

Mommy-Sense

A Personal Guide to Developing
Your Mother's Intuition

Learn how to connect with your kids using:

- Your four levels of self
- Your intuitive type
- Your intuitive language
and more ...



Cristy Nix
The Mommy Mentor

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Thanks again for taking the first step in being a better mom for your kids. They chose to be born to you for a reason, and I'm happy they did.

Much Love & Insight!

Handwritten signature of Cristy Nix.

Cristy Nix, The Professional Mommy-Mentor

www.mommy-sense.com



Many thanks for those who helped make this idea a reality!

I've heard it said it takes a village to publish a book, and they were not kidding!

Thank you to my husband, Lewis, for holding down the fort while I birthed this book and supporting me every step of the way, as well as, my mom and sister-in-law Renee for your support and sharing your gifts on this project. I'm blessed to be inspired by my kids, Carter & Corrine, whose presence put me on this path. Thank you for Analisa who asked me to write down everything I knew. Many thanks and big hugs to my assistant in crime, Liz, for making this really come about and getting me to finish it, my editor who put things into perspective, and my mama-artist whose talent brings light to every page, Julene Lambert.

And finally to Spirit and My Mommies for giving me the insight and support I needed to share this message with the world.

This is just the beginning!

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Welcome to Mommy-Sense!

“Empowering Mom to trust Herself to Naturally Nurture & Guide her Children”

Cristy Nix, Intuition on Purpose Mentor

I was inspired to write this book after other mothers asked my advice on how to become a more intuitive mom. Developing *Mommy-Sense* as a self-guidance tool can help all of us to be more present, aware, and connected to help guide the lives of our little ones. As moms, we have the unique opportunity to connect with our children and give them the tools to be anything they want to be, independent of our financial circumstances and past upbringing. My focus is to create, nurture and cultivate a self-reliant and self-guided little being that trusts his or her own wisdom. On a purely practical level, that kind of connection and communication is the key to experiencing less crying, whining and frustration, and knowing a lot more love and confidence in you as a parent.



Many of the books I have read on positive and conscious parenting have started with understanding the child. Great knowledge and message, but I feel like they are leaving out a vital piece of the relationship: you, the parent. This book is all about starting at home, with the focus on you as a mom. How are you wired personally? How do you work intuitively? This information is key in first understanding yourself to gain a better perspective of your child. You are a natural role model for your children. What you do is what they will emulate.

Whether you are a new mom or you already have children, being a mom can help you feel more confident as a woman as you activate your own intuition. It took mine to another level. Motherhood has added a heightened sense of connection to Spirit and self-awareness as a person. My decisions and actions within my immediate relationships, including those with my children, now come from a clear heart-centered guidance. That guidance was always there, but now I can access it on purpose. I feel more confident in knowing my children by understanding what they are feeling and how they think. Because of this clarity, I am also a better partner and parent. In my work, it has inspired me to trust myself to make decisions based on this awareness. This wellspring of knowledge has given me ideas on how to grow and nurture all of these relationships. Inner-guidance is a gift that needs to be cultivated and listened to. It is the key ingredient that allows communication and love to flow in all facets of our lives as moms making everything easier. It also provides love and joy at every turn, especially with our children.

I help women trust their own instincts and what feels right as a mommy; this is what I like to call “Mommy sense”. Mommy Sense is the natural intuitive communication all mommies are wired with which can be enhanced when they consciously connect with their child and can carry through to adulthood. Mommy sense is your being able to listen, be aware of what your child needs, listening to their cues and understanding their

language so you can build trust and a bond between you that will make communication and guidance easier, and offers many enjoyable benefits down the line while they are growing up.

And, yes, we are all wired with insight even if you don't think you are. So, let's get started!

Chapter 1: Mother's Intuition as Mommy-Sense

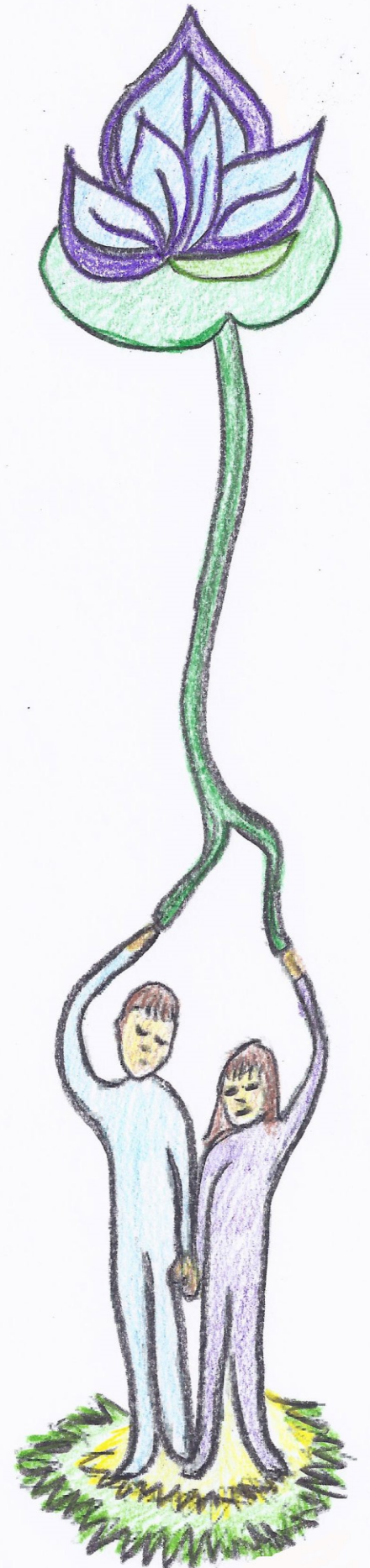
What is Mommy-Sense?

In my mentoring practice, I help women learn to trust their own instincts as a mom; this is what I like to call “Mommy-Sense”. Your intuition is your ability to understand or to know something immediately and without conscious reasoning. In other words, your inner knowing just comes to you, without needing to think about it. Intuition is an inner knowing that we all possess, coming from our souls, which are directly connected to Spirit/God/Source. Also known as our Higher Self, it is the purest form of our selves without all the human interference. Intuition is the go-between or gatekeeper from our soul—our physical life force, which I call Spirit. We are all naturally intuitive, whether we know it or not. Our intuition is often called our “gut instinct.” Some of us are more aware of our intuition than others.

You can activate your intuition by focusing your attention on listening to yourself. This might sound confusing but within you is where your intuitive language shows up. Intuitive language is the way that information from your intuition is communicated. It could speak in pictures, a vision, a movie, words, emotions, thoughts or that gut feeling that tells you what path to choose. Your intuition tells you how to respond to what is happening around you or with people in your life. When it's connected to your children that is what I refer to as your *Mommy-Sense*.

Mommy-Sense is a natural intuitive communication that is wired into all moms. It can be enhanced when moms consciously connect with their babies. It can last throughout your relationship with your child. By activating your *Mommy-Sense*, you increase your ability to listen for your baby's cues and to understand your baby's language. This practice enables you to build a precious and essential trust that will make communication and guidance easier, now and as your child grows. To activate *Mommy-Sense*, we need to know how to become connected and grounded in our heart center, where all loving communications and emotions reside. [Check out my heart meditation here.](#)

There are immediate and long term benefits to nurturing and cultivating a lasting relationship with your child. My kids are young but I can already see that the intuitive communication and trust we share has made life easier, just from watching other parents with their kids. My children know that their needs will be met; they trust me to hold the space for them to try their wings and learn what they need to know. They are

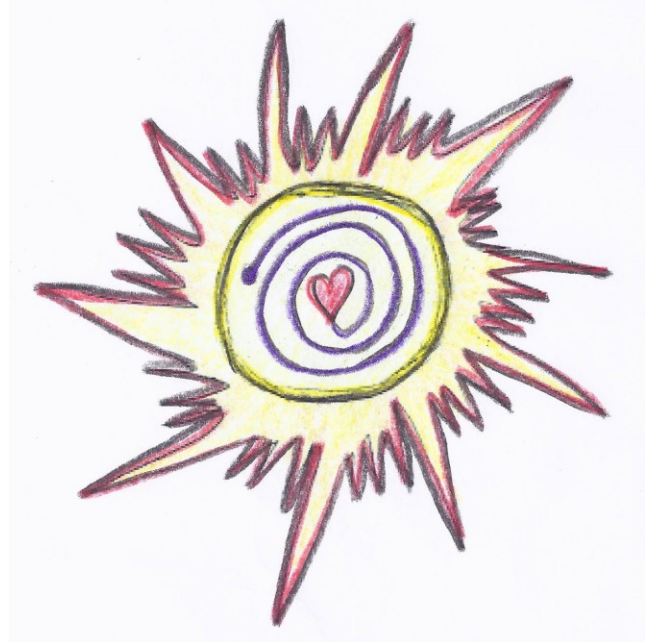


secure and happy. Guidance is accepted with less crying and fewer frustrations (on both sides). Everyone knows what to expect and that no harm will come to them. Love flows easily, uninterrupted by the ups and downs of circumstance or by the negative outcome that happens when we are disconnected from our heart.

How We are Wired for Mommy-Sense

As women, we are naturally wired to connect and communicate with our children, so how do we activate that intuition, or *Mommy-Sense*? How do we connect with our hearts to know when we are making the right choices for us and our little ones? There are several tools I use to help mommies, including teaching them about:

- The four levels of self
- The four types of intuition
- The four types of intuitive language
- Cues to know and trust your inner guidance
- Intuitive information through the Chakras



Chapter 2: Four Levels of Self

Discovering who you are can be an easy and insightful process, but it does take time. We are all made of four levels of self: physical, emotional, mental, and spiritual. The physical self is the body itself. If it is suffering, that can take us out of the game of life. The emotional self expresses feelings about situations, relationships, and us. The mental self guides how we think about things, our processes and thoughts. Finally there is the spiritual self, which helps us know our beliefs, life purpose, and connection to God-source as we know it.

I find that many women who are struggling to conceive a new little one have some work to do on themselves and their situations before the baby feels ready to come in. It amazes me how many of us think we know who we are, but still do not know why we do things, much less how to choose our actions, thoughts, emotions. So let's begin our journey of discovery by connecting with the four levels of self.

I will describe the levels, what they mean and how you can become more aware of them. Remember to do each of the activation exercises to deepen your understanding of each level.



The Physical Self encompasses the things we can touch and physically feel, like pain and warmth, illness and being energetic and healthy. The physical body tells us when something is out of sync with the other levels of self. Everything lands here, where it is least likely to be ignored. If we are physically sick, the body will take us down. It could be a display of allergies or a cold, kidney stones, or cancer.

One example of the physical self communicating that something was not right was when I woke up one morning with one hip pinching, like one leg was shorter than the other. I knew from past research that the hips are reflective of being in balance in life, however that looks for you. Balance feels different to each of us. So I stretched, went to the chiropractor, got adjusted and felt better, but it kept coming back. Finally I sat down and asked Spirit, "What is it that's out of balance in me?" A day later I got a clear message that I was not doing enough self care: resting, drinking plenty of water, and walking like I usually do. After downing a bunch of water I took a nap, and then went for a walk that evening. I felt a lot better. I woke up the next morning feeling great without the pinching in my hip. There you go.

I often find that to heal this level, as well as the other three levels of self, we need to check in with our hearts to ask "is this illness or unease my own"? If so, is it Emotional? Is it Mental? Is it Spiritual?" Talk it out until you reach the root of the cause. There is often an emotional response when something resonates with you, like tearing up or crying. If it is not "yours", then you will get a "no" feeling like an emptiness in your chest, or an actual message or thought of "no" that pops in. Here is another way to know if an issue is yours or not: pay attention to how it feels when you ask ownership. When

you ask yourself, “is this my issue to work through?” Then sit with the answer or feeling and think about how you feel. Do you feel distant from the issue or is it fresh, up close and feels authentic yours.

You can then clear it out by surrendering and releasing it energetically. This can be done in several ways. One choice is to wash your hands of it, asking your higher guidance system to take what does not support your highest good, imagining the cause floating away from you like a cloud.

Also, being aware of your circumstances with relation to the physical signals you feel will tell you if a physical reaction is yours or if it is energy from a person near you. Louise Hay wrote a book called *Heal your Body*, which explains the connection to physical reactions and how that affects other levels of self.

Recommended reading: Louise Hay, *Heal Your Body* ([visit the Resource page](#))



Activate your Mommy-Sense Exercise - Checking in with physical self

- *Close your eyes and take three deep breaths, imagining that you are listening to waves come onto the shore from the ocean.*
- *Ask yourself “Do I feel things in my body like an ache or pain? Is there tightness in my muscles? Do I feel a sense of lightness in my chest? What is it telling me?” For example, lower back pain can be a sign of holding on too hard or trying to control things that are not yours to control.*
- *Do you get migraines or tension headaches? These are often signs you are not allowing intuitive guidance to come through.*



The Emotional Self keeps us attuned to our emotions and how we feel about things. Emotional triggers and releases like ecstasy and crying are physical signs of emotionally processing information. The emotional self can sometimes feel out of sync, overwhelmed, or have heightened sensitivity. Sometimes we can feel others emotional pain, joy, and frustration, but know it is not our own because it feels disconnected or separate from us. Our own emotions are usually all-consuming. If we live them fully, emotions can help us to be more aware of how we feel about any situation.

My sister lives at the level of her emotional self. She has a big heart and loves to be of help, but it can also be her downfall. It is interesting to see when she is disconnected from her heart and her emotions: her reactions to situations and people are rather distant and artificial and it feels like there is no emotion at all in her responses. I have helped her to become heart-centered with the following mediation. Really it is more of a breathing exercise, and a great way to help you get focused from a more loving space.

Being heart-centered is a way to help you understand and feel the difference between what is yours and what you feel is another's emotion, or being empathetic. Below is a heart meditation that I created to help you practice connecting to your heart center.

Activate Your Mommy-Sense Exercise – A Heart Meditation

- Find a comfortable place to sit or lie down where you can keep your spine straight.
- Close your eyes.
- Relax your hands and your arms at your side. Palms up and open, if it feels comfortable.
- Now think about waves coming in on the beach. Match your breath to this serene rhythm.
- Take a deep breath in, counting 1-2-3. And letting it out, 1-2-3.
- Another clearing breath in-2-3, and then out again, 2-3, letting go of your shoulders.
- On the next breath imagine breathing in a beautiful white light that fills up your lungs and expands through your body.
- As you release the breath, let go of any negativity that you might be holding in your body or your heart.
- On the next breath, inhale the white light again, filling your lungs and reaching all the cells in your body; then release your breath out-2-3, feeling more relaxed and peaceful.
- On the next breath, visualize breathing in a beautiful pink light filling up your lungs and all of your being.
- As you exhale, imagine pushing this pink light down into your heart center, located in the center of your chest.
- On your next inhale, fill your lungs and your body with this beautiful pink light. As you exhale, again push this pink light down into your heart. Continue your relaxed breath focusing on the love and compassion you feel being in this heart space.
- When you are ready, wiggle your fingers and toes to become present again while staying heart calm. Open your eyes and come back into the room. You are now centered in a heart-space where you can make all your decisions from love and be more loving to those around you. Namaste.



Activate your Mommy-Sense Exercise - Identifying Your Own Feelings

Some people feel others' emotions with them, or sometimes **for** them. This is the time to ask yourself "Is this my feeling or does it belong to someone else?" When the feeling is yours, it will often "feel like you" and the source of this feeling will come to your mind. If you sense a heaviness or emptiness in your chest when you check in, those feelings and circumstances probably belong to someone else and you need to release them to

their owners. To release feelings that are not your own, try washing your hands, taking a shower, nap, or exercise, consciously releasing those emotions as you do so.



The Mental Self expresses how we think about things, how we understand the world and how it works. Often this is a process to get something accomplished that we just “know” what to do to make it happen. The mental self creates the steps we follow to accomplish a goal or task. It can also create a ritual that is repeated regularly. One such ritual might be sharing a cup of coffee with your mate daily, in order to start the day off on the right foot. The mental self can often pick up on other people’s thoughts, since this is where we process that information. Book-reading and learning happens in this mental realm.

I love a routine. It allows me to move through my day without worrying about forgetting something common like where I put my car keys, did I feed the dogs, and getting lunches made. Starting the day off with walking really lets my mental body work out the kinks of the day, dump whatever is on my mind, and move through my day rolling right along with the unexpected things that might pop up. Some of my friends use meditations as a way to jump start the day, or set a time for prayer. I suggest giving your mental body, your brain, some way to do what I like to call “brain dump” in order to see what will be your highest priority for the day. It sets a tone for the day to be that enables you to be as on top of things as possible.



Activate your Mommy-Sense Exercise - Checking in with your Mental Self

Be aware of your thoughts. Manifesting or making things come about through the Law of Attraction, is based on the formula: Thoughts + emotions = Manifestation.

If you catch yourself being short with people, on edge, agitated, or in a yucky space, ask yourself “What put me into this funk?” When you identify the negative thought behind your mood, choose to transform those thoughts by verbalizing the opposite of the negative thought, either internally or out loud. Set your intentions in a positive direction. Spirit always says “yes” when you wish, pray, or intend something. Spirit will also say “yes” to any negative comments.

For example, when you say “I really want the new job”, Spirit answers “Yes”.

If you follow up with “...but I don’t think I’m going to get it,” Spirit also answers “Yes.” Spirit will always support your thought choices.

How do you become more conscious of the thoughts you are having? Start by journaling your negative thoughts and then purposefully changing them to a more positive pattern of thinking. After making note, pay attention to the outcome of the event or the focus of the intention. Paying attention will keep you aware of what level of negative outcomes you are creating with your thoughts, as well as how consciously changing your thoughts can change a situation to a more positive outcome.



The Spiritual Self is our connection to God, Higher Self, Spirit (choose the divine guidance that resonates with you). The Spiritual Self holds our belief systems, who we feel we are on a soul level, and how we are meant to be of service through our life purpose. We sense a “knowing” of Spirit or our God-source within the Spiritual Self. This part of us also guides how we connect in meditation and how we receive answers from our higher source. Spirituality is quite different than religion. Spirituality is a belief in a higher consciousness, while religion is a belief in a structured belief system. Neither one is better than the other, actually they complement each other.

So, what do you know in your heart? What is your truth or what do you believe governs the earth and how we live in it? I like to count my blessings either in the morning or at night before I go to sleep. I find that this little practice really helps me be present and connected to Spirit, and the gratitude really helps make way for more to be grateful about. I feel loved and loving in my heart so I know I am definitely connected to Spirit.



Activate Your Mommy-Sense Exercise - Check in with your Spiritual Self

What do you believe in? God or Spirit or another divine being? How does that look to you?

Is your imagining of Spirit congruent with how you were raised, or it is something that you've learned as an adult, or something in between?

Start asking yourself what you think or how you feel about your connection to Spirit. What does this connection mean for you? How do you use that connection in your daily life? Do you believe in Spirit guides, angels, or the guidance of others who have passed over?

This is the time to get clear on where your spiritual beliefs lie, in order to raise your little one in alignment with YOUR beliefs, not the beliefs of outside influences. Keep in mind that there is common ground everywhere. You first have to know where YOU are starting from.

Chapter 3: Intuitive Nature

Discovering your Intuitive Nature

We are all naturally intuitive; this means that you were born with intuition. Your intuitive nature is the pathway to connecting with your Four Levels of Self. As there are four levels of self, there are also four types of intuition: Physical, Emotional, Mental, and Spiritual. We are all wired to receive information with all four types of intuition. As you begin learning, some intuitive styles may be stronger for you than others. Your ultimate goal is to connect and develop all four intuition types to strengthen their power. Improving your connection to your intuition will ultimately help you to make better decisions for yourself, your children, and your family.

The type of “intuitive” you are can be determined by the strength at which you are able to use each type of intuition. If you are wondering which one of your intuitive styles is strongest, take the [short quiz](#) at the end of the book to determine what kind of intuition you use the most, even if you feel that you are not intuitive. It is insightful and will help to determine your true intuitive nature. One person I have learned so much from, Sherrie Dillard (www.sherriedillard.com), came up with the idea of intuitive types and it fits so well with understanding how you work as a mom!

Usually in the beginning of discovery we have a primary intuitive style. It will be the clearest way we access our intuition. Naturally we can also use the other intuitive aspects, developing them as well. You can use all of these intuitive styles to receive information. If you are torn between two different kinds of intuition, understand there is also an intuitive counterbalance. Simply put, they work together: Physical balances Spiritual, Emotional balances Mental, Mental balances Emotional, and Spiritual balances Physical. Balance between the types of intuition keeps you in better access and connection to your type. It will also enhance your connection process and keep you from losing yourself by being disconnected, or getting out of your own way. The more you are able to balance them, the happier you will be.

Physical Intuition - A Physical intuitive is tuned in to their Divine Spirit through their connection to the natural world. This intuitive often holds a strong knowing of the Earth and its creatures. Their passion often involves healing the earth by saving the forest or rescuing the animals. Physical intuitives become really attuned to the physical body and the energy connection that comes through the Chakras. They are sensitive to (and may provide healing through) chiropractic, acupuncture, massage, energy work and traditional medicine. These intuitives also connect with animals, stones, and earth elements. Physical intuitives can cleanse their bodily energy with crystals, water (shower), or by spending time out in nature. Examples of people with strong Physical intuition are: medical practitioners, people who work with their hands (i.e. massage therapists), or those who love to work in their gardens. Physical intuitives stay in balance by accessing their Spiritual intuition; they need to be willing to connect with Divine spirit like the Spiritual intuitive. By understanding this balance, a Physical intuitive can develop her own natural ability to connect with the spirits of the elements and animals she protects.



Balancing Intuitive Style - Spiritual connection balances the Physical Intuitive. Physical intuitives love the Earth and are very in tune with the Earth and all its creatures. However, they need to keep their connection to Spirit alive in order to truly hear what healing the Earth needs. Communication with plants, animals, and the vibrations of the Earth herself comes from the act of being divinely connected on a spiritual level.

An Intuitive Mom Story: Clare

One of the moms in my community, Clare, is a physical intuitive. She is a massage therapist and loves being surrounded by nature. One issue she kept running into was that she would work with a client and then she would feel really yucky afterward. Clare felt as if she had taken on all the blocked emotions and energy that she had just removed for her client. In looking at how she felt around her kids and husband, she noticed that she did seem to take on her family's discomfort as well. Clare would go from being happy to feeling depressed or really moody. Realizing that she was healing others but not letting go of it herself, she started saying a prayer and calling in her guides, whether working on a client or with her family at home. When she feels something that changes her mood really fast, Clare calls in her healer guides to clear out her energy field and heart. Then she washes her hands. If that doesn't do it, she takes a shower. She says that it is amazing to see the change in her moods once she consciously does something about it.



Activate your Mommy-Sense Exercise - Are you primarily a Physical Intuitive?

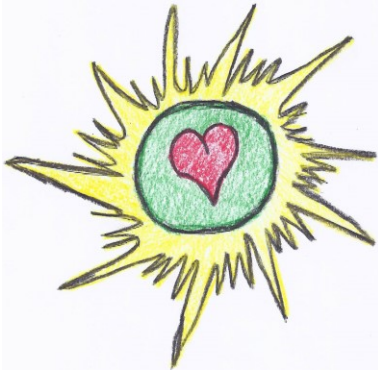
- *Do you want to rescue all the strays you find, whether they are animals or people?*
- *Do you feel the heaviness of the world?*
- *Are you drawn to rocks, crystals, or other physical healing practices?*

If you want to become more physically intuitive, note whether you are drawn to crystals, rocks, a study of the elements, earth-based religions, the meaning of animals appearing in your life. Pursue these interests so you can enhance the physical aspect of your intuition.



Connecting with your Child Exercise - This exercise is a practice to focus on listening with your physical self to receive information about your child.

- *Look at your child, or close your eyes and see them in your mind's eye.*
- *Ask yourself, "What is the child feeling physically? What do they need right now? What do they want to feel more secure or happy?"*
- *Whatever immediately comes to you, assume that it is correct and do it. See if this action calms or pacifies your child. If it does not help then ask again and do what comes to you next.*
- *Practice is the only thing that makes us more aware. Use it and you will develop your physical intuitive connection with your child.*



Emotional Intuition - Emotional intuitives' main focus is to experience transcendental love, connection, passion, and be of service to others. They are in tune with the idea of being a soul mate and having a purpose-driven life. The Emotional intuitive walks the path of the heart which can be massively influential if fused with spiritual aspirations. Their main goal is to help and heal others by being able to feel and heal others' pain. They can be inspiring and motivating in their quest to unite and love. Emotional intuitives often feel strong emotions around world events and tragic experiences of others since they are so heart connected. They can feel the emotions of those around them

as well. Connecting with this intuition makes you aware of what you and other people are feeling on an emotional level.

Balancing Intuitive Style - To find balance, Emotional intuitives need to activate their mental processes. Learning is a good way to do this, whether it is taking a class or reading a book to understand or "wrap their mind" around something. Using mental intuition is the balancing style for an Emotional intuitive.

An Intuitive Mom Story: Jacqueline

Even as a child, Jacqueline was sensitive to other people's feelings and energy. Now as a mom, she finds herself feeling the empathy of the child she is talking to or watching. She says she can just feel it in her heart when something is great or wrong. Sometimes it is an overwhelming heaviness like a black cloud and she knows something not so great is coming down the pike. Other times she can feel when one of her kids is elated or overjoyed, and just waits for the excited phone call telling her all about it. She trusts her feelings to relay to her family and friends how she feels about something because they have learned she is usually right. "It sometimes feels like I'm an emotional barometer telling me who is having a really good day, and who is not and needs a hug."



Activate your Mommy-Sense Exercise – How to Support Yourself as an Emotional Intuitive

- *Checking in with your heart to ask "How do I feel about this?" keeps you in alignment with what choice is for your highest good. Practice this by being aware of your own mood changes, especially when watching the news or talking to a friend who is upset.*
- *Emotional Intuitives tend to carry others feelings as their own, as well as carrying added protection in the form of excess body weight.*
- *If it is not your emotion, then let it go by feeling it and then washing or shaking it off. Washing your hands or taking a shower works nicely as well.*



Connecting with your Child exercise - This practice is to focus on listening with your feelings to clearly receive information about your child.

- *Look at your child or close your eyes and see them in your mind's eye.*

- Ask yourself, “What is the child feeling?” What do they need right now? What do they want to feel more secure or happy?
- Whatever immediately comes to you, assume that it is correct and do it. See if this action calms or pacifies your child. If it does not help then ask again and do what comes to you next.

Practice is the only thing that makes us more aware. Use it and you will develop your emotional intuitive connection with your child.



Mental Intuition - Mental intuitives want to understand everything that they are drawn to. They usually want to learn how something works, or feel the need to wrap their mind around it in order to understand its purpose. This type of intuitive will often know what you are thinking, as if they can see the wheels turning in your head. Some are rather gifted telepathically, where they know others’ thoughts and what is going on in their heads. If you are not telepathic, it is something you can learn by practicing and being open to connecting with others’ thoughts.

Have you ever felt that you knew what someone was thinking? That’s telepathy. This ability is stronger in some, but we are all wired to some degree to sense the thoughts of others. The mental intuitive feels the need to understand how things work by “wrapping their mind around things.” To improve this connection, focus on reading and studying, described in the exercise below.

Balancing Intuitive Style -Mental intuition and Emotional intuition balance each other. In order to balance mental intuition, check in with your Emotional intuition and consider what you are feeling. If you are a Mental intuitive, you also need to be aware of your emotional or heart-centered connection, allowing it to guide you to better decisions. When a mental intuitive comes from a space of being heart-centered while making decisions, they are able to communicate the truth of that decision with loving understanding. A balance between Mental and Emotional intuition will assist you in giving a voice to your authentic life essence.

An Intuitive Mom Story: Misty

Mental intuitive are often really quick thinkers and have jobs where they are called on for their mental expertise. Another mom in my community, Misty, is a project manager. She can juggle fifty things at once, and always loves learning about a new way to do something better. She is very organized because she has to be, but she loves to learn. If a challenge comes up, Misty is all over the internet or asking people what they would do to solve the issues, and she is on it. One way she feels she uses her intuition to guide her in the process is that she gets a solution in her mind. When someone is telling her of the latest challenge with a client situation, she says she can almost see what solutions she wants to try. Another problem-solving tool for Misty is the pros/cons list. She will sit down and start writing out a list of everything she can think of, and then she says that the solution just presents itself. Bam! She says she is known throughout her department as the queen of making everything work out. With her kids, Misty knows where everyone is and can tell you all the details for the day. She also says that she can hear her kids’ thoughts and knows what is going on in their heads, especially when she is asking them to do something that they really don’t want to do, like clean up the play area. Misty just waits for the hemming and hawing before giving them choices that she can live with

(which she has already come up with in her head). Often, she says, she knows which choice they are going to choose before they tell her.



Activate your Mommy-Sense Exercise - Are you a Mental intuitive?

Do you want to study and know everything about a topic? Are you a great problem solver? Do you want to invent something that will change the world? To activate your mental intuition, observe what topics you are attracted to study. It can be something to take you in a new career direction or informal learning that is just for fun. Learning, studying, and knowing is the key to opening up this intuitive form.



Connecting with your child exercise -This practice is to focus on “listening” with your thoughts to receive information about your child.

- *Look at your child or close your eyes and see them in your mind’s eye.*
- *Ask yourself, “What is the child saying? What do they need right now? What are they thinking?”*
- *Whatever immediately comes to you, assume that it is correct and do it. See if this action calms or pacifies your child. If it does not help then ask again and do what comes to you next.*

Practice is the only thing that makes us more aware. Use it and you will develop your mental intuitive connection with your child.

Spiritual Intuition - Spiritual intuitives draw their strength and wisdom from the intangible world. They know that this world is temporary, and offer us the ability to see what lies beyond. They help us rise to access our highest spiritual knowing. Spiritual intuitives are very present to daily life and respond to stimulating experiences. Often they can shift like chameleons, to go where the wind pulls them. They receive information from higher energy like Spirit Guides, Angelics, and Higher Self. They can get information from others’ Higher Selves, as well as from their rich dream lives. I call this access a Higher Guidance system.



Balancing Intuitive Style - Physical intuition balances Spiritual intuition. If you are Spiritual intuitive, you need something here in the physical world to keep you present. Spiritual intuitives love being connected to Spirit all the time. The activity tends to make them a little more spacey and forgetful about physical obligations here on earth. To balance this, I suggest having work that uses your hands, emotions, or provides mental challenges. Also, working with others is a key element of being present in your life. Join a Mom’s group of women with like minds and you will find yourself being more present with your kids as well as in the other relationships in your life. For instance, I have a spiritually intuitive friend who is also a bookkeeper. Her life purpose work is practical as well as spiritual. Here is her story!

An Intuitive Story: Honali

As a Spiritual intuitive, Honali can hear and see other "people" that talk to her. She told me, *"Sometimes it is just a voice in my head or words written across the "blackboard" in my mind's eye. I would prefer to spend most of my time out of my body, but this leads to a paradoxical mix of high anxiety and depression. To ground myself, I set up reutilized tasks - that way I make sure I get the physical stuff taken care of. In addition, I eat and spend a lot of time preparing food. I find that handling vegetables like washing them, cutting them up, cooking them, actually calms me down, centers and grounds me. I just "happened" to decide on a career in accounting. This is probably my best resource for grounding as it involves handling paper, creating a numerical representation (manifestation) of a company's performance, and interaction with people (clients)."*



Activate your Mommy-Sense Exercise - Are you a Spiritual intuitive?

- *Do you have really vivid dreams or talk to others who have passed away? Do you just know that your angels are close to you?*
- *To activate or improve this aspect of intuition, practice or read about being a medium, read about your Angels or Spirit Guides.*



Connecting with your Child Exercise - This practice is to receive information about your child by listening to the inner guidance that comes from your guides, higher self, or Angels.

- *Look at your child or close your eyes and see them in your mind's eye.*
- *Ask yourself, "What is the child saying? What do they need right now? What are they thinking?"*
- *Whatever immediately comes to you, assume that it is correct and do it. See if this action calms or pacifies your child. If it does not help, then ask again and do what comes to you next.*

Practice is the only thing that makes us more aware. Use it and you will develop your spiritually intuitive connection to your child.

TIP: Spirit will not give you anything you cannot handle. If you are afraid of "seeing" Angels or guides, then the information will come to you in a form you are open to, like feeling them or intuitively knowing them.

Chapter 4: Balance

Balance: Myth or Practice?

Balance is commonly spoken of as “having everything be equal”. I am here to tell you that balance, as in having everything equal in your life, is a myth. Everyone has a personal sense of what balance means. Balance is like your body chemistry, uniquely identified for you. I see being in balance as the feeling that I am putting my energy where it needs to be. For example, your daily schedule needs to be flexible because it often changes. Being able to roll with changes is a key to being more relaxed as a mom.

My question to you is, “What makes you feel in sync with your own rhythm?” In this case, I define rhythm as how the day would progress if you did not have deadlines some else’s needs to take into account. The goal in attaining balance is making sure you are giving your time and energy on things or relationships that are YOUR priority. Do what you love and know that when there are things that you have to do whether you love them or not, you can choose to address them in YOUR way. If a situation feels forced, sit back for a minute and ask yourself, “is there another way I can do this that feels right for me?” And go from there.

Questions to ask yourself:

“Where do I **want** to put my energy?” or “What do I want to do?”

“Where do I **need** to put my energy?” or “What do I have to do?”

Consider both answers and as you make changes to accommodate your energetic needs, you will move towards balance in your life. As you work to achieve balance, remember that it is not only your balance that you are trying to reach, your goal is to find balance for and within your family dynamic. Be certain to include the impact of family members in your quest for balance.

As moms, we are often off balance because we try to do everything on our own. Ask for help from your inner circle of support people like your spouse, friends, or family. Hire a maid to come in twice a month or delegate responsibilities to a part-time assistant. Write down tasks or projects that are being neglected and take a block of time to knock them out. Don’t become discouraged if you are feeling out of balance. You now have the tools to evaluate and adjust your life energy expenditures. Remember, achieving balance is not a one-time thing; it is a constantly evolving process. Be patient and you will get the hang of it!



Chapter 5: Self Care


Why putting me first is healthy!

Taking good care of yourself is essential to being the best mom you can be. If you are not feeling 100%, there is no way you can give 100%. Many moms I've spoken to have neglected themselves for far too long and often have chosen to put their children first. In the same vein as the old adage about the well that keeps on giving, remember that when the well keeps giving and doesn't refill, what will you be left with? A dried-up well doesn't help anyone, so take time for you to rejuvenate in some way, at least once a week. Daily would be even better!



Now let's apply the Four Levels of Self to your care. The ideas I present are meant to give you a place to start from while immediately creating this much-needed support for you. Use your imagination to springboard into anything that is more in alignment with your lifestyle.

Physical Self-Care - Taking care of your physical self can be as easy as taking a shower and putting on cosmetics. This doesn't have to be as extensive as "going out on the town" makeup, just the "5 minute face", concealer, powder/foundation, eyeliner, blush and mascara. That's it! It's amazing how just that little bit refreshes you. Another physical self care idea is taking a walk, either by yourself or with your little one. Put on headphones or play music through your stroller (most of them come with a speaker connection these days) and jam out while reconnecting with nature. Also, to replenish your balance of Spiritual energy, try exploring your connection with angels or guides, talking to the soul of your baby (unborn or born), or reading a spiritually-inspiring book.

 **Activate your Mommy-Sense Exercise** - In order to replenish your energy on a physical level, think about what you liked to do before baby came.

- *If you are pregnant, what do you like to do outside?*
- *What makes you want to move? Shopping in a mall environment counts as physical self care!*
- *Do you have a hobby where you use your hands to create something?*

Each of these is a great way to replenish you physically, as are the quieter activities like showers, naps, or simply sitting in silence in a quiet space. Make a list of the activities you enjoy so when you start to feel sluggish and need to balance your physical self, you will have some options close at hand.




Idea! Start a "Yay Me!" jar

Write or clip ideas or pictures of what you love to do for yourself on all four levels of self: Physical (massage), Emotional (watching your fave movie), Mental (reading a pleasure book), or Spiritual (going to a park or watching the sun set). Then when you feel drained, out of sorts,

or need a pick-me-up, randomly pull something from the jar. Yay, Me!!!

Emotional Self Care - After a little one joins the family, most moms will experience heightened emotions until their body chemistry swings back into balance. Typically new moms are sensitive to all the emotional happenings around them, especially when emotionally connected to our little ones. Replenishing this emotional well is easier than you might think. Be aware of the company you keep. If you feel drained after talking to a certain friend or loved one, it may be time to take some much-needed space in that relationship. This tiredness is a signal that you need to take care of your emotional self. The relationship can be revisited after you are replenished.

Pay attention to the emotional signals you are receiving (by listening with your intuition) and you will know what you need to achieve balance. Lunch with fun, happy friends, a massage or pedicure, all are examples of actions you can take to gain emotional balance. Taking a shower or swimming in a pool are great ways to relax and release any stress that might be emotionally taxing.


 **Activate your Mommy-Sense Exercise** - *Start paying attention to what drains your emotional energy or makes you feel emotionally wrung out. It might be a person, an activity you engage in, or a situation. Feeling drained usually comes after being with someone who takes a lot of your energy, time and focus like counseling a friend in a tough situation. It feels like all of a sudden you have no energy and want to take a nap, a break, or need to step away and focus on something else.*

For example: If it is a person draining your energy, put some space between the two of you and don't seek out their company, if you can. Listen to your self-guidance for what is needed to replenish yourself. Take a nap or rest while reading a good book. Take it easy on yourself, even if it is just a few minutes of peace and quiet in the car without anyone around you. Music is also a great way to change your mood and give you energy.

What appeals to you right now? Keep a list of activities that help you balance your emotions. When you are emotionally maxed out, consult your "Yay Me!" jar and chose a favorite emotionally-balancing activity.

Mental Self-Care - The mental self focuses on solving problems, "wrapping your mind around something", or learning something new. Sometimes we feel brain overload and need a break from reading, researching, or understanding what we are trying to learn. Often a brain break for me will be to watch something mindless on television, like a sitcom or funny movie. You might choose to read a romance novel to refresh your brain. If you are at work sit in your car during your lunch break, close your eyes and listen to the radio. The key to balancing your mental self is in stepping away from what you are thinking. To give your brain a rest from all of the information you are consuming, get out of your head and shift down into your heart. An easy way to do this is to [listen to my heart-centered meditation](#). It just takes a few minutes to move out of your intellectual overstimulation and into a heart-centered space.

Breathing into your heart and being heart-centered can calm mom and therefore calms your child as well. I find it easier to hear what my little ones need when I am calm and in a heart-centered space. The Heart-Centered meditation as well as the "I Am" statements are great for calming Mom; when spoken out loud and to your child, they can be calming for baby, too.

 **Activate your Mommy-Sense Exercise** - *What can you do when your brain feels like mush and just can't*

take in one more bit of information in that moment? Start making a list or have a few ideas to put in your “Yay Me!” jar or to set aside to take you out of your head for a while and just let yourself be, rather than “doing”. Have some of your favorite movies set aside or a game loaded on your computer. A good book or funny TV show will also do the trick. Or do something physical, like cleaning your “nest”, reorganizing your closet, or looking through old photographs. The key here is to step away from what is mentally draining you and to connect with something that will let your mind rest.

Spiritual Self-Care – Spiritual Intuitives live their lives in deep connection to the intangible divine presence, which I call Spirit**. When disconnected from this divine source, they can feel depressed or have a lack of physical energy. Headaches, dizziness, and not being able to stay focused are signs that a Spiritual intuitive has become disconnected. Spiritual self-care is all about integrating your physical world with your divine or spiritual support.

To provide self-care to your spiritual self, explore what you love in the physical world; learn how you hear your intuition or inner guidance through physical elements and beings. Taking care of yourself spiritually may include exploring your connection with angels or guides, talking to the soul of your baby (unborn or born), or reading a spiritually-inspiring book. You can also be proactive by setting intentions for the day, which I see as proactive prayers. Another path to balancing your spiritual self may be watching an inspiring movie or talking to others of like mind. When my connection to Spirit is intact and well-cared for, I feel light, happy, and free.

*** Note: I use the word Spirit to represent my higher power, my interpretation of God, so please use whatever word aligns with your own beliefs.*



Activate your Mommy-Sense Exercise - *What makes you feel closer to Spirit? Meditation in stillness or with movement? Prayer out loud or in silence? Engaging in discussion with others who are of like mind? Perhaps you enjoy reading stories about angels or would benefit from doing a guided meditation to meet your guides. I always feel Spirit when I meditate for the purpose of connecting to my baby? Talking to your baby can also help you feel more connected to Spirit. Connecting to your spiritual intuition or inner guidance is an important factor to attaining spiritual balance.*

Remember, the goal is to be the best mom that you can be, an important part of that goal is being the best person that you that you can be. Regularly using self-care practices to balance your physical, emotional, mental, and spiritual selves is critically important in reaching that goal. When you don't feel at your 100% best, there is no way that you can give 100% in your life. The ideas that I've just given you will help you meet this challenge.

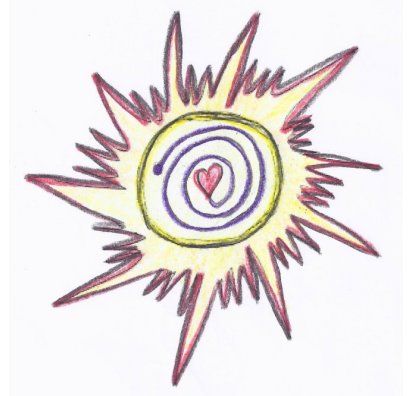
Don't be discouraged if you're not quite there yet. Keep activating your Mommy-Sense and practicing the connection with your baby. As you listen to your inner guidance and strengthen your trust in yourself, you will see a vast improvement in all you do. You will soon be on your way to being a comfortable and thriving mom, with all the tools you need to top yourself off and function at that 100% level.

Chapter 6: Intuition at work

Following your inner guidance

So, what are the benefits of using your intuition? Why develop it? Will it change how you feel? What does it mean to be intuitively guided?

Personally, connecting with my intuition gives me freedom, peace of mind, and faith that I am on the path to becoming who I am meant to be, especially as a mom and partner. In my experience of just being myself on this intuitive journey, it comes down to what pulls me or draws me in versus what pushes me or forces me into something. Pulling feels like you are being drawn to it like a magnet. When looking through all the titles on a shelf at a bookstore you just pass right over some of the books while others you feel the need to pull out, touch, browse through, and read.



Your intuition guides you with this same sort of gentle pull. Trusting this inner guidance is quite simply following that subtle sense of what to do. No forcing. No making yourself do something. It just feels natural and fluid. When making a decision, big or small, like which line to get in at the grocery store, which car seat you like better, or which doula to hire... when you trust your intuition, you just know. Sometimes it can't be explained, it just is.



Activate your Mommy-Sense Exercise If you find yourself still having doubts that you have intuition or are actually listening to your inner guidance, then here is a practice exercise for you.

For one day, pretend that everything that pops into your head or you feel pulled to do is your intuition at work. Follow it and see what comes of it. The only way to learn to trust your own instincts is to pay attention, follow the guidance by trusting what is coming through, and make note of the result. Through the gentle pulls of direction you will learn to trust yourself and your intuition. It is something you are naturally born with and cannot lose, but it can be ignored.

Trust Your Intuition and Inner Guidance

Intuition is gentle guidance. Many of us look for it to come as big a-ha moments. Pushing, forcing or “making things happen” is going against that inner guidance. Forcing feels like agitation or angst in the body, like you feel compelled to “get this done” before you explode. You may feel that you can't sit back and simply watch, but must take action. This compelling feeling even comes through when you know that the action is not yours to do. You'll notice people around you reacting with statements like, “Wow, you need to relax!”

This uncomfortable feeling and urge to act can be the result of not following your inner guidance. Impatience, feeling forced to use someone else's ideas or follow someone else's timetable could also prevent you from following your intuition. If something just doesn't sit well with you, there is always a reason. Listen to your intuition. Take a deep breath, check into your heart, and seek clarity and guidance. This uneasy feeling is your signal to sit back and ask if this is what you are supposed to be doing. If it is not your action to take, then seek another way. Trust in your inner guidance.

Learning how your intuition works

As mentioned earlier, we all have an intuitive language which is the way the information from your intuition comes to you: pictures, a vision, a movie, words, emotions, or even thoughts. Keep in mind that Intuition will only come in a way in which you are comfortable receiving. For example, take the Psychic Intuition test referenced on the Resource page at the back of the book. If you score highly as a clairvoyant, or one who sees, but don't want to see anything, then Spirit will send you messages using a language that you are willing to listen with. Several of my students mentioned that they shut down their language due to a traumatic experience or fear of the unknown. To open that channel again, you have to trust that Spirit will only send you what you can handle. Practice using that language again and see if becomes comfortable.

Intuitive Language: The Four C's

The Four C's refer to the four intuitive languages. They are the "clear seeing" of clairvoyance, the "clear hearing" of clairaudience, the "clear sensing" of clairsentience, and the "clear knowing" of Claircognizance. I have found that people often have a primary language that they are already using, even if they don't think that they are intuitive. It is wisdom that you just call upon without conscious thought, and have probably been doing it your whole life, so you don't think of it as intuitive. So let me define the languages for you and give examples so you might understand them better.



Clairvoyance –This is your ability to see something like a visual picture, video, or mental image in your mind's eye. Your intuition creates a very clear picture in your head. It often can come across in the following ways: as a snapshot, moving picture, dreams, colors, peripheral vision, angel lights, visual signs, or visual symbols. Clairvoyants are truly "show me" people, and I have found them to use the words "I see" and "Show me" when they are talking to someone. You might be really visual and need to see something to understand it or connect with it like art or other communications. After all, seeing is believing!

Example: Clairvoyants use their inner vision to see beyond the surface and be inspired. Many of these people are artists, graphic designers, engineers, architects, television producers, directors, almost anyone who has a vision they want to bring to life. Here is a jewelry artist who works with her clairvoyance language to be accurate and to help her clients really create something tangible even when they cannot articulate it themselves.

An Intuitive Mom Story: Lynn

Lynn is a jewelry artist who uses her intuition to connect with her client and her creativity. Her process is always the same. She sits down with a client and a sketch pad and starts asking questions like: "What stones do you want?" or "What colors are you drawn to?" Once the client starts talking, she gets a picture in her head of the piece to be made. She asks about theme and metal like gold or silver then shows the client what design has come to her. When they see what she has drawn, it never ceases to amaze her when they say

“That’s it! It’s exactly what I want.” She also uses this connection to communicate with her kids. When they are telling a story about what happened to school that day, she gets a clear picture in her head of what happened, what everyone was wearing, and where it happened. It amazes the kids. She says this gift comes in handy when she has to design a school project, too. Her kids are showing their own creativity and being able to visualize, too. She says that “a family that creates together makes beautiful things together!”



Clairaudience - This is your ability to hear with “clear hearing”, as with an inner or outer voice. The voice is not emotional but can sound like your voice or another’s. It is very gentle, subtle, CLEAR and to the point. There are a few things that distinguish this intuitive voice from your own that is ego based. True guidance is positive, uplifting, repetitive, and loving. Your lower self sounds negative, critical, impulsive, and pessimistic. I find clairaudient people often make statements of “I hear where you are coming from.” They love listening and are particular about music they listen to,

the tone of people’s voices, and love to just hear the outdoors. Music, especially classical, has shown to enhance this gift.

Example: Musicians are people who can hear thoughts in their head and are often very sensitive to sound. It can also come across as: song on the radio, inner voice inside or outside your head, snippet of conversation, TV on in the other room, loud voice out of nowhere telling you to be careful.

I have a mom who sees symbols above people’s heads that relays information about that person to her. Here is her story:

An Intuitive Mom Story: Dianne

“When I meet someone new, especially clients whom I will design a home for, I often do what I call “reading their spirit”. When I read their spirit, I receive an image. Often times I have no idea what it means. As I get to know the person I soon discover it’s meaning for that person. For instance the builder who built my house, upon meeting him I immediately got an image of a basketball, in the course of getting to know him I found out he loved to play basketball and really just wanted to be a basketball player. It is best to do this with people I do not know, because I worry that I will put a bias on the image if I already know the person.”



“I also read the spirit of a house, but this often gives me a word or two describing the spirit of the house and how it relates to the residents or what it wants from me. Words such as love, compassion, anger, generosity, additive, radical, are all words I have received from the house spirit to describe either what the house or family is about, or what the house needs.”

Clairsentience - The ability to literally feel intuitive messages. An example might be that gut feeling that people have about someone or something. These folks sense a heaviness or lightness in their third Chakra. Those who use this language often will ask themselves how things feel. Clairsentience

is “clear feeling,” and so that’s when you get sensations in your body that tell you if something is a good or bad idea. Many of us are clairsentient without consciously being aware of it. When we get a strong “gut” feeling, positive or negative, about someone we just met or when we get the “chills” for no apparent reason, we may be tuning into the emotional energy of a person or a spirit around us. When we are highly sensitive and are in tune with not only our own feelings, but also the feelings of others, this makes us natural healers and caregivers. They often say “I feel this is the right decision.” We often feel inspired to be of help as healers which can take on many different forms: doctors, therapists, counselors, and teachers. If this is you, clairsentience is at the top of your list of senses.

Example: Clairsentience can come across in quite a few ways: butterflies in your stomach, feeling like something bad is going to happen, sinking sensation, feeling peaceful as if everything will work out.

Professions that usually use clairsentience would be Counselors, Healers, and people who are in tune with their own emotions and feelings. They are often very aware of how others feel. I find that as a mom, I am very much in touch with what my children feel.

An Intuitive Mom Story: Jackie

One of the moms in my community tells the story of clearly knowing that her child needed her. When Jackie’s daughter was 13 months old, which was over 35 years ago, they were stationed on a naval base and getting ready for guests coming for a visit. Her daughter was fussy and not really feeling well, so she fed her and put her down for a nap. Getting a moment, Jackie headed outside to hang up the laundry, the next item on her long to do list. While talking to her neighbor who was also outside doing laundry, she suddenly felt the urgent need to go inside and check on her little one. It felt like she was being pulled to go right now, so she dropped everything told the neighbor she’d be back in a minute and ran inside. What she walked in on was amazing. Jackie stood outside her daughters crib watching her have a full-body seizure. Panicked, Jackie calmed down her daughter after checking that she was not harmed. The baby was burning up with fever. Wrapping her up in a blanket she ran next door to her neighbor seeking help and guidance. Having eight of her own children, the neighbor immediately made an ice ring halo wrapped in a towel and placed it on the baby, who immediately relaxed. Then the neighbor called her husband to come and get them since he had their only car, and asked him to tell the child’s dad that they were heading to the hospital. At the emergency room the doctors gave the little one something to break the fever of her double ear infection and eventually Jackie’s child made a full recovery without any harm or any more seizures. Thankfully she listened to her inner guidance when her child needed her to or she never would have known how serious the child’s illness was at that moment. She saved the day and the child. Yay, Mom!



Claircognizance- This is the ability to receive fully-formed thoughts in your head without knowing where they came from. They just pop in from no clear line of thought like reason, logic and ideas. These individuals are very mental in their intuitive language.

Claircognizance is when we have knowledge of people or events that we would not normally have knowledge about. Spirit impresses us with truths that simply pop into our minds from out of nowhere. An example of this would be a premonition: a forewarning of something that will happen in the future which we sometimes remember like

déjà vu. Claircognizance requires tremendous faith because often there is no practical explanation for why we suddenly "know" something. If this is you, consider Claircognizance as one of your dominant senses.

Example: This can come to you in a variety of ways: professions that can be Claircognizant are inventors, engineers, computer programmers, scientists, and entrepreneurs. Also, many philosophers, professors, doctors, scientists, religious and spiritual leaders and powerful sales and business leaders tend to be highly intuitive and seem to just know the facts with a sense of certainty. Claircognizant people often find it hard to trust their intuitive inspiration because it is so hard to explain why they know. Once they learn to trust this knowledge as insight from Spirit, and that they are right most of the time, they can be downright amazing at what they do!

An Intuitive Mom Story: Kathryn & Andrea

One of my moms, Kathryn, loves to dance salsa. She goes to a Brazilian dance group as often as she can, and tries to bring her daughter Andrea, who is in her early 20's, to share her delight in dance and music. One time while in dance class together, the instructor was choosing ladies to move off to the side to train with the more advanced students. Kathryn was all but twitching with excitement. "Pick me, Pick me" she kept saying in her head while dancing the routine they had just learned. She said it over and over in to herself until the end when she was not called. Crushed, she vented her disappointment and frustration to her daughter in the car home who had been just behind her in class. She really had thought that if she asked loud enough the instructor would have chosen her. She was sure of it. Andrea just turned to her mom and said she could hear her loud and clear saying "Pick me, pick me" the whole time the instructor was walking around the group. Kathryn was not surprised in the least since she has raised Andrea to really embrace her intuitive nature: being able to know and hear others.



Activate your Mommy-Sense - What is Your Intuitive Language?

Ask yourself "How does insight come to me?" Do you see things like pictures? Do you hear a small, gentle voice in your ears or head? Do you get chills as validation or can you feel it in your gut that something is not right? Maybe thoughts just pop into your head without any focus at all. I have found that by keeping track of what happens and when before I see the result gives me a good timeline.

Take out a journal and start writing when and how things come to you. It will also help you be more aware of how often and now you will expect a result. Trust what comes, it is the Purest form of your soul, from which all good things come.

Chapter 7: The Chakras of the Body



Our Chakras, also called the seven energy centers, are nonphysical energy centers in the body that connect us to various levels of consciousness. Each Chakra is a ball of energy that integrates our thoughts, actions, emotions, inspirations and divine potential. Chakra is Sanskrit for spinning wheel or circle.

“The Chakras also contain the energy of our past, present and future, our soul’s blueprint, and our purpose in this life and as a soul.” - Sherrie Dillard, author of “What’s Your Intuitive Style?”

Chakras are the doorways that Spirit uses to connect us with nonphysical realms, like our Angels, Guides and Higher Self. We use the energy coming through the Chakras to interpret information, similar to plugging into a satellite. These doorways can be in various stages of open and closed depending on the flow of energy coming through them. The Chakras allow us to naturally communicate with all forms of life. Regular chakra meditation can transform your life by clearing out and balancing your vital energy centers. This is the most direct way I know to better ourselves on all levels of our being – physically, emotionally, mentally and spiritually. This facilitates our natural ability to accept, interpret, and release information intuitively all while rejuvenating our entire being with happiness, peace, and serenity. We will be focusing on the seven primary Chakras of the body. (See chakra diagram above).

Description of the Chakras



The First or base Chakra is **red** and governs the foundations in our lives. It rules our survival instincts, energy, and physical stamina. The base chakra also carries the energy of our home, family, security, sense of safety, stability and our sense of belonging. It is located at the base of the spine and rules this area of the body as well as the skeletal system, legs, feet and immune system. The first chakra is what keeps us grounded and helps us connect and communicate with all of Earth’s creatures. Intuition comes in the form of survival instincts, animal communication, and tribal or family connections.



The Second or sacral Chakra is **orange** and relates to our interactions in the world. It governs how we relate to others, sexuality and relationships, money and career, as well as our emotions and creativity. The sacral chakra is located at the lower abdomen and is connected

to the reproductive organs and kidneys. It is through this chakra that intuition comes in the form of wants and desires, creativity, and kinesthetic knowing like dance or trance meditation.



The Third or solar plexus Chakra is **yellow** and governs the ego, self-esteem, our sense of self worth and our personal boundaries. It relates to our identity as well as our intellect and knowledge. The solar plexus chakra relates to anger and fear, as these emotions protect the self, even when it isn't necessary. It is located in the stomach or solar plexus area and governs the digestive and nervous system as well as the liver. Intuition coming through this chakra is in the form of "gut" feelings. For many, it is the main intuitive channel. It is often open without our knowledge.



The Fourth or heart Chakra is **green** or **pink** and governs love and the heart. It is connected to our feelings of centeredness and our connection to our higher selves, the Divine and the world around us. The heart chakra relates to feelings of empathy and compassion, as well as feelings of grief. It is located in the middle of the chest and rules the heart, blood and lungs. Intuition through this chakra comes through as empathy and compassion.



The Fifth or throat Chakra is **blue** and governs communication. It rules the ability to speak clearly, to communicate the truth and communicate the inner self. It also relates to the feeling of being heard. The throat chakra is located at the throat and rules the throat, ears and jaw. Intuition coming through this chakra shows up as the ability to speak truth with our voices, though authentic words, as experienced when hearing professional speakers, musicians, and those who speak or chant.



The Sixth or third eye Chakra is **indigo** or **purple** and rules the ability to see things from a higher perspective. It relates to the ability to see the bigger picture. It rules wisdom, intuition, perspective and the ability to see clearly. The third eye chakra is located on the forehead between the brows and rules the eyes, nose and head. Our intuitive sense of knowing and clairvoyance, or the ability to intuitively "see" information, comes through this particular Chakra.



The Seventh or crown Chakra is **violet** or **white** and rules the connection to the Divine. It relates to gratitude and the ability to see beauty and Spirit in the world around you. This chakra is affected every time you connect with a sense of openness and gratitude to God, the Universe, nature or life. It is located at the very top of the head and rules the head, brain and nervous system. The crown chakra keeps information about our soul's purpose, life cycles, non-physical guides and karma. Through this Chakra we receive messages from our guides, loved ones and higher self.

The Benefits of Chakra Clearing and Chakra Balancing

- Releasing emotions and energy blocks that no longer serve you
- A sense of calm and purpose
- An increased sense of joy
- Compassion, understanding of your relationship with your child
- Focused actions for proactive solutions
- Awareness of personal health
- Awareness of child's health and happiness
- Positive connection to other relationships outside of you and your child

Get your *Chakra Clearing meditation on the website:* www.Mommy-Sense.com/bonus

Chapter 8: Closing Thoughts

What does it all mean?

As with any spiritual practice or alternative practice, all of this is only information. True learning and understanding comes with *doing* consistently. Once you've discovered what kind of intuitive you are, honor that by listening to your intuition and follow its guidance. Honor your own being and body by cleansing and balancing your chakras regularly.

If there are spiritual, emotional or other types of blockage inside of you, it will keep you from connecting with and "hearing" or "seeing" your child's spirit as clearly as you may desire.

You were given your child for a reason. Your wisdom as a mother is evident in your decision to purchase and read this book, in order to learn how to love and connect with your child on a deep, intuitive level. Keep practicing to trust your own intuition and rejoice in being a mom!

Being an insightful parent all starts at home with you. By knowing how you receive insight, understanding what it means, and then trusting and acting on it when it comes, is the magic formula to taking your relationship with those closest to you to another level of awareness. It will help you feel more confidence and by understanding of who you are, you naturally create a powerful bond and connection with everyone you love. In turn you will give more loving support for all of those involved. Your child will greatly benefit from your new perspective of who they are and who they are becoming all because you know and trust who you are as an Intuitive Parent. Mommy-sense is your key to being the best parent you can be.



Self Test and Further Information

Here is a list of resources for the information I used in the book, Mommy-Sense, but also as I walked my own path of self discovery. Understanding who you are and how you are naturally wired to use your greatest resource, your intuition, I feel is the beginning of really knowing yourself and becoming who you are meant to be. Be the change you want to see in the world.

Self-Test: What is your Intuitive Language?

Here are some simple questions to help you determine what kind of intuitive language you use:

1. *In a conversation where you are listening to a friend's horrible experience you reply with:*

- a) I see what you mean.*
- b) I hear what you are saying*
- c) I can feel where you are coming from*
- d) I know what you mean*

2. *The first thing you notice about a person when meeting them for the first time:*

- a) How the person looks, their facial expressions, hair style, or what they are wearing*
- b) The sound of their voice, tone or volume*
- c) Whether or not you are comfortable in their presence*
- d) If the person has something meaningful to discuss with you*

3. *When working to solve a problem, I most likely:*

- a) Visualize different solutions in my head*
- b) Talk to myself until I come up with a solution*
- c) Contemplate the situation until a solution feels right*
- d) Work the problem over in my mind until a solution comes to me*

4. *What I'd most like to improve about myself:*

- a) My physical appearance*
- b) My voice*
- c) How I feel about myself*
- d) My knowledge on my favorite topic*

5. *If I received some extra money, the first thing I would do is:*

- a) *Go shopping for something beautiful*
- b) *Get front row seats for my favorite musicians*
- c) *Go on a rejuvenating retreat or get away*
- d) *Upgrade my computer system*

6. *I am most comfortable with others who:*

- a) *discuss their ideas*
- b) *shares their feelings*
- c) *participate in activities*
- d) *seek spiritual growth*

7. *I trust my intuition the most when:*

- a. *I experience it as an "ah-ha" moment*
- b. *I feel emotionally connected to the information I receive*
- c. *I know in my gut*
- d. *it comes to me in a dream*

Now, count up how many A's, B's, C's and D's. The most will reflect your primary intuitive language. A's are: Clairvoyant, B's are Clairaudient, C's are Clairsentient, and D's are Claircognizant. Remember, we usually have a primary, but ALL of them can be used at any time. The goal is to pay attention to all of them however they come to you.

Resources for Further Learning and Expansion

Some Mommy-Sense resources I'd like to mention especially:

1) My free Heart-Centered Meditation at www.Mommy-Sense.com, will provide you with a simple way to be calmer and be connected to your intuitive guidance which will make your life decisions easier. By using the heart-centered exercise, you will feel the calm effects almost immediately. This allows you to have a clearer mind, make decisions from a place of love, and feel the loving connection with your children. Heart-centered insight can improve how you relate and better understanding of yourself, your mate, and your children. Additionally, when you sign up for the meditation I'll be sure to let you know about events I'm offering and new resources that I've encountered and will happily pass on to you. The meditation is included as a bonus when you register the purchase of this eBook. <http://mommy-sense.com/ebook-bonus-web>

2) Workshop, classes, and working further with me: I hope that this book has gotten your brain working on wanting to know more about who you are and how you work. Intuition is a natural resource that can make our daily lives so much easier, and it's free. We just need to know how we as individuals can tap into it. Next step would be to check out the Services and Events pages at Mommy-Sense.com to see what workshops I have coming up, speaking engagements, webinars, and classes. If you would like to host a Mommy-Night Out program, contact me directly for details. If you are ready to know right now how you are naturally wired to be more intuitive on purpose, contact me directly to set up a 1 on 1 session that are now available. Check out the website for more information and contact me to set up your appointment, Mommy-Sense.com/contact/

3) Join Mommy-Sense with Cristy Nix on Facebook: is a great place to contact me with questions. I visit the page frequently and answer questions personally so be sure to post your thoughts there! The Facebook page is also the first place I post any announcement about new things coming up so it is a wonderful way to stay in touch with what I'm doing. I hope to see you there! <http://www.facebook.com/mommysense>

Websites:

Read more about the Interview Oprah did with Rebecca Rosen on developing your 5 Clair senses. Oprah gets it!: <http://www.oprah.com/spirit/Developing-Your-5-Clair-Senses-Rebecca-Rosen/2#ixzz2483JDck7>

SherrieDillard.com ~ Visit the site of one of my mentors, Sherrie Dillard, to take a short quiz that helps you determine what kind of intuitive you use or use our own [self test](#)!

Books:

You Can Heal Your Life, by Louise Hay, Hay House

The Gift by Echo Bodine, New World Library

A Still Small Voice by Echo Bodine, New World library

Discover Your Psychic Type by Sherrie Dillard, Llewellyn Publishing

Divine Guidance by Doreen Virtue, St. Martin's Griffin publishing

Practical Intuition by Angela Martin, Barnes & Noble

Insight Through Intuition: the Pathway to Spiritual Self-Development by Julie Soskin, Carroll & Brown Publishers LTD.

The Psychic Pathway by Sonia Choquette, Crown Trade paperbacks

Please Note:

These Resources can be found and ordered through my website at www.mommy-sense.com/resources .

Enjoy!



Glossary of terms

4 kinds of intuition – Physical intuition, Emotional intuition, mental intuition, spiritual intuition

4 kinds of intuitive language – Clairvoyant, Clairaudient, Clairsentient, Claircognizant

4 levels of self – Physical Self, Emotional Self, Mental self, and Spiritual Self

Baby Sense – a natural and intuitive bond between mother and baby that comes from Mommy-Sense

Balance – is mental steadiness or emotional stability; habit of calm behavior, judgment, etc.

Being Present-the act of being consciously aware in any situation. Using your undivided attention focused on the task at hand.

Chakra – from the Sanskrit word meaning “circle or wheel”

Grounding – the act of becoming focused, centered and present to what is happening right now

Higher Self – is the purest form of your soul and heart that connects to Spirit. It resides 14” - 16” above your head and connects you to universal energy or all that is God-Source, however you interpret it.

Inner guidance- intuition or your inner wisdom

Intentions- is proactive prayers; positive affirmations of what you desire or want to create.

Intuition- is the ability to understand or know something immediately, without conscious explanation.

Intuitive guidance- is inner guidance received by following your personal instincts.

Intuitive nature- how you use your natural ability to access intuitive information

Meditation – is to engage in thought or contemplation; reflect.

Metaphysics - Traditionally, the word "Metaphysics" comes from Ancient Greece, where it was a combination of two words-Meta, meaning over and beyond and physics. Thus, the combination means over and beyond physics. In the definition found in most dictionaries, Metaphysics is referred to as a branch of Philosophy that deals with First Cause and the Nature of Being. It is taught as a branch of Philosophy in most academic universities today under the label of "Speculative Philosophy." per University of Sedona.

Mommy-Sense – a mothers innate wisdom and intuitive guidance to naturally know what is best and needed for her child

Natural instincts- often classified as “gut reactions”. It’s actually intuitive information coming through your 3rd Chakra.

Prayer - a devout petition to God or an object of worship.

Protection - the act of protecting or the state of being protected; preservation from injury or harm.

Psychic ability- is your ability to access information from connecting to Spirit instead of from experience or others outside of you, on purpose.

Religion - a specific fundamental set of beliefs and practices generally agreed upon by a number of persons or sects: i.e. the Christian religion, the Buddhist religion.

Self-Care- prioritizing yourself and your well-being. Self-care may seem selfish, however, if you are not functioning at 100% of your best self, you cannot give 100% to anyone else.

Spirit – However you define connecting to “All that is”: God, God source, or Universal energy.

Spirituality - of or pertaining to the spirit or soul, as distinguished from the physical nature: a spiritual approach to life.

Thank you for getting Mommy-Sense!

Don't Forget, You are now able to get instant access to Cristy's Special report:

"5 ways to Use Your Mommy-Sense NOW!"

Get started now on using your Mommy-Sense, just in time for a holiday, a stressful event, connecting to a sick child, all those moments where you really, REALLY wish that you could understand what your child needs and need to be able to communicate and act on it NOW.

You will also receive:

- ✓ a free download of Cristy's Heart-Centering Meditation, something that you can use right now when you need to take a few moments for yourself
- ✓ a complimentary subscription to Cristy's periodic announcements about upcoming live, online events
- ✓ More free helpful tips & actions to help you be a better Mommy!



Click on the link below to register your purchase and receive all goodies.

your free

<http://mommy-sense.com/ebook-bonus>

This offer is only available as a special gift with purchase of this eBook.

Be sure to confirm your request in the follow-up message with the subject line of [\[Mommy Sense\] Your eBook and Bonuses are Here](#)

After confirming you will immediately receive the link to your eBook and your first two bonuses, and watch your inbox for link to download your free audio recording and "5 ways to use your Mommy-Sense NOW!"

Thanks again for taking the first step in being a better mom for your kids. They chose to be born to you for a reason, and I'm happy they did.

Much Love & Insight!

Handwritten signature of Cristy Nix.

Cristy Nix, The Mommy-Mentor

www.mommy-sense.com

