



# Energetic Wisdom

Offering tools for self-discovery & transformation



March 2007

## Intuitive Insights

Welcome to the March issue of the monthly eNewsletter **Intuitive Insights** from Susan Rueppel of Energetic Wisdom. I hope you find the content and resources both interesting and enlightening.

In this issue:

[Intuition Insights](#) - Practical information to help recognize and develop your intuition

[Enoch Elucidations](#) - Channeled wisdom from Susan's guide Enoch

[Offerings Outlook](#) - Web site news, upcoming classes and events

### Intuition Insights

#### What is a Medical Intuitive?

There are many answers to this question - as many as there are people practicing Medical Intuition. Each one has their own unique modality or methodology for serving their clients.

A Medical Intuitive is someone who uses intuition to read the human energy system, and sometimes the physical body, to provide insight into the client's state of health and wellness.

I use Medical Intuition as a holistic approach to observing the client's overall state of health, balance, and wellness, and how it is impacting their life and/or health. In a session I observe the physical, emotional, mental and spiritual layers for insight into the client's challenges, or what it is they desire to manifest. Clients come to me for insights into why they are having difficulty creating what it is they desire, as well as about their health.

Imbalances most often start out on the energetic level (for example the emotional or mental level), and if not addressed, can eventually manifest as life challenges, or in the physical body as symptoms - as some form of discomfort, and if not addressed, can evolve into illness or disease. My approach includes using intuition to observe what emotions, thoughts, patterns or behaviors exist that are causing the imbalances and life challenges.

#### How to select a Medical Intuitive

Below are a few things to consider in being a discerning consumer of the services of a Medical Intuitive:

**Medical diagnosis** - Some Medical Intuitives provide medical diagnosis and others do not. Some Medical Intuitives are also licensed physicians and can legally diagnose. I am not a licensed physician and therefore do not provide medical diagnosis. If you are looking for a medical diagnosis, confirm before you make your appointment that this is what you will receive. I find that clients who come to me regarding health challenges usually already have a medical diagnosis and recommended treatment - however they want to understand the underlying cause of their health challenges and how they can create more balance, and therefore wellness, in their lives.

**Predicting the future** - Some Intuitives read the future. Again, if this is what you are looking for confirm ahead of time. Others, like myself, believe that there are many potential futures available to you that shift and change based on the thoughts you have and actions you take moment by moment. I will assist my clients to understand what they can do to create the future they desire, however I do not select a particular potential future and elaborate on it.

**Over the phone or in person?** - Determine if you prefer to have a session in person or over the phone. Some Medical Intuitives provide services in person only, some phone sessions only and others provide both.

## Who does the healing?

I consider a Medical Intuitive, or any type of health or healing practitioner, to be a facilitator of your healing - they don't do it "for" you - they help you heal yourself. Sometimes, especially when we have an emotionally charged issue or illness, it can be very beneficial to find a neutral, non-judgmental practitioner who can help us on our healing journey.

## Be a discerning client

Determine what it is that you are looking for before scheduling a session. If possible, communicate directly with the Medical Intuitive to ensure there is a good fit between what you are looking for - what you desire from the session - and the services that the Medical Intuitive offers.

A Medical Intuitive is not a substitute for a competent health team. Regardless of who you choose for your Medical Intuitive, have a competent health team that includes a licensed physician. And remember - you are the most important member of your own health team!

## **Enoch Elucidations**

Enoch = the guide I channel

Elucidate = bright + intensive = To make clear; clarify

Question posed to Enoch: What can you tell us about manifesting more quickly?

Enoch's response:

"We will speak about two of the components that are important to the ability to manifest. The first is that you must focus on what it is that you desire. This message is being spoken by many in this human day and age. It is time to release negative thoughts and eliminate the human nature of focusing on what it is you do not want. Observe your thoughts and their accompanying emotions. Do you spend more time thinking and feeling good about what you desire, or do you spend more time thinking and feeling bad about what is missing from your life? The more you can catch yourself when you are focusing away from your desires and shift your thoughts and emotions - your energy - towards what you do want, the more quickly the manifestation process will occur. The other element that comes up often for humans, especially at this time, is distractions. You may ask, "Well, Enoch, life is so busy and time is moving so quickly these days - how do we not be distracted?" And our answer to you is that you have choice about how you spend your thoughts. Allowing distractions to shift your focus away from what you desire is often times another way of procrastinating. What is it you are afraid of if your desires become your reality? That your life will change? That you will not know what to desire next? We remind you that to your human senses, time does indeed seem to be speeding up. However on the energetic levels, there is no time or space. That is why healing can happen at a distance, or healings can be instantaneous (what you call a miracle). When these distractions come up, observe what it was you were thinking about doing or planning to do. Ask yourself what is more important to you at this time. What is the best vibrational match to what it is you desire to manifest. The main point here is choice. Choosing wisely about what it is you desire rather than following the old path of allowing others to choose for you. Doing your own choosing is another aspect of stepping into your own power. So when you create distractions for yourself, you could just as easily create thoughts that direct your energy to your desires. The choice is yours."

## **Offerings Outlook**

On my web site you can:

- Take a [self assessment](#) to find out how active you are in using your own intuition
- Arrange to have an [intuitive reading or channeling session with Enoch](#)
- [Sign up](#) for my complimentary newsletter
- [Discover resources](#) to help you expand your intuition

Enjoy!

*Susan*

## **Onward the adventure...**

Susan Rueppel, Ph.D.  
Energetic Wisdom  
[www.energeticwisdom.com](http://www.energeticwisdom.com)  
[susan@energeticwisdom.com](mailto:susan@energeticwisdom.com)  
916-491-4787

Susan Rueppel, Ph.D. is a soul-directed medical intuitive - helping you uncover the underlying cause of health and life challenges, embrace the uniqueness of who you are and move to the next level of empowerment and joy in your life.

Please forward ***Intuitive Insights*** to others that might be interested in developing their intuition



# Energetic Wisdom

Offering tools for self-discovery & transformation

