

MEDICAL INTUITION FOR



Self-Care

Wendie Colter shares energy hygiene exercises to connect with your body and increase your intuition

People often describe their intuitive experiences as ‘hits’ or ‘gut feelings’. Our intuition may show up out of the blue when we least expect it. I call these experiences having a ‘flash of insight’. Although these insights can be quite profound and deeply illuminating, they can also be very unpredictable and random in how or when they might appear.

Some people believe that a person must be born with an inherent capacity to access their intuition. Many feel that intuitive people must be uniquely blessed with special gifts. After having taught intuitive development for nearly 14 years, these are basic misunderstandings of the skill of intuition. I believe that intuition is hard-wired into all of us. As with any skill, our intuition can be developed and optimised to become a reliable and useful part of our personal daily awareness practice. Best of all, our intuition can be harnessed to help us pay attention to our own body’s messages for deeper self-care and wellbeing.

MEDICAL INTUITION

The skill of medical intuition has been part of recorded medical and scientific history since the mid-1800s. From the early-to-mid 1900s it was made popular by the famous ‘sleeping prophet’, Edgar Cayce. While in a deep trance state, Cayce was able to accurately describe a person’s health symptoms. The modern term ‘medical intuitive’ was coined in 1988 by renowned intuitive Caroline Myss and Dr. C. Norman Shealy, who created some of the first published studies on the practice.

Medical intuition is defined as a system of expanded perception gained through the development of the human sense of intuition. Focusing on in-depth intuitive scanning, medical intuition is designed to assess energetic imbalances in both the physical systems and energetic systems of the body (the ‘biofield’). In addition, medical intuition can help to evaluate the energetic influence of thoughts, beliefs and emotions and how they may impact our health and wellbeing. Medical intuition is intended to support physical,



emotional, mental and spiritual wellbeing for a comprehensive whole-person approach to health.

In recent years, the rise of mind-body medicine has brought forth new ideas and extensive peer-reviewed scientific research into how our minds may affect the health of our bodies. With more people than ever using meditation, yoga, guided imagery and other mind-body practices as important aspects of their daily self-care, these once-radical ideas have become mainstream. In the United States, the U.S. Department of Veterans Affairs has even embraced mind-body practices as part of a 'Whole Health' initiative to enhance the wellbeing of military veterans.

ENERGY HYGIENE

How can our intuition help us support the health of our body, mind and spirit? Good hygiene helps us maintain our physical health. Have you ever thought about the state of your energy hygiene? Most people don't realise this is even an area of our health to consider. Energy hygiene techniques are based in mind-body medicine principles and are intended to help build energetic resilience and assist you in creating an intuitive bond between your body, mind and spirit.

In my book, I present energy hygiene tools that I consider fundamental to intuitive energy hygiene. The most foundational of these are grounding, shielding and releasing. People have found these energy tools to be practical, effective and easy to follow. Read slowly through the scripts and practise as you go. You can also have a friend read them aloud to you. Above all, they are designed to be enjoyable.

As you connect to your intuitive self, the exercises may evoke a range of feelings, sensations or emotions. Be aware of any insights or enlightening moments that may occur. If you experience any physical or emotional distress during any of the exercises, please stop immediately and take a few deep, calming breaths. Begin again only if and when you are ready. If any exercise feels overwhelming, you are advised to stop and to seek professional care if appropriate.

It is important to practise in a safe, calm and supportive environment. Please note that intuitive visualisation is not intended to be a substitute for psychological or medical diagnosis and treatment, and it does not replace the services of a licensed healthcare provider. Always refer to a licensed healthcare professional for any medical or psychological care.

GROUNDING:

Putting down roots

The use of physical grounding, sometimes called 'earthing', involves walking barefoot on sand, grass or dirt, or wading in a natural body of water. Earthing mats or pads can be used indoors for rest or sleep. Earthing shows positive benefits for generating greater health and wellbeing.

This first energy hygiene exercise uses intuitive imagery for grounding. To do this, imagine creating a strong connection between your body and the earth. This type of grounding is often used in meditation, guided imagery and in many energy healing modalities. Energetic grounding can help to lower stress and create a sense of centredness and calm.

>> EXERCISE: Grounding

1 Begin by sitting in a comfortable chair with your feet flat on the floor. Close your eyes and take two deep, relaxing breaths in and out. With each exhale, release any physical tension or stress. Then, breathe normally.

2 In your mind's eye, imagine vines or tree roots growing from the soles of your feet, reaching down into the rich earth. These roots allow you to feel the solid stability of the earth. Imagine that you can feel the gentle support of the earth.

3 Now, locate any physical tension or tiredness in your body. Let that tension or tiredness flow right down your grounding roots, deep into the earth. Imagine that the earth can absorb and transform any tension or tiredness into healing earth energy.

4 Take a deep breath in, then let it out slowly. When you are ready, open your eyes. If the sensation of a vine or tree root feels too heavy, try imagining your grounding roots as beams of light, a stream of energy or any image you may prefer. >>

As
with any
skill, our
intuition
can be
developed
and
optimised
to become
a reliable
and useful
part of our
personal
daily
awareness
practice

SHIELDING: Your energetic comfort zone

Shielding imagery is designed to create a sense of protection, comfort and safety. Shielding can be used with the intention of keeping other people's energies from affecting your own, and can be useful if you are highly empathic or clairsentient, or for those who work in healthcare or with the public.

>> EXERCISE: Shielding

- 1 Begin by sitting in a comfortable chair with your feet flat on the floor. Close your eyes and take two deep, relaxing breaths in and out. With each exhale, release any physical tension or stress. Then, breathe normally.
- 2 In your mind's eye, send grounding roots down from the soles of your feet, connecting you solidly to the earth. Now, imagine that you have a three-foot thick buffer

of protective light all around your body. You may choose any colour you like for your buffer. This buffer of light may look fluffy, like candyfloss, cotton balls or clouds, or it may look shimmery and full of sparkles. Imagine it looking exactly as you'd like to visualise it.

3 Now, imagine you can see right through your buffer into the world around you. In your mind's eye, imagine yourself going through your day with this three-foot thick buffer all

around you. See yourself at your job with your buffer up. How do you interact with people now, and how do they interact with you?

4 Take a deep breath in, then let it out slowly. When you are ready, open your eyes. Grounding and shielding imagery can be used throughout your day. Notice how your energy feels after using these two energy hygiene tools. Are you feeling energetically overloaded or do you feel more calm and centred?

RELEASING: Managing your energy balance

Releasing is intended to help let go of unwanted energy such as thoughts, feelings or emotions that may weigh you down with negativity or stress. Releasing techniques are not meant to keep us from experiencing our emotions. Processing our feelings is critical to maintaining mental and emotional health. This energy tool is a simple method designed to help you shift your personal energy in the moment, whenever you choose.

>> EXERCISE: Releasing

- 1 Begin by sitting in a comfortable chair with your feet flat on the floor. Close your eyes and take two deep, relaxing breaths in and out. With each exhale, release any physical tension or stress. Then, breathe normally.
- 2 In your mind's eye, send grounding roots down from the soles of your feet, connecting you solidly to the earth. Imagine that you have a three-foot thick buffer of light all around your body.
- 3 Now, take a moment to inventory what you may be feeling emotionally right now. Do you notice any stress, worry, sadness, anger or frustration? Perhaps you had a difficult day at your job, a tough conversation with a loved one, or a concern about finances or health.
- 4 Notice any feelings, thoughts or emotions that you would like to release. See if you can identify where those feelings might be located in your body.

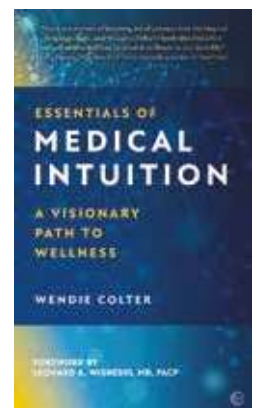
5 In your mind's eye, imagine a large translucent soap bubble floating in front of you at eye level. This soap bubble can hold all of the cares, worries, concerns and emotions that you identified.

6 Now, imagine that you can pull all of those feelings out of your energy and put them directly into the centre of the soap bubble. This soap bubble can expand to be as big as you need it to be. Take your time and fill it up.

7 When the soap bubble is full, imagine a big whoosh of air sending it high into the sky. In your mind's eye, see it getting smaller and smaller as it floats higher and higher. When it gets so small that you can barely see it any more, imagine it popping.

8 Now, think of a positive word, like 'peace', 'calm' or 'release'. Take a deep breath in, and, as you breathe out, say that positive word either to yourself or out loud. Let the energy of the word fill your mind, heart and spirit. When you are ready, open your eyes.

I suggest incorporating grounding, shielding and releasing into your day. Feeling a bit energetically off-kilter? Send down your grounding roots. Feeling overwhelmed by the energy of others? Shield your energy with a buffer. Dealing with a stressful to-do list? Release any unwanted energy into a soap bubble. These intentional energy hygiene practices can help you learn how to manage and balance your own energy, in every moment of every day. •



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