

Awakening Intuition - Frances Vaughan Book Notes

Chapter 1: Tuning in to Intuition

One relaxation exercise taught in yoga: begin relaxing your toes “I am relaxing my toes. My toes are relaxing”, and move up the body.

Can you imagine... the space between your eyes, ears, etc etc.

Concentration

The visualization of geometric forms, as practiced in esoteric psychology, is one way of strengthening intuitive right-brain functions.

-Visualization of geometric forms

As you develop the capacity for an expanded awareness of feelings in which you try neither to hold on to positive emotions, nor to get rid of negative ones, you will realize that all emotions are transitory. Even deep depressions, which sometimes seem interminable, can and do change. Nor do highs last forever. Yet both are clearly part of the human experience, and to the degree that you are willing to expand your range of experience, you also expand your capacity for perceiving, understanding, and knowing more. It is the attachment to emotional states that interferes with the awakening of intuition, not the emotions themselves.

The desire to maintain control over subjective experience often stems from fear or anxiety aroused by the prospect of surrender.

In summary, there are three basic steps in training the mind for optimal development of intuition. The first step is quieting the mind. Any form of meditative discipline will contribute to your ability to do this. Physical relaxation is an important aspect of this part of the work. The second step is learning to focus attention, or concentrate on that aspect of reality that one chooses to contact at a particular time. The third step is the cultivation of a receptive, nonjudgmental attitude that allows intuition to come into conscious awareness without interference.

Chapter 4: Imagery and Intuition

If visualization is easy to you, you may be able to come up with a variety of symbolic images, simply by focusing on what intuition means to you and waiting for a visual image or a metaphor to appear. If this seems difficult to you, the following exercise may facilitate the process : similar to house of door

Chapter 7: The Wisdom of Intuition

In both Eastern and Western spiritual traditions, intuitive knowledge is recognized as the highest form of truth. Western mystics and Eastern gurus agree that reason is limited, and only intuition can apprehend ultimate truth. The state which is called enlightenment or illumination is an

intuitive experience wherein one penetrates behind appearances, to see things as they really are, and to know them from within, through identification of the knower with the object known.

Awakening intuition is inseparable from the development of self-awareness. Knowing oneself is essential to knowing anything about reality.

Your intuition can show you alternatives; it can give you a sense of what is possible for you. It does not tell you what is right or wrong, but it is a reliable indicator of what you need at a particular time.

Pure intuition remains unaffected by thoughts and feelings, and will always take you beyond the boundaries of present conscious knowledge.

Sufis assert that the awakening of man's latent perceptual capacity (intuition) is not only crucial for his happiness but is the principal goal of his current phase of existence – it is man's evolutionary task.

Much energy is usually directed toward manipulation and control of the external environment and of other people. If you withdraw that energy from the external world and turn it inward to self-observation, you can discover how to transform your experience by changing not your external circumstances, but your state of consciousness.

Self-awareness is the foundation of psychological health and well-being. To be sensitive to and conscious of how your body functions best, what keeps you healthy and makes you happy, is the beginning of taking responsibility for your life. You know better than anyone else in the world what you need. The problem in finding the answers you want is often not a lack of information but an unwillingness, or fear, or acknowledging what you already know.

Learning to observe the flow of your thoughts and inner imagery, listening to your internal dialogues, and being aware of feelings and sensations are all part of the process whereby you can expand the awareness of being in this moment. By letting go of external objects and internal fantasies you can also expand your awareness of the silent space in which all experience takes place. You can do this at any time, whenever you choose to focus on the context rather than the content of your experience.

Paying attention to those attributes in other people that you find attractive can be a useful indicator of what you would like to develop in yourself. Thus, by expanding your intuitive appreciation of others you can become more conscious of your own potential and allow it to unfold.

Guidelines for Awakening Intuition

Intention: The first requirement for consciously awakening intuition is a clear intention to do so. Intuition is already within you, but to awaken it you have to value it and intent to develop it.

Time: Your willingness to devote time to tuning in to your intuition, making a space for its unfolding in your life, is part of valuing and developing it.

Relaxation: Letting go of physical and emotional tension gives intuition the space to enter your conscious awareness.

Silence: Intuition flourishes in silence. Learning to quiet the mind is therefore part of the training for awakening intuition. Various meditative practices are useful in learning to maintain the necessary inner silence.

Honesty: Willingness to face self-deception and to be honest with yourself and others is essential. Creating any kind of smokescreen interferes with clear vision. Giving up pretenses is a big step in awakening intuition.

Receptivity: Learning to be quiet and receptive allows intuition to unfold. Too much activity or conscious programming gets in the way of intuitive awareness that emerges when a receptive attitude is cultivated.

Sensitivity: Finely tuned sensitivity to both inner and outer processes provides more information and expands intuitive knowing. Sensitivity to energy awareness and the quality of experience is particularly useful.

Nonverbal Play: Drawing, music, movement, clay, and other forms of nonverbal expression done in a spirit of play, rather than for the purpose of goal-oriented achievement, provide excellent channels for activating intuitive, right-hemisphere functions.

Trust: Trusting the process, trusting yourself, trusting your experience, are the keys to trusting and developing your intuition.

Openness: If you are afraid of being seen, you may close up and then be unable to see. Being open to all experiences, both inner and outer, gives intuition the space it needs to develop fully.

Courage: Fear gets in the way of direct experience and often generates deception. Your willingness to experience and confront your fears will facilitate the expansion of intuition.

Acceptance: A nonjudgmental attitude, an acceptance of things as they are, including self-acceptance, allows intuition to function freely.

Love: Opening your heart to feelings of nonjudgmental love and compassion allows you to see into the nature of things. Emotional empathy and intuitive identification are facilitated by love and compassion.

Nonattachment: The willingness to let things be as they are , rather than trying to make them the way you would like them to be, or the way you think they should be, allows intuition to emerge. You can see things as they are only when desires and fears are out of the way.

Daily Practice: Intuitive awareness grows with daily attention. If you discount or neglect it most of the time and only want it to perform occasionally, it may not respond.

Journal Keeping: Keeping a record of intuitive flashes, hunches, insights, and images that come to mind spontaneously at any time of the day or night, can help stabilize and validate them.

Enjoyment: Following intuition does not always feel good. At times it may seem difficult and entail arduous work. At other times it may be effortless. Enjoying the creative resources of intuition is based on the intrinsic satisfaction of expanding consciousness, taking responsibility for your life, and surrendering to your own true nature.