



# Energetic Wisdom

Offering tools for self-discovery & transformation



April 2007

## Intuitive Insights

### Empowerment through Intuition

Welcome to the April 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:

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

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

### Intuition Insights

#### Developing your Intuition

We are all born intuitive - sometimes we just forget. Our intuitive senses augment our five physical senses and provide us with additional information that can be used to assist us in a profound way, if we just pay attention and learn to trust it. Once we become aware of our intuitive senses and practice paying attention to them, they can provide us with a rich amount of information, including assisting us in making decisions in our daily life and helping us determine our direction.

#### Expanding your Intuitive Awareness

If you are not familiar with the different intuitive senses, see my March Newsletter in the newsletter archives on my web site at [www.energeticwisdom.com](http://www.energeticwisdom.com). Select one of the intuitive senses and begin to pay more attention to it. For this example, let's select clairsentience (clear feeling). This mode of intuition allows us to feel information in our physical body. Have you ever been around a friend or loved one and began to feel discomfort in your own physical body only to find out the other person is having those same physical symptoms? Have you ever met someone new and instantly had a "gut" reaction of caution, anxiety or fear? These are examples of clairsentience.

For the next week or so pay particular attention to your physical body and the 'messages' you receive from it. When you feel a sensation in your physical body, pause, take a deep breath, pay particular attention to it and ask it what it means. You might get a little information about what it means, or you might get a lot. If you are around other people at the time you might ask yourself "Is this mine or is it someone else's?" Then don't forget to wait a moment for the answer. Acknowledge and thank your intuition for providing valuable information. As you continue to validate your intuition in this way it will become more real to you and you will recognize it more often.

Below are several other quick and easy ways to facilitate the use of your intuition and make it easier to access.

#### Being Local - Being in your Body

Most of us know what it feels like to not be grounded or have our attention elsewhere. Here is an example - Have you ever been driving in your car on the freeway and you are so focused on something else (besides your driving) that you miss your exit entirely - even though you have taken the same exit numerous times? That's because your attention - and your energy - is elsewhere (non-local) rather than

in your physical body.

To get local, take a deep breath and pay particular attention to your physical body. If you like, gently pat your body with your hands to help you get your attention local.

### Being in Present Time

It's easy to have some of our energy focused either on the past or the future. Those who focus on the past are usually reliving past conversations, experiences or situations that have a strong emotional charge - either strongly positive or strongly negative. Those who focus on the future are often planning something or imagining themselves in a future scenario. This leaves us without our focus - and therefore some of our energy - in present time. It is much easier to be aware of your intuition if you have your energy in present time.

Being in present time is very easy to do. Take a deep breath and image you are 'calling back' your energy to present time. It doesn't matter why you were focused elsewhere, or what you were focused on - just focus for now on the present. You can even speak the words (out loud or in your mind) "I call my energy back to present time." You will find yourself feeling much more alert and aware.

### Incorporating Intuition into your Decision Making

When we make decisions we usually rely primarily on our mental functioning - our thought processes and logic. Next time you need to make a decision, expand your awareness to your physical body as well. Using the simple tools you just learned above, start with being in your body and in present time.

Focus on the decision you have to make. It might help to speak your question out loud at first. Then, pay particular attention to your physical body. Do you feel relaxed? Do you feel tense and nervous? Do you feel excited? The sensations in your physical body are valuable information to help you make your decision. Remember to acknowledge your intuition, and it will become second nature to use all of your senses (physical and intuitive) in your decision making process.

We are actually receiving intuitive information all the time - usually without being aware of it. Just by paying more attention to your intuitive senses you will awaken a greater awareness and understanding of the intuitive information you receive and it will become easier to recognize and trust.

Happy intuiting!

## **Enoch Elucidations**

Enoch = the guide group I channel

Elucidate = bright + intensive = To make clear; clarify

### Enoch on Magnificence

"You are so magnificent dear ones. Sometimes you get so caught up in your day to day activities that you forget about your magnificence. You forget about all that you have done, all that you have accomplished, all the wonders of bringing who you are to the world. Many of you have heard of, or practice the concept of practicing gratitude, either by mentally acknowledging or journaling the positive things that have happened to you recently. We suggest to you to practice acknowledging your magnificence. Consider each day, each week or each month all the many things you have accomplished, large and small, for these impact so many. From your smile to a co-worker or someone you pass on the street, to a project you have completed. It is so easy for you to get caught up in all the many things you have yet to do that you often forget to celebrate all the wonderful things that you have done. All of these things that you have done are a part of the vibration of who you are - the magnificence of who you are. Celebrate your miraculous life and the unique vibration of who you are and the wondrous part you play in the whole of creation. Gather together with your friends or loved ones and celebrate the magnificence. In this process of celebrating your magnificence, you will draw to you more opportunities where you can experience joy, wonder and love. You are, each of you, a magnificent being!"

## **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...

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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



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