

Intuition As A Spiritual Faculty

By Lynn Walden, RPP

Since I've not yet imagined how to teach people to be more intuitive in one article, I decided instead to offer some reasons for my love of this exploration and why it is a subject that can not only knock your proverbial socks off, but deserves consideration as a serious and reliable tool - in all walks of life.

Apart from enhancing any existing skill base, the very act of evolving your own unique style of intuition is one of the best and most direct ways to begin a programme of self discovery. And let's be realistic. No matter how much theory we read, and no matter how deeply we aspire to live the highest ethical ideals, we are never going to be able to do this in any sustained and enjoyable fashion without the requisite self exploration. Self discovery is the only doorway to integrated spiritual awareness. There is no quick fix, no one course that will pronounce you "done" at it's completion. The best you can hope for is a course that will enable you to pronounce yourself more prepared to continue.

What is self discovery but a process of inner reflection and honest self examination of who and what we are? And how is this relevant to evolving intuitional abilities? Intuition has long, and erroneously, been considered a gift. As such, many of us have assumed it to be beyond our limited capabilities, much like the ability to heal, de-materialize, or materialize vabuti. The beauty of exploring the faculty of intuition then, is that it takes us beyond the limits of our beliefs. Each time we step beyond the limits of what we "think" we can do we are forced to look at the personality we have come to identify ourselves as. And as we question ourselves, taking responsibility for the thoughts and beliefs of this personality, we move inward. In Dr. Stone's language it moves us inward towards expressing the "virtues" of humility, contentment, forgiveness, detachment, courage. The act of projecting outward, leads to blaming others and moves us towards expressing the "prides" cited as being pride, greed, anger, attachment and fear.

As we unflinchingly choose the inward path we move through the emotional insights available to us via conscious experience of the energetic realities of each related element. And yes, I lied earlier. Sometimes we do this VERY flinchingly because it is where we experience the angst and schmerz associated with our shadows and dragons. But when simultaneously felt and observed, the natural energetic momentum of these emotions will always move us towards the earth element where we have the miraculous (if somewhat "trepidatious") opportunity to re-evaluate our ego personalities in light of these new discoveries. We then have the freedom to give up whatever identifications are preventing us from living "source" more fully through our individual natures.

As we identify our own personal dragons, surrendering up whatever behaviours and attitudes we are able to at that moment, and in so doing claim a closer association with our Divine natures, we move back up to the Ether element and the blessed cycle of spiritual evolution begins again its downward movement into the realm of emotion via the chakras and associated elements. This time, happening with increased awareness from our last expedition inward, we reveal a new layer of things to ourselves; new insights and indicators of where we have chosen limitation over freedom.

This is all a learning process, helping us to identify those beliefs and subsequent behaviours which have kept us from embracing more fully the abilities that are ours by virtue of our Divine nature – our deepest, truest nature. These are the abilities (one of which is intuition) that years of conditioning caused us to believe we had no dominion over, believing they were gifts bestowed upon people willy-nilly by some outside force, rather than abilities which are generated out of our own energetic being. Because we have been virtually hypnotized to disbelieve in the reality of our Divine nature, a very disempowered state to say the least, we continue on to perpetuate the illusion with auto-hypnosis - or if you will, self-conditioning. Because this is where the hook now lies, the only reconditioning can be done is within the realm of the self. The only person who can go there is YOU.

Now I ask you to read the title of this article again, *Intuition As A Spiritual Faculty*. Consider some of what we know about quantum physics. What we focus our attention on materializes. When we focus, then, on an ability which is of the spiritual faculty, we are enhancing the spiritual energy. Since the process of moving inwards with self reflection towards the virtues is part of the spiritual process, one feeds the other. They fit like hand in glove. Moving naturally towards self awareness will enhance the ability to evolve intuitively, and to move intentionally towards developing a spiritual faculty will move you towards self awareness. Of course the decision as to how far one takes it, or how quickly, or even the ethics with which they will be used, will be up to the individual. These explorations will take you to the edge of your safe personal constructs, including those beliefs you hold onto which hold you back in a safer more familiar reality. But why is it considered a spiritual faculty? Energetic channels which facilitate a more evolved intuitional capability are associated with the neutral core of energy, the primary

energy in which all reorganizational potential resides. It is most closely linked to the 3rd eye and throat (ether) chakras. Taking the observer/witness position while deliberately taking action through experimentation automatically moves you towards parasympathetic nervous system functions - those most closely linked to the meditative state and the functions of the 'right' brain. We know that most spiritual practices designed to awaken personal consciousness focus on exercises to do just this. They move us beyond the rajasic (fiery, action oriented) mind and into a more quiet space from whence we can listen to the murmuring of our desires, the illusions behind the fears and our creative inspirations. This is the space in which we can hear with ears that are tuned to a higher frequency, picking up information that is non localized, non time specific, not logical, and beyond the prejudices of our personalities. This is a simple explanation of personalities. This is a simple explanation of a rather beautifully intricate energetic dynamic that happens within us every time we choose to sit still and open our minds to higher wisdom, creative input, and intuitive information.

Now let's get practical. How can you, by reading this article, move beyond an interest to application? First, remember that defining an honest desire to develop this innate ability will automatically open up the unified field to present you with possibilities. When the desire is clear, the right books, teachers, experiences tend to present themselves. That is the beauty of this energetic reality – it flows in dynamic response to our desires, intention and focus. Connect this desire with the Divine field. Define in your own mind how this is going to make the Universe a better place. Get the support of the Universe behind you and then let "IT" determine the avenue of fulfillment.

When you begin to paddle around in the waters of intuition, remember that it is much like reading a recipe book. You can read about how to bake a cake, but until you roll up your sleeves, mix up the ingredients, and give it time to cook, you will not have baked the cake and you will still have nothing to eat. You must ACT, experiment, watch, acknowledge. Be happy with every little successful experiment and "own" it. Let the experience imprint on your subconscious mind the fact that you DO have this ability (what you think about magnifies...). The more you do this, the more consistently it will happen and the more accurate it will become. It will become integrated into a way of being in the world and perceiving that one day no longer needs constant attention to invoke.

Be as grateful for the mistakes and set backs. It is said that behind our addictions, disabilities and psychological barriers lie our greatest gifts. So adopt a loving attitude to the process, understanding that it is NOT about developing an ability. It is, well and truly, about evolving yourself and your divine rights and responsibilities in the creation of this world and the quality of your experience in it. Have fun. Laugh. When you get too serious know that you have contracted your energy and awareness. In those moments, choose to be gentle with yourself. Breathe a lot! Share this with friends who will be excited for you and not try invalidate your efforts because your investigations are threatening their world view, or their view of you.

Above all else, please remember that you are perfect the way you are. You are doing this because you feel like it. Period. It is not about living up to some ideal that you think you "should" have. Let yourself follow that which makes you joyful and free, for these kinds of desires are the beginning whispers of your spirit through personally directed intuition. So start there, and then hang on to your socks, because I can guarantee that if you fully engage yourself while on the trip, you will see scenery you have not even begun to imagine. Oh. And do yourself a favour...set your intention to enjoy the journey!

For more information on Lynn, visit her web site www.lynnwalden.com