



# Energetic Wisdom

Offering tools for self-discovery & transformation



June 2007

## Intuitive Insights

### Empowerment through Intuition

Welcome to the June 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 group Enoch

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

#### Intuition Insights

##### Intuition for Health and Wellness

Another way we can expand our intuition is to use it to help us understand what is happening in our physical bodies - what message it is trying to tell us. Most health challenges begin as some sort of imbalance in the areas of physical, emotional and mental. Have you been burning the candle at both ends? Are you having a serious ongoing struggle with a loved one or someone you work with? Do you have an important decision to make and have been worrying and frustrated for a length of time because you can't figure out what to do? These are just a few examples of types of challenges that if we continue to stew on them rather than address and release them, can eventually show up in our bodies.

When we feel discomfort of any kind, it is our soul's way of telling us - through our body - that we are out of balance. If we don't address the source of the imbalance, then the discomfort can intensify into aches and pains, illness, and ultimately disease - the equivalent of being hit over the head with a "two by four" to get the message.

There are several reasons that it sometimes takes something dramatic to get our attention and cause us to assess our lifestyle or priorities. One reason is that we are not taught to pay attention to our body's messages, understand what they mean, and act upon that information. Another reason is that most of us are so busy with life that we have become somewhat numb to our bodies - either not paying attention to them, or telling ourselves when we feel an ache or pain that we will deal with it later - and then not getting around to it.

##### Body Intuition - Tuning in to Your Body's Messages

Here are several ways you can develop greater body awareness for enhanced balance and health:

Set the intention to tune in to your body and become more aware of what it is trying to tell you. Do this at the first signs of discomfort, instead of waiting for the "two by four." At least once a week,

slowly scan your body from head to toe, to become more aware of any discomfort or pain. Be aware that this is an indicator that something is out of balance. Always thank your body for the information it is offering.

The next time you feel discomfort, aches and pains, or illness, take a few moments to sit quietly, relax and breathe deeply. Tune in to the part of your body that is not feeling well. First, ask yourself if you have been under additional stress over the last few days, weeks or months. Observe if you have not been taking as good a care of yourself as usual. Have you not been eating as healthily or getting as much sleep as you know your body thrives on? Have you had an emotional upset? You might notice a combination of these things, as often when we are under stress, we tend to not take as good a care of ourselves - a time when we should be taking even better care of ourselves. Observe where in your life you have been out of balance.

Now, let's access additional intuitive body wisdom. Close your eyes and go inside - focus your attention on the area of your body that is not feeling well. Ask that part of your body what it is trying to tell you. Be with it for a few minutes and see if any thoughts, images, or sounds come up. Whatever comes up, ask it what it means and wait for an answer. Ask that part of your body what it needs to feel better, and listen for the answer. Your body might remind you of additional stress you have been under lately. You might get an image of sleeping more or receiving a rejuvenating massage. Acknowledge the discomfort as valuable information and thank your body for bringing it to your attention...and don't forget to act on the body wisdom you received.

The physical body is an absolute wonder of engineering and is designed to be self-healing, healthy and vibrant. Let's participate more consciously in our balance, health, and wellness. The physical body is the vehicle that allows our soul to have this human experience. Let's honor its wondrous ability to do its job, listen when it is speaking to us, and take the very best care of it we can, so we can live a long, healthy, and joyous life

To your balance, health, and wellness!

Happy intuiting!

## Enoch Elucidations

Enoch = the guide group I channel  
Elucidate = bright + intensive = To make clear; clarify

### Enoch on Awakening

"The human race has been in a great stage of awakening. This continues to escalate at this time. It is time for diligence in opening your eyes wider and seeing things in a new and different way. Seeing through the eyes of remembering yourselves. Shedding the shackles of group awareness - group consciousness - and standing forth in the brilliance and uniqueness of who you are. Acknowledging your gifts, your talents, and your uniqueness and come out of hiding. This is no longer the time for fitting in - as that diminishes who you are. Step forward and be seen as well as awakening to seeing the light in others. Release the superficial ways of seeing each other - the judgments - and awaken to the soul spark in yourself and others. Awaken and behold the gifts and talents that you hold. Bring these forth in the world in an even bigger way. Awaken to the quickening of evolution at this time and your important role in this process. Smile more. Laugh more. Remember to play more and be joyous of your participation in this process. This is the food for the soul - smiling, laughter, and joy. Enjoy your accelerated evolution in a fully awakened state and shine your unique light even brighter in the world."

## 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



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