

## **Intuition: Your Sixth Sense**

**Francesca McCartney, PhD**

What is intuition? Most people have heard the word. But what is it? The dictionary defines it as, “The faculty of knowing as if by instinct, without conscious reasoning.” But what does that mean? “As if by instinct” and “Without conscious reasoning.” If you take away the definition, the idea of intuition is as old as humankind. It is a sense of knowing without knowing how you know. Intuition is the “Aha” you sometimes experience after wracking your brain for a solution. Intuition is the light bulb over your head. Intuition is the flash of insight that reveals where your lost keys are. Intuition is the picture of your long lost friend’s face in your head just before you meet on the street. Intuition is the small, quiet voice so often drowned out by the other, more insistent noises inside and out. It is the voice that advises us and to which we often say later, “if only I had listened. . .

Intuition has played a critical role in the evolution of humanity. Early societies would have undoubtedly perished without the ability to tap into the power of intuition. Information about nutritional and medicinal plants was gathered through quiet contemplation of the world around them. Even today, indigenous cultures throughout the world use various forms of intuition for healing and problem solving.

The healing practice we now call “traditional medicine” is a comparatively new development in human history. However, in the past hundred years or so, it has become a juggernaut, leaving little room for other healing arts. Eastern medicine, homeopathy, chiropractic, and other forms of alternative medicine which have been a part of human history for centuries, have only recently become acceptable forms of treatment in our society. Intuition Medicine is another ancient healing modality that is now being recognized for its effectiveness in treating disease and promoting health and healing.

While by no means common practice, it is not unusual for an Intuition Medicine practitioner to work beside a surgeon in the operating room. A teacher at the Academy of

Intuitive Studies is on the staff at California Medical Pacific Center (CPMC) in San Francisco, California as the Medical Intuitive. She sits in the surgery room at CPMC and at Stanford Medical Center, in Palo Alto, California and energetically supports and heals the patient. Another Master of Intuition Medicine diplomat taught the Academy of Intuitive Studies Intuition Healing Class on site at CPMC to a staff of 15 Doctors.

General Practitioners are beginning to call on professional Intuitives for advice or second opinions. Another Medical Intuitive who earned her Master of Intuition Medicine (MIM) through the Academy works at Hill Park Clinic in Petaluma, California where Integrative Medicine is practiced. Doctors refer their patients to her for Energy diagnoses and treatment when they do not respond to conventional allopathic methods. And in Boston, Massachusetts, another Academy MIM and Registered Nurse, reports that she administers Intuition Medicine before she medicates her patients and in many cases they respond so well, that medication is lowered or eliminated. Intuition Medicine on its own has alleviated many people of conditions that traditional medicine had no diagnosis for and cured many illnesses that were considered untreatable.

In its most general form, intuition could be described as a heightened sensitivity to the world around you. Often referred to as “the 6<sup>th</sup> sense,” intuition provides us with an alternative means of perception. All of us have the ability to be intuitive although it is naturally more acute in some people. With an interest to learn and the right coaching everyone’s dormant intuitive sense can be developed.

How do you experience intuition? Do you recognize when your 6<sup>th</sup> sense is at work? Do you take it for granted? Or does it take you by surprise? Take a moment to consider the ways you experience your intuitive nature.

### **Indications of Intuitive Awareness:**

This list provides a brief introduction to some of the ways in which you may experience intuition. It is by no means exhaustive. These modes of awareness may be sensed in relation to yourself, to others, or to the world around you.

**Clairvoyance: Clear Seeing**

With clairvoyance you experience an awareness of energetic patterns. You may see colors, symbols, patterns, or words. If you sense a specific color when you meet a friend, you are experiencing clairvoyance.

**Clairaudience: Clear Hearing**

Clairaudience allows you to hear unspoken words, sounds, songs, or tones. Do you often have seeming unrelated songs pop into your head during conversations? If so, you may be clairaudient.

**Clairsentience: Clear Feeling**

An acutely developed sense of empathy is one way to describe clairsentience. If you meet with a friend who just sprained her ankle and walk away with a slight limp, you have just been clairsentient.

**Telepathy: Mental Communication**

Telepathic ability allows you to communicate without speaking. Perhaps you are driving home from work and you suddenly feel like picking up some ice cream for dessert. When you arrive home your partner says that she was thinking about serving ice cream for dessert, but found none in the refrigerator. She sent you a telepathic message.

**Precognition: Future Perception**

Many of us have been to fortunetellers, or card readers, but often we don't recognize our own precognitive abilities. If you dream of long lost friends and then meet them on the street the following day you are experiencing precognition. If you often say to yourself, "I knew that was going to happen," you are precognitive.

**Knowing: Abstract Sense**

You have the answer and information but can, in no logical manner, explain how you received the answer or know the information. This is an intuitive process, which comes as a certain feeling, or awareness that you trust. That can be the "aha" that comes out of nowhere.

Or it can be that crystal clear awareness of the best course of action, a course that may make little or no logical sense.

Within these forms of intuition there are no distinct dividing lines. If you know who is calling before the phone rings, it could be precognition at work, or telepathy, a knowing sense, or a bit of all of those. You may experience some of these on a regular basis, others rarely, or never. And, as you develop your intuition, some of these abilities that are now dormant within you will activate and become useful tools in your intuitive toolbox.

No matter which of these tools you use in your intuition, it is important to begin to recognize and honor your unique mode of intuitive awareness. Become conscious of the modes you utilize most often, and which of them seem to be outside of your current abilities. Keep track of what situations trigger different intuitive abilities within you.

Try to become aware of your use of intuition in your daily life. Congratulate yourself each time you open to your inner awareness. And congratulate yourself each time you recognize that you have done so.

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