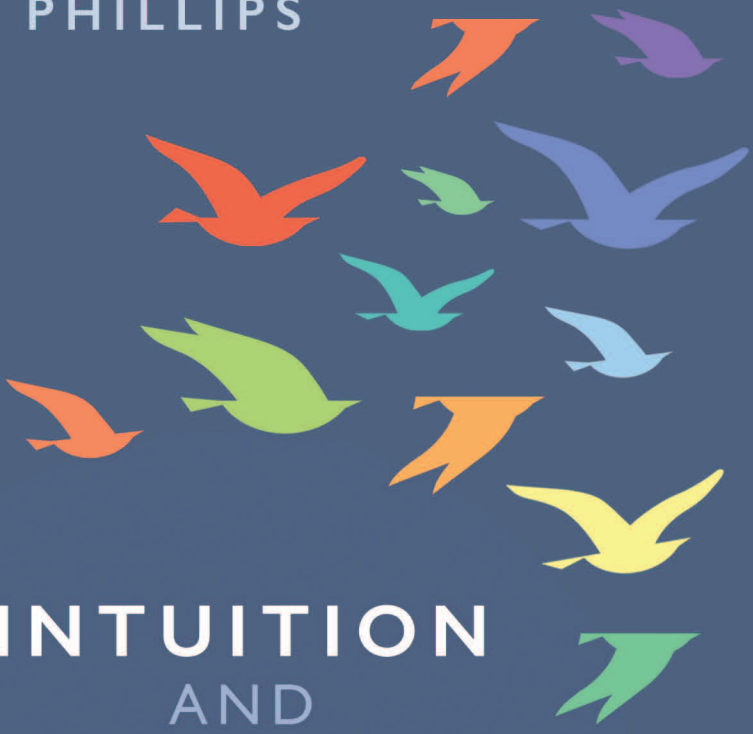
LESLEY PHILLIPS
PhD



INTUITION AND CHAKRAS

HOW TO INCREASE YOUR PSYCHIC DEVELOPMENT THROUGH ENERGY

INTUITION AND CHAKRAS

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About the Author

Lesley Phillips, PhD, is a spiritual teacher focused on helping people access their personal intuitive guidance. She has offered intuitive sessions and energy healing since 1996 and has taught meditation, healing, and intuition development since 2003. Dr. Lesley has provided spiritual guidance to thousands through her School of Intuition courses, Unlocking Your Truth radio show and podcast, books, mentoring sessions, workshops, readings, and healings.

She originally trained as an environmental microbiologist and searched tropical regions of the planet for natural product medicines. Later, she was a business negotiator for life science companies. She created her School of Intuition to bring teachings about intuition to as many people as possible. She believes that psychic senses are our most natural form of communication, and that as we evolve into an awakened species we will reclaim these abilities and use them as naturally as we now use our physical senses.

She created her signature Psychic Ability Blueprint chart and consultation to help her clients validate their unique purpose and remind them of the amazing potential of their intuitive abilities. She has created numerous online

courses and workshops to help people master these gifts: from the foundational Unlock Your Intuition psychic development course, to courses on individual psychic senses such as clairvoyance, clairaudience, clairsentience, and claircognizance, to her advanced Kundalini mastery courses.

Dr. Lesley also creates automatic drawings that convey spiritual information. She created Portico Soul Essence Cards, a deck that opens the intuition and creativity of its users. She is author of a spiritual novel, *The Midas Tree,* which aims to help children keep, and adults remember, their spiritual gifts. She is happiest when working on her next creative project to support her mission to bring intuition to the mainstream.

For more information about her intuition development courses, to have your Psychic Ability Blueprint chart done, receive a reading or a healing, participate in a workshop, listen to podcasts, join her mailing list, download meditations, and discover other ways to connect with her, please visit https://drlesleyphillips.com/ or join her Awaken Your Intuition Facebook Group, https://www.facebook.com/groups/288011298447383/.

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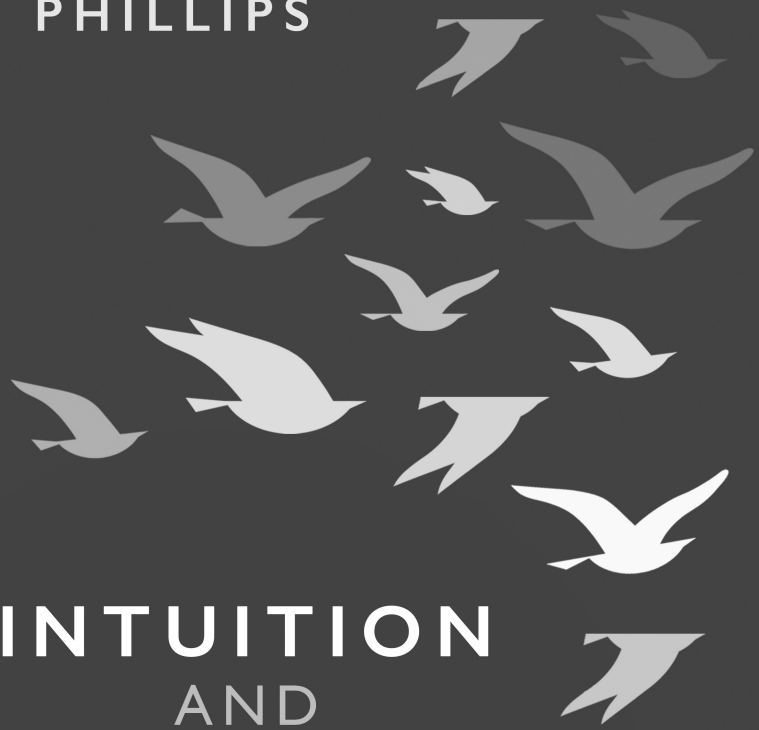
PhD



INTUITION AND CHAKRAS

HOW TO INCREASE YOUR PSYCHIC DEVELOPMENT THROUGH ENERGY

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and our cocreation of a new planetary reality.

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Though unconfirmed by Western medicine, it is possible that the exercises in this book could lead to changes in your mental, emotional, and physical state as you release energy and integrate new information. By reading this book, you acknowledge this, read it at your own risk, and agree you will do the following:

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INTRODUCTION

Imagine asking your inner wisdom about your problems and receiving solutions you can rely on. Instead of being uncertain and asking friends what to do, envision receiving your own crystal-clear answers. Tapping into your intuition whenever you wish, being assured of answers to life's big questions, and following your trusted guidance to happiness and success are all within your reach. Whether you have questions about your life purpose, health or finances, or important decisions to make about relationships and career, this book will show you how to access your intuition and help you clear your uncertainty.

When asked how they would like their life to change by developing intuition, most people want to make better decisions for an easier life. They believe greater clarity will bring more peace, confidence, and happiness. They also mention physical, mental, emotional, and spiritual problems they hope intuition can solve. It is true that intuition can assist with all of these aspects of life. Intuition is the light that clarifies all things. When you can see yourself clearly and view your life honestly, you are empowered. Self-awareness lets you know what is in your way and how to change it. When you follow your intuition and your life improves, you become confident and open-hearted.

There are contrasting views on intuition. Skeptics demand tangible scientific evidence. Blind followers accept external guidance without discernment. Seekers hope it will unlock the mysteries of life and reveal their purpose. Believers know there is something in it as they have had direct personal experience. Masters use it like ordinary physical senses because to them it is as normal as breathing. Reading this book will expand your intuition knowledge no matter where you sit on the spiritual spectrum. It will help you not

to ignore or misunderstand, but rather honor and treasure this gift. You will learn there are many ways to be intuitive. Instead of remaining elusive or fleeting, your intuitive senses can be mastered.

Simply put, intuition is your ability to understand something immediately without the need for conscious reasoning. Intuition can take many forms, including claircognizance, your sense of knowing; clairsentience, your gut feelings; clairaudience, intuitively hearing messages; and clairvoyance, your ability to see energy. Other forms include telepathy, precognition, and healing. We will cover them all. Learning to access your intuition can be very rewarding from a physical, emotional, mental, and spiritual perspective. The path to developing your intuition includes healing yourself, as you cannot receive or transmit a clear intuitive signal through a cloudy medium. The rewards of walking the intuitive path go beyond reading others. It will change your life completely.

Benefits of Intuition

Intuition can give you the freedom to help yourself and others. You can know why you are here and what choices will best bring you happiness and fulfillment. If you can access your intuition, then you can use it to illuminate your life path. You can know yourself more intimately and see others clearly. Connecting with your Trusted Source and accessing your higher guidance increases self-confidence, reduces doubt, and helps you release limiting beliefs. Being intuitive is empowering. You know what you want and can reclaim your energy and use it for you. Apart from this, your intuition allows you to communicate with the divine, angels, and guides. It lets you identify your life purpose and your special gifts. You can see auras and read past lives, listen to the music of the spheres, and know everything you need to love your life.

Relationships also improve or change in ways that enhance your life when you heal yourself and develop your intuition. You attract compatible people who are a match for the new you, leading to greater happiness and fulfillment. Following the intuitive path makes you more resilient to change and able to set clearer emotional boundaries. You can discern your energy from someone else's, detect interfering energy from others, and clear it out. If relationship questions prey on your mind and you wonder why you can't find a

mate or if you should stay in a relationship, your intuition can answer them so you can make confident choices.

Developing your intuition trains you to be in charge of your body. You learn to calm emotions and quiet your mind. Then you, the spiritual consciousness, can direct your life. Being intuitive can enhance your mental focus, increase clarity, and lead to better judgment and memory recall. Your increased certainty will lead to improved decision-making. If you suffer from depression or mental anguish, you can alleviate it as you will know how to release its causes. You will appreciate the difference between your intellect, ego, and intuition. Doubt and confusion will go. Abundance and self-confidence will increase.

Intuition increases body awareness. You can listen to what your body needs to be a healthy, supportive partner on your life journey together. If you pay attention to your body, it fights you less and trusts you more. As meditation is used to develop intuition, you will be able to release your body's discomfort. It will relax. You might even sleep better. Once you are better rested, you probably will experience increased energy and improved health. If you do encounter health issues, you can rely on your intuition to provide information on healing, such as how to manage pain, adjust your diet, administer treatments, identify beneficial exercises, and improve your body systems.

If you are a worrier who lies awake at night concerned about money and career issues, or if you don't know why your abundance is blocked or why you always lose everything you have, intuition can help bring clarity and healing. Uncertainty on whether to accept a job offer, change careers, go back to school, or start your own business can be frustrating, but intuition can lead you to the solutions. Intuition helps you go with the flow and banish stress and anxiety. Your body talks to you through its emotions and physical symptoms. Listening with empathy and taking care of its needs puts you in balance, which in turn reduces stress. As intuition provides a clear perception of reality, you stop projecting and have less fear.

What Is in This Book

Intuition and Chakras will educate you about intuition and show you how it can answer your deepest questions. Intuition can help you lead a guided and purpose-filled life. This book will give you a foundation to open and develop

it safely. There are three sections that take you on a journey of your intuitive senses.

Part One is all about you, your energy, and how to consciously create your life guided by intuition. Life can feel empty when you don't know who you are or why you are here. You might feel like a victim if you have no explanation for your pain. Your intuition can help you discover answers to the big questions and the small ones, including the one you probably have asked many times, "What is my life purpose?"

Knowing your purpose is not the same as consciously directing your life. For that, you must take charge of your energy field, as that is your creative universe. Harnessing your intuition provides awareness about what is in your energy field. Then you can release what you don't want and create what you do. You are spirit. You are not only your body. As an awakened human you must talk to and through your physical body. Your intuition is the path to doing this. In fact, intuition is spiritual communication and is how you communicate whether you're in a body or not. You interact with your body via spiritual centers called *chakras*. When you are not in resistance to life, energy flows easily through them, and you experience vitality. They also channel your intuitive senses and determine which types of extrasensory perception form your unique inner guidance system.

You'll also investigate what stops you from accessing your inner guidance and reaching your full potential. Intuition is demystified so it is accessible in your everyday life. You'll uncover seven commonly experienced blocks to intuition. Once you know them, you can observe them in your life and make changes so they no longer limit you. Then you'll bust some commonly held myths about intuition, so you can be free from unhelpful information. Whether picked up from friends, books, courses, or the internet, you will be able to release falsehoods and recognize what is correct for you. You'll also explore the main reasons for not acting on intuition and determine how well you currently follow your higher guidance. Once you bust the myths and overcome your blocks, you can reap the rewards of your intuition. You will align your personal goals for developing intuition with your greatest good, so you can benefit from following your higher guidance for the rest of your life.

Your profile of intuitive abilities is unique to you and encodes everything you need to fulfill your purpose. In Part Two, I will take you on a detailed tour

of your intuitive guidance system. You'll also read about people who overcame their challenges and developed their intuition. As we journey through the types of intuition flowing through the sixth and seventh chakras, you will see how they connect you with higher frequencies and dimensions of reality. They allow you to communicate with your higher self, source energy, and other beings; as well as to observe the past, present, and future. Next, you'll explore the intuitive information flowing through the fifth chakra. It allows for a wide range of spiritual communication with other people and your guides. You'll also consider the hand chakras that are involved in manifesting. The sojourn continues with the intuitive abilities of the fourth, third, and second chakras. These centers connect you with your physical and astral bodies, humanity, and all creation as well as how you use your life force energy to create in these realities. You will learn how to tune in to your body's feedback.

Finally, you will focus on energy centers that help you navigate and manipulate energy in physical form. The first chakra and feet chakras connect you with physical reality and planet Earth. In addition, multiple chakras cooperate to sense and influence energy for balance, healing, and change. You will learn all about that as well.

In Part Three, you will learn foundational techniques to put you in charge of your intuition and your life. They make it safe for you, the high vibration being, to operate through your body and use your spiritual gifts. Historically, psychic gifts have been shrouded in secrecy, only available to mystery school initiates. In this time of shift, turmoil, polarization, and mass awakening, it is necessary to teach them to as many people as possible. You will learn an important lesson that will change your life. It is the secret of enlightenment and how to be conscious as a spirit in a body.

Next, you will be shown how to be in charge of your life, by seating your consciousness in a specific location. By occupying this soul seat, you activate your intuition and can easily handle any information you receive. Once you have this under your belt, I'll explain how to work with energy. You'll discover how to create thought forms. You can use clairvoyance and your ability to manipulate energy to change your reality by letting go of what you don't want and creating what you do.

You can't align to your unique life purpose unless you are oriented to the planet. You will awaken to planet Earth by consciously running Earth energy through your body. This can help you release limits, relieve stress, and clear unwanted energy. You also can't align to your purpose without being oriented to the rest of the cosmos and source energy. You are a multidimensional eternal being. Other aspects of your consciousness are creating in other realities. By consciously running cosmic energy, you balance with cosmic consciousness.

In the final chapter, we bring everything presented in the book together. You will be mentored through exercises to help you identify your Intuition Blueprint and validate how it supports your life purpose. You will be shown how to use meditation to heal your life, clear your limits, and activate your intuition. You will see more clearly and have your own unique spiritual perspective. You will have the tools to transition from where you are now to where you want to be. If you follow these exercises, you will be well on the path to using your intuition as a practical everyday tool that supports all aspects of your life.

To explain your energy system and intuition, I have sliced the information into sections. In reality, however, your chakras and spiritual communication function as an integrated whole.

The first tenet of spiritual growth is to "know yourself." I hope this book will help you know yourself as spirit, and your personal path and purpose more deeply than ever before. Self-awareness and self-healing are the foundation of spiritual growth. If you develop your understanding of your energy system, you can see yourself and heal yourself. Then you can be in a position to give to others if you wish.

As a spark of divine consciousness, you are limitless, there isn't anything you cannot know or create. You are source energy. You are a vibrational being. Your desires fuel your expansion in this reality and many others. Intuition is how you communicate as spirit. You have created a body to experience physical reality. This body is powerful. It has an intellect, emotions, and sex drive. You must be in charge to live a consciously created and intuitively guided life. Most humans have forgotten they are spirit. They focus solely on their physical nature. They use their body aspects, but not their spiritual gifts. This excludes them from expressing their full potential and creativity.

Learning to meditate and develop your ability to communicate as spirit will bridge this gap as it helps you connect body and spirit.

Everyone has intuition. This book will help you tap into yours more than ever before. Intuition can guide your life and answer your questions. It will help you know yourself, know what you want, as well as how to create it.

The Intuition Journey

Throughout this book, there are many stories of individuals and their personal intuition journey. They are meant to inspire and encourage you. These people have overcome many challenges, opened their abilities, and used them to enhance their lives. If they can do it, so can you. As well as sharing these stories, I thought it helpful to share some personal experiences, so that you get to know me, and because I also had challenges. We are all mirrors for one another and can learn from each other's experiences.

I have always loved my intuition, although that was not always the label I used to describe my ability to interact with energy and communicate with spirit. To me, the sky swims with energy and the air is alive with fast-moving particles of light. As a young child, I remember asking my mother, as she tucked me up in bed, if she could see the pretty lights. She said she could not. So I tried to make myself see the same as others. I oriented myself to being in the world, and to seeing with my physical eyes instead of my spiritual eye. I worked hard and was top of the class. This opened possibilities in one way, but it closed them down in another.

I grew up in the United Kingdom in a culture where the intellect was placed on a pedestal. I did a great job of fitting in. I was an environmental microbiologist who searched bio-diverse regions of the planet for natural products to be used as medicines. Like a modern shaman, I believed nature's treasures had the capacity to help and heal. I studied at university for eight years, received a PhD and the best training in experimental design, critical thinking, and the systematic study of the behavior of the natural world.

During the years I was a scientist, I kept a dream diary. My nightly adventures intrigued me, as my dream reality behaved in opposition to the known laws of physical reality. Plenty of scientists have offered theories to explain dreams. But what fascinated me were my direct experiences, which were not being adequately explained, including premonitions of my personal life

and world events, meeting people in dreams first before meeting them in my daily life, and past-life scenarios where I recognized friends although they had different bodies.

As well as having a doctorate and career in the life science industry, I followed my passion for developing and using my intuition to guide my life and help others. By the time I moved to Canada, I was already committed to my spiritual growth. Alone in my new country, I searched for like-minded people. I found an organization that offered advanced training in healing and intuition. As a result, my spiritual evolvement accelerated. I spent six years in intense training and have practiced professionally since 2005. I delved deeply into my beliefs and stored pain, freed myself from self-limiting concepts, and let go of external programming. I am a certified intuitive counselor, energy healer, and meditation teacher.

Because my psychic awareness developed at the same time my business career took off, I ended up leading a double life for many years. I once admitted to teaching meditation at a business negotiation lunch. The lady who had asked about my hobbies was perplexed and said, "Is that when hippies do a sit-in on the floor with their legs crossed, chanting?" I thought then that it was best if I kept that side of myself under wraps. I also thought that to be completely accepted by my psychic friends, I had to reject my education, my job, and my past to meld with their expectations of who could be intuitive. I realize now that is far from true, yet I rejected that side of me for a while.

Because of my personal life journey, I am able to bridge the gap between the intellectual and intuitive realms. I am not the stereotype of a scientist, businesswoman, or intuitive—I am me! These days, I mentor individuals in both realms. I help them clarify their direction, transform themselves, and live a more fulfilling life. One of my goals for this book is to break down barriers. Being intuitive is still taboo, and my vision is for it to be accepted as an everyday part of life. Science and spirituality are coming together more than ever before. Yet intuitive practices are not always grounded in this reality, and intellectuals still try to grasp intuition through logic. This book will help you integrate the polarities of intellect and intuition, so you can be sensitive among the intellectuals, grounded among the intuitive people, and authentic with both.

If you were attracted to this book, you might recognize yourself in my story of being pulled in two directions. This book was written for you if you are seeking a higher purpose for your life, are ready to explore your inner world, wish to understand your intuitive experiences, and wish to develop your intuition. It isn't for you if you want to read a thesis on intuition, but if you release doubt and open up to new realizations, you can step into your own direct experiences. Suffice it to say science is catching up. There are peer-reviewed papers with supporting evidence, including studies on intuition in military defense, sports coaching, emergency medicine, physics, and biology. If you want scientific evidence, you can find it in other books.[1] I can guide you in your inner work and show you how to heal yourself. Let go of your illusions, expectations, and limits. Dig deeper, look under rocks, be your authentic self, be intuitive, and be self-aware.

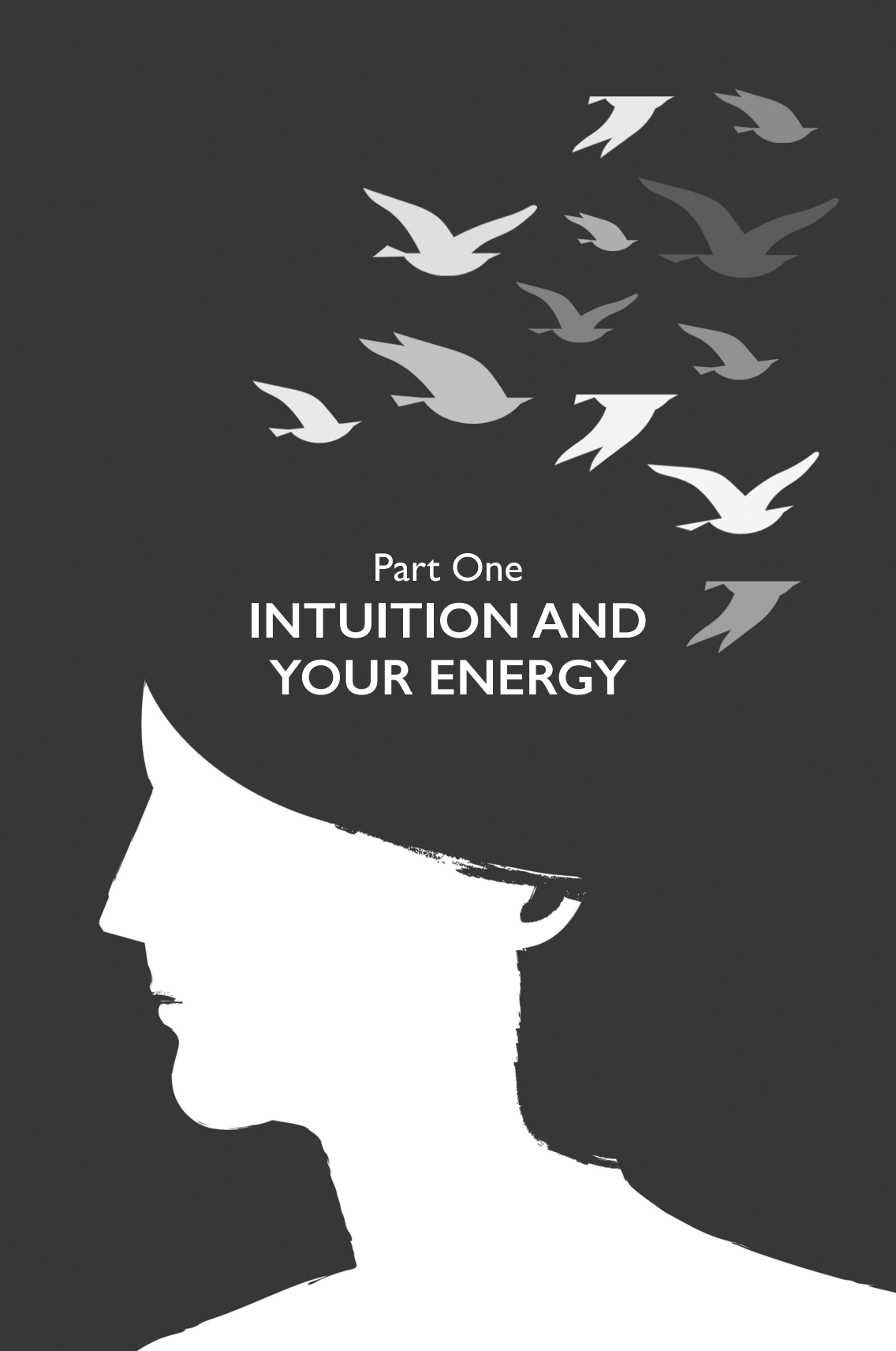
If you read this book and stay committed to your growth, you will propel yourself on an accelerated journey of awakening. This book is for you if you want to learn to receive higher guidance, trust your intuition, release doubt, clear your blocks, and act on your intuition. You have selected the right book if you believe in your intuition, want to learn your intuition style, and wish to develop it further. You are on the right journey if you have had unexplained experiences, feel blocked in accessing your intuition, and wish to know why; or if you have trouble trusting or acting on your intuitive messages and want to overcome your doubt and uncertainty.

If you are wondering whether you are ready to take this step, here are a few things to consider:

- Are you happy with everything in your life or do you wish you could change some things?
- Do you have a strong desire to heal yourself, and can you commit to doing everything it takes to be transformed?
- Is something missing that you know should be there?

1. Gober, Mark. *An End to Upside Down Thinking: Dispelling the Myth That the Brain Produces Consciousness, and the Implications for Everyday Life.* Cardiff-By-the-Sea: Waterside Press, 2018.

The path of the intuitive is a personal journey that can take time. You can truly shift your reality when you are committed to your personal growth. Developing my intuition changed my life completely in powerful ways. I hope this book inspires you to reclaim and use your gifts.



Part One
INTUITION AND YOUR ENERGY

Chapter 1
YOUR INTUITION

At birth, spiritual abilities are active in all of us, but for many people they are turned down over time. This happens as you orient to the physical world, because you must learn to operate your body and its senses for feedback about physical reality. The extent of intuitive shutdown depends on culture and upbringing. If the intuitive senses are ignored or discouraged, they become inactive. Some people are so focused on material existence, they stop experiencing intuition completely. Given that you are reading this book, you are likely not one of those people; though perhaps you sense your intuition could be stronger and want to reclaim your inner guidance system. Luckily, you can remember and fully reactivate your abilities.

The association of the third eye with spiritual vision and the crown chakra as a gateway to higher consciousness are well known. Yet there are other energy centers that play a role in spiritual communication. There are seven major chakras that channel intuitive abilities and information that can guide your life journey. *Intuition Blueprint* is a term I coined to describe the road map of your unique spiritual abilities. You are meant to be conscious as a spirit in your body and use these psychic gifts to guide your life. As you read this book, you will go through a process to discover yours. It is a framework to help describe your unique guidance system

Knowing your Intuition Blueprint provides insight into how you wish to use your gifts to support your life purpose. It sheds light on how you are or are not using them. Most teachers say the first step in spiritual evolvement is self-knowledge. Accessing your Intuition Blueprint opens the door to

self-knowledge so you can navigate your life. Your Intuition Blueprint helps clarify your life goals as well as explain why you might be self-sabotaging. It informs you about your unique intuition style and how you can use it to create a fulfilling life that aligns with your greatest good. The information in the Intuition Blueprint stimulates your awareness and sows seeds of change deep within your consciousness. If you understand you are spirit, came here for a reason, and have an amazing internal support system to help you achieve your desires, then you can address everything that is getting in your way of reaching your desired potential.

Your Potential as an Awakened Human

Before you were born, you selected which spiritual powers you would tap into and develop to achieve your life goals. This profile is unique to you and supports you throughout this incarnation. Your Intuition Blueprint tells you which spiritual abilities you are focusing on in this lifetime and why. Its configuration at birth tells you how you are meant to play your instrument for beautiful music in the symphony of souls. Your Intuition Blueprint today helps you see if you are aligned with your Trusted Source and using your gifts to your full potential or if you are ignoring them. This knowledge helps you clear blocks and reclaim your gifts.

You will be surprised at how quickly you can unblock your intuition and use it to improve your everyday life. No matter what your current financial, relationship, or career situation, access to intuition can improve your life circumstances and show you how you can be of service in the world. You may be amazed at how many different ways there are for receiving intuitive information. While you have five physical senses, there are many more intuitive senses. Table 1 introduces you to the relationship between the chakras and psychic abilities. We will discuss each of them in detail in Part Two, where I hope you will begin to remember your unique intuitive abilities as well as start to use them to access guidance from your Trusted Source.

Chakra	Ability	Explanation
First (Root)	Survival	Programming to keep your body alive
Second (Sacral)	Clairsentience	Feeling emotions of self and others
Third (Solar Plexus)	Energy Distribution	Supplies vital energy through the body
	Astral Experience	Out-of-body dream experiences
	Astral Memory	Recollection of the dream state
Fourth (Heart)	Affinity	Attractive force drawing you to others and your passion
	Oneness	Connecting with all consciousness
Fifth (Throat)	Inner Voice	How you talk to your body personality
	Clairaudience	Hearing beings without bodies
	Broadband Telepathy	Nonverbal communication to groups
	Narrow Band Telepathy	Nonverbal communication to one or two others
	Pragmatic Intuition	Dealing with practical affairs
Sixth (Brow/ Third Eye)	Clairvoyance	Seeing spiritual phenomena clearly
	Abstract Intuition	Relating to abstract information
Seventh (Crown)	Trance Mediumship	Channeling spirit—yours or others
	Claircognizance/ Knowingness	Being still and knowing things
Sixth, Seventh	Precognition	Knowing the future

Chakra	Ability	Explanation
Hands, 6, 7	Psychometry	Telling things such as the past of an object by touch
Hands, 6, 7, 1	Healing	Healing yourself and other people
Hands, 6, 7, 1	Telekinesis	Altering the molecular state of an object with your will
Hands	Manifestation	Manifesting your inner creativity outwardly
Feet	Earth Energy	Drawing in energy from Earth

Table 1: Summary of Intuitive Abilities

Intuition and Your Akashic Record

You are an infinite being of ever-expanding wisdom and creative expression. You create in many realities, including Earth. The record of your imprint on the fabric of time and space is known as your Akashic Record. Everything about you, all you have done, thought, and felt in all your lives and other experiences of consciousness are recorded in your Akashic Record. Your Intuition Blueprint is the part of this record that relates to your spiritual abilities and how you use them in this life.

You are infinite consciousness. You could not fit the full expression of who you are into one body or lifetime. Nor would it make sense to do so. You create each life as a pocket of experience. You stay connected to the greater pool of knowledge through your intuition. Your intuition provides that connection to your full Akashic Record and higher guidance. It can also connect you to other parts of yourself, including past lives and higher levels of consciousness. It allows you to communicate with your soul about your life plan.

An analogy for this is to think about how DNA works. DNA is the blueprint of life. That blueprint is translated and expressed to create the biochemistry and physical structures of your body. If your soul is your DNA, then your Intuition Blueprint is the expression of that DNA through your life experience.

Awakening Your Intuition

Knowing you are spirit is the first step in your awakening. Accepting you have a wider range of sensory apparatus than your body is not so strange once you make that leap. To use your abilities to their potential, you must realize what caused you to turn away from them. You must want to see your life clearly, be willing to let go of the past, and accept major shifts in your thoughts, beliefs, behavior, and circumstances.

Owning and activating your spiritual system is like doing a home renovation. You need to examine the underlying structures that hold up the house and check that they are sound. If they are not, replace them with new ones. Once you check the foundations and ensure the structure is sound you can begin, taking care to clean the mess that gets stirred up. As you clean, you may look in places you haven't been in years and find old things you had forgotten. What emerges from the rubble may horrify or delight you. The old décor may have been influenced by someone else's taste. Maybe your old style was done to make someone else happy; live up to cultural, religious, or familial expectations; or fit better into the neighborhood.

In this analogy, the house represents your life. Foundations and structures are your beliefs. The décor is programming on how to behave. Now is the ideal time to decorate in your unique style and make a comfortable home for you to inhabit. Your chakras are like the vents that allow fresh air inside. If they are clogged with the debris of pain and invalidation, you will never breathe the clean air of your higher wisdom. Cleansing the chakras is necessary for owning your intuitive abilities. Meditation is the most powerful way I know to cleanse your chakra system and awaken your intuitive gifts.

Validating Your Intuition

The best way to validate your intuition is to experience it. It isn't something that can be studied and understood academically as it operates beyond the body and intellect. People fear what they can't understand. In our time period, intuitive people have been labeled as misguided crackpots. Some religious people say it is evil, and intellectuals label it as unscientific.

While admitting you follow your intuition can get you into trouble, usually it doesn't advance beyond ridicule. However, in the past, it could get you killed. Joan of Arc was a rural peasant who heard voices that told her

about her destiny as the leader of an army that would reclaim Orleans from the English. The voices told her where to find a sword buried in a church and instructed her to use it. Unfortunately, Joan was convicted of witchcraft and burned at the stake in 1431. Five hundred years later, she was declared a saint.

Throughout history, there are many other similar examples, including the healers and herbalists who were tried and executed as witches and the seers who were punished for seeing what others didn't want known. Luckily things are changing. Before the turn of the century, meditation was considered out of the ordinary and now it is mainstream. It has been introduced to schools and the workplace. Our scientists and business schools have studied it and have learned to see its value.

Psychologists have also turned their attention to intuition. They want to train people in quick decision making in situations where there is no time for analytical reasoning. Military strategists want to understand intuition to help soldiers and medics make fast decisions in the theatre of war. In fact, the U.S. Navy has funded research to enhance intuitive decision making.[2] Family physicians, emergency room doctors, and nurses are also being studied to understand how they use intuition and reason in life-and-death situations.[3,4] In a study performed by the Smith School of Business, 78 percent of business leaders admitted using intuition when they don't have time to weigh up the pros and cons.[5]

Most people believe in intuition when it is accessed in the dream state. This is an accepted "mystery" because nearly all of us have direct experience of dreaming. Indeed, studies have shown that most people have had a

2. Squire, Peter, et al. Enhancing Intuitive Decision Making Through Implicit Learning. *Interservice/Industry Training, Simulation, and Education Conference* (I/ITSEC), 2014.

3. Woolley, Amanda, et al. Clinical intuition in family medicine: more than first impressions. *Annals of Family Medicine.* 11. 1 (Jan 2013): 60-6.

4. Lyneham J, et al. Explicating Benner's concept of expert practice: intuition in emergency nursing. *Journal of Advanced Nursing.* 64. 4 (Nov. 2008): 380-7.

5. The Smith School of Business. Executive Survey. Smith School of Business. www.smith.queensu.ca Accessed April 20, 2019. https://smith.queensu.ca/news_blog/2016/2016-05-10_Data_Analytics_Survey.php

precognitive dream.[6] Yet, few are able to consistently access intuition from waking consciousness, nor believe this possible. So intuition usually happens during sleep or when the desire to know is strong. For instance, it has been demonstrated that 70 percent of pregnant women can predict their baby's sex.[7]

The above studies are a great validation for intuition, especially for those who need factual evidence and rational explanations. However, an intellectual approach can muddy the waters and result in confusion if it reduces intuition to mechanistic explanations and ignores the spiritual aspect.

Current scientific theories on "intuitive intelligence" have categorized three types of intuition. First is implicit learning, where the brain uses pattern matching to connect the dots between new problems and forgotten knowledge acquired in the past. Second is energetic sensitivity when the nervous system detects and responds to electromagnetic fields, which explains the sense of being stared at. Third is nonlocal intuition, which is the capacity to receive and process information about nonlocal events, thought to be due to the interconnectedness of everything in the universe.

Parapsychologists studying extrasensory perception (ESP) have historically categorized the psychic senses into four main types of PSI phenomena: telepathy, precognition, clairvoyance, and psychokinesis. They test for it in controlled experiments using methods such as Zener cards, where the subject must predict which of five shapes will be the next card in the deck to be upturned. Parapsychology also studies near-death experiences, synchronicity, reincarnation, apparitional experiences, and other paranormal claims. If you wish to know more about the scientific studies on psychic abilities, *An End to Upside Down Thinking: Dispelling the Myth That the Brain Produces Consciousness, and the Implications for Everyday Life,* by Mark Gober, describes hundreds of them.[8]

6. Wilson, Ian A. Theory of Precognitive Dreams. www.academia.edu Accessed April 20, 2019. https://www.academia.edu/8089263/Theory_of_Precognitive_Dreams

7. Shamas, Victor. The Intuition Pregnancy Study 1998. www.victorshamas.com Accessed April 20th 2019. https://www.victorshamas.com/intuition-study.html

8. Gober. *An End to Upside Down Thinking*.

Demystifying Your Intuition

I personally believe there are twenty-two different aspects that make up your unique Intuition Blueprint. Some of these psychic abilities are studied by mainstream science and some of them are not. The Intuition Blueprint system is based on the chakras and the different ways of communicating that are channeled through them. I developed this system from my knowledge and lineage in practicing the ancient mystery teachings.

Most, if not all, of the world's ancient religions have taught meditation as a path to enlightenment and recognize psychic abilities as a consequence of such practices. Such teachings are present in Daoist alchemical practices; Hinduism, where they are called Siddhis; and Buddhism, where they are known as iddhis. There is a general consensus about what is possible for the spiritual master. Traditionally, few individuals receive the teachings. Their teachers often stress the goal is enlightenment and not the abilities themselves.

In Hinduism, some psychic abilities, including claircognizance, precognition, and telepathy, are said to be more common and accessible. Other common abilities are mastering opposites by withstanding hot and cold; stopping the effects of water, fire, and poison; and being unable to be manipulated by others. Over the natural course of meditation practice, additional Siddhis are said to develop. These are clairaudience, clairvoyance, manifestation, teleportation, out-of-body experience, astral travel, shape-shifting, entering other people's bodies, inter-dimensional awareness, and observing nonphysical beings. The practitioner doesn't have thirst, hunger, or other physical appetites, and can choose when they die. Finally, the Siddhis[9] attained by advanced practitioners include the ability to do anything and fulfill any desire. This includes becoming smaller than a subatomic particle, being as large as the universe, going inside and through objects, being any frequency of light, and traveling in the light body. It also includes advanced manifestation such as creating objects out of thin air, walking on fire or water, and controlling the actions of other beings.

9. Sri Swami Satchidananda. *The Yoga Sutras of Patanjali.* Buckingham: Integral Yoga Publications, 2012.

It may sound like science fiction, but through direct knowledge and meditation practice, these abilities are possible. It can take lifetimes to become a master who manipulates matter, but psychic communication as presented in this book is possible for you now. I have not met anyone who wanted to unlock these abilities and came to me for guidance who couldn't access at least one of the clair-abilities. The Intuition Blueprint is based on the ancient mystery teachings. These include the origins mentioned above but were also known in ancient Egypt, by the Essenes and other groups, and in Atlantis and Lemuria—all of which are part of my multidimensional lineage for knowing and teaching this information. Like me, you have had other lives where you practiced spiritual abilities. Your intuition can help you discover this if you wish.

My goal in writing this book is to make psychic abilities understandable and accessible in a practical way at a time when this information is to be made available to all rather than the few. We have reached a tipping point on this planet, where we have the potential to step into a New Earth[10] and become a new version of the human species.[11] People are awakening en masse because of the increased vibration in our world. I offer the information in this book as a support choice during this time to help you access your higher guidance in whatever form it takes for you, so you can live your highest potential and stay true to your purpose and your part in this great adventure.

Intuition and Life Purpose

Your unique profile of intuitive abilities and your life purpose fit together like a hand in a glove. Here are some real-life examples of people whose intuition helped them consciously live their life purpose. Reading them might help inspire you to see how your intuition and purpose are connected.

Faye Envisions a Better Future

Faye's Intuition Blueprint indicated her purpose related to shifting collective consciousness by being a visionary futurist. She wanted to create games that

10. Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose.* New York: Penguin Books, 2008.

11. Walsch, Neale Donald. *Conversations with God, Book 4: Awaken the Species.* Faber: Rainbow Ridge Books, 2017.

helped people enter states of greater joy and happiness. Even though she was a student, she already had a great business idea. Her chart showed a lot of activity in the sixth chakra, in abstract intuition and clairvoyance, as well as precognition, healing, and manifestation. She used her abilities to envision and create inventions that could help uplift humanity.

Callan Exposes Government Secrets

My friend Callan's purpose was focused on bringing attention to global injustice. He used to work in defense at a classified facility where he was exposed to secret military research. Once he left this career, he exposed news stories of governments and corporations lying to people. His chart showed a focus on communication, healing, oneness, and affinity. His life path took him on a journey from working in secrecy to unmasking hidden truths to the masses.

Dawna Speaks Up for Change

Dawna Jones believes her purpose is to influence how businesses make decisions by helping them shift from a profit-based to a prosperity model, and by revitalizing the environment and those impacted by the business and its employees. Her Intuition Blueprint showed emphasis on the fourth and fifth chakras. Her heart's passion guided her to rise above adversity to be a speaker who connects people through leadership and spirit. Her Earth energy was also a focus as she is an environmental steward working to make a beneficial impact on the environment and society.

Jerry Wants to Build Community

Jerry had given up his job and sold his possessions. His greatest desire was to create an intentional community with other like-minded individuals. He had been wandering the Earth for eighteen months searching for his tribe. His Intuition Blueprint showed a focus on his heart chakra because he was expanding his affinity for the planet and helping to create a place of belonging for like-minded people. His clairvoyance helped him focus on his vision and his inner knowing to have faith that he knew how to make his dream a reality.

Briana Nurtures Body and Soul

Briana came here to nourish the soul. She started as a chef and expanded to develop a school dedicated to inner health. She had a high level of clairsentience as it was important for her to listen to the body's signals and help keep it healthy. She also had well-developed communication and visionary aspects and a strong ability to manifest, all of which helped her create her health-focused businesses.

Amy Solves Crimes Intuitively

Amy's reading showed she was focused on using clairvoyance, psychometry, and clairsentience. Amy, a detective, was skilled at her job and devoted to it. She used her abilities to solve crimes, even though she had not been calling it intuition. When attending a crime scene, Amy reconstructed what had happened by feeling the situation in action as if she was there while the crime was taking place. Like many people, Amy had challenges separating her energy from others until she learned to clear her energy field and discern the energy from victims and perpetrators.

BUILD A RELIABLE SYSTEM OF INNER WISDOM USING YOUR ENERGY BODY

This remarkable book makes it easy to receive intuitive guidance whenever you wish, be confident in your answers to life's big questions, and follow your inner wisdom to happiness and success. Lesley Phillips shows you how to develop your unique profile of psychic abilities through simple energetic techniques. By uniting your subtle body and intuition, you can heighten self-knowledge, reveal your inner truth, heal on multiple levels, and create your best reality.

Intuition and Chakras gives you the foundation needed to safely and effectively develop both your chakras and your intuitive senses. Discover many inspiring stories from Lesley's work with clients. Explore each chakra and how intuitive information flows through it. Featuring accessible exercises and meditations, this book helps you overcome challenges, turn your intuition into a practical tool, and lead a purpose-filled life.

LESLEY PHILLIPS PHD has been teaching intuition development and meditation since 1996. She was ordained as a minister and spiritual counselor in 2003 and as a spiritual teacher in 2005. Lesley hosts an award-winning radio show called *Unlocking Your Truth*. She has helped thousands through readings, healings, and psychic development courses at her School of Intuition. Visit her at www.DrLesleyPhillips.com.

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