



Intuition

INTUITION (Energetic) (58 min)

"I designed INTUITION to unblock, clean and balance the 5th chakra (throat), adjacent telepathic channels, the arm and upper back channels and the palm chakras. Track 1 activates the flow of energy; Track 2 stabilizes the flow; Track 3 intensifies the flow; Track 4 cleanses blockages; and Track 5 integrates the movement created by the other tracks." AW

Intensive use: 3 times a day. **Normal use:** 3-4 times a week. This music is a good accompaniment to fasting, energetic purification and shamanistic rituals.

Exercise 1 (Track 1-3)

Sit or recline and close your eyes. Repeat the same procedure as in Exercise 2 of Inner Focus, only the area of focus is the entire throat area, including the spine and a few inches on either side of it in the upper back, the shoulder and arms, hands including the finger tips and palms. (The energy structures focused on are the 5th energy center, upper back channels, arm channels which are connected to the 5th chakra and go across the shoulders, down the arms and out the palms of the hands.) As the music plays, let it circulate in this entire area. Go through the different physical and energetic systems as in the Inner Focus exercise. For Part 2 of the exercise, let the music begin in the throat, circulate deep into the musculature and tissue there and in the upper back, and then begin to flow in a deep, strong way out across the shoulders and down the arms and out the palms of the hands. At this point you can also imagine this energy actually burning unwanted energy, thoughts or unspoken

communication and feelings. You can also leave the burning to Exercise 2 with the 'violet flame'.

Effect: The intuitive ability is always present; however, there may not be a conscious connection with it. In terms of brain waves states it lies in the lower states of alpha and theta, just below the level of waking consciousness for most people. When the energetic structures associated with the throat described in this exercise are clear and the energy is flowing freely in and through this area out the hands, the waking conscious threshold is lowered

Use: Depending on your level of desire and dedication you could work every day with these exercises or only 2-3 times a week. I have had people achieve their desired results in as little as 1 week working every day, while others have taken up to 6 weeks to 2 months working only a few times a week. Keep using these exercises until you reach the results you want. To enhance the effect of these exercises you can also do the exercises from Inner Sun once a week.

Exercise 2: (Track 4.)

Sit or lie down and close your eyes. Imagine a high hill where a clear, violet flame is burning. The flame transforms and purifies whatever it touches. From the top of the hill you have unlimited vision. Go to the top and walk through the flame; observe what you see. What you see may change each time you do this exercise.

PRIMARY MOTIFS: *Cleaning, Front/Back Alignment, ELA.*