

Soul Blueprint Journal

WEEK ONE

The Different Types of Intuition

Each of us are born with an inner guidance system.

Your inner guidance system helps you know what's in best alignment for you in all areas of your life. Think of it as your inner compass which allows you to know your highest truth at all times, regardless of the outer realities opinion or influence.

In the Quantum field or Universal Mind of Source, there are infinite possibilities at any given time being offered to us in our life experiences.

The best way to align with the best option for you in the present moment, is to know how to access your personal inner guidance system which is connected to your own Higher Presence.

There are five basic senses our brain is using to identify and navigate our physical reality: taste, touch, smell, sound and sight. Most of us use these five senses to govern our daily life activities.

However, perhaps the most important of the senses, is the sixth sense.

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The Different Types of Intuition

The sixth sense and similar terms, like second sight and extrasensory perception (ESP), refer to perceptual experiences that transcend the usual boundaries of space and time.

Just like there are five physical types of physical body senses. There are also five primary types of psychic senses.

Most all of us are born with each of these intuitive senses. However, based on past life experiences or childhood experiences you will probably have one you prefer over the rest that is more comfortable for you to use.

Learning how to trust your intuition and use it in your daily life is an essential first step in the fulfillment of your Soul Blueprint.

Everybody in your life has an opinion to share with you about your life. Sometimes it can be helpful, most of the time probably not. Regardless of how helpful or not another person's opinion is, if it's not coming from within you, you won't be able to back your higher vision.

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Clairsentient

The five types of intuition of the 6th sense are

clear knowing which originates from the 7th chakra. You may have a knowingness about something but can't explain why, but you know it is true.

This intuition is coming from a higher knowing beyond time/space.

Information can also be downloaded through the 7th chakra in a holographic form containing higher wisdom that needs time to unravel over time to be understood in a way that's meaningful to you.

Clairvoyant

clear seeing which originates in the 6th chakra. You will usually see things whether that be light, colors, visions of information from the past, present, future or other dimensions.

Some people have a ticker tape of words on a screen in your mind's eye. **This one can also allow you to pick up on the thoughts, projections and belief systems of others.**

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Clairaudient

The five types of intuition of the 6th sense are

clear hearing which originates also from the 6th chakra but from the audio part of the brain instead of the visual brain.

You may hear voices or be gifted at interdimensional communication, for instance with animals, plants, babies, angels, Ascended Master's or other inter-dimensional beings.

This one can also “hear” the feelings, emotions or thoughts of others though a kind of deciphering process.

Empathy of emotions

or feelings which originates in the auric field around the body as you pick up on emotions and energy in the space around you.

You may also be empathic to feelings which are related to the soul body and will originate in the 4th chakra of the heart's wisdom. **Many people have this one well developed. It's one of the first forms of intuition we start with as babies.**

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Body Wisdom

The five types of intuition of the 6th sense are

or gut instinct which originates through out the nervous system of the body and can affect any area of the body.

Some examples are goosebumps when energy is moving around you, a tightening of your solar plexus if there is negative psychic energy, a knowingness to go left instead of right, which herb is good for your body to heal.

Indigenous people that are connected to the earth usually have this one fully developed.

Our body has an innate intelligence built within it to keep us safe, healthy and in harmony with the earth.

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Exercise

Listen to the meditation from this weeks course and notice which form of intuition you feel most comfortable with.

- Which form of intuition did you feel most comfortable with?
- Did you feel comfortable with more than one form of intuition?
- If so which one's?
- How did it feel to actively engage your intuition?
- When do you remember being guided by your intuition from your past that was significant to you?

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Exercise

Begin practicing engaging and trusting your intuition daily in ways that you can see results for yourself in your own life.

One suggestion is automatic journaling with your higher self.

Keep a journal, write down dreams you had from sleeping, questions about your life or events in the day, guidance for your life path, how you're feeling about a particular conflict.

Then go inward through rhythmic breathing and ask for your higher self/essence self to please show you the highest truth and guidance. Let yourself write whatever comes to you.

You may notice a subtle difference in the energy between your mind or inner voice and the energy of the guidance coming through you. It may feel more authoritative, peaceful, wise or loving.

I love this particular technique and practice it often to gain clarity or talk out my feelings about my life experiences.