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ELIZABETH LOCEY'S INTUITION TOOLS YOU CAN USE

So what's so great about intuition? So many things, but to start us off on solid footing, here's a dictionary definition of the word:

intuition

[in-too-**ish**-uh n, -tyoo-]

noun

1. direct perception of truth, fact, etc., independent of any reasoning process; immediate apprehension.
2. a fact, truth, etc., perceived in this way.
3. a keen and quick insight.
4. the quality or ability of having such direct perception or quick insight.
5. *Philosophy.*
 - a. an immediate cognition of an object not inferred or determined by a previous cognition of the same object.
 - b. any object or truth so discerned.
 - c. pure, untaught, noninferential knowledge.

So, as we can see, intuition is that “immediate” understanding, the “direct” and “not inferred” (i.e., not reasoned out) perception, fact, or truth. It's fast: no need to take time thinking about the answer or the meaning. It is “pure, untaught ... knowledge.”

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Intuition will
tell the thinking
mind where to
look next.

Jonas Salk

As much as I love learning, the ways of the intellect, and rubbing powerful thoughts together to create an architecture of ideas—I have a Ph.D., after all—I love intuition and the radical, brilliant insights that can come with its proper use.

Way back in my early days as a professor, I was one of those who poo-poo'd the notion of intuition; I chalked it up to randomness (“coincidence”)

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and fuzzy thinking. I smugly preferred the brilliance of a finely-honed brain, and so did most of my colleagues.

Today, I realize that most, *if not all*, of my best ideas ever were not generated by my brain—the little “me” running as hard as I could on the hamster wheel of the ideas factory inside my head. No, the truly amazing ones were *dropped in* from somewhere else, like Manna from heaven. How arrogant I was back then...

I'm only just now discovering that great *scientific* thinkers also felt the same way.

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It is through science that we prove, but through *Intuition* that we discover.

Henri Poincaré

So let's start our journey of discovery here, with the exact tools that I used to ramp up my business by 700% in a single year. I don't pretend that my brain came up with ways to knock the doors off my income. I was never trained as a business person, after all, but as a scholar! It was all about being connected to my Inner Team, and through them, showing up to always be in the right place at the right time.

A LITTLE BIT ABOUT ME...

My life is a case study of how using intuition—even if you don't think you are—makes being alive amazing. This is just a short re-cap of some highlights:

Before I created a 6-figure business in 23 months as a Spiritual Business Coach + Akashic Records Consultant for Visionary Leaders, I was an award-winning professor for 13 years.

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My c.v. was impressive: dissertation directed by a top name in the field, landed a tenurable position with my first interview, monograph book manuscript published by a major university press the very first time I pitched it, department chair at age 35, and the same day I took that office I was also installed in the #3 position in my international professional organization.

(Here's a quick peek behind that curtain: Only 1 in 10 Ph.D.'s ever gets a tenurable position at all—that's right: you can easily drop multiple six figures on a degree and *never get to use it!* And to earn tenure, you need to publish a scholarly monograph, a book where you're the only author. It's a catch-22, because the publishing world is no longer accepting many monographs, so most academics, desperate to get a least one book in print because their job depends on it, end up self-publishing, which is looked down on. Finally, most people, if they want to be chair, get there in their 50's, not their 30's.)

These things just don't happen, and I never dared mention them when I was still an academic.



Why? Because if my friends and colleagues had known that the things they struggled so desperately to get, year after year, had landed in my lap wrapped in a big ol' satin bow, *they might never have spoken to me again.*

Compared to theirs, my life was pretty charmed.

And yet it didn't feel different to me. That's just how it always was.

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I didn't know how to explain it then, but I do now:

- *Without even knowing it, I was guided.*
- *I was using my intuition all the time.*
- *I got the opportunities no one else did because I unconsciously knew to be in the right place at the right time.*
- *I knew to say "yes" to all the right things, even when they looked like the wrong things.*
- *And then, when my life as an academic no longer felt charmed, I knew to get out.*

I didn't know where I was going or what I was going to do, but I knew that I had to leave my guaranteed-job-for-life in the middle of the great recession...

... So I did.

All my friends and colleagues thought I was crazy. (*Literally nutso*—that I should be put away for tossing the best career ever.)

But I knew I was on the right track, because I was **happy** again.

Sure, I had to downsize my life quite a bit, but I was no longer experiencing struggle on the scale I had experienced in my last 2 years as an academic.

Once again, things just started to FLOW.

And within 2 years of deciding what I wanted to do, I had done it: created a global six-figure practice, doing what I LOVED, living my purpose full-out, and working only with people who thought I was amazing.

That, dear friend, is what is possible when you start Rocking Your Intuition!

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LEVERAGING THE ICEBERG



I love the metaphor of your intuition being that part of the iceberg that's under the surface of the water, versus the intellect being that which is visible above

the water line.

This image gives you a good idea of how much *more* is available when you start leveraging your intuition instead of simply setting your jaw and trying to power through on the strength of what your conscious brain alone knows.

When you start using your Inner Team to make decisions and to move your feet, magic starts to happen.

Knowledge (and I know a lot about knowledge + learning, with an entire career as a professor behind me) is good, yes. I'll never say otherwise. And yet, what I know *now* is that it isn't the end-all and be-all that I once thought it was, and that many of my former colleagues still believe it to be.

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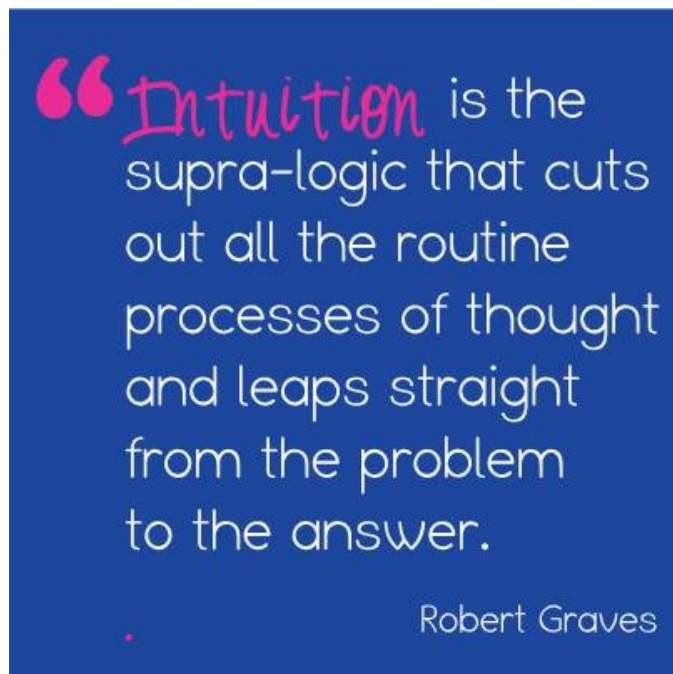
Acquiring knowledge is time-consuming: you've got to learn it, either from experience, or from reading a book or listening to a lecture on the topic.

And then it gets shelved, somewhere in the recesses of your mind. I was one of the lucky ones: with a near-photographic memory, I have excellent recall, but accessing knowledge once it hits your memory banks can be tough.

Finally, there's the processing of the learned then recalled knowledge: when you need it, you pull it back out (if you can), then you apply logic or reason to it to know how it might work in the current situation.

Sure, it works—we humans manage to create things with knowledge all the time.

But wouldn't it be great if there were something better, faster, more streamlined, and requiring none of the above steps?



Intuition is that thing that brings us the answer immediately, without having to go through the learning process. The answers simply *appear*.

And here's the dirty little secret your ego doesn't want you to know about intuition:

Intuitive answers are not only faster and easier, but more reliable as well!

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So let's get down to it: here are some of my intuitive 6-figure success tools, in no particular order. I still use most of these every day.

FIRST, GET YOUR ENERGY STRAIGHT!

I can't say enough about this. This is where people go wrong and get frustrated, so don't be surprised that this is the longest section of this report.

Negative (i.e.: fearful) energy will spoil all your efforts to rock your intuition, pronto. This is the first thing to attend to, even before you start trying to work it!

Intuitive hits are like seeds that get dropped on the ground. If the ground is ready (weeded, plowed and supplied with the right nutrients and plenty of water), the seeds will grow and flourish, offering a healthy yield. If the ground is hard, rocky, or lacking the proper nutrients to grow, those seeds are wasted.

Make sure that you are a fertile field waiting to receive nuggets of brilliance!

Below are some guidelines to what negative or positive energy feels like, so that you can identify if you're in fear or Love, and if the former, take steps to move out of it.

I. Identify your energy signature

Einstein has taught us that everything is energy. Even though I'm no physicist, I can see how true this is. And, as an Oracle and channel, I can

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Trust yourself.

You know more
than you think
you do.

Benjamin Spock

also clearly see that all energies are located on a Love-to-fear spectrum. No, it's not a spectrum with fear at the bottom and Love at the top (we humans love hierarchies—it amuses the Keepers of the Akashic Records to no end that we insist on using them). It goes side to side.

On the Love end of the spectrum are “open” energies such as:

- Gratitude
- Joy
- Connection
- Giving and Receiving
- Laughter
- Fun
- Curiosity
- Physical activity (dancing!)
- Generosity
- Abundance
- Open hard/heart/mind
- Calm/peace
- Expansion
- Trust/faith
- Surrender
- Flow
- Breathing (Prana)
- Lifeforce/vitality
- Intuition

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On the fear end are “closed” energies like this:

- Anxiety
- Mistrust
- Overwhelm
- Jealousy
- Greed/hoarding
- Pain
- Depression
- Inactivity/stuckness
- Stress
- Attempting to control a person or an outcome
- Judgment of self or others
- Intolerance
- Neediness/Lack
- Contraction/tightness
- Closed hand/heart/mind
- Blocking Flow
- Anger
- Feeling unsettled
- Panic
- Inflammation
- Separation from others or Source
- Withholding

II. Break up the Negative Energy

If you're feeling overwhelmed, stressed, anxious, stuck, or tight in any way (this can apply to muscles as well), you're going to want to get relaxed (in other words: open your energy) with one of 5 easy tools:

1. **Laughter:** Full belly laughs, not the mocking kind (that's judgment + feeling superior and definitely fear); I just head over to YouTube to get my chuckle on
2. **Breathing/Meditation:** Just a few deep, connecting breaths can hook you back up with Source. It doesn't need to take longer than 30 seconds if you're not too far into the fear end of the spectrum
3. **Gratitude:** Choose one or two things you are grateful for (not more), and really sink into them. Go below the surface of your gratitude,

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and soon you'll notice that your heart is all gooey and melty, like golden chocolate

4. **Connecting to the Present Moment:** Getting present just means "being here now." Notice in a deep and intentional way what's going on around you; call your thoughts back from the past (nostalgia, regret) or the future (anxiety, anticipation), and just notice. If you're sitting, notice where your bottom, legs and back are touching the chair. If you're standing, pay attention to the soles of your feet for a few seconds. Notice your breath in your lungs, and anything that is happening in your vicinity
5. **Grounding on Mother Earth:** If it's warm enough outside, kick your shoes off and stand barefooted on the Earth (grass, moss, and sand do count; concrete and asphalt do not). If it's too cold to be in stocking feet (natural fibers like wool and cotton only, please), consider hugging a tree: the bigger the better. Stretch your arms all the way around the tree and hug your chest tightly to it for at least 30 seconds, and feel the calm and vitality rush in. (For the tree's sake, try not to stand on its roots if you're wearing shoes)

“

People who lean on
logic and philosophy
and rational exposition
end by starving the
best part of
the mind.

William Butler Yeats

Notice that these tools overlap: laughing will help you to breathe more deeply; gratitude goes hand in hand with breathing; meditation brings you into the Present Moment; being present helps to ground you. Sweet!

Using any one of these 5 easy tools will put your energy back into the Love end of the spectrum, where it belongs.

SECOND. LET YOUR BODY TELL YOU WHAT'S TRUE

There are plenty of ways to do muscle testing out there. You can do a quick search of YouTube videos to see which ones you like the best, but here's one that I use daily. It's modified from Donna Eden's energy medicine practice that she uses to ask her intuition which bottles to take home when she visits the supplements store. I call it "the human pendulum."

When testing an object, you hold that object to your solar plexus which standing upright. You then close your eyes (to take ego out of the equation as much as possible), take a deep breath in while rising up onto your toes, and then on the out-breath, with eyes still shut, you go back down to flat feet.

If you are leaning forward, your body is reaching towards/saying yes to the item you just tested. If you are leaning back when you come back down to flat feet that means that your body is repelled by the thing.

This is a great way to test small objects. You could even test produce as large as a small watermelon with this exercise. Sadly, it doesn't work nearly so well for testing whether or not the new car you're considering is a perfect match!

Here's a work-around for extra-large objects or for ideas or other intangibles:

Instead of holding the thing to your solar plexus, write the thing down on a small piece of paper (I use index cards cut in half), and hold the paper to your solar plexus, writing side in.

Do the exercise as outlined above, and you should start getting great—reliable, speedy—answers in no time.

One caveat: don't test a single idea or thing more than once. In other words, don't second-guess. Second guessing the intuitive answer means throwing your intuition under the bus...

THIRD, DON'T THROW YOUR INTUITION UNDER THE BUS

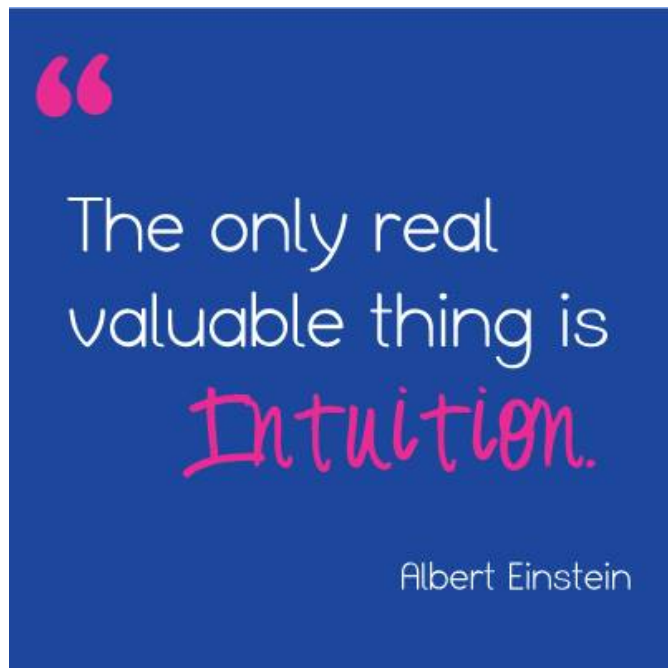
There are a couple of components to this:

The most important is to trust—i.e. *act on*—the intuitive information that you receive.

Let's unpack this.

Not trusting your intuition can mean things like writing off an entire series of synchronicities (your Guides trying to get your attention) to mere "coincidence."

This is where people who are not comfortable with the notion of intuition fall: they have their hands over their ears, yelling "BlaBlaBla" so that they can't hear the messages at all. Too bad for them: they're choosing to do things the hard way. If you or someone you know gets migraines, there's a good chance that you or they are in denial of a powerful psychic gift. (If you see yourself here, please send me an email so that we can discuss how to stop your unnecessary pain.)



Throwing your intuition under the bus can mean getting the messages, but ignoring them, brushing them off with a “yeah, *right!*” attitude. Sadly, lots of people who *want* to be rocking their intuitions end up here. They get the messages—oftentimes they’re *asking* for the messages outright—but when the information lands, they just let it sit there with a “that can’t be true” attitude. I see too many would-be intuitives not trusting the information when it does come through. {Sigh}

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If you want to keep the flow of intuitive information from being dammed up, you need to show up for it like it shows up for you.

You just need to show up. Making a date with your Guides is the perfect way to start, but if you make a date, please don't be a no-show! Just like a friend with whom you've promised to have coffee, if you consistently fail to show up at the appointed time, your Guides will stop showing up for you as well.

If you're being told to turn left rather than right, then please turn left. Don't let your ego get all up in there and determine whether or not you are allowed to rock your intuition. I guarantee your ego has a *vested interest* in keeping you far, far away from intuitive brilliance, because if you were to stop trusting ego and start trusting guidance, ego would never again have the slightest influence over your life.

And isn't that what precisely what your heart desires for your life?



Elizabeth Locey, Ph.D., is an Oracle who helps influencers and business leaders around the world turn up the volume on their competitive edge, with answers channeled straight from Source. For those who are rocking and rolling in their businesses, she'll get information on improving relationships or health, the areas that typically slide during the business-building phase. In addition to impeccable soul-truth information, she **specializes in healing self-sabotage**. Formerly an award-winning professor of French Literature and Women's Studies, she now teaches conscious entrepreneurs how to boost energy and income using fun tools like intuition and crystals. Check out the cool stuff she shares on her blog, elizabethlocey.com, and join the conversation.