

FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

Ignite Your Intuition!

©2011 Brent Phillips

Day 5: Active vs Passive Readings

One valuable distinction that I've discovered is the difference between what I call an "active" reading and a "passive" reading.

First, I'll describe passive readings, because they are easier to understand. A passive reading is one that just shows up of its own accord – for example, if you see a vision, or hear the booming voice of God, and it seems completely real to you, that's a passive reading! And I call it "passive" because you are not doing anything in particular to make it happen – it's akin to watching a movie or listening to the radio. Passive readings are certainly the "gold standard", and if you are able to get passive readings consistently, GREAT!, ignore this next section on active readings and go practice your readings instead! ☺

The other kind of reading I called an "active" reading, because there is active participation by the reading (usually engaged in imagining the "recommended visual metaphor") to make the reading happen. This is how most of us learn to do intuitive readings, and it's the way you'll get your intuition until the passive readings start to happen for you. But before we give examples, it's important to recognize that there is absolutely nothing wrong or second rate with active readings – it's a perfectly valid way to do readings, and doing lots of active readings will give you good results until your skills are so good that you don't need them anymore!

Let's take a specific example of an "active reading" to make this clear. When I teach Intuitive Readings in the Basic Theta or Rainbow Adults class, I first lecture about what readings are and how the process works, and I make sure the class already knows how to get to a waking theta, how to connect to the 7th plane, how to ground, and how to connect to and disconnect from another person. I then talk them through the full step-by-step process of doing a reading, up to the point where they are connected, in theta, through the 7th plane to their client. If you get to this point and information just starts showing up for you – you might see images at specific places in the body- or hear intuitive guidance- then you are doing a great passive reading. (I can't provide the full process for doing a Theta Healing style intuitive reading without violating my Teacher's Oath – but you can look it up in Vianna's book *Theta Healing*.)

And if “nothing happens”, you just need to use what I call the “recommended visual metaphor” to get things started!

The “recommended visual metaphor” is something you make up and actively imagine to assist you. For reading someone’s physical body, the recommended visual metaphor is to imagine turning on a flashlight. You then imagine the flashlight shining on, say, your client’s left ankle; if you can imagine the light shining on the ankle, it’s healthy....and if you can’t imagine it, or if it looks dark, there may be a problem with their left ankle. That’s all there is to it - the magic is in your imagination! Active readings work because you are actively imagining something, and the intuitive reading is in the details of what you are imagining.

Yes, it will absolutely feel like you are “making it up” – but that’s good because ALL intuitive teachers will tell you just make it up! Don’t think, don’t analyze...just make it up and spit it out!

When I teach this work, I always give a “recommended visual metaphor” for every technique and exercise, so you have something to focus your mind on and get results before it “just shows up”.

Over time, if you’re doing the reading properly, you’ll find out that what you are “making up” is often eerily accurate, and that it leads to powerful healings. In turn, this gives you more confidence in the process, which makes it even stronger and gives even better results!

Also be aware that it is TOTALLY NORMAL for your intuitive abilities to be different day to day, person to person, situation to situation. Just because you get one great passive reading doesn’t mean that they’ll all be that easy or that accurate –use the active readings as long as you need them...and when you don’t, they’ll be gone and you won’t think about it or worry about it anymore. 😊

EXERCISE: Active and Passive Intuitive Readings

For today’s exercise, I want you to practice doing a body scan using both the passive and active methods.

It doesn’t matter if you read yourself or another person, but it’s generally easier to read another person. And if you are new to intuitive readings, don’t pick someone who is very young, very old, or otherwise in a fragile state of health. And be sure to always ask for permission before you read someone, including animals! (For animals, infants, or others who are incapable of giving informed verbal consent, you can always ask permission of the higher self instead – it’s just like doing a guardian angel reading.)

First, using your reading technique to do a “Passive Reading”, where you just wait for the information to show up. If you get something, GREAT!, you are already doing advanced intuitive work!

Next, whether or not you had success with the passive reading, now do an “Active Reading” using the flashlight recommended visual metaphor. You may find this much easier to get results, especially if you are beginner!

Lastly, compare the results you got from the two readings...if you got both a passive and an active reading, they are usually similar information, just presented in different ways!