



Energetic Wisdom

Offering tools for self-discovery & transformation



February 2007

Intuitive Insights

Welcome to the inaugural 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.

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Intuition Insights

Is intuition a gift?

Often people ask me if intuition is a "gift" that some people are born with and others are not. I assure them that we are all born intuitive - sometimes we just forget.

In some cases society breeds it out of us, when as young children we share intuitive insights and they are received with skepticism or even fear. In that environment we decide that is it not acceptable or safe to be intuitive and often bury or ignore the messages we receive.

The gift of intuition is in remembering that we are intuitive.

Remembering we are intuitive

My work is inspired by my mission - to provide insights for self-discovery and tools for transformation to those who desire to live from the fullness of the truth of who they are. Part of that is to help people remember that they too are intuitive. Intuition is skill, that with intention and attention (a little practice), can easily be recognized and developed.

Why is it more OK to be intuitive if we are women (women's intuition) but not as accepted if we are in a male body? Society tells us it's OK for men to be intuitive, as long as we call it a hunch, gut instinct or shooting from the hip. These are all terms for intuition.

We are all born as six sensory beings - sight, hearing, touch, taste, smell and INTUITION.

We are receiving intuitive input constantly. We just forget to pay attention, acknowledge and honor the information we receive.

This isn't to suggest we forsake the information we receive with our five physical senses and to use intuition as our only mode of input - but to augment our five physical senses with our other senses - our intuitive senses.

So...let's help you remember how intuitive we all are by reviewing the different modes of intuition. Many people don't realize is that there are multiple intuitive senses, just as there are multiple physical senses. I'll bet you've experienced some of these, but didn't equate it with intuition.

Multiple Modes of intuition

Here are the four primary modes of intuition:

Clairvoyance (clear seeing) - this can be images, symbols, pictures or even appear as full motion video, seen with the inner eyes. This can start with seeing energy around people - called the aura - and expand from there. Close your eyes and imagine a TV screen in front of you. Pose questions and ask that you be shown the answers.

Clairaudience (clear hearing) - hearing with our 'inner ear.' This can be hearing words, phrases, sentences, full conversations or even music or songs.

Clairsentience (clear feeling) - when you feel something in your own body. Have you ever been around a friend or loved one and suddenly you feel discomfort in your own body, only to find out that they have those symptoms.

Claircognizance (clear knowing) - when information 'drops in' and you just know it, but you don't know how you know it. Have you ever heard the phone ring and somehow you just know who is calling before you answer?

Additional modes of intuition:

Clairience (clear-smelling) - Do you ever smell a particular perfume right before you run into someone who usually wears it? One person I know would smell baking cookies and feel the peace and love of her grandmother who had passed on.

Clairhambience (clear-tasting) - Some people taste things in their mouth such as a metallic taste when they are around chemicals (such as pesticides) even when they are not aware of them.

Although we all are all born with our own unique combination of the different modes of intuition, we all have the ability to develop all modes of intuition with a little intention and attention.

When I first started actively studying intuition years ago, I took a class in Clairvoyance from a graduate of the Berkeley Psychic Institute (BPI). Although I seemed to be getting as much information as everyone else, I wasn't seeing the pictures and 'movies' others in the class were describing. This was confusing and frustrating until I happened to run across a book that explained the four primary modes of intuition. Then I realized - with a huge aha! that my primary mode of intuition was clear knowing. Since then I have consciously developed all modes of intuition - and you can too!

Why develop your intuition?

Why would someone want to make the effort to develop their intuition? Here are a few of the benefits:

- It helps us remember who we are
- It makes life more colorful / fuller / interesting / enjoyable
- It provides more information and helps us with discernment and decision making

Resources for developing your own intuition:

- Sign up for intuition classes or coaching
- Get an intuitive reading
- Use the Resource List on my web site for books and web sites about intuition

Intuition ethics

Please remember that once you've developed your intuition, it doesn't give you the right to go poking around in other people's energy field. Would you walk into someone else's home and go poking around on your own without asking? Hopefully not. Practice your developing intuition skills on yourself, and if you would like to practice on others, always ask before you begin.

Happy intuiting!

Enoch Elucidations

Enoch = the guide I channel

Elucidate = bright + intensive = To make clear; clarify

Question posed to Enoch: What can you tell us about the energy of 2007?

Enoch's response: "2006 was a year of preparing - laying the groundwork. There are many options for ways of being in this new year of 2007. We will speak of three path options. You can continue to follow the path you have been on, which at times has felt like struggle, effort and frustration - especially in this last year. You can follow the path of another because it looks like it is working for them. Or you can more fully recognize and open to who you are and become a greater participant in the unfolding of your own unique path. To do this, it is time to release the old ways of unconsciousness - of not recognizing or acknowledging the grandness of who you are. Sometimes it seems easier to go back to unconsciousness, back to the simpler times. But as you already know, there is no going back. It

is time to be fully present and stand and walk in the magnificent power of who you are. All humans are unique for a reason. It takes a community of uniqueness to make a whole. Imagine the example of the human body. If all the cells wanted to be a heart because of the wonder of that organ and its function, then what would be left to hold up and support the heart and make a whole magnificent human? Behold your uniqueness, enjoy your uniqueness and walk forward in your own bright light. Your future is yours to design."

Recent Relations

Why do we become ill? Understanding through Medical Intuition

In a recent meeting of the National Health Federation, I discussed how a Medical Intuitive can be a valuable member of your health team by providing a holistic portrait of the state of your health and helping uncover the underlying cause of illness, disease and life challenges. Topics covered included:

- What is a Medical Intuitive?
- Different styles of Medical Intuition
- Integrity and ethics in Energy Medicine
- Be a discerning consumer - What to look for in a Medical Intuitive
- The benefits and future of Medical Intuition

The insightful and interactive discussion included demonstrations of several styles of Medical Intuition and some great audience participation.

Interested in a presentation on intuition for your group? Contact Susan at: susan@energeticwisdom.com

The Sacramento Chapter of the National Health Federation (NHF) invites the public to join them free on the second Thursday of each month at the SMUD auditorium in Sacramento, CA to bring you the latest on complimentary health. For more information or to sign up to receive the NHF meeting notices, contact Elsie Player (916-635-6724) or June Stein (916-961-3265). Look for the NHF chapter near you for complimentary health information.

Offerings Outlook

On my newly updated web site you can:

- [Learn about medical intuition](#) - what it is and what it is not, including how to be a discerning client when selecting the services of a medical intuitive
- Take a [self assessment](#) to find out how active you are in using your own intuition
- Arrange to have an [intuitive reading, Body Scan or channeling session](#)
- View the [calendar](#) of events
- [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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