

PRACTICAL INTUITON

Into Practice

BY *Cristy Nex*

Hey! Welcome to Practical Intuition into Practice!

So happy to have you here. If you are looking to explore + learn more about who you are and how you work intuitively, then you are in the right place!

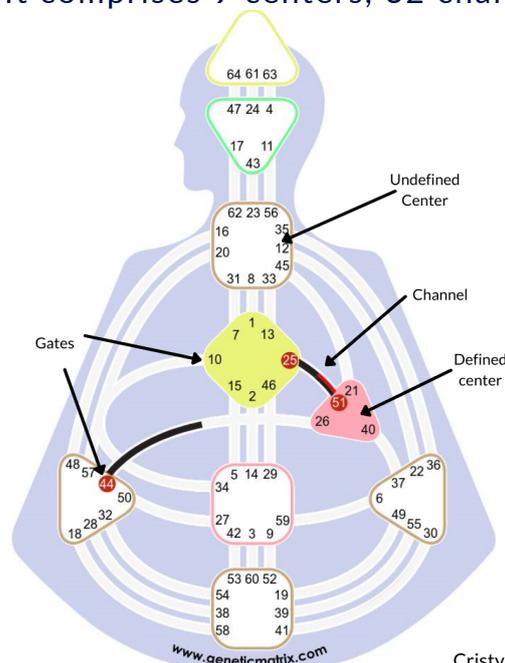
I feel we all have our own magic within us. It comes from working with Spirit, our unique energetic blueprint, + trusting our intuition.

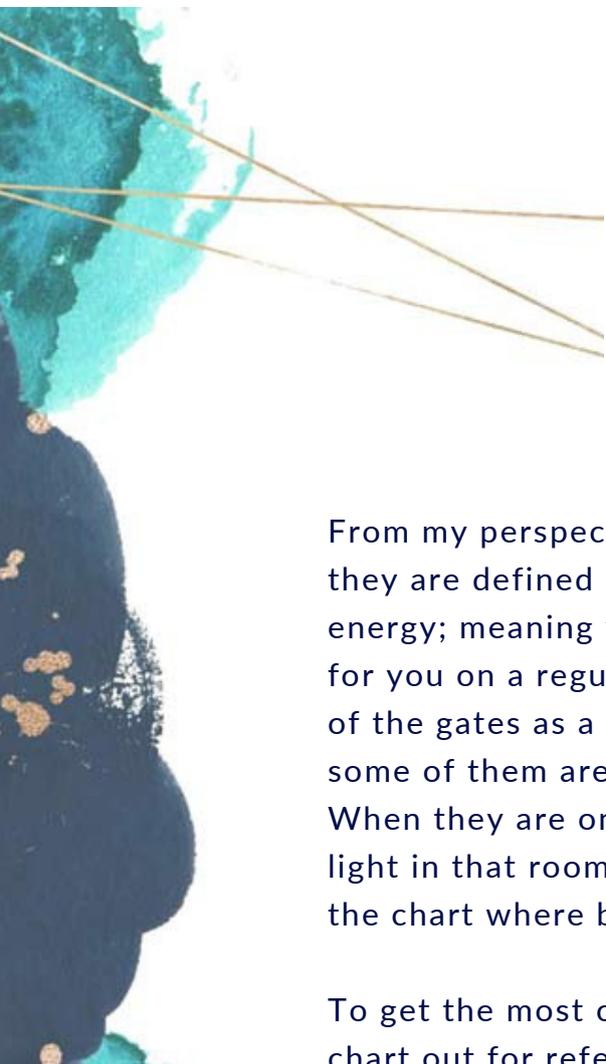
I believe we are all **uniquely designed** with the potential to make a great difference whether it be on an individual basis, within our communities, and in the collective world.

For me, **Practical intuition is a daily practice** of self-trust, self-awareness, and self-love. In order to apply our practical intuition, we first need to know how we are wired to be intuitive. If we don't know how it comes to us, how do we know what to look out for, right?

In this ebook, I'll share how we all access our intuition in different ways, where else you can find more about how you are intuitively wired, ways you can start to use it in your daily life, and some challenges you might run into. I'll also give everyday examples to help you really understand it in a practical way.

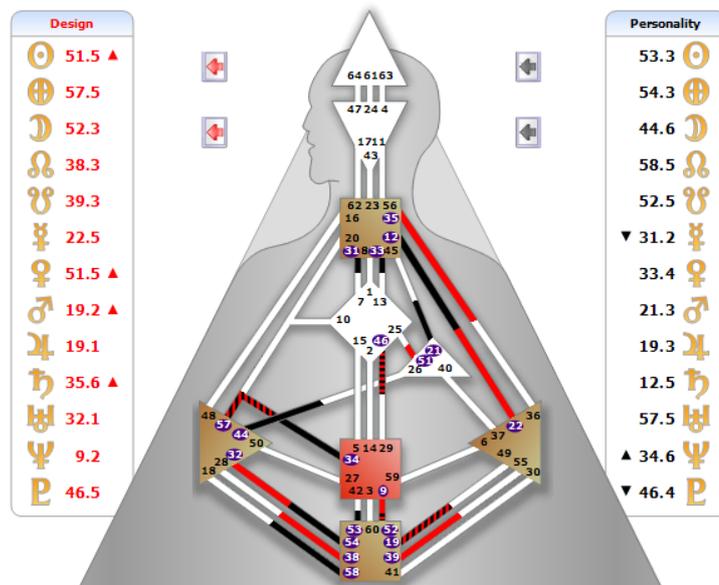
Since this is an ebook about **intuition + human design**, I will reference my Human Design Chart. Human Design is a master system combining the principles of Quantum physics, astrology, I Ching, Kabbalah, and the Chakra system. It comprises 9 centers, 32 channels + 64 gates.





From my perspective, I see the centers, gates, and channels when they are defined or colored in, as having access to consistent energy; meaning you will see these behaviors and habits show up for you on a regular basis. Basically, the light is always on. So, think of the gates as a string of Christmas lights around the room where some of them are on (defined) and others are not (undefined). When they are on, they flavor the experience you have with the light in that room. Channels connect this room with other rooms in the chart where both rooms have lights on. Hope that makes sense.

To get the most out of this ebook, I suggest having a copy of your chart out for reference so you can see what gates/channels/and centers you have defined.



Practical Intuition

[Grab a copy of your FREE Human Design Chart](#)
[click here>>> then come on back!](#)

What I love about Human Design is it's a great starting point to begin really understanding your unique energetic blueprint and how to utilize it in order to get into alignment in your life, relationships, and business. It also shows us how you are wired specifically to be more intuitive through our defined gates and centers.

With your Human Design chart, you can expect to learn what gifts you're here to share, how to know when you are out of alignment, and how to make incredibly aligned decisions.

But I get ahead of myself, so let's go back a few steps.

Honestly, **we are all intuitive**. I know you have heard that before but it's true. We are all wired to receive information that is not just common sense, but actually information available to us that we would not otherwise know. Some say it comes from God/Spirit/higher power, others from our energy fields (Aura) or our higher self. Either way, it's information that can make our lives easier if we just listen, trust, + follow it.

For me, **I see intuition as another type of language, each of us with our own dialect**. To learn it, we just need to realize how it's coming to us and translate it as it fits who we are.

My intention for this ebook is for you to walk away feeling more aware of how you are actually wired to be more intuitive. As always, please keep in mind, this is just the basics as I have experienced/witnessed/studied for using my intuition on purpose. There is no way any of us know it all. So, take what resonates and let go of what doesn't. You are the ultimate guide when it comes to using your intuition.

There are several ways your intuition can show up in your awareness. In this Ebook, I'm going to cover the basic 4: Visual, Audient, Sentient, + Knowing. You will probably identify with more than one, and that's totally fine. You can actually develop all 4 of these, and probably have a few others, too. We are all wired for access to all of them, but the language might be different for you than it is for me. I'll give you examples of each one as I have experienced them, just so you have a reference.

Types of Intuition

Visual Intuitive

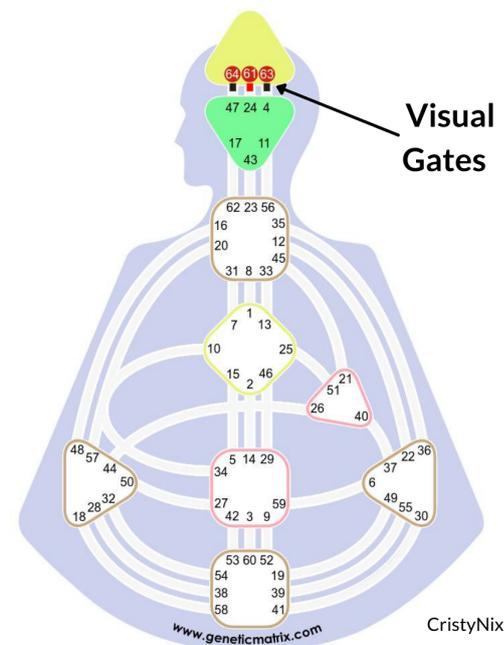
also known as ClairVoyant, or "Clear Seeing". Your intuitive language shows up for you in pictures, a movie, symbols, or colors just to name a few. If it is your Primary Intuitive language to practice, it will be unique to you in many ways, but the basic premise is the same.

In Human Design, you might have the gates defined (colored in) around the head or Ajna. Gates 61 ~ Wonder, Gate 64 ~ Big Picture, + Gate 63 Curiosity.

As a Visual Intuitive, you tend to fall in love with what you can see. A beautiful landscape, striking smile, or artistic expression is not lost on you. One of the first things you notice in a person is their physical appearance + energy. How vibrant are they showing up? You prefer things to be appealing + pretty to look at, and you have a tendency to learn best by seeing what's going on. You might also receive insightful information through pictures in your mind, or 3rd eye, or even a movie. Below are a few ways you can "read + connect" with others around you using this gift. Remember that all of these will not apply to you. Take what resonates and let go of the rest.

A Visual Intuitive tends to:

- Be a visual learner
- Love looking out the window or seeing the beauty in nature
- Daydreaming is a common creative outlet
- Lucid dreaming or remembering your dreams
- Love people watching
- Can visualize different solutions
- Often pursue artistic endeavors like painting, sculpting, photography, architecture, and film making
- Love good lighting
- Escape through TV and movies
- Often are good on video or like taking pictures
- Will likely notice when someone changes their website colors, fonts, or energy
- Often say "I see what you mean"



CristyNix.com

Types of Intuition

My experience: My family often asks me where something is because it was not put back where it was supposed to live. I just close my eyes and say, "Where are the zip ties he is looking for?" and I get an instant image of a shelf with other stuff and realize where that is in the garage. Done.

Challenges: You may find yourself feeling visually overwhelmed by what's going on around you. You have a tendency to see things others cannot. That is why people LOVE to ask for your perspective and advice.

It can also be challenging to not feel scattered or unfocused. One way to get present again is by grounding yourself. You can ground simply by washing your hands, eating food that grows in the ground like root veggies and chocolate, or being outside in nature.

To protect yourself from overwhelm, practice placing yourself in a semi-permeable (things can flow in that are good for you and flow out that are not) bubble or white light. Also, just step away! A change in scenery to someplace like outside in nature is great at dissipating what you are seeing especially if it is someone else's energy.

Practice: I often practice visualizing ideas coming to fruition or picturing what I really want to see happen. As a Manifesting Generator in Human design, it is part of my strategy when responding to visualize, inform, then take action if it feels right. This is especially helpful for manifesting when you are a specific manifestor in Human design. They love having a visual to help them bring what they want to them, like a vision board, or might be inspired by something they saw on Pinterest. Inspiration can come from anything visually stimulating like art, nature, light, movies, or TV.

Types of Intuition

Audient Intuitive

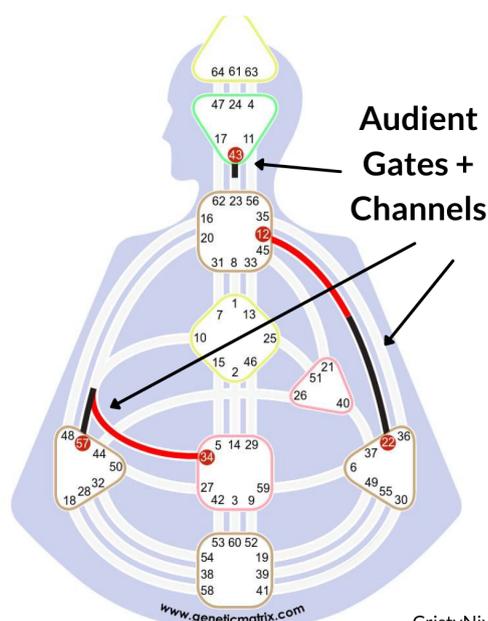
~ also known as clairaudient or "clear hearing", can receive intuitive information through hearing it. It can be tone, words, vibrational sound, thoughts of others, animals, entities, through music even. This guidance might come from inside or outside of your mind. This voice is often called the "quiet voice from within", and it may not sound like your own voice. It could also sound like short direct phrases or comments. No emotion, just "don't go there." or "walk away". For the longest time mine came to me in iambic pentameter...you know, follow the bouncing ball?

CLAIRAUDIENCE or Intuitive hearing - Gate 57 is the gate of Intuition, and it tends to magnify all the other intuitive gates in your chart. It's also called the "Psychic Gate". This gate is part of the 34/57 Channel - The Channel of Power which also signifies the ability to hear guidance through words where the tone is a significant indicator. It is the gate of the right ear as well. The Audient gates are Gate 57: (right ear) Gate of intuition, Gate 22: (Left ear) Gate of hearing, Gate 43: (Inner ear) Gate of breakthrough, and the Channel 12-22 Openness (channeling ability). Gate 22 is the "Gate of Hearing" which is part of the 12/22 channel, which gives its chart the ability to channel information.

Below are a few ways you can "read + connect" with others using this gift. Remember that all of these will not apply to you. Take what resonates and let go of the rest.

An Audient Intuitive tends to:

- Notice the noise level in a room when entering it
- Music can be a big influence
- Often say "I hear what you mean"
- Talks to oneself or others to figure out a solution
- Ideal career often involves speaking, talking, or writing
- In nature first notices the sounds of the birds, waves, or wind
- People often tell me they love my voice
- Don't like a place where you cannot hear or be heard
- Love to relax listening to music or playing it
- Can hear subtle changes in a person's voice
- Often pick up what is not being said



Types of Intuition

An Audient Intuitive tends to (cont):

- Have tendencies to channel information like automatic writing
- To focus often needs quiet or music/voices they can tune out
- Can often communicate with animals, angels, and spirit guides

My Experience: This is my primary intuitive language as I have Gates 57 (intuition), Gate 22 (Surrender), Channel 12-22 (Openness), Gate 38 + 35 which is 6 gates of the Knowing Circuit. Basically means I can hear what you are not saying. Yep, it's a little voice in my head, often. I remember driving to the post office one day in July. It was super hot, and I was thinking to myself "I wonder if it is time to start having kids?" and then I heard a voice that sounded like it was coming from the back seat say, "Hi, Mom!" I almost had an accident. Come to find out during meditation that it was my firstborn, Carter, who still to this day loves to sneak up on me. True story.

Challenges: Since this gift is sensitive to sound, you have a tendency to get a bit overwhelmed with what you hear. This could look like becoming agitated when the music is up too loud, or if you have to have people be quiet in the car when you are trying to focus. Too many sounds can distract you easily because you are so sensitive to noise. On the other hand, others may seek your counsel because you can hear what's the truth or not. When you feel not heard, it's your sign check-in and sees if you need to be listening more

To protect yourself from taking on things that are not yours, practice placing yourself in a semi-permeable (things can flow in that are good for you + flow out that are not) bubble or white light. You can keep yourself present + grounding yourself by washing your hands, eating food that grows in the ground like root veggies + chocolate to stay clear + present. Also, just step away! A change in scenery to someplace like outside in nature is great for dissipating what you are thinking, especially if it is someone else's.

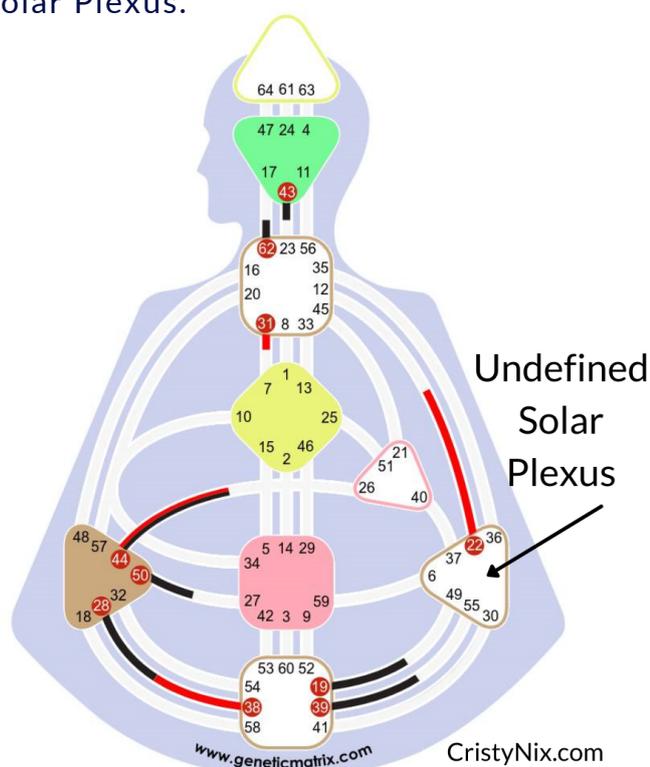
Practice: Start sitting alone in a room with someone else (can be on a zoom call) and both of you take a few relaxing deep breaths. Then listen with your eyes closed as your partner talks to you about anything. Have them tell you the truth + a lie and see what comes to you.

Some questions to ask: What are you hearing? Listen to what comes + how it shows up. Then tell the other person exactly what came to you (no filtering). See what they say. Did it resonate with them?

Feeling Intuitive:

~ often called Clairsentient, can feel emotions and/or physical sensations in their bodies. Often from those around them, you have great insight into feeling if someone is physically hurt or in pain, unwell, angry, happy, or any other sensitive state. You can also sense others' moods and emotional well-being.

CLAIRSENTIENCE or Intuitive feeling in Human Design - There are a few gates + channels that have this strong sense of others' feelings, whether they be emotional, physical, mental, or spiritual. First, look to see if you have an open Solar Plexus.



This means you are a natural empath, so sensing other energy will feel rather natural to you. Also Projectors, Reflectors, Manifestors with an Open Sacral will have the ability to feel others. Gate 19 is the Sensitivity gate, which means you will be sensitive to animals, nature, all life, and its energy. One of its gifts is knowing when something feels off or not right. Gate 13 is the gate of empathy, the listener, while Gate 15 is feeling compassion + consideration....and this is just the beginning!

Below are a few ways you can "read and connect" with others around you using this gift. Remember that not all of these will apply to you. Take what resonates and let go of the rest.

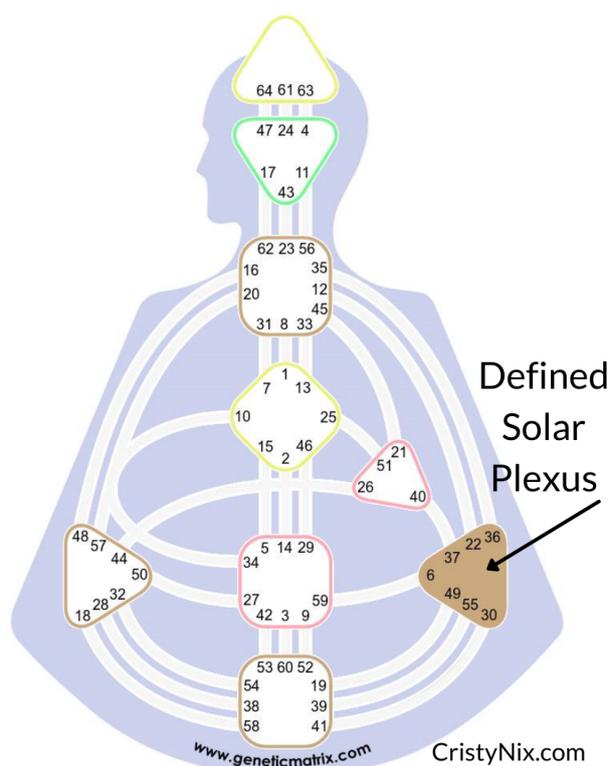
A Feeling Intuitive often:

- Loves being outside or working with their hands
- Driven by the desire for transcendental love, connection, passion, and service to others
- Emotions fused with spiritual aspirations lead to powerful inner experiences and a profound sense of life mission
- The passion expressed through helping & healing others
- Courageous, unusually vulnerable & sensitive
- Feel other's pain & emotions, will sacrifice self to help another/most giving type
- Can unify & motivate through heart-centered passion & beliefs
- Often take on others feelings causing confusion as to why they feel something that is not their own
- Can often have images with strong emotions like fear or dread with world disasters/trauma
- Can move through and use the information of these emotions by staying centered and focused
- Need to learn their intuitive language to understand the information coming in
- Need to practice letting go of emotions that are not theirs and learn how to read heart energy vs. emotional empathy of others
- Physically: suffers from allergies, chronic tiredness, adrenal exhaustion, and 2nd chakra issues
- They pull energy from their own reserves instead of letting go of someone else's energy they might have taken on

My Experience: Feelings can be tricky, especially if you are not emotionally defined (in your Human Design chart). The question is, "Is this mine or not?" So, looking at the gates coming off the Solar plexus will give you a more focused way of how you process emotions. My daughter, Rin, is a Projector with an open Solar Plexus, so she can magnify others' emotions + energy, getting just as excited or upset as they are (even more so).

For example, Rin, has a friend she just loves to run around with on playdates. Her friend is a Generator and super active and designed to have an endless amount of energy, so when Rin is with her, Rin feels super active, too.

On the flip side, when I pick her up at the end of the playdate within about thirty minutes of not being in her friend's energy she goes back to being herself often feeling drained and needing to rest. I'm happy she now realizes this so she can use her energy accordingly + knows when she needs to stop and take care of herself. But what if you are emotionally defined? Being emotionally defined means your solar plexus is colored in on your chart, and you have a consistent way of handling emotion. There are different ways to experience your emotional waves, but basically, you need to ride the wave to get emotional clarity.



For me being emotionally defined has often left me totally confused as to how to make aligned decisions, and when something is mine or not. I have learned I am emotionally even-keeled most of the time, and I only really tune into the emotional response when it's really big like really happy, sad, or angry before I make a decision.

Challenge: As a feeling intuitive or Emotional intuitive, you have the ability to read others' emotions really well. You can tell if someone is sad, angry, frustrated, and that is why people LOVE talking to you. However, you might have a tendency to take on others' feelings in order to help them feel better or try to heal their pain. Not healthy for you, though.

Types of Intuition

To protect yourself from taking on what others are feeling like your own, I suggest practicing placing yourself in a semi-permeable (things can flow in that are good for you and flow out that are not) bubble or white light. I do it first thing in the morning when I get out of bed. That way I don't take on anything that does not serve my highest good and let go of what is not serving me.

Another way to not take on others' emotional energy is grounding yourself. Grounding yourself by washing your hands, eating food that grows in the ground like root veggies and chocolate. Being present allows you the space to check in and see if something is yours or not.

Also, It's good practice for you to energetically protect your energy. Gemstones, such as Black Onyx, Labradorite, and Moonstone can be helpful when combined with your positive intentions, or visualizations of protective white light around you.

Remember, you always have the choice to just step away! Stepping out of someone else's aura and taking a minute by yourself will help you get clear if your choice is really yours or influenced by someone else. A simple change in scenery to someplace like outside in nature is great for dissipating what you are feeling especially if it is someone else's.

Practice: One fun way to practice this is to sit + listen to a variety of different music. How does the music feel to you? What emotions did the artists feel when creating it? Where are those emotions coming in for you in your body?

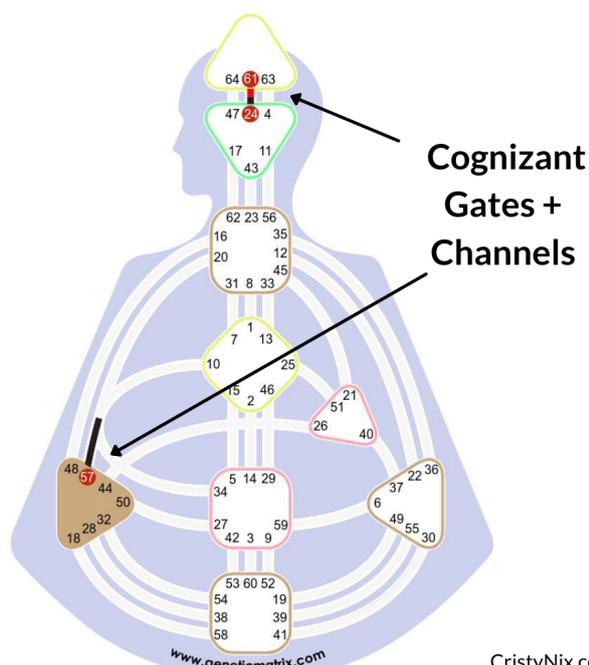
One way to practice is to be around your friends + family even online. One at a time would be best. Call a relative or friend, someone who pops into your head, and ask them how they are doing. Then sit back and tune in. How are they feeling? Is there something they are not talking about? Ask them about it, and it's ok if they deny it or say they don't want to talk about it. We are more interested in how you feel + knowing what it feels like when it's not yours.

Knowing Intuitive:

~ often referred to as Clair-Cognizant, receives intuitive information often as "pops" that can seem random at the time. You might have the ability to hear what someone else is thinking or know what they are going to say next. You receive information through your mental body, so you tend to love to learn subjects that interest you + have to "Wrap your head around it" when trying to understand things. You tend to say things like "let me think about it" or "what do you think?"

Being **CLAIRCOGNIZANCE**, the **Knowing intuitive in Human Design** - You don't know how you know, but you do. How this manifests is by receiving inner knowledge without any physical explanation or reason. Just knowing something is going to happen before it does, or sensing the energetics of how a situation will play out. This "knowingness" can be a sudden awareness of information that doesn't have any "proof" or logic. Defined Spleen (colored in) or any of the knowing circuit gates will tell you how you receive this information most consistently. This sense lives in Channel 24/61 - The Channel of Awareness. So if you have this Channel colored in or either Gate 24 or 61 activated, you likely have consistent access to Claircognizance. Also, if you have gate 57 defined or colored, your intuitive abilities are a bit magnified when you tune into them.

Types of Intuition



Here are a few ways you can "read and connect" with others around you using this gift. Remember that all of these will not apply to you. Take what resonates and let go of the rest.

A Knowing Intuitive tends to:

- Journey through the mind: conscious, unconscious, and superconscious
- have awareness is divine wisdom, knowing & being one with Spirit
- Needs to understand; seek the truth above all else
- Challenged to transform thinking from ego to enlightenment to become one with spirit
- Thirsts to know, learn & expand their minds
- Wants to know humanity, God, and know what is
- Is often systems-oriented, intuit logic, predict patterns, and perceive the whole; data-gatherers
- Be mentally telepathic, drawn to metaphysics
- Inspire others to believe and make a difference in their world
- See trends in medical, science, development
- Bring others to higher levels of wisdom
- Need heart balance or may come off as genius but nutty because they cannot communicate their ideas
- Become overwhelmed by own thoughts
- Become negative and complacent when thoughts are not challenged. Knowing moves us forward!
- Receive info from a higher source, but needs to be able to quiet that mind & connect/open up
- Be insightful problem solvers
- Need emotional connection of love & harmony to bring their big ideas to the world
- Example: Albert Einstein

My Experience: Have you ever heard of the saying, "When you know you just know?" Well, this is why. Being claircognizant, things will often just pop into your head. One time I was cooking dinner + I had a very clear thought "bring in the dogs". I thought to myself, the dogs are fine outside, I'll do it when I finish dinner. Then a few moments later, I get the same thought, "Bring in the dogs" but a bit more intense. I'm thinking I'll do that in just a minute. Then not 2 seconds later. "BRING IN THE DOGS" louder still. I'm like, "Fine, I'll bring them in" and not 2 seconds after the last dog came in did it start pouring rain. Damn, if I had waited until after I was done making dinner the dogs would have been soaked. Lesson learned. Listen, trust it, and do it.

Types of Intuition

Challenges: some of the challenges with this gift are:

- You have a tendency to get confused about what is for you vs someone else.
- People seek your counsel because you just know what's the correct answer.

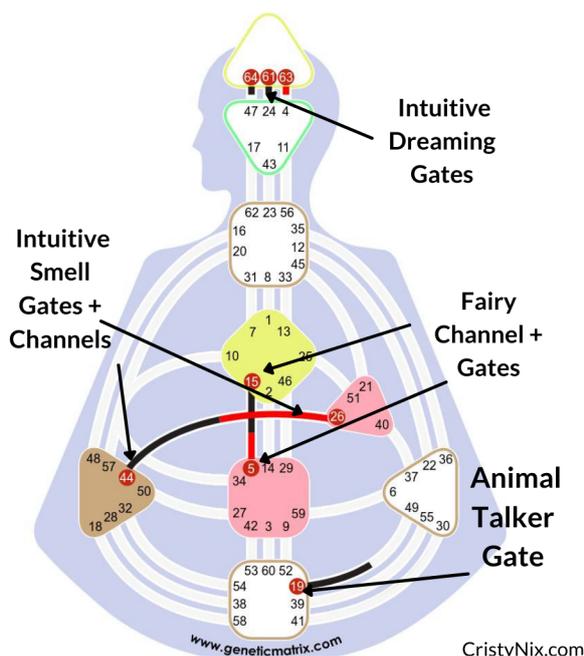
Protection and grounding: To protect yourself from taking action on things that are not yours, I suggest practicing placing yourself in a semi-permeable (things can flow in that are good for you + flow out that are not) bubble or white light using your mind's eye or inner vision.

You can ground yourself by washing your hands, eating food that grows in the ground like root veggies and chocolate to stay clear and present.

Also, just step away! Remember when something does feel right you can always remove yourself from the energy around you and take a break outside if possible. A change in scenery to someplace like outside in nature is great for dissipating what you are thinking, especially if it is someone else's thoughts or feelings.

Practice: One way to put this into practice is the next time you are in line at the bank or in the grocery store, ask yourself, "Which line will be faster?" and see what immediately pops into your head and do that. Don't question it. Don't try to justify it. Just do it. Then wait to see if it was true. Also, the comment will be straightforward without emotion which is one of the best ways to know it is NOT your mind but your intuition. There is no emotion or power struggle here. Just information. So fun!

Other Intuitive Senses:



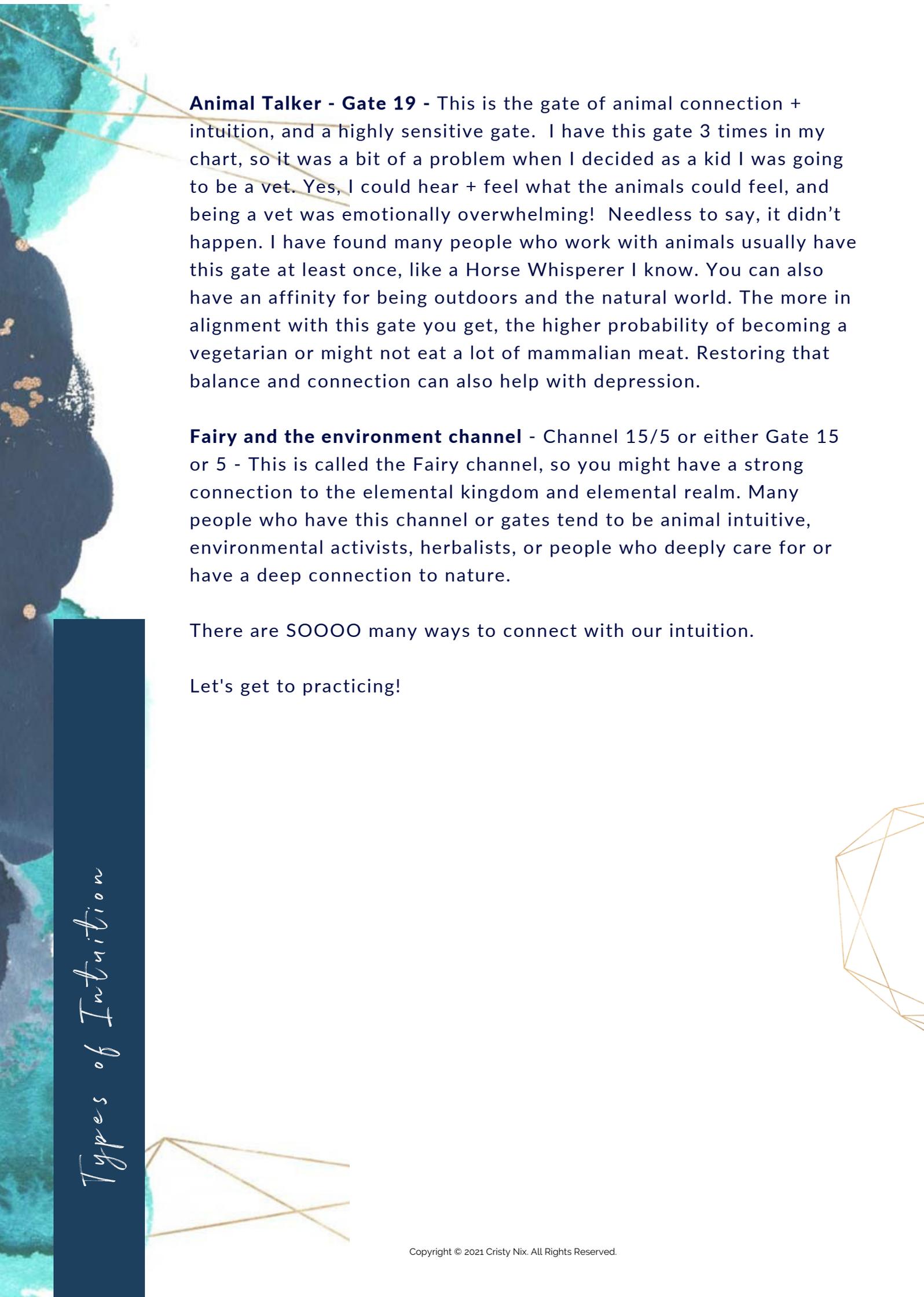
CLAIROFACTANCE ~ Intuitive smell - I have this Gate 44, which is the clear smelling gate. I didn't realize it was an intuitive gate until learning Human Design. It can show up as a smell that makes you remember someone, a place, or a situation you experienced in the past. Some people can even smell when someone is pregnant or has an illness. Gate 44 is in the Spleen, whose job is to keep us aware and safe in the now. This gate has the fear of repeating the past. But I find it interesting that fear is also a gift.

Smelling the past to remember + know. Not good or bad. It is part of Channel 44/26. If you have this gate, use this gift. If you don't like the smell of someone, it's your inner guidance system telling you something is off. People with this channel can smell something fishy, smell a rat, and even smell success. My family always asks me to smell if the food in the fridge is bad. I can tell when they cannot. The Nose Knows!

Intuitive Dreaming - Gate 61, 63, 64 - These three gates are located in the Head, so they are part of the Clairvoyant Intuitive, so it makes sense these would also lend themselves to intuitive dreaming.

I have several dream dictionaries on hand to reference when I have a really lucid dream. Everyone can cultivate this intuitive power, but these may come naturally to you if you have any of these gates colored in your chart.

Types of Intuition



Animal Talker - Gate 19 - This is the gate of animal connection + intuition, and a highly sensitive gate. I have this gate 3 times in my chart, so it was a bit of a problem when I decided as a kid I was going to be a vet. Yes, I could hear + feel what the animals could feel, and being a vet was emotionally overwhelming! Needless to say, it didn't happen. I have found many people who work with animals usually have this gate at least once, like a Horse Whisperer I know. You can also have an affinity for being outdoors and the natural world. The more in alignment with this gate you get, the higher probability of becoming a vegetarian or might not eat a lot of mammalian meat. Restoring that balance and connection can also help with depression.

Fairy and the environment channel - Channel 15/5 or either Gate 15 or 5 - This is called the Fairy channel, so you might have a strong connection to the elemental kingdom and elemental realm. Many people who have this channel or gates tend to be animal intuitive, environmental activists, herbalists, or people who deeply care for or have a deep connection to nature.

There are SOOOO many ways to connect with our intuition.

Let's get to practicing!

Types of Intuition

Ways to use your intuition:

So, let's get to active practicing right now using your Practical Intuition. It's the best way I have found to really connect + learn your own intuitive language.

I suggest writing down + keeping track of your experiences especially when something resonates with you. Soon enough your pattern will emerge.

As always, let go of what does not resonate with you. It just might not be the correct time for that bit.

1. Pay attention: I know this sounds basic but it is the truth. Many of us ask for guidance and insight, but we fail to actually accept the guidance when it comes. Crazy, I know! Letting go of the outcome (how the answer is supposed to come) is just the beginning. It can be as easy as watching for the answer to arrive and KNOWING it will come.

HINT: it usually comes in a completely different form than you might expect. Pay attention to what stands out to you, what grabs your attention. There's a reason. Many times we blow off the opportunities + invitations because we are not expecting it in the form it shows up in, it's too good to be true or we feel like we just don't deserve it. Be curious and open to receive. Like a game. I've seen answers come from a song or advertisement on the radio, a random conversation with a stranger in the checkout line, or a comment from others outside of you that keeps repeating itself.

So, watch for the signs, any signs... little happenings that stand out for you and make you feel like green lights or red lights showing you your next step. Don't blow them off as coincidence. The universe is trying to respond.

Remember to listen, trust, take action + pay attention to what happens next.

Some questions to ask yourself:

- Which car in the drive-through at the bank will finish first?
- What is the best route to take? (I've missed countless accidents creating traffic build-up just by paying attention to this answer!)
- Who is the best person to ask for this advice?
- What is my next step to get _____ done?

Ways to use your intuition:

2. Be present: It is so easy these days to be always looking ahead to what you are going to do next or what you did in the past that we lose the connection to what we are doing in the now. Being 100% connected to where you are right now will clear the path for your insight to come right through. By being present and aware of what is going on around us, we naturally open ourselves up for receiving an answer in a divinely timed fashion so we can move forward with integrity and unlimited potential.

So, what does it look like to really be present? It is seeing everything around you, hearing your family and friends talk, laugh, paying attention to how you feel, how the air feels, what you are pulled to do. It is being curious about what will happen next without the perceived outcome you are fabricating in your mind, then letting it go.

Monkey Mind will have you obsessing about how things will work out, what you REALLY want + how you think it should come to you. That is NOT being present. Your mind is nowhere to make aligned decisions. Follow your heart + your intuition, but you have to be present to hear them.

Being present is really about getting out of your head and being in your heart. Knowing how things feel that are going on around you, not your mental chatter telling you right from wrong.

A few ways to get present, know you are in your heart, + not in your head:

- Enjoy the space you're in...Notice the feel of the fabric of the sofa you are sitting on, notice the smells in the room, engage all your senses to give you a feel for where you are.
- Ask yourself how you are feeling:
- Ask yourself how the others around you (if you are with others) how they are feeling: angry, frustrated, elated, thrilled, sad
- Your family, especially your kids, know when you are phoning it in....they might start acting up. Ask yourself how you are feeling and be open to seeing how it is affecting the others around you.

3. Know what you want: Be proactive and get clear. It's not a bad thing to know what you want to bring into your life. Actually, I'm asking you to just do it on purpose with intention. It surprises me when I ask my clients this question, "So, what do you want?"

Ways to use your intuition:

Many of them don't have any idea...or it is something broad like "make more money". Awesome, but what for? Why is this so important? Because you cannot create when you are not clear on what you want. It is like going to the drive-through and saying "oh, just give me something I'm hungry!" If you ordered food this way you wouldn't get what you wanted from them, right? So, sit down and get really honest with yourself on what you really want to feel, be and have. The rest will come to you.

One thing I feel I need to explain is that Spirit always sends us what we ask for or what we focus on. Let me put that another way: Spirit never says no.

Divine Timing: Timing is everything + it is Divine...which means we are not in control of when something will happen or when it will be a good time to move forward. We have to wait for the opportunity, but also the energy to do it! What we focus on, what gets all our attention, good or bad, is what we will create more of. Spirit always supports us in creating what runs through our thoughts.

For example: if you only can focus on not having enough, Spirit will support you in that. Free will is a kicker, isn't it! Pay attention to your thoughts, what emotionally you are creating and if it is what you do not want, then change it! Being aware is key to accessing the heart's wisdom inside you. We all have the power to change how we feel just like you have the power to change your mind and we all do that, right?

Some ways to be proactive and create what we really want:

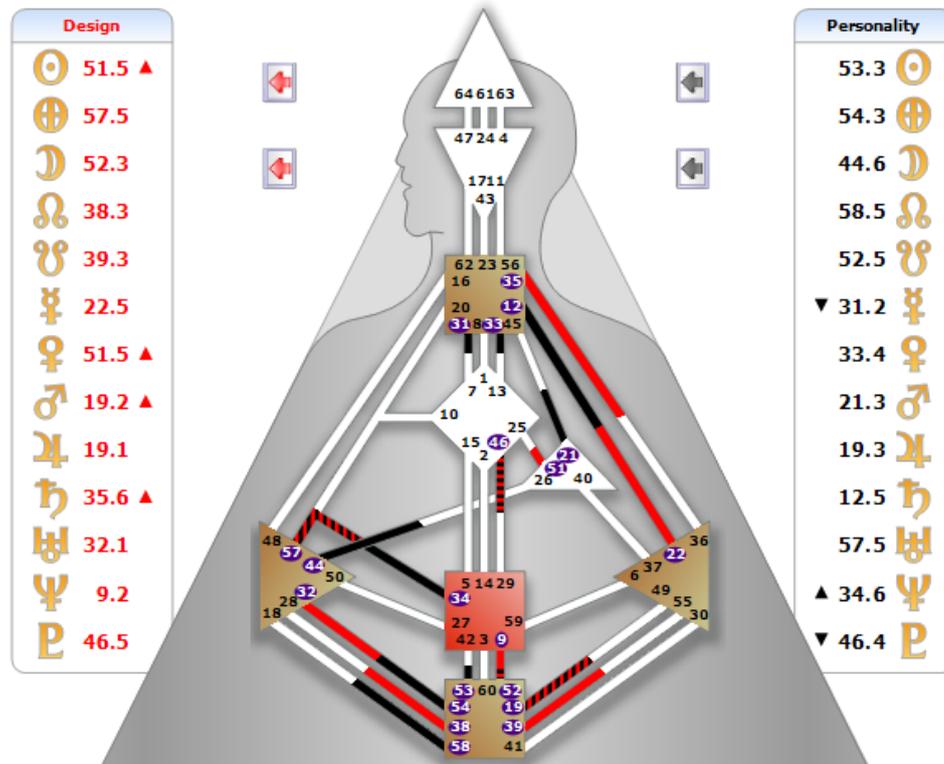
- Become aware of what you are creating that is not what you want. Make a list of what you have that isn't what you want or that is no longer serving you. That is what I do.
- Make a list of what you DO want...and keep asking yourself "Why do I want that? What will it bring me? Or make me feel?" That feeling is the key ingredient to creating what you really want. **Your why is essential.**
- Creating a vision board (if you're a specific manifestor) is a really good idea if you are visual, or a mind map (if you like words), or a recording (if you like to hear things) or create a thought that shifts you into "yay me" mode.

NOTE: "Yay me!" mode is exciting "yes!" It's the soul-satisfying energy you feel when you get that job, accomplish that task, or get asked on that date with Mr. Right. Connecting with that higher energy will bring your results faster because your vibration is higher.

Ways to use your intuition:

4. Be authentic: be real, get real, and follow your Human Design strategy + authority so decisions will be easier for you. Be you. But, how do you know if it's you or not?

Learn what's in your human design chart with a Foundational Reading!



Being authentic can be challenging for all of us. What is really our true self and what is a product of our outside influences and environment? You see our defined centers (colored in) give us a consistent way of experiencing the energy within us + around us, regardless of who we are with. However, our undefined centers (not colored in) are open to receive energy + experiences from outside of us in a variety of different ways, which is their gift. Wisdom comes through the experience of others' energy.

Downside: we often can walk away feeling confused, not realizing we are meant to have a variety of experiences from the energy around us. It is often through this process of conditioning where we are influenced to not be our true self, but more of a product of those influences around us. As we grow up in our environments, our open centers leave our variety of experiences open to interpretation.

So, if we have strong influences constantly around us growing up, for instance, we might take others' beliefs, actions, and energy on as our own. Basically, we have all been conditioned at some point in our lives or have learned to go with what we were told to do and not really what we know to be true.

Ways to use your intuition:

For example, I was raised in a strict religious household. I took on those beliefs even though they really didn't feel right because who was I to go against what my parents told me was true? I'm just a kid, right? So it wasn't a real surprise for me when I did a 180 when I went off to college. I decided to find what felt good and right for me, and it was an intense conversation with my parents, but they came around eventually.

Some questions to ask your authentic self:

- What do YOU think?
- What are you pulled to do?
- What would make YOU happy?
- What feels good at this moment?
- What feels right or correct for you?

We also can have a tendency to question what we feel, too. What you feel is just that, what you feel. Others cannot change it, only you. It's like guilt: only YOU can feel guilty if you choose to. Own it.

If you want to change what you are feeling because it does not feel good to you, then do it. Own who you are and what you are doing. You are the role model for everyone around you: your family, your friends, your co-workers & clients. They will do what you do before they do what you say. Owning your mistakes gives them the power to own theirs. What is going on around you is a natural reflection of where you are right now. Your mood and actions will be reflected in what you are doing...and whom you are attracting.

A few things to keep in mind:

- Checking in: Ask yourself "Does this feel right for me?" And accept the answer
- Speak your truth when you know what you want
- Own your mistakes and your choices. This is owning your personal power.
- Sleep on big decisions, especially if you are emotionally defined: By giving yourself 24hrs to sleep on it, you will feel clearer +more confident
- If it feels good without harming anyone, then that is your green light to continue
- If it doesn't sit well with you, then ask for an alternative...and pay attention when it comes

All of these mindsets will help you develop the one thing you need most to practice using your intuition on purpose: Trusting yourself.

Ways to use your intuition:

You see, from an early age, most of us are often conditioned to look outside of ourselves for the answer and ignoring the little feeling or voice inside us that is telling us what we want to know, even if we don't like the answer.

Haven't you heard the phrase: "Go within or go without?"

That is exactly what it means: looking into your heart or inner knowing for the answer instead of to outside counsel. It will always tell you what is in your highest good. Spirit speaks through your heart, not from your outside audience.

Since you already know exactly what you need to know intuitively, how do you learn to reprogram yourself and trust what you hear, feel, know, + even smell?

For me, it was doing what I was pulled to do, not pushed, getting in touch with my guides + accessing my higher self through meditation, coaching, group work and practice, practice, practice!

One exercise I do with my clients is "Let's pretend". Pretend that everything that pops into your head when you ask a question is correct for a few hours or a day. Now, I don't advise this if it's a big decision like buying a car, but you know what I mean. "Do I feel pulled to go to the grocery store now?" then act on it. Action is key to finding out if what you feel is right and learning to trust your feelings, thoughts, and insights. It is easy to get caught up in the fear of being wrong...and more often it is the fear of being right, that we have had the right info all along and now we have to take responsibility for not listening to the inner guidance and the consequences for those actions.

Also, we need to practice letting go of what no longer serves us. If it used to work in the past and now is not any fun or getting the result you want, then it's a sign you have evolved and this is not your go-to method anymore. Let it go. Make room for something new + exciting. The past is done and you cannot change it...only thing you can do is set a new thought, focus, purpose out there to make your life better, to trust your own inner guidance so the decisions you make from here on out are for your highest good. And an awesome thing that happens is that you naturally will positively affect all of those who come in contact with you. When you shift to bring your heart in alignment with your inner wisdom, then that higher more positive energy affects all the actions around you making your world a better place. So trust yourself, those little nudges telling you to go this path, for they are the steps you need to take to make a difference in your world.

Ways to use your intuition:

A few ways to trust yourself and the wisdom coming to you:

- Pretend that when you ask that the answer you get IS the truth and act accordingly
- Get in the habit of asking (and I do mean asking not telling)
- Know that when something feels wrong you have a chance to get another way to do it. Just ask.
- Notice what happens when you don't follow your inner guidance

So, do you feel clearer + more confident about how to use your intuition on purpose?

What resonated? Anything you want to start doing today?

Think of your intuition as an experiment or practice. Some things will work, some won't. Some will turn out like you think they should, others won't. Be open + curious about how your intuition works and it won't disappoint you.

Remember to pay attention to what you are asking for and how answers come to you so you know what you are looking out for. Notice if you are focusing on exactly how you think your answer should come. Not your job. Your job is to receive what comes with an open heart.

Be present to what is going on around you, and get clear on exactly what you want, not how it is supposed to come to you.

Good things are infinite, so allow your amazing things to come to you without letting your limited perspective get in the way.

Be authentic and honest with who you are and what you want without hurting anyone else of course.

Trust yourself to create a wonderful life full of happiness and positive experiences, and you will do just that.

If something does not work out the way you want, ask to see the blessings and/or lessons in the situation because they are there. Spirit and your intuition will not steer you wrong!

Ways to use your intuition:

I hope this ebook helps you find your magic by living more intuitively and embracing how you are designed to make your own big impact in the world.

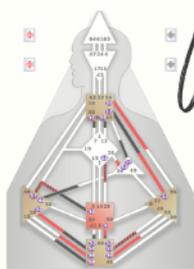
A Special Shout out to my lovely Projector Friend, Sarah Cobian. Your insight and gifts are SOOO appreciated. I'm so happy we are on this journey together!!

If you would like to share anything insight that was inspired by this ebook, I'd love to hear from you. Contact me directly: cristy@crislynix.com

Knowing who you are and how you work comes from your unique energetic blueprint and trusting your intuition. It's a personal roadmap to navigate life's challenges and create your own magic with grace and ease.

Take Care, my Friend,

Cristy



Where is Intuition in your
Human Design Chart?

[CLICK HERE TO FIND OUT MORE...](#)