

TOP 10 WAYS TO

*Ignite Your  
Intuition*



From International Bestselling Author of *Mystic in a Minivan*

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## **Dedication**

This book is dedicated to my mother, Becky. Your support is angel wings on Earth,

In memory of Linda,

## **Acknowledgements**

*To my mother “the driver” who has shown me unconditional love and shared infinite wisdom.*

## Top 10 Ways to Ignite Your Intuition



# #1 Meditate



First we must quiet our mind so that we are able to hear intuitive guidance from our guides. A mind full of chatter, to do lists, stressful thoughts and fear has difficulty creating enough space to receive guidance. Intuition is deep listening, nothing more. Developing a daily meditation practice is the number one way to Ignite your Intuition.

One of my favorite tools is a book by Dr. Wayne Dyer, Getting in the Gap. This book includes a CD and uses a simple combination of the Lord's Prayer and chanting the sound "Om". I use this as a core practice, and during the first year alone, I wrote a book, lost 50 lbs and all of my intuitive channels opened up.

Powerful stuff!

There are many other tools and techniques to develop a meditation practice. Try out several CD's and styles. In the beginning, visualization exercises work better than complete silence. At first you will only be able to focus your attention for a few minutes, but your focus will strengthen over time once you make a commitment to the practice.

Pay attention to subtle messages and guidance. Keep a journal. You will find that meditation has a profound positive impact on all areas of your life.

## #2 Learn the Practice of Reiki



There is a Universal Energy source that flows through all living beings. This energy has a frequency that carries our thoughts, feelings and emotions.

I like to call this our Spiritual DNA.

Throughout history, different spiritual and cultural traditions have honored and utilized this energy as a way of profound healing and insight. In the modern world, there is a healing practice that can be easily learned which traces its roots back to these ancient practices.

It's Called Reiki.

The essence of Reiki is the combination of Divine Wisdom and Life Force Energy.

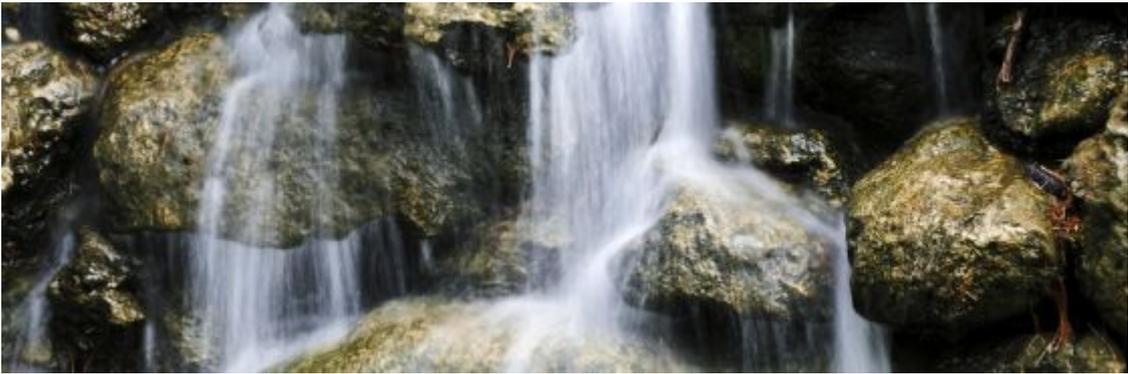
This form of energy medicine was discovered by Dr. Usui from Japan in the late 1800's. During 21 days of fasting and prayer on a sacred mountain, he connected with this divine source and developed a system to utilize the sacred energy.

The healing energy is passed from one practitioner to another through an attunement. In its purest form, it's an unbroken lineage from teacher to student, which means you must learn it in person to receive the full transmission of its power.

Reiki is the equivalent of receiving an energetic upgrade to your operating system. Much like a computer receives a download. Once it is integrated into your life, you will notice a shift in your awareness. The practice of Reiki also has profound healing abilities.

It's easy to find a Reiki Master in your area. Reiki I and II should be able to be learned in a day or two and for a cost of under \$350. Check out [www.reiki.org](http://www.reiki.org) for a list of qualified practitioners in your area.

### #3 Drink Water and Eat High Energy Food



Our intuition is impacted by the food we eat and the water we drink.

Eat raw foods as often as possible. Organic vegetables, fruit and nuts nourish our mind and our bodies. They have the highest vibration.

Try to limit the consumption of meats. Often the pain the animal suffered is vibrationally imbedded in the food we consume. This can leave us feeling mentally cloudy, depressed, and agitated. If you must eat meat, it's best if you eat "Happy and Healthy" animals who are able to roam and graze freely and are fed high quality feed. So start to pay close attention to what you purchase in the store and what you allow into your body. It makes a big difference.

Most of the gurus and yogis are completely vegetarian for this reason. Clear living in the temple of our human form makes it easy for the higher frequencies to access us with their wisdom.

Likewise, our bodies are 90% water.

Intuition travels freely through a well-hydrated body. It's a powerful conductor. If your body is dehydrated, you're constricted and not able to receive messages as clearly from the Divine.

## #4 Recognize the Four Levels of Intuition



You're probably already using your intuition naturally, but you don't realize it because there are several styles of intuitive strengths and not everyone is the same.

Learn your intuitive style.

There are four types of intuition. These include:

1. Clairvoyance
2. Claircognizance
3. Clairsentience
4. Clairaudience

You carry all of these types. However, you may discover one may be more dominant than another. But with practice we can strengthen and develop all aspects of the intuitive mind. Below are the descriptions of each specific type.

### **Clairvoyance.**

This is the type that gets the most publicity. This form of intuition is associated with the 3rd eye (aka. brow\_chakra\*). If this is a strong area for you, you'll see things either in your mind's eye or with your physical eyes. This can range from colors to people, spirits or scenes. It can be as clear as watching a movie or simply flashes of pictures.

### **Claircognizance.**

This type of intuition is characterized by 'knowing' things. You may not be able to explain how you know something... you just do. This intuitive aspect is associated with the crown chakra\*. Claircognizance is like a direct download from the higher realms into your psychic mind. Sometimes you will just simply understand the entire scenario. Or you may have a deep insight into a person's emotions or motivations on a certain topic or behavior. This is a strong empathic skill. Many moms report just knowing that their kids were up to something or in danger. Or, closely connected twins will sense when something is off with their sibling.

### **Clairaudience.**

This aspect of the intuitive mind is characterized by hearing things within your mind's ear or in some cases with your physical ears as well. This intuitive skill is associated with the ear chakras\* (located near your eyebrows). I often hear a message or a word from a departed loved one. Other intuitives, report hearing their client's angles and guides with their physical ears.

**Clairsentience.**

I call this the “chills of confirmation.” This type of intuition is associated with physical sensations in your\_body. This psychic skill often shows up in goose bumps or sensations in the area of your\_abdomen or heart. When you hear information that is true,\_you’ll feel a physical sensation somewhere in your body. This can also show up as a pain or heat in your body the corresponds with where a physical challenge or illness is present in the person you are reading. For example, if someone is suffering from a heart ache, I will often feel a flash of chest pain during the reading.

Here’s a quick quiz.

Answer the following two questions:

**Which type of intuition do I use most** (claircognizance, clairvoyance, clairaudience, clairsentience)?

The answer to this question will be your dominant intuitive type.

Now, again, answer this question quickly:

**Which type of intuition am I most drawn too?**

The answer to this question will tell you which intuitive skill is ready to be developed.

If the answer to both questions is the same, it simply means that your mission—if you choose to accept it—is to focus on developing your main type of intuition.

Once you are aware of your natural gifts, it will help you recognize its appearance and frequency more and build upon your confidence with your skills. Remember, you can have more than one style. We are often stronger in one area or another. Several of my intuitive friends, started out strong in one area and then shifted to another. But, they all tend to open up on some level over time... if you’re committed to the practice.

## #5 Imagination and Affirmations



Several of you ask, how do I know it's my intuition and not my imagination? The truth is, your intuition and your imagination are closely linked. Often your intuition is expressed through your imagination. If you never used your imagination, quite frankly you would not be a very clear intuitive.

What you are seeing is often a beautiful metaphorical dream. Especially, the intuitive flashes we get right before we awaken. Remember the spirit world uses symbols and our interpretation of these symbols is the way our intuition expresses itself.

Imagination is the artistry of the mind. When we learn what it's trying to say to us through universal symbols we receive clearer and clear guidance.

I use my imagination to help me open my intuition.

I visualize bright light coming in through the crown of my head and bathing my body in warm glowing energy.

I imagine the rainbow of my chakras or energy centers lighting up one by one.

I imagine my red root chakra at the base of my spine sending energy deep into the earth like the roots of an old tree and connecting to the core of the planet so I am grounded to receive messages.

I imagine my mind being soft and empty and peaceful as I wait for a message.

These are all easy and powerful practices that connect you deeply to your energy centers and your awareness.

Affirmations are also a powerful way to unlock our intuition.

When we claim our Intuitive Gifts... they appear. It's that simple. The Universe responds to our requests.

Set your intention to be intuitive.

Say the following statements aloud every day as much as possible.

"I am profoundly clairvoyant."

"I am now a crystal clear channel of divine wisdom."

"I happily and easily serve the world with guidance from the spirit world."

## #6 Learn to Establish Your Basic Intuitive Level



Once we create a sacred space within our heart that holds our intuition we can return there time and time again. Inside this space we can deepen our understanding, expand our awareness and strengthen our connection to our guides and angels.

Many of you who are learning to open and to trust your intuition are under the belief that your intuition is something to be acquired—similar to when we earn a degree from a school. When in fact, our intuition is actually something you simply need to remember. You are already an amazing and gifted intuitive being. You would not be attracted to this material if it were not something that is already true about you. What you need to connect to is the place in you spirit where your intuition is stored. Perhaps its been shut off or lying dormant for quite some time.

This can happen.

For instance, if you were tortured, persecuted, exiled or even executed in a past life because of the use of your intuitive gifts, the chances are you may not be very eager to step forward and use your awareness in this lifetime.

It can be very scary for people who are coming from this history.

You may feel there is a dark shadow around you. However, the shadow is not an evil spirit. The shadow is the fear of the consequences of accessing your awareness.

There is no such thing as an evil spirit who will physically haunt you and attempt to cause you ill. There is dark energy and black magic, but those who use it are energetically attracting the boomerang of their own intentions. The Universe returns to you what you send out.

Popular movies like Paranormal Activity and holidays like Halloween would have us believe there is something out there waiting to haunt us and send shivers up our spine. However, intuition based on deepening your spiritual connection to a divine source of light energy is not terrifying.

It is deeply compassionate and comes from a source of unconditional love.

Or, if you don't believe in past lives (which is fine!), but your family has cultural or religious beliefs that are against use of your intuition. Your intuition may be considered the devil's work or wicked. This is interesting to me, because there are many visionaries and prophets in the Bible.

But, regardless, these religious and cultural beliefs can create a blockage to your insight.

When I first started to open up, I spent some time working with my brow chakra, also known as

your third eye. I notice that my third eye had literally been removed.

It my belief that I have used my intuition in many lifetimes and often I suffered the consequences... so I turned it off for awhile to protect myself from harsh judgments from others.

Once I decided to open it up again, it was easy to repair. I used my imagination and asked Archangel Michael to help me create a new eye made out of a beautiful purple stone. This took a few moments in meditation and I placed it in my empty third eye space. Almost immediately, it illuminated and light began to flow through it.

I was soon once again using my intuition freely in this lifetime.

I also began to remember other incarnations where my intuition was strong and I integrated with this energy as well.

So take a moment in meditation and check in on your third eye.

It's also helpful to engage your imagination.

Just gently notice:

Do you have one?  
Is it open or closed?  
If it's closed, ask if it would like to be open?  
Ask what might be blocking it?  
Gently imagine it opening.  
Notice your eye color.

Allow it time to strengthen. This can take days, weeks even months depending on your readiness and the level of your spiritual practice.

More prayer equals more intuition.

Next search through time to connect to the lifetimes where you were once using your intuition freely.

You may have a past life memory or you may just have a sense.

Connect to these aspects of yourself and ask them to be integrated with you in the present moment.

Next, in your meditation find yourself walking on a beautiful path in nature.

Notice the ground, the scenery

Are you in the mountains, by the ocean, near the beach?

Next notice a secret staircase in this natural place.

Begin to descend the staircase.

Counting as you walk down each step,

10

9... notice your surrounding

8

7... deepen your breath

6

5... feel you mind releasing thoughts

4

3...deeper breathing

2

1... you find yourself in a new place.

Take a look around.

Make a mental snapshot of you environment do you see a bench or a place to sit.

Go there and quietly wait.

If you have a visitor, animal, spirit, light, sound, color.

You can ask for a name or a way to identify this energy in the future.

Know you are SAFE.

If you feel fear... invoke Archangel Michael to stand next to you.

The way you do this is, "Archangel Michael, please surround me with your protection."

This is your basic intuitive level.

Now you can visit here any time.

You can get here fast by counting 3-2-1.

This is the place to start all of your deep listening.

## #7 Develop your Symbol Dictionary



The spirit world does not speak in a language of words.

It speaks in symbols, signs and through the natural world.

As we develop our own personal dictionary, it makes our connections easy and clear.

Start with a master teacher in this area. Read Carl Jung's book, *Man and his Symbols*. Jung discusses many symbols that exist in the collective consciousness. This means they have a Universal interpretation.

For example, water means emotions. When I'm doing a reading and I see water. I look at it. I know that water is trying to tell me something. As intuitives, we are listeners and observers. So, look at the water as a symbol of a deeper truth. Is it clear, turbulent, deep, flowing or still? This tells me something about the emotional state of my client.

Other tools that help with the development of a symbol dictionary is using the Toth Card Deck by Allister Crowley or the new deck by John Holland. Pay attention to repetitive symbols, over time you will develop your own interpretations.

## #8 Open up Within a High Vibration Energetic Field Set by Your Intentions



One of the most frightening experiences for new intuitives, happens when they start to “open up” and some unexpected encounters start to occur. Disturbing dreams, a sense of a spirit nearby, a clear voice in your head, are a few of the examples that are reported. Hollywood has also created a lot of hype about psychic phenomena. Most of the time, it’s just our imagination in response to the cultural perceptions about ghosts and spirits. This is aggravated by our internal judgments about intuition from our family, community, church and history.

Let’s face it!

The P-word has a bad reputation.

Very few of you want to walk up to a new acquaintance and extend your hand and say, “I’m a psychic! What do you do?”

So when we start to open up to our own natural sense, all this stuff comes along with it. I call this **Toxic Psychic Hyper-Imagination**.

Yes, some of the encounters are valid, but I have found from my thousands of readings, that the spirit world is compassionate and patient. We often are only seeing and sensing our own inner truth and demons reflected back to us.

However, this can be by-passed immediately with the use of powerful energetic boundaries.

First, I’d like to take a moment to explain the levels of the Universe. The universe has a hierarchy and a structure. When we understand its structure it becomes easier to navigate the realms with our intuition.

The first layer of the Universe is called the **Astral Plane**.

This is the equivalent of the airport here on earth. Imaging the dynamic anonymous energy of a high traffic airport. Thousands of random people traveling about of all walks of life, men, women children, students, executives, teachers, ex-convicts, child abusers, ministers, artists... you get the picture.

How can you tell who is in what category, good or bad?

Truthfully you can’t, it’s impossible!

The airport is simply too busy and fast paced and it's basically a place where people are passing through to another destination.

The Astral Plane is the place where spirits go who are in between.

There is positive energy and negative energy here. Often what I call disembodied spirits stay in this space. They have not evolved to their enlightened state yet, either by choice or circumstance.

They can be quite mischievous.

It's best to pass over the Astral Plane altogether. I'll teach you how in a moment.

It is not a good source of clear information.

Next is the **Hall of Records**.

In many Christian traditions this is known as the "Pearly Gates." This is where we receive our life review, connect to our soul group and embrace our loved ones who have passed before us. It can also be a place where we rest for a bit, if our life was particularly exhausting. Information about our life's purpose, our Akashi Records and messages from our loved ones are retrieved on this level.

Next, are the levels of the **Angelic Realms** and **The Ascended Masters** in this order ascending to God at the top at the Divine Omnipresent Source of Creation:

**The Guardians and Spirit Guides**

**The Wisdom Teachers**

**The Archangels**

**The Elohim and the Rays of Light**

**The God/Christ Consciousness**

Information can come from any or all of these levels. I use the following prayer to invoke protection and guidance from only the highest source. This insures accuracy and clarity.

When we connect to the information for the highest good from the highest source we are establishing boundaries that the spirit world will obey. There is a soul agreement with the angels and the guides of non-interference. Without our direct request, they will not intervene in our lives, unless we are ready to pass over or in danger of losing our life.

Every reading, I start by establishing the energetic grid and the framework for the guidance. I use this prayer, which you are welcome to use or adapt. My teacher, Linda, who passed away several years ago, gave it to me.

*"Close your eyes, uncross your legs and place both of your feet on the ground.*

*Take a deep breath and release it.*

*We invite the energy up from the earth and into our hearts and we release it.*

*We invite the energy down from the heavens and into our lives and we release it. We ask that the information that we are about to receive be from the highest source and for the highest good of all concerned.*

*We invite in the Christ Consciousness.*

*We invite in the archangels: (Archangel Michael, Gabriel, Raphael, Metatron, Jophiel...List who your sense. )*

*We invite in the ascended Masters: (St. Germaine, Quan Yin, Yogananda...name who resonates with you.)*

*We invite in the departed loved ones of, \_\_\_\_\_(name the person you are reading for.)*

*We invite in the thousands of those named and unnamed who assist \_\_\_\_\_(name of the person you are reading for) on her spiritual path and in her every day life.*

*And we thank you for your guidance and assistance at this time.*

*And so it is... Amen”*

Use this every time. It will protect you from low vibration messages. Its also establishes a powerful and clear boundary to keep your intuition tucked away in your heart until you are ready to call upon it for your protection.

## #9 Turn Off Your Open for Business Sign When You're not in a Protected Space



I've met intuitives before who walk around ON all of the time.

They are the individuals who give this awakening its bad name, because their information is generally wrong and comes from the lowest source, The Astral Plane.

When you are on all of the time...

- You give intuitive information to people who do not ask for your assistance.
- Your messages are based on fear and sound like a warning.
- The people who encounter you look emotionally upset or distraught after you have spoken to them.
- You tend to feel exhausted, you're often physically sick, full of anxiety and surrounded by conflict and drama.
- You approach strangers and offer insight.
- You walk through a mall or a public place and feel as if you have been run over by a truck.
- You offer psychic advice after you have consumed alcoholic beverages or use recreational drugs. (P.S. This is the quickest way to get a major negative attachment that will plague your life in unimaginable ways.)
- You give readings in areas where there is drinking and partying.

Here are some of the signs; pay attention if it sounds like this might be you. If it is, return to step #8 and clean up your act.

## #10 Have the Courage to Share Exactly what You Sense



One of the first readings I remember, I kept seeing an image of a goat. I was embarrassed and afraid to tell my client that all I could see was a goat. I also saw that she was not wanting to be part of a group and that the uncomfortable experience would not last for long. There were several other specific details.

I summoned my courage and shared with her exactly what I saw without any personal interpretation.

She immediately exclaimed, “Oh my, that’s amazing. I’m planning my son’s bar mitzvah and last week we spoke about the scapegoat who is cast out into the wilderness. Now all week, I keep feeling like the goat, because I’m not a regular participant at the synagogue except for this one event for my son.”

Intuitive guidance will often make sense **ONLY** to the person receiving it. Be bold, and share your visions with confidence. Ask them receiver to allow 3, 6, 12 and even 18 months for a situation to unfold. There is no deadline or timeline in Heaven. We will reach certain milestones when our soul is ready.

### **Here is a list Additional Recommended Resources.**

I encourage you to study with the Master Teachers of our Time and read channeled material from the departed master teachers...

Edgar Cayce, *A Course in Miracles*

Paramahansa Yogananda, *Autobiography of a Yogi*

Wayne Dyer, *Your Journey To Enlightenment*

Doreen Virtue, *Angel Therapy*

Sonia Choquette’s, *Ask Your Guides*

John Holland, Tarot Deck, *The Psychic Tarot Oracle Deck*

Collette Baron Reid, *Journey through the Chakras*

Brian Weiss, *Many Lives, Many Masters*

## About The Author

Kristen White is an award-winning business and life coach who specializes in the areas of personal and spiritual growth. Kristen's intuitive abilities appeared in her late thirties when she started a daily practice of meditation and prayer. She believes everyone has intuitive skills and that these abilities are dormant until one is able to recognize the language of their soul.

In her classes, Kristen teaches individuals how to ignite their intuition and receive messages from the Divine. She also works with individuals privately and in small groups through her popular e-course, [IntuitionIgnition.com](http://IntuitionIgnition.com), and weekend workshops. Kristen hosts a radio/podcast on VividLife.me where she explores the many dimensions of spiritual insight and how to master them.

Kristen works with her husband, John Schwab. They are the Mystic in the Minivan and the Suburban Shaman. You can read their love story at [IntuitionIgnition.com](http://IntuitionIgnition.com). They live in the Midwest with four children, three dogs, and two cats. However, they no longer drive a minivan.

