



THE HOLY LIGHT ACADEMY



STEPPING STONES ALONG THE PATH



Training Your Intuition

Intuition is a God-given faculty in the human being. It is the beginning of your direct link to God. The fact is, we are not separate from God, nor is God distant from us. This is an illusion created by mankind. If you believe that God is remote, it is *you* who have caused this separation. God is the Spirit of Life in ALL things, in all living things, and in all people.

The members of the animal kingdom are endowed with their instincts, however, human beings are endowed with intuition. In humans as well as animals, instinct is a behavioral mechanism that stems from the subconscious mind and usually deals with the survival impulse. People have confused these two, but they are different on a biological and evolutionary level. As the life-force of God lives through both animals and humans alike, it is through these faculties that they are guided by a greater Intelligence beyond their understanding, for this is essentially the Intelligence of God.

Another main difference between an animal and a human being is that the first has simple-consciousness while the second has self-consciousness. In other words, the animal is aware, but the human is aware that he is aware, and he is especially aware of himself. This allows the development of spiritual *Realization*, because self-awareness is required for spiritual unfoldment to take place. When you are aware of your own self, you will soon become aware of the God-being within. Therefore, the next level of deeper awareness is Cosmic Consciousness, which is in mankind's reach through intuition.

Through the intuition, God's Intelligence guides the human species. However, another great difference is that mankind has the capability of not only receiving intuitive guidance from his Creator, but the ability to come to truly KNOW the Creator, to develop a genuine relationship with the Most Holy One. This developing spiritual intimacy leads to what the early mystics called *unio mystica*, or Divine Union. But first, you must enter through the initiations of Illumination and Self-Realization.

While intuition is an innate faculty within you, and quite often functions when you least expect it, this process must be developed and fine-tuned in order to operate in a much fuller capacity. This is why you practice the Spiritual Disciplines. These are tools for fine-tuning the intuitive function.

Quite often, you will have a hunch, or a specific urge, or strong impression for no apparent reason, and when you act on it, that urge will turn out that you were right. Premonition, telepathy, prophesying, clairvoyance, and clairaudience, etc., are all aspects of psychic abilities that begin with your development of intuition.

Certain mystical schools refer to these abilities as avenues of expressing Cosmic Consciousness, or the Consciousness of God emanating through awakened human beings. As the

consciousness of an individual grows in deeper awareness, and expands toward the Mind of God, he begins entering God's Consciousness. Understand that this development takes place while the soul is unfolding through the spiritual Initiations, because these are an intrinsic part of the whole development of Cosmic Consciousness.

Webster's Dictionary defines intuition in this way: "1.a. The act or faculty of knowing without the use of rational processes: immediate cognition. b. Knowledge acquired by the use of this faculty. 2. Acute insight."

The fact is that the finite human mind is limited in this material world, especially as people depend only on five senses, and use these with not as much awareness as they should, while the so-called "sixth sense" is rarely used at all – except for those who are gifted or have developed it. It is the faculty of intuition that you must seriously learn to develop, because this will lead devoted aspirants into the next evolutionary phase of humanity, entering Cosmic Consciousness. Intuition is the bridge that leads you into this reality of God's Consciousness. Without developing it, you remain in the mundane state of self-consciousness, which means your spiritual unfoldment will be much slower.

Developing the intuition leads to an expanded awareness of higher realities around you and within you. You will perceive things without logical reasoning, receive insights beyond the normal scope of the mind, and become spiritually sensitive to things the normal five senses do not penetrate.

With practice and discipline, realities on a deeper level will open up to you increasingly, for your limited mind will learn to surrender over to the Greater Mind of God, just as you will be giving up your meager will for God's Will to manifest in your life.

One of the most important tools for developing the intuition is meditation. This practice quiets the mind and opens the heart to the voice of God. You become more spiritually sensitive to certain impressions or insights that are from God in essence, which is true intuition.

There are other techniques for intuitive development that you can try repeatedly for best results. And then you can be creative and try your own ideas. First, quiet your mind, get focused, and become receptive to inner impressions as you try these:

*When the phone rings, be inwardly receptive, and attempt to perceive who is calling you; then answer it, and see if you are correct.

*When someone knocks on the door or rings the bell, try the same thing, to perceive who it is before you open the door.

*When you get the mail, don't look at the letters yet, but take each one and close your eyes, putting your hand on a particular letter. Then get quiet to perceive who it is from. Then look at it. Do this with each letter.

* Learn to tell time by intuition. Have a particular clock or your wristwatch to go by, because most timepieces are a few minutes different from each other. You want to be consistent, so use only one particular timepiece. Also, a digital watch or clock may be most effective for accuracy. Quiet your mind and intuitively perceive what the time is. When you get an answer, look at your timepiece and verify your accuracy. Again, this takes repeated practice and patience, and you will be very surprised to see how close or precise you will become as you try this more often. Eventually, you will learn not to depend on clocks or watches so much.

*If you and your spouse or your children are shopping in a large store, or the mall, and if you go your separate ways for a time, after a while, attempt to perceive what direction they are in, or to pinpoint exactly where they are within the store, or which aisle they may be in. See what your impression is, and follow up to see where your perception leads you. This could even become a game with your family members or friends.

*This same method is beneficial if your child has wandered off in a grocery or department store, or even the mall. Get quite an attempt to perceive what direction the child has gone, and where he or she is exactly. See what your impression is, and follow suit to see if you are correct.

When you use such techniques and practice them with regularity, you will be developing your intuitive ability. It is very much like working out in the gym, exercising to keep your physical body strengthened and fit. When you apply mental and spiritual exercises as you have been doing, you are fine-tuning your inward faculties, by developing meditation, intuition, spiritual sight, etc. Most important, you will be learning how to listen to God's voice within for guidance in your life. When we say voice, this can be literal or figurative. Sometimes you might hear an actual voice, or you might get a flash of insight, or you might get a strong inclination to go to a particular place or to do a particular thing. Sometimes it is a premonition of something that might occur, unless you prevent it, especially if it's a dangerous situation. Such impressions can manifest in different ways. Incidentally, in doing a retrospection on the past years of your life, you should be able to recall many such instances.

If you wish to try a more devotional method of developing intuition, other than meditation or the other methods listed above, there is a technique you can try, especially if you are on the path of Christian Mysticism. Throughout the day as you meet certain situations or people, or face a particular problem, whether at work or at home, you can ask the Master Jesus Christ, "How would you deal with this situation, or this person, or this problem?" or, "What would you say to so-and-so in this situation?" Then, as you relax and get quiet, intuitively tune into the presence of Jesus Christ, bringing him into the situation, and see how he would deal with the problem or situation at hand. You are seeing how he would think, act, or speak through you in these circumstances, and so guiding your life to live in his footsteps. With steadfast practice, as the days and weeks transpire, you will see definite results.

Another devotional method is to keep this prayer in mind throughout the day: "Not my will, O Creator, but Thy Will be in me. Not my mind, O Creator, but Thy Mind be in me." This will help as you meet any difficult situation that requires your decision if you are not sure how to act. This prayer will be more than just a reminder, but can help to put aside your own will and ego, that you may be guided by God's Will and Wisdom. This prayer also helps when you are in a circumstance of temptation, so these words to the Creator will act as a guiding light of strength for you.

This is often used as a contemplative prayer that can open your heart to the Heart and Mind of God when recited repeatedly, and it will allow you to become more receptive to His Holy Will.

Remember that true intuition is channeling God's Will through you, to guide you and lead you inward to a higher consciousness, and more specifically Divine Consciousness. Intuition is the key avenue for your communication with God, for it is how you receive what God is communicating to you, whether the avenue is prayer, meditation, contemplation, spiritual exercises, or other methods. The important thing is to focus and get centered within, becoming as receptive as possible to your inner God-being. Developing Divine Contact is highly important on the Mystical Path.

Every human being has the faculty of intuition, and each has experienced it to varying degrees, yet they are not always fully conscious of it. They may even take it for granted, or label it as a mere hunch, or just a good guess, and sometimes it is perceived as conscience. More often than not, it is a neglected human ability. But if you develop this innate God-given resource consciously and determinedly, especially in order to become receptive to the Will of God in your life, then you will indeed have a powerful tool, and your life will improve greatly. It will also guide you into the reality of being united with the God within.

Intuition is a valuable spiritual gift of grace given to people by God in His immense love for them so that they may become One with their Divine Source. Develop it and use it wisely.

Stepping Stones Along the Path

Copyright © 2000-2024 by the Holy Light Academy