

# FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

## Ignite Your Intuition!

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### Day 4: Finding the Right System/Teacher/Modality

Now that you've gotten your DNA activated and you're convinced not only that you can develop your intuitive skills, but that you need to, the next step is to find a teacher, system, or process to help you develop your intuitive gifts.

The first step is to recognize the system or technique that you are using...and if you are a natural intuitive, and haven't had much training (if any), then you are still using a system, but it is a system of your own devising. This is very important to recognize! 😊

Personally, I think the most effective way to develop or improve intuition (or any skill for that matter!) is to start using a good system. Why? Well, you can either learn from your own mistakes, or learn from someone else's mistakes – your choice! And where possible, I like to learn from other peoples' mistakes.

To understand this better, imagine that you want to get really good at hitting a baseball. In fact, we'll assume that you've got a rare talent for hitting a baseball. On talent alone, you might get recruited by a college or minor league team! But then, they are going to have coaches and trainers show you the "right way" to hit. It's nothing personal – despite how much talent you may have, you can always learn a lot from those that have come before and get MUCH better in the process. And no matter how much talent you might have, you probably won't be playing in the big leagues until you've learned the proper theory and practice of hitting, which is knowledge gleaned from decades of learning from other peoples' mistakes. 😊

Now, some of you guys may be reading this and thinking, "I don't need a system – I've been intuitive my whole life. Telling me I have to learn from other people - what a bunch of crap!" Now of course there is a valid point in there – you never need anyone else's advice or experience to be intuitive, and you don't a technique or process to get great results. But unless you are really good - including getting consistently great results for yourself and your clients, never being drained or taking on client's "stuff", etc. - I'd recommend being open minded and consider learning from someone else's system, at least at first.

If you are brand new to the intuitive game, I'd recommend using the Theta Healing system as developed by Vianna Stibal, and taught by me and other teachers around the world. It's certainly not the only system, and I'll admit it's the system I know best, but it has several advantages, which include:

- 1) It's fast and easy to learn – a weekend seminar is all you need to learn all the basics of healing, intuitive reading, and manifesting.
- 2) It has specific techniques for achieving a waking Theta brainwave, which is critically important for good intuitive work.
- 3) It has a specific techniques for connecting to "7<sup>th</sup> Plane" energy, which is the Creator energy beyond the realm of duality/polarity
- 4) It has a specific techniques for both connection and disconnection to others
- 5) It has specific techniques for grounding
- 6) It has specific techniques for ensuring you don't take on others' "stuff" after working with them

No matter what system you use, I think it's important to make sure you have these six bases covered.

First, if the system is too complicated, or takes too long to learn, it's not useful to you, so why bother?

Second, whatever technique you use needs to get you to access a waking Theta brainwave, because every study every done on intuitive reading, healing, etc. abilities has correlated it with the Theta brainwave. At the very least, practice using the Deep Theta meditation, as frequent use of the program will empower your intuition and train your brain to access a conscious theta wave more easily.

Third, whatever technique you use, you need to learn to discern the different energies that are out there, and connect yourself to the most appropriate and most powerful energies for healing and intuitive work. The "gold standard" is what we call Creator or Source or "7<sup>th</sup> Plane" energy, which is the energy of All That Is, transcending the polarities of good/evil, etc. Unfortunately, the vast majority of religious and energy healing trains us to use 5<sup>th</sup> Plane energy (duality/polarity energies – angels, demi-gods, "the fallen", etc.) directly, which can yield some great results, but also comes with side effects (for example, giving up physical sight to get intuitive sight, or being drained, or taking on your clients' energy or "stuff".) And if you don't know exactly what I'm talking about, you definitely need some training. ☺

Fourth, you need to be able to clearly control when you are and are not connected to others. This doesn't mean you totally shut off intuition or emotional connection – it just means that you are not present in their space and sharing their experience, as you need to be to do healing work on someone. And if you don't know how to do this, you've gotta learn it ASAP, or you may experience lots of weird side effects and/or drain yourself over time.

Fifth, you need to know both how to transcend your personal space and belief systems, and how to ground back into your body after doing healing/intuitive work. This is the kind of thing some natural intuitive never learn, and if you don't do this, you'll commonly gain weight as your body tries to ground itself. It is not a coincidence that our archetypal image of a psychic is an overweight middle aged woman wearing robes and lots of crystals – if you aren't careful and/or don't know exactly what you're doing, it

is VERY easy to gain a lot of weight as your intuitive skills develop. In fact, Vianna teaches that she gained 90 pounds in the first year after she started doing intuitive work regularly, and the weight didn't start to come off until she learned to properly ground herself. Again – you can learn from your mistakes, or you can learn from the mistakes of others! Your choice. 😊

Lastly, it's important that you know how to separate your "stuff" from others', and that you don't use your own energy to heal, or to take on your client's energies, illnesses, injuries, or belief systems. These are what in Theta Healing terms are called "Fourth Plane" energies, which are commonly seen in shamanic and other indigenous religious and spiritual traditions from around the world. For better or worse, many of us are unconsciously trained in these skills, and it's relatively easy for most of us to give our energy to another to help heal them, or to "take on" someone else's injury or illness in order to help them. Unfortunately, most of us don't remember the rest of the training on how to do it "the right way" to effectively get rid of the injury/illness/energy taken on, so we end up depleting ourselves when we heal others. Our animal companions are also natural healers who work this way, and many pets get sick simply because they are helping their human guardian work through an issue as best they can. The most extreme example of this was a student I had years ago who told me how she was once hit by a car and thrown thirty feet through the air, and miraculously walked away from the accident with scrapes and bruises...but when she got home, her dog was paralyzed.

It may help to think of developing intuitive skills are sort of like learning to drive on public roads. There are things you need to watch out for that may not be directly connected to what you are doing – in our example, you may have plenty of driving skill to drive to the store on an empty road in good lighting, but you simultaneously need to worry about pedestrians, bicyclists, motorcyclists, stop signs and traffic signals, people pulling out of parking spaces, delivery vehicles parked in the middle of the road, emergency vehicles racing by with their sirens wailing, animals and children unexpectedly running across the road, and a million other things that might happen, and could be have disastrous consequences if you aren't trained properly. All of these things are considered acceptable driving risks, because we understand the danger and can take simple actions to make sure everyone is as safe as possible....ditto for intuitive work!

I'll have more to say about the importance of the theta brainwave and the connection to the 7<sup>th</sup> Plane energy a little bit later.

#### EXERCISE:

If you don't have an intuitive system or teacher yet, go ahead and get one now, since in a few days I'm going to start giving exercises for you to do!