

# Inspiration & Intuition (I&I)

Promoting Awareness and Understanding of Intuition

## DISCOVER YOUR INTUITION

### Sounds from the Intuitive Flow of Life

Daily sounds keep you in the intuitive flow of life. Pay attention to songs, noises, thoughts, conversations, and voices. Be aware when you hear inner songs. The repetitive part—title, verse, chorus, or bridge—holds meaning for you to discern. Ponder a decision and listen as a background noise indicates *yes, go for it* (click, bell, horn) or *no, decide differently* (police siren, door slam, screeching tires).

Prepare for sudden thoughts or ideas to pop in your mind. Note how other people's conversations apply to your life. Ask yourself a question and hear your inner voice answer it. Meditate on a problem, release it, and then hear the voice of God or an angel or ancestor communicate a solution.

### Intuition Exercise

Imagine you hold a small red box in your hands. Imagine opening the box, by removing its top. Inside lies a February gift. This gift will help you in your life. What lies inside your box?

Intuition Quote: "Follow your instincts. That's where true wisdom manifests itself."  
—Oprah Winfrey

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### Nightlight February 2009



Nightlight represents illumination, enlightenment, and guidance through darkness. Notice when a night-light shines in your intuitive messages.

### Intuition Tip

Your intuition advises you when to avoid negative people, places, and things, via whispers and shouts. Constant negativity leads to:

- 1) Stress
- 2) Fatigue
- 3) Weight Gain
- 4) Anger
- 5) Illness

### An Intuitive Experience

#### Writer, Mary Shelley

In 1816, Mary Shelley experienced an acute mental vision, while trying to fall asleep. In the vision, she saw a pale student of unhallowed arts kneel beside the thing he'd put together. The hideous phantasm of a man stretched out, and then, on the working of a powerful engine, showed signs of life and stirred with an uneasy, half-vital motion. The vision terrified her, but the next day she started writing her book, *Frankenstein*, from which many Frankenstein movies have been produced.

[Source: [www.brilliantdreams.com/product/famous-dreams.htm](http://www.brilliantdreams.com/product/famous-dreams.htm)]

Ask yourself this question:

What terrifying vision have I had that could result in an illustrious, artistic creation?

### Recommended Reading

- Psychic Shield* by Caitlin Matthews

### Recommended Website

- [www.awakening-intuition.com](http://www.awakening-intuition.com)  
Iain A. McDonald

### Upcoming Movie

- PUSH, Behind the Psychic Warfare (02/06/2009)  
*Chris Evans and Dakota Fanning are paranormal operatives in the world of psychic espionage.*

Darlene Pitts is an intuition consultant, coach, speaker, and author of *Discover Your Intuition* and *Let's Talk Intuition*. To schedule an intuitive reading by email or phone, visit [www.inspirationandintuition.com](http://www.inspirationandintuition.com) or call 770.434.5240.

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