

Developing Your Intuition Home Study Course 3 CE Hours

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Instructor introduction

My name is Shirley Knapp, and I am a Continuing Education Provider, Holistic Practitioner and Author of Sustaining Joy. I have been in a holistic private practice since 1986.

This course contains specific content from my book for enhancing and refining intuitive skills for Massage Therapists and Bodyworkers. The exercises are designed to encourage intuitive development and can be completed again at a later date.

Develop your intuition and trust and you will open yourself to Joy.

Objectives

1. Develop your intuition and enhance holistic bodywork
2. Manifest your dreams and desires
3. Ask and receive what you want in life
4. Achieve true freedom through self-love
5. Transform your fears into self-empowerment
6. Meditate to reduce stress
7. Open your heart to love
8. Choose Joy

Content

1. Explore and rely on your inner knowing
2. Stretch your vision to manifest your dreams
3. Opening to receiving more in your practice
4. Exercises in letting go for true freedom
5. Identify, embrace, release and transform fear
6. Establish and apply a meditation practice to release stress
7. Releasing your fears opens your heart

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8. Develop trust to choose Joy

What is Intuition?

Your intuition is the inner knowing. Everyone has the ability to understand the hidden meanings and messages given to you in life. We are all born intuitive and we need to develop and work on trusting the messages we receive.

When you receive intuition, it may feel strange, as it guides you to the unknown. When we hear or feel these feelings is the time to just relax and follow the guidance. There will be many times when you receive direction and will be very confused with your intuitive guidance. For example, you may be driving down the road intending to turn right at the stop sign and when you get there, you get this “gut” feeling to turn left without knowing why. When you follow this feeling, you will find out why you were guided to turn the other way. Oftentimes this results in a circumstance that is life changing! We have all heard stories of someone making a last minute change that would have resulted in something undesirable had they not followed that intuitive feeling. When you begin to trust the messages, you will develop a flow which brings harmony and balance to your life.

Exercise 1

Write an example of this happening in your life and explain your response.

How did it change your life?

Exercise 2

Keep a journal of these circumstances and how you responded to them to increase your trust in the process.

How does this process change your life?

When you first begin, you will receive thoughts in your quiet time or meditation. You will then be asked to carry out some rather unusual things to develop the trust you need. At times you will find yourself asking whether you heard the information correctly as it may seem very different from the way you have directed your life so far.

You may question the value of the insight and how it affects you. As you learn to follow your guidance, more trust will be built each time. When you stay out of your rational mind which fills you with questions and fear, you will begin to understand how living intuitively changes your life. You may feel a touch or movement would help a client heal quicker and be drawn to follow through without knowing “why” and this is the time to do this. Healing yourself or others intuitively will begin to get easier with practice. The gift of bodywork is that you become accustomed to serving others and this requires intuition.

Exercise 3

Imagine how following your intuition could improve your client relationships.

When you followed your intuition, how did it affect your Massage Therapy practice?

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Exercise 4

What improvements were made in your personal life?

Why is this skill important in your professional practice?

When your clients are feeling uncomfortable, it is critical to be able to trust your intuition. It is important to be able to “feel” what they are going through in addition to using your other skills. As a Massage Therapist, your intuitive actions will comfort your clients and help relieve their stress. You will be guided to touch them or tell them things to give them hope.

You will also find that relationships in your workplace will improve when you follow your intuitive guidance. When healing on a holistic level, it is vitally important to understand the connection to the body, mind and spirit. Your increased intuitive skills and effective healing work will inspire both your clients and co-workers.

Exercise 5

Explain a circumstance where your client’s recovery could be enhanced if you followed your intuition.

How do you imagine this action benefiting you and your client?

How do I begin developing intuition?

A good way to begin this process is to sit in quiet meditation each day to clear your mind. As you get better at clearing the mind you will allow insights to begin coming through. These insights don’t come in as thoughts but as feelings. This is the key to understanding the difference as you begin to embrace feelings that don’t seem rational. This is a good sign as intuition comes from your heart and not your mind. Your mind is filled with fearful or rational thoughts. This is not intuition, and you need to know the difference. Perfecting this skill takes practice and you will have fun with it in everyday life. You may use it with your friends, family and creative projects. You may notice others finding your behavior unusual at first, but as they sense the flow of your life they will want to know how to do it!

Exercise 6

Practice intuitively with your Spouse or friend to ease a challenging situation.

What changes were made?

How will intuitive development release my stress?

Through developing your intuition, you release fear patterns and develop trust. Trust is the result of the release of fear. Learning to trust is not something that you “do.” Trust is there when the fear patterns are released.

Trusting relieves stress and brings wellness to your life. When you are experiencing stress, that is a good time to sit and clear your thoughts through quiet time or meditation. When the mind is clear, it is easier to relax and flow in balance with your life. “Pushing against the flow” only leads to more uncomfortable situations.

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After attending to challenging situations, it is critical to release fear to let go of stress and maintain your health and well-being.

Exercise 7

What circumstances in your life are you “pushing against”, and how would it feel to allow the natural flow?

Notice what you have to release to allow the flow.

How do I manifest my dreams and desires?

Miracles do happen! And you will come to realize how to bring them into your life in by manifesting your dreams and desires. You *can* have whatever you want.

You may ask yourself, how can this be so?

When we take the courage to release our fears, whether they are the fear of creating or expanding your Massage Therapy practice, or something else, you begin to manifest your dreams because your fears are gone.

Many of us don't dare to dream large enough, and we limit our lives by our limited vision. You need to realize how important dreams and visions are, as they do create your reality.

If you think small in your life, you create a narrow world. If you think expansively, you create largeness. This is the classic example of imagining the glass of water. Do you see it as being half empty or half full? This is the way you approach your life. And it dictates whether you will have your dreams, or whether they will always be unattainable to you.

It is important to realize that we do create the reality of our world. We do this by our thoughts.

Stretch the vision of yourself

Exercise 8

Find a place in your world – which is your vision – that is asking to be enlarged. Something that feels like it should be more than it is.

Place yourself in that situation and feel the place you are in.

Do you feel cramped or open? Light or dense? See the walls expanding until you have plenty of room. See the light in your body until you start to feel light.

Is there a person or creature that appears to help you grow?

If so, welcome them and gently open your heart to taking the next step to expand.

Exercise 9

See yourself on a ladder of light and feel the excitement of taking the next step up your ladder. This is the next step in the process of manifesting your dreams.

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Are you willing to take the next step? If not, ask yourself, why not?

Write about this or ponder it in your thoughts. This is important as it will help you realize what is holding you back at this time. There has been a reason for this resistance, and you can feel comforted now by letting it go and blessing it as you do.

It has been a friend and old part of you and needs to be loved and released. It thinks it has been protecting you.

Now take the courage to take your foot off the rung beneath you and bring it up onto the next rung with your other foot.

Breathe in deeply the joy of having both feet on the same step! You have just completed another step on your journey toward creating your dreams.

Opening to receiving

Open yourself to receive the abundance of the Universe. The more you do this the more joy you will feel. *The more you laugh, the lighter you dance.*

This information is designed to help you create more success in your life, and in your Massage Therapy practice.

Are you aware that the Universe is bringing you all the abundance that you need right now? All you need to do is ask and it will be brought to you. If you want more, simply ask for it.

This may sound strange to you as you look about your world and wonder how this could be.

Many of us are much more capable of giving than receiving. How often do we tell someone we love them and can't quite get the words out to tell ourselves we love ourselves unconditionally?

You may look around and think that you don't have what you want. If you don't have it, you are not asking for it. Be careful to ask for what you want, because you will get what you ask for.

Exercise 10

Sometimes we may receive something in a different form, or something that we think we didn't ask for. Look at that very closely. What lessons did you learn from that?

When you open your heart, you are opening to unconditional love. You have removed the fear and now your heart can accept unconditional love because it's not tightened up by fear. You are receiving. Without the fear, you are open to receiving all the gifts of the Universe that you wish to ask for.

Opening to unconditional love

Exercise 11

Take a deep breath and step back from yourself.

Are you allowing the gifts of the Universe to come to you? Or does your life feel scarce?

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Are there parts of your life that feel full and other parts that feel empty, and unlovable?

Breathe into the part of your heart that feels empty or scarce. Now imagine that area being filled with unconditional love for yourself. See it filled with rose-colored light. Breathe in that rose-colored light until your heart feels full. Expand that warm feeling all across your chest from shoulder to shoulder and notice if any of those scarce feelings still hold any space. Continue doing this exercise from time to time until you feel they're gone. Then continue to keep your heart wide open and remember there's safety in being vulnerable. You are in trust and protected by the Universe.

Exercise 12

A way to break the pattern of lack, which is fear, is to place a coin into a jar every time you have a thought of scarcity or fear. If it's a big fear or lots of scarcity, put a larger coin in, or a larger bill. You may notice this fills up faster than you may have realized! See the abundance you are creating for yourself! This will move the process along a lot faster. You will become empowered as you begin to see how much more infrequently you are adding to that jar, and nary a scarce thought pops into your mind! The simple act of filling up the jar and creating your own abundance will help you to release the scarce thoughts and fears.

Exercise 13

Create an affirmation that states you are asking for and receiving whatever it is that you desire, and that you deserve the best!

True freedom

Self love is where true freedom begins.

This may be a new concept if you imagine freedom comes from economic stability in your Massage Therapy practice. This has elements of freedom, but the really true freedom is in self-unconditional love.

You may wonder what this means.

When you dare to love, express, and trust, you are finally free to take yourself to the next level. When you are in fear, which is not trusting, then you hold tight to yourself and the direction of your journey. When you are in unconditional love, you trust the Universe. You love unconditionally because you have no requirements, which are control. You have to love yourself first because only then will you know what it's like to love others unconditionally. When you are in self-unconditional love you are in touch with the Universe, and you can follow your path up to the next step in true freedom.

How free do you feel in your life? Look for places that feel confined, like they have very little freedom. It may be time to change these places so that your soul may dance.

Controlling thoughts or actions come from fear and take away freedom. If you are attempting to control your life in any way it will cause you stress as you begin to realize that true freedom comes from letting go.

Exercise 14

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What places in your life feel confined?

What are your thoughts or actions that keep you in these places?

Picture your life changed without these places. How does that feel?

What is the importance of releasing fear patterns?

Tightness from fear generates shallow breathing which may lead to panic attacks. The stuck energy can create constant headaches and neck pain. You may not be sleeping well and more importantly, feel like you are missing your life. You may wake up one morning and realize that you are running yourself into the ground.

Living in fear is the result of giving over our personal power to a limited belief system. Without fear, our intuition gives us the power to create a passionate life. No matter how difficult situations may appear, you will be shown ways to open and allow creativity to flow to the area you desire. The solutions will appear. This is the equivalent of “making lemonade from your lemons”.

When you release these patterns and embrace your personal power, you will receive the gift of a peaceful balanced life.

Exercise 15

Which fear would you like to release?

Describe how it has affected your life.

Exercise 16

Were you surprised at your answer?

Identify your fear

Once you have identified your fear, give it a name and ask for the source of the fear. It may take you many questions to figure this out, as one answer will lead to another question.

You will know when you have arrived at the source by peeling back the layers, like those of an onion. The answer will feel right, or your heart will open, or you will receive a sign. It may take a few questions, an hour, days or weeks, to get to the source. You will be guided with many small insights that feel right until you arrive at the root cause. Keep asking the questions until you get to the bottom of it, and you will find the source.

It may be the fear of taking the next step in your practice, in relationship, or even the fear of success! It may be fear of lack, love, or disapproval of others. Whatever your fear pattern is, it is important to release it and reclaim your personal power and freedom.

Exercise 17

Explore the root of the fear pattern and write what comes to you.

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Exercise 18

Did you receive an intuitive sign?

Embrace your fear

Begin to feel how small the fear actually gets when you take it apart, how inconsequential. Yet it controlled your life. Once brought to your awareness, it may even seem irrelevant. It may appear as a thought or belief you hold about yourself. And it may appear as a person, creature, or even seem humorous. The monster in the closet is usually a mouse!!

Ask your intuition for the best way to release your fear. Don't be surprised if it wants to stay, as it has been a part of you for a long time and has served you. It believes that it is helping you, that you need it for protection. A portion of it may be willing to go if not all at once. Trust your intuition to know how much of the pattern to keep and how much to let go. Your heart may start to feel tight as if someone you love is leaving. They are!

Exercise 19

Imagine yourself wrapping your arms around your fear pattern and loving it.

Release and transform your fear

Anything that is built on fear is like being built on sand. Strengthen your foundation for a holistic balanced life!

Exercise 20

To release the fear pattern you will need to lie down in a comfortable place and breathe in and out. Visualize your fear and bring it into your heart. Breathe into your heart and continue breathing until you experience the pattern transforming into self-unconditional love. The peace you feel replaces the tightness in your chest. This creates a feeling of empowerment as you have exchanged fear for trust – they can't be in the same place at the same time. Once you really let the fear go, it is gone and won't return as trust has taken its place.

Do this exercise as often as you wish, each time taking more of the old pattern away. As you search for the source of the fear, your answers will lead to the next question. It is important to release patterns one at a time. Once you get to the ultimate source of the fear, you will know this on a deep soul or inner level.

Do not be discouraged if you experience the fear now and again. It's not really there as it's the old tapes (habits) playing in your head. It will return in this manner occasionally like an old friend just waiting to see if you were really serious about releasing it. Do not give it any power (do not reflect on it) and remember that your thoughts create your reality. Bless it, because it served you in the past, and explain that it is not part of your present, that it no longer serves a purpose for you. Thank it for its protection in the past. Then let it go.

Exercise 21

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Imagine yourself asking the fear to leave because it is no longer needed. How does this feel?

Exercise 22

Ceremoniously place your fear pattern in a box, wrap it up, seal it tightly, take it outside, burn it, and watch the ashes blow away. Bless and love the patterns that have been released.

How does this feel?

Meditate to reduce stress for self-empowerment

Exercise 23

Sit quietly and connect to a situation in your life that you are attempting to control. Notice how difficult it is to hold onto it. Now visualize yourself in a river and try to hold onto the rocks at the bottom, or even an overhanging tree branch. As you imagine the river flowing, the current makes your arms tired. Release the rocks, or the tree, and let yourself go. Feel the freedom in floating downstream, the water gently flowing around you, carrying you at just the right speed and time, and you land at just the perfect place. This is the divine flow. Feel the lightness in the energy of floating. This is what your life should feel like.

When you feel you are in a situation where you are holding onto the rocks at the bottom of the river, let go, and let the divine flow place you on the perfect beach. On this beach you go within and commend yourself for the freedom you've found in loving yourself by releasing fear and receiving self-empowerment.

Exercise 24

What part of your life are you attempting to hold onto?

How do you feel when you let it go?

What is the benefit of letting it go?

Intuitive practice

Exercise 25

To help you recognize just how intuitive you are, take a deck of regular playing cards. Remove the jokers. Shuffle well.

Place deck face down in palm of left hand (feminine side), place right palm on top of deck, and then ask yourself, under my hand is that a red card or is it a black card. You MUST go with what comes out of your mouth. The ego wants to sabotage your success and keep you in a lower vibration so that it is in control (it believes that it is protecting you). Although we need ego for self preservation, with this exercise we are going with our intuition. You say the first thought that comes to your mind, that it is red. You are correct so place the card face up in front of you. Then place your hand back on the deck and your intuition tells you that it is red again, you are right, and so it goes face up on top of the last one. All the ones you get right go in one pile; all the ones you get wrong go in another pile. When you have gone

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through the 52 cards, count ONLY the ones you got right, always staying positive. It is how many that you get right out of 52 that tells you just how good your natural intuition really is when you are making decisions out in the world. Aim for as high a number out of 52 as you can.

Exercise 26

Hold deck face down in palm, then imagine you are looking for a needle in the hay stack. But you are now looking for an Ace, a Jack or a Five by picking the deck straight up and stopping when you 'sense' that one of these 3 cards shows up. If you get it right the first time, get all excited, as it excites the cells in the body and creates natural healing. But also this is to exercise your intuition.

Push the intuition further by looking for more specifics, i.e. the 5 of Clubs, or the Ace of Spades, or the Jack of Hearts or the Jack of Diamonds. This encourages you to trust your intuition and your higher self.

Exercise 27

Were you able to trust your intuition? If not, why not. After you get an answer to this question and bless and release whatever was blocking you, then try these card deck exercises again. How did the results change?

Opening your heart to love

This practice is to help you realize that all the ways you thought about love in the past are changing.

You may be aware of this. However, there is always room for us to become more loving and open to the next level in our heart.

Look for the places in your daily life that need to be embraced more fully with the heart instead of the mind. How many of us tend to "think" our way through each day, instead of "feeling"? The mind is a powerful tool (we need it), but the heart is where the soul and intuition reside. The heart is about energy and the mind is about thought. The heart's job is to guide us through the day, while the mind shows us how to do what the heart tells us to do. Decisions are made by the heart, and implemented by the heart and mind. The mind will help us drive the car, wash the kitchen knives, and brush our teeth.

As you let go of the thinking and start to feel instead, you will come to accept love on a different level.

Are you in a relationship in your life that you "think" your way through? Then you can be assured it is not of a soulful nature. Your mind can't truly experience a relationship, it can only think it.

Are you in a relationship where you are often angry? Your mind goes round and round thinking about what is so upsetting to you. That is not about heart, or relationship. That is *your* mind and *your* fears at work. Try letting go of those thoughts and the mind will be stilled. Sit quietly and just *feel* the relationship. Place that person in your heart. What do you see? Do you see the good in that person, what you fell in love with? That is the heart at work in unconditional love. The heart enables us to "see" things from a separate or different perspective.

Exercise 28

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Consider this in your life ... Is there someone you would love to have more fully in your heart? Is there someone you feel a connection to, are drawn to for no apparent reason. Not because of how they look, what they wear, their achievements, or what they do for a living. Those things are the mind at work.

Find a comfortable place to lie down and breathe your loving intention into your heart. Put that person in your heart. Feel your heart. Is it cool, or warm?

Welcome into your heart the image of the person you want to open more deeply to. Are you hesitant, or does it feel comfortable?

Breathe and relax into the image of your relationship (as it is now).

You may place the person in front of you and put your right hand on their heart and their right hand on your heart. Send the unconditional love from your heart into theirs.

They may feel a bit resistant at first, and lack trust, and you will feel this, but continue this until you feel the loving energy flow from heart to heart, creating a circle of healing. Each of you giving and receiving of true healing.

When you feel the divine time is right, you may then try this in person.

This is a very powerful exercise in opening your heart, and each other, to love.

Exercise 29

Let the joy and forgiveness of all things unacceptable to the mind well up in you and feel the strengthening of your heart.

Choosing Joy

Joy is your choice!

When you hear this you may confuse this with the concept of finding joy in the outer world through circumstances or material things.

You may imagine that Joy comes when you achieve goals, receive rewards, and accomplish things. A certain degree of joy does come from these things, but the real, pure joy comes bubbling up from within as we realize that it is a choice we make over pain.

Pain is chaos or confusion and is the result of fear and not trusting. We may think we are going through chaos as we climb our spiritual ladder, but if we are trusting, we know we will be guided and come through it.

Every circumstance in life offers different ways to approach it. You can choose pain (not trusting) or joy. Even the most challenging situations can be found inspiring by the lessons and challenges that have been created for learning, Notice the ease with which you transit these seemingly difficult situations when you are in trust and joy.

Exercise 30

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One way to change your attitude about pain and joy is to think of a situation of confusion and pain in your life currently. Reflect on it. Write on it. Can you see it differently? How? Remove your judgment when you are doing this, take the mind out of it, so that you are filled with trust.

Everything is working as it should be ... in perfection. Do you see the perfection in your pain because of the lessons you are learning? Or does it feel as if this situation is not aligned with your life?

Conclusion

When you are in Joy you are “walking your talk” and living in your truth. All things in your life bring you the lessons you need to learn to trust in the divine plan of perfection. When you are in Joy, you are moved by divine intuition and lessons become unnecessary (unless you choose them).

Develop your intuition and your trust and you will open yourself to Joy.

Joy is your choice. It is always there for you. Choose it. Sustain it. You deserve it!

The Developing Your Intuition Home Study Course is now completed.

Instructions for Your Online CE's

1. Follow the prompts to do your evaluation and take the test.
2. When you pass the test (70%, 20 multiple choice questions) you will see a link to print your CE Certificate of Achievement.
3. The software program labels the course evaluation as a “test” but it is the evaluation form.
4. The name that you use on the TEST is the name that will appear on your CE Certificate of Achievement.
5. Upon completing the evaluation you will be directed to take the test.

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