

FROM SKEPTIC TO CHAMPION OF

INTENTIONAL INTUITION



MARYANN KELLY, MEDIUM & BEYOND

From Skeptic to Champion of Making Intuition Intentional!

Aha moment:

***Your intuition is your own personal natural resource
just waiting to be used by you for your benefit!***



Intuitive Services Insight®

Maryann Kelly, Medium & Beyond

My Conversion from Skeptic of Intuition to Champion of Making Intuition Intentional!

This is a recap of the highlights of my journey to date as I converted from being a skeptic of intuition to being a champion of Making Intuition Intentional as my aha moment unfolded!

Aha moment:

Your intuition is your own personal natural resource just waiting to be used by you for your benefit!

My purpose and passion are to empower others to access their intuition for personal and professional applications and to serve others as well. Some of the ways I serve others are as follows:

- Readings to Explore Holistic Health Options & Communicate with passed over Loved Ones (may include Past Life Regression)
- Past Life Regressions
- Cord / Entity Removals
- Animal Communication
- Emotional Freedom Tapping (EFT)
- Scalar Wave
- Property Clearings
- Mentoring others to apply intuition personally and/or professionally
- Coaching others in Mediumship who want to develop their ability to serve others
- Practicality of being a Soul Centered Entrepreneur
- Soul Portrait: Artistic representation of Spiritual and/or Holistic Health Readings

As prelude to further content, first we need to briefly get grounded on the topic of intuition, and getting **grounded** has so much more meaning too as described below.

What is intuition?

Briefly, intuition is an inner knowing without weighing consequences & without controlling the outcome. It's a gut feeling of **truth** that comes instantaneously. Much has been written on intuition and on several of the topics herein by respected scholars and practitioners. This is my applied narrative based upon only my experience. I shared it as it may resonate with others. I have no intention to refute the work of others.

Why should I tap into intuition?

The best reason to tap into your Intuition is because **Your Intuition** does **not** have a hidden agenda! Tap into it as the best source of guidance that only cares about [your best interest](#) in personal or work matters. Your intuition is your own personal natural resource just waiting to be used by you for your benefit!

How is intuition perceived?

Intuition is perceived in a few ways as indicated below:

Clairvoyance – clear seeing. Clairvoyance is an inner seeing.

Clairsentience – clear feeling. Clairsentience is the ability to receive intuitive messages via feelings, emotions, or physical sensations.

Clairaudience – clear hearing.

Claircognizance – clear knowing

Some experience one or more of the above types. Some say that they experienced intuition from their earliest memories, and others say it is something experienced later in life. For me, I recognized later, not as a child, that I had been using intuition. However, everyone has intuition and can access her/his own personal unlimited supply of it. The degree to which someone may access it varies widely.

Isn't this all "woo woo"?

I was the biggest skeptic having worked in clinical and then corporate roles with global responsibilities as I was all about the facts for over thirty-three years. In fact, initially, I had aimed to disprove claims in this arena. However, the irony was that the more I tried to disprove or assess claims, the more I became convinced, via the facts, as there is so much more to be accessed to help each of us and each other. Just some of the modalities or applications of intuition that I experienced are as follows: Mediumship to connect with those passed over; Light Grid; Advanced Medical Intuition; Donna Eden Energy Medicine; Reiki; Kinesiology; Emotion Code / Body Code; and Crystals. Tracking data, as consistent with my background, I kept proving and finding out more indisputable facts about intuition that went beyond what could be justified by mathematical probability or statistics.

The more I tried to disprove intuition, the more I proved it!

How can you use or benefit from intuition personally?

Personally, you can use your intuition to make small or more significant changes. To begin, notice how you make simple quick choices that don't really have much of a consequence, or regardless of the consequence, either way you go won't matter much. This could be regarding what you wear as an article of clothing, a movie selection, a parking space, etc. Over time, you'll start to notice a pattern that when you followed that first gut feeling, there was an event or a string of events that were seemingly coincidental that resulted in a positive experience of some sort. The more that positive experiences happen, the more the positive outlook. Have you wondered why certain people around you, in everyday life, have things work out and are happy? It's true that positive people attract positive outcomes. While these types of choices don't seemingly have much consequence, there is unclaimed benefit to be had by listening to that gut feel.

Have you noticed that some can navigate well the natural challenges or give and take that exist in any group whether that be in a family or work group? I am talking about more than political savvy or deflection. I'm talking about tuning into the other person in a way to **connect** as opposed to **control**. By connecting, I don't mean always giving into the situation. By tuning in, I mean taking in the information that is readily available and yet this information is not spoken. Some suggested forms of nonverbal communication are body language and facial expressions, but beyond this is what I am really talking about such that you develop your intuition so you can tap into another without seeing or hearing them or getting an email, text, or phone call.

There is unclaimed benefit to be had by listening to that gut feel.

In the picture below, are two superimposed facial profiles, facing in opposite directions. For these purposes, this picture illustrates the person facing to the right, tuning into another person, facing left, and accepting the information without verbal, written, or traditional means of communication.



Often, the simplest action is the most profound! Quieting the mind is a simple action although it takes practice to do it effectively. Quieting the mind enables us to be able to recognize the wealth of additional information available from intuition and not filter it out. This is a simple profound truth. It's based on energy which is everywhere and agnostic to culture, location, or time zone. Intuition's language is energy.

An analogy is the following: We listen to music in the background while talking to someone or while driving. We're aware of when the music stops; gets louder; or may change across classical, jazz, rock 'n roll, hip hop, etc. Similarly, input from intuition is playing in the background all of the time. It is just waiting to be heard while you go about your day in your personal or professional life.

An example of intuition that has been referenced more commonly is 'mother's intuition' when she suspects something is wrong with her child who is not in her presence. The mother investigates and discovers the distress her child is in or had experienced.

Similarly, input from intuition is playing in the background all of the time.

*It is just waiting to be heard while you go about
your day in your personal or professional life.*

As you are getting ready for the day, what if you were able to get a heads up about someone or a situation that would be helpful? While this may be a more advanced application of intuition, there is much to be gained, for the *greater good*, by tuning into those messages. The information may vary in detail, but it's available information just the same for the *greater good*.

I intentionally put "**control**" and "**greater good**" in **bold italics** above, because, while contrary to what we are taught, it is when we don't try to control, and when we do focus on the greater good, that intuition kicks in more because there are not constraints imposed. Let's look at another picture as the one below. I am using this illustration to show being wide open to receiving all of the *good* information out there and not limiting the information to the constraints of the outcomes associated with what you want to control. Said another way, just be open!



The other emphasis on the greater good is important as well. Intuition serves a purpose of good. This doesn't mean you have to sell everything and only pursue a life in seclusion. Intuition is meant to serve yourself; define and respect boundaries regarding others and situations; and avoid the roles of perpetrator, victim, or rescuer. Intuition is not intended to support negativity, revenge, resentment, anger, etc. which ultimately, serve no one and hurt many.

In fact, the filters imposed by negativity, revenge, resentment, anger, etc. impede our ability to take advantage of intuition. In reality, think about how much energy is wasted in situations where people keep trying to out maneuver each other or to get back at someone or worse. The more that such negativity is integrated into thought and action, the thicker the filter and the less that intuition will be recognized and realized to be used. **Making Intuition Intentional** is about empowering yourself and others to act with purpose aligned with positive intentions.

A great upside about wanting to leverage your intuition is that you clean up your own stuff in the process which is healing and liberating. While addressing your own issues doesn't make life all better devoid of struggle and human emotion, doing real work on ourselves enables us to experience more joy; to be better able to navigate the challenges with less casualties personally or to others; and to expand the type of highs beyond what could have previously been imagined.

Making Intuition Intentional is about empowering yourself
and others to act with purpose aligned with positive intentions.

*A great upside about wanting to leverage your intuition is that you
clean up your own stuff in the process which is healing and liberating*

Steps to accessing intuition

Simply put, the steps to access intuition are below. Everyone has stuff or baggage that filters or minimizes the positive effect of intuition somewhat. Some have much stronger and purer intentions to do what is needed to both work on themselves and to access their intuition. Overall, while everyone's pace varies based on many variables, there is low lying, more readily available, intuitive information just waiting to be realized.

Steps:

- Set your positive intention
- Quiet the mind to hear the intuition waiting to be realized
- Receive the information
- Apply it personally / professionally
- Be willing to accept the outcome and not control it
- Constantly validate to assess your accuracy on an on-going basis

Accessing and applying intuition, individually, in your personal or work place can yield more positive results with less stress which is ample benefit alone. Other benefits also are that less stress helps to prevent or alleviate high blood pressure, high cholesterol, and a host of other physical ailments.

As you work on yourself, keep in mind that the value of the past is to provide wisdom for the future; however, dwelling on the past, causes you to miss a next moment in life to be experienced.

Intuition serves a purpose of good.

Applying intuition beyond oneself

For those desiring to serve others through mediumship work, a more sophisticated interpretation of intuition's language of energy is needed to do readings for others either spiritually to connect with their loved ones or to obtain holistic health information as a complementary input option to medical data. I use the term holistic health to provide a distinction and respect for those working in the medical profession.

Just like when you are doing the work to clear out personal baggage to develop your intuition, and you get some information that you don't like as part of the process, you will get information that your client may not want to hear either. Nevertheless, regardless of who doesn't like the information, it must be accepted or passed on as it is not our choice to cherry pick the information. For delicate topics, sensitivity is key of course when communicating with your client.

Enhancing access to intuition

Having been a control freak and a type AA++ person, I initially wanted to speed up my journey of accessing intuition and applying it via mediumship connecting with those crossed over or providing holistic health readings, etc. However, as part of trusting and surrendering the outcome, I had to work on my patience and acceptance that I was not in control. Nevertheless, I had noticed with repeated regularity, that physical movement helped my access to intuition. Movement, for me, was in the form of ballroom dancing. To learn ballroom dancing, one has to be grounded, and to follow the lead, one has to wait and not anticipate the next step which required me to be open to all input. Examples would be during a flowing waltz or an Argentine tango, when I got completely absorbed in the dance or I couldn't know the next step as the choreography was spontaneous, as then, I was **QUIET, GROUNDED** and open to what was being led.

I had to work on my patience and acceptance that I was not in control.

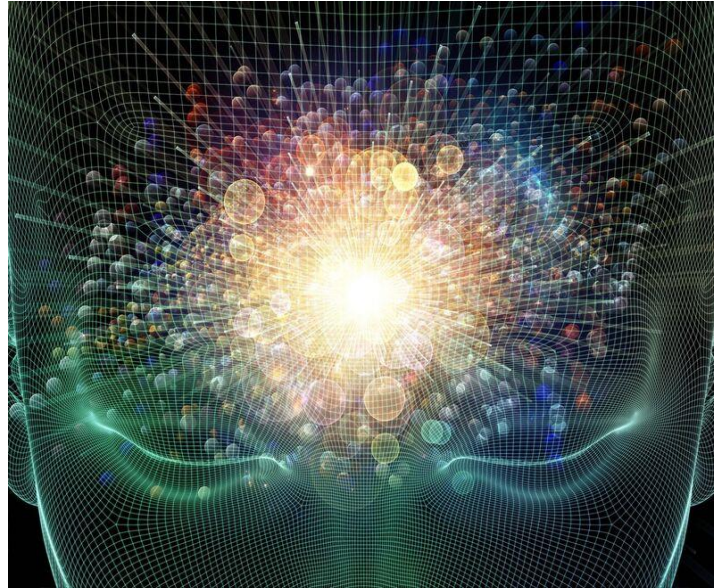
For me, there was a direct correlation in the following across my development of intuition and learning to ballroom dance:

- Being grounded
- Commit to the step you take
- Know whether you are the leader or follower
- When the unexpected happens, listen more intently, as you missed a cue earlier on

There is more proposed regarding this example in the section below, very briefly, touching upon the related science or philosophy of this phenomenon as it happened to me. I respect the volumes of work done across disciplines by many specializing in one or more fields extracting statistically significant data across diverse known populations. I share my specific personal experience below as it may resonate with others.

For those with a scientific or philosophical curiosity:

What happened to me when **NEUROPLASTICITY** and **METAPHYSICS** intersected? A **BURST OF INTUITION!**



As my intuition expanded, more dots connected. In fact, I had an increasing realization of just how connected we all are. It occurred to me that as I was learning more and more about both (1) intuition and its applications in mediumship and holistic health readings and (2) ballroom dancing which required total concentration given my zero background in dance or athletics, that I was certainly personifying neuroplasticity in my humble way.

Neuroplasticity is the ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience. My new neural pathways were being mapped. In response to intuition, my new neural pathways formed to address what had been brain domination so that a quietness could be accommodated to recognize information from intuition that may be whispering. Beyond that, additional new neural pathways were being formed in another entirely new way and used by my brain, bones, nervous systems, and muscles so that I could execute new ballroom dance movements.

*....so that a quietness could be accommodated to recognize
information from intuition that may be whispering.*

During moments being quiet; during readings with clients; or during moments of getting absorbed in the dance as mentioned above; I was grounded, and calmly waited without anticipation as to what would be

next. In such moments, time and space suspended. While the experience of suspension of time and space is not uncommon among those immersed in joy or other all-consuming situations, for me, it was when both new neural pathways were being formed [neuroplasticity] and when I was quiet and grounded and just waiting and listening with no control over the outcome [intuition] that the experience transcended time and space as defined by metaphysics. Metaphysics is the branch of philosophy that deals with the first principles of things, including abstract concepts such as being, knowing, substance, cause, identity, time, and space.

Upon my realization of the factors involved enabling my intuition as described above, I was then able to adjust and reproduce that quiet state to amplify my intuition reception so to speak. As situations ebb and flow with countless variables and distractions, it is important to be able to shut out this noise to get into a quiet and calm place internally to access intuition for personal reasons or to serve a client.

I was grounded, and calmly waited without anticipation as to what would be next. In such moments, time and space suspended.

Ethics, Integrity, Accuracy

As you progress in either your own personal journey or in working with intuition beyond yourself to serve others, it's increasingly important to ensure that all involved only keep their individual energy via the appropriate protections. As this subject is a topic unto itself, further detail on this topic is beyond the scope of this narrative.

As intuition opens up and expands and you receive more information, information overload can result taking you by surprise. However, as part of the process, you learn how to apply filters and protection as part of being grounded.

Tuning into to someone is very different than reading someone. To be in tune with someone means to be aware of additional intuitive information available to be applied with a positive intention. Before reading someone, permission should be requested and received.

Unequivocal confidentiality is an absolute in all regards.

Given the sacred nature of this work, asking permission to do a reading and ensuring confidentiality are essential elements of ethics and integrity.

When assessing accuracy of applying intuition via validation, it helps to have a controlled sample especially in the early days. What I mean is that when serving others via readings, sometimes, depending upon the information relayed, the client may be uncomfortable acknowledging it or the client may not be able to validate it at that time.

However, if you have a set of clients who are willing to acknowledge what is correct and provide factual feedback as to what resonated or not, that is great. This set of clients not only desires to have the information, but they also desire to help you in your development of using and applying intuition.

Given the nature of this language of intuition based upon energy, there will not be 100% accuracy as in other languages we know such as Spanish, French, etc. Reading, interpreting, and applying this language of energy is a phenomenon unique, by definition, to the situation involving the sacred integrity of the spirits; the unconditional love of the Divine; the person conducting the reading; and the person(s) being read. Nevertheless, the benefits are vast and unquantifiable when peace and closure are felt; or when additional information heads off suffering; or when a worker realizes professional and personal benefits of applying intuition as do those around her/him.

Authenticity

Given that this is sacred work, authenticity is of paramount importance. Selecting a professional in this area is often through a word of mouth; referrals; or testimonials and then seeing if there is match. Just like selecting a physician, or varying types of therapists, it's helpful to have a match on a personal level.

Next steps

For more information; a reading to connect with loved ones or for holistic health information; mentoring; workshops or specific speaking engagements on intuition and how to access it, please contact me at info@intuitiveservicesinsight.com.