate the information for you using images, words or past memories you have so that using their context you can more easily connect the dots? Well this meaning-making system can sometimes hit against a stored memory, emotion or deeply held belief or story.

This can trigger what is called a “Pain Picture,” which is a stored memory charged with emotional pain or suffering. The pain picture can vary widely in its intensity. It can be a tiny one or a large one. Either way, it can often cause you to lose your neutrality and hence the intuitive connection.

To dissolve a pain picture, you don’t have to necessarily understand it or even know what it is. Often you’ll experience it as a strong emotion. Sometimes you’ll have a memory attached to it and sometimes you won’t. That’s okay. In either case, you simply want to give it permission to leave your space. Choose to no longer hold on to it. Focus your intent on gathering up all the energy and emotion of it and place them out of your space... see them flowing out of the room and the planet and into the light, or visualize them going into a flame or some neutral image, and then release that image by blowing the flame out or exploding the image outside of your space. We taught much of this in a previous lesson and again, the point is your intention. You can visualize nearly anything and have it still work!

Physical Illness or Lack of Energy

Here at Choice Point, we’ve worked closely for the past decade with scientists who have mapped the entire human bio-energy field. Through this research a new frontier has been reached in energy medicine: that of information medicine or information science.

What we’ve learned with this information medicine is that not only do we receive information for use in our lives and decision-making, but our body is constantly providing and receiving information in order to fulfill its processes and maintain our health and life.

This new science strongly suggests that illness is a function of scrambled information. And health is reached when we correct the information to match the body’s blueprint for optimal functioning and health.

In light of this, if physical illness might be a function of incorrect or scrambled information... the presence of illness may suggest that our biology is struggling to connect with the correct information. And since we exist in physical bodies that serve as our vehicle in this world, that biology could affect your access to intuitive information, particularly if you’re still in the fledgling stages of mastering that access.

Additionally, another factor here is lack of energy. I do not mean physical energy in terms of doing things, but rather the fullness of energy within you as an energy system, also referred to as your personal power, which we delved into during the Creator Lesson.

Medical Intuitive Caroline Myss talks at great lengths about this in her works on Advanced Spiritual Anatomy. She explains that energy medicine and even traditional medicine are both limited by the recipient’s stores of personal power or energy.
When there is illness, there is also a disruption of energy in the body. If a person becomes too depleted of her personal power and energy, her body no longer has what it needs to heal itself, no matter how much outside energy or medicine the body receives.

So although physical illness will not necessarily block your intuitive access directly, it can be indicative of energy leaks or a depletion of personal power—and these can block access to your intuition.

The good news is that you are always the most powerful being in relation to your own body, your own power and your own information. You can always fill yourself back up.

And so if you feel blocked intuitively and at the same time you’re noticing an overall lack of energetic wellbeing, or you’re noticing physical illness, I suggest that you focus some time and attention on filling up and nourishing yourself. Also consider ways to call back your personal power and energy from the outside world.

Often times we are so busy giving our energy to our dreams, to our future, to our past and our memories... to those we love and even those we can’t stand! We give our energy to our jobs and our hobbies... to our bills and our worries and our daily chores. So often we are depositing our energy all over the place and yet we never take the time to call it back and give our energy back to ourselves.

Excellent ways to do so include tangible ways to nourish yourself, such as taking true restful breaks such as an indulgent bath that inspires sighs of relief and enjoyment... reading novels or watching movies that inspire, amuse and excite you... taking walks or hikes or engaging in creative pursuits that make you feel splendid. Keep in mind that one moment of nourishment may not bring you back to snuff, so to speak. Be sure to give yourself time. We do not deplete ourselves in a single act or even a single day. Likewise it takes time to fill back up afterward.

An easy way to nourish yourself energetically is to visualize calling your energy back to you at the end of every day (or whenever you think of it). To do so, close your eyes and visualize your own energy and personal power as a bright golden energy. See it deposited like treasure all around you and out in the world. Then visualize all of that golden energy rising and moving toward you... into you... and filling you up. You’re simply requesting all of your energy to return to you, which is where it belongs.

This will not harm or take away from anyone you love or are seeking to serve or help. The truth is your energy belongs with you and their energy belongs with them. We’ve been taught to give our energy to others, but what is most loving and serving is to keep ourselves full up of our own energy and help others get in touch with theirs.

And funnily enough... energy is information. When you call back your energy you are also calling back your information, which will reinforce your intuitive clarity and access. You’re also creating space in those around you to fill themselves up with their own energy and information—helping inspire them toward intuitive awareness as well.