

Secrets of Intuition

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Secrets of Intuition

Get direct insights into yourself and
people you do not know

Luc van Esch

Author:

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Luc van Esch

Elzo Hofman, In Ontwerp, Assen

Katja Fred (www.katjafred.com)

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Preface

For as long as I can remember, I've seen myself as more sensitive than others. I tried to understand what I was feeling and why I felt so much. I was also always trying to assess how others were feeling. The first training I did on intuitive development felt like coming home. Through the other training sessions I did, I gained more insight into myself and I got to know my own emotions, energies and subtle feelings, and I learned how to put those into words. I could see others more and more clearly and I appeared to be able to give fast insights on vital questions.

I noticed a great need to share my experiences and to explain what I was doing and what it had brought me. It was always difficult for me to explain these things briefly and to the point, without using words that were considered fanciful or airy-fairy by the rational and down-to-earth people around me. In the past ten years I've been trying to explain intuition in a plain, almost analytical manner. I wanted others to have that same experience. In the end I developed a workshop where, in one evening, I taught the participants how to give a correct 'reading' about somebody else. This means that you tell a story about another person who you don't know yet, which, according to them, is 100 percent correct. You simply do that by using your intuition and the knowledge you already have.

For many participants this meant an entirely new world opening up and for others this confirmed that they already were strongly intuitive. All reactions were absolutely positive. In this book I provide a collection of exercises and experiences. I also explain what intuition is, how readings work, and how you can extract essential information

about people you don't really know. You will learn how easy it is to make contact with your intuition to quickly get insight into yourself, somebody else, and in the relationships you have with others, or that others have with each other. I provide exercises for you to acquire these skills. I have also tried to describe all obstacles you might encounter, and I give tips and suggestions on how to deal with those.

Besides information about yourself and somebody else, these skills can help you bring a lot more information to the surface. I'd love to take you by the hand and walk each step with you on this path into that world of wonders. It has brought me so much, it's incredible, and it opened up my world to things that I would never have been able to even think of before. I wish you a great time reading and lots of amazing experiences.

Luc

1 Introducing intuition

I use the word intuition when I describe making rapid choices. I would not say they are impulsive choices, but choices when I trust my feeling or when I assess a person at a first meeting. If in hindsight my feeling proves correct, I know my intuition was just fine. A well-developed intuition will help when you are 'reading' yourself and others, and with assessing them. In this book we call this reading skills.

You probably know the terms intuition and reading from TV-programmes such as *Char* or *Long Island Medium*, or astrological helplines where people called 'mediums' give advice. They are being presented as people with a strong and well-developed intuition or a special gift, like clairvoyance or clairsentience, gifts that we don't think we have. We wonder how this other person knows these things. Is it for real? Is it true what they say? Where did they get that information? This book gives you a practical introduction into your own source of wisdom. No need to put the clairvoyant on a pedestal anymore, because you will be able to do this yourself. The exercises I provide will give you a different perspective on those clairvoyants and TV-programmes.

Using easy techniques, you can apply your intuition and get direct insights into somebody else, yourself, or relationships. Learning how to give readings is just like learning how to cook. This book contains a number of detailed recipes on the use of pans, cooker and ingredients. After you've finished, you can take a recipe and cook a lovely meal. The ball is in your court then. Are you interested in becoming a real chef or will you stick to cooking as a hobby? In the

last few chapters I will discuss taking further steps along this path, how you can develop your intuition, including your reading skills.

1.1 *Trick or truth?*

A reading is not a trick. I mean that you are not deceiving the other person. This book does not talk about sneaky ways to get information from others in order to convince them of your 'gift'. Of course, there are ways to convince others of your 'supernatural' gifts, to fool them or deceive them. I will talk more about that later in the book. I will show you those ways, so you will be able to see and experience the difference between tricking a person and helping them using the techniques I am going to teach you.

What I am teaching may be called a technique or a skill. Using the technique in this book will give you direct access to your intuition, your own source of wisdom. In the following chapters I will explain how these techniques work, how easy it is, how everybody can do it, and why it works like this.

1.2 *Airy-fairy*

Intuition and readings are often seen as being fanciful or airy-fairy, or also 'vague' and 'obscure'. These terms imply the absence of logical thinking or the lack of certain concrete and practical matters, which make things seem obscure. To me, fanciful implies that I need more information before I can accept something as true.

For me the most important condition to accept something as true is personal experience or, even better, several personal experiences.

Once you have seen something with your own eyes, you will believe it is true. When you see the trees moving, you know it's windy. When different senses observe the same thing at the same time, this will reinforce the experience. You do not only see movement in the trees, but you also feel the wind on your skin and you hear the leaves rustle. When you get the same experience from different senses, this will reinforce your belief that something is indeed as you experience it.

This book also contains exercises that you can do on your own, although it would be better to do them together with others. It helps me personally when I can share a certain experience, and I then prefer people who have had the same and similar experiences. By doing the exercises with other people, you get more than just your own experience, because you will also have the other person's response. Sharing experiences will then contribute to your trust and belief.

Perhaps you have heard about mediums or psychics and have formed your own opinion about them. Most people's opinions are not based on personal experiences, but on something they have read, seen or heard from a friend, or through the media, like television. That will have provided them with knowledge, just like you can acquire knowledge about certain countries by reading about them or watching travel programmes. We all know that such knowledge cannot be compared to a real-life experience. Only by our own experiences can we check if the knowledge we have acquired matches reality. This is how we develop wisdom. Wisdom is knowledge that you have applied. It is knowledge that a person has used and now owns.

This book and the exercises in them are not only intended to provide you with knowledge, the aim is to let you gain experience as well, so that you develop your own wisdom. You can do the exercises with somebody else in order to share and test your wisdom. It might be interesting to know that these are all exercises that have successfully been done by others before you.

1.3 First introduction into readings

I went through my first reading when I was around twenty-eight years old. One of my friends was doing a training course on intuitive development at a spiritual centre. He suggested to me that I should do this course, too. It would really suit me. After following some training courses at this centre, you could then go on to train as a healer and reader. I had some idea what he was talking about, but as I did not have any actual experience with such things, I didn't really have anything useful to say about it. The same centre provided paid readings. By then I had become curious, so I went.

I remember that I already had an interest in spiritual things when I was a child. When I was fourteen or fifteen, I did a school project in which I had to research paranormal gifts. I also remember I had a book on palm reading. I had understood that the palm of a hand could tell you what you do on this earth, how your life will run and what kind of relationships you would have. That sounded quite interesting to me, too. I had always had the need to understand things, to understand myself and my position in this world. These interests took a backseat when, like everybody else, I attended secondary school and college, where I studied business economics and then ended up in a job that saw me selling sweets to the corporate offices of supermarket chains, a fast world that was quite

dynamic and full of change. I focused on 'appearances' in my life, such as money, status, growth and results. In that area I was doing really well. A new job and different challenges every year. That is where I was in my life when I first came across the subject of readings. I went to somebody that I had never met before, and this person was able to answer all the questions I had about life.

The reading was an experience that I will never forget. I was literally and figuratively overwhelmed. There were two people, students who were being trained in reading skills, using their intuition to "read" me. They were sitting across me, talking to me for an hour, telling me a long story about who I was, from an image they allowed to come into their head. By describing and interpreting that image, they were describing exactly what I felt, what was important to me, and what was going on in my life at that moment. I cannot remember exactly what they told me, but it did touch me deeply. Very, very deeply. I had the feeling they were looking right through me, and could see the deepest stirrings of my soul, and put all that into words. They gave words to feelings that were hiding so very deep inside me, but all of a sudden, those words made them come alive. These were words that I could not give to those feelings myself, because I had no idea where to start describing them. I was shocked! I didn't know what was going on, I felt as if I had been truly 'seen'. You would think that made me very happy. And it did. It brought me many insights, but also deep and great sadness that moved up inside me, caused by the pain of realizing that I had never felt accepted for who I was. A longing that I did recognize, in hindsight, but which I would never have been able to explain to anybody. And that deepest longing had been seen by somebody. Indeed, I had never in my whole life felt that I had been seen so clearly as these two unknown people had done.

1.4 Intuition

This book is about intuition and accessing your intuitive skills, which can give you insight into yourself and into decisions that you want to make. It is the skill with which you can say everything about the other person, so that you can truly see them. Merriam Webster's definition of intuition:

Direct knowledge or cognition without evident rational thought and inference

Let us take the terms of this definition as our starting point and add to certain aspects. An important characteristic is the *absence of thinking* during our intuitive experiences. This intuitive knowledge is often *present without us being aware of it*. Another aspect is that the wisdom that springs from our intuition is *directly present*. A further aspect of intuition is *empathic capacity*, our ability to observe emotions and feelings in others. We do this from three different sources, which I will describe later in the book. A last aspect is that the things we know intuitively are *not always directly visible or tangible*.

1.5 Characteristics of intuition

I will explain the different characteristics of intuition one by one. This will help you understand how to best create the circumstances for the application of your intuition at a later stage.

Absence of thought

Intuition exists in the *absence of thought*. Intuition is often identified as having a feeling about something or knowing something without

thinking about it. Intuition is knowing immediately or understanding without intervention of thoughts. It shows as direct experience of the senses, images and feelings. Besides intuition, there is reason. Where intuition is experienced *in the here and now*, reason will start working with lightning speed *as soon as* you experience something. It will analyze your experiences, separate, translate, and evaluate them. There are two options. Either you are in the here and now, in direct experience, in touch with your senses. Or you are in your head, analyzing, thinking about the experiences. It is one of the two.

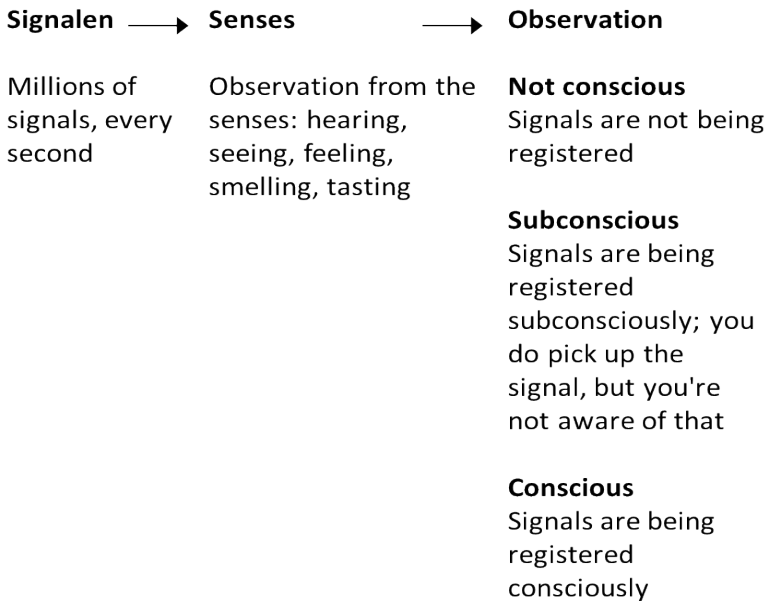
Intuition is experienced when you are in be-mode. At that moment you do nothing but 'being' conscious and having direct experiences through your senses. The other side is the do-mode. The do-mode is the mode of your mind, thinking. This means you are busy thinking, analyzing, scheduling, worrying, creating solutions, and so on. Our western society is mainly characterized by the do-mode. Most people are in their heads most of the time. They are busy analyzing, and evaluating, and in the process they keep an eye on things that are not right and that they want to change. The job you have, you have probably got because you are good at noticing things that are not right, because you can analyze aspects and come up with effective and efficient solutions. We have been trained and educated to be able to act effectively in do-mode. Maybe you recognize the instruction, 'think before you speak', a typically western line of thinking, in my opinion. Most people are stuck in do-mode, and that's why we lack the qualities and natural source of wisdom, which will form all by itself when we are in be-mode.

Subconscious knowledge

Our reason (our thinking) enables us to analyze. This means that we think about something (sub)consciously and analyze it. Our reason may seem huge, but can only process so much. Just imagine you walk

into a new home and look around you for a while. Then you list everything you've seen. You will notice that you can list fewer things than you have actually seen. You did see a lot, but you are not aware of that. The amount of information may be huge, yet you have registered a great deal of this information and stored it in your subconscious.

When we meet a person, too, so much happens in our body that we can never keep track of it all, just using our ratio. There are so many changes in muscle tension, and so many subtle sensations and feelings running through us that we cannot possibly use our ratio to work on all of that. There are too many data to select, reflect, and analyze. Ratio will only consider the information which is present in our conscious mind at the time. But the other details will certainly be registered in our subconscious.



What would it be like if we could make information in our subconscious available to our conscious mind? Imagine you were able to tap into your subconscious mind and retrieve all the information. How much would you then be able to retrieve from what you have felt, seen, heard, and tasted? When giving a reading, it is about you getting and keeping direct access to the subconscious, intuitive part of you, and retrieve data that you need.

You will notice that intuition is always there for those who pay attention to it. At the moment you become aware of it, you will wonder how it is possible that you have missed it all that time. It was so close.

Intuition is directly available

Intuition happens in the here and now, and straightaway. We have the ability to make the right choice in just a split second. Without thinking much about it, or doing a thorough analysis, we are able to know, within a few seconds, what somebody is like.

Malcolm Gladwell calls this 'thin-slicing'. Instead of using a lot of information and analysis, you can also make a choice based on a much smaller amount of information. The idea is that the skin contains as much information as the whole fruit. In his book *Blink* he gives various examples that show that you do not need a lot of time and a detailed analysis to know something or make the right choice. One of the examples that really spoke to me, was one in which a prediction was made of the likelihood that a person would get a divorce. In his book, Malcolm Gladwell describes a study undertaken by Gottmann, in which he did research into couples who were talking about an important event. Based on one hour of observing a couple, he could assess with 95% accuracy if they would still be together 15 years later. Based on 15 minutes, the accuracy of his assessment was 90 percent. After further tests, he proved that even only 3 minutes would still provide sufficient information to give an assessment with a high degree of accuracy.

Gottman says that people in relationships leave a distinctive signature which is automatic and naturally visible. If you know what to look for, it is easy to draw conclusions. Experienced as they were, the researchers knew that they had to establish if the emotion 'contempt' was present during the conversation between the two partners. Its presence was an indication that this relationship would probably not last in the long term. If you don't know what to look for, it is impossible to say anything useful. Giving a reading is just as simple. Basically, you only need to know what to look for. Or as our

famous Dutch soccer player Johan Crujff would say: 'You do not see it until you get it'. Once you realize that, you only need to put your analysis into words during a reading, and the other person will think... now where did he get that information from?!

Intuition is directly visible and tangible

Another aspect of intuition is that it is not always tangible. Many processes take place in our body without us being aware of them. Sometimes we know certain things, for example that you cannot trust a certain person, or that certain choices will not turn out well. Or we have a vague premonition that we should not make certain decisions. Somehow, we have a feeling that we can say with certainty what we must do and what choices we must make. For many people, these feelings are especially perceptible when we have to make important decisions, like buying a new house or applying for a new job. You see a picture of a house and just know this is for you. It is often possible to list certain features why you want a particular house, but basically it just feels good. You just know this is the house for you. Once you have seen the house, inside and out, those arguments can be listed, but at the moment itself it is a feeling on which we base our decision. I have often seen people, too, who met their partner that way. They just knew, at their first meeting, this is the one I am going to marry.

If such decisions are made, the process leading up to them is not directly understandable to other people, so they may seem vague or fanciful to them. Looking back, we can make up arguments and attribute the signals that were there to the choice we made. Those signals are certainly there, only we are not aware of them. They are present in the form of emotions, feelings, images, and hunches. If you were to watch yourself really well, you could also notice subtle physical signals, like minor changes in muscle tension, eye