

Secrets of Intuition

Get direct insights in yourself and
people you don't know

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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. At the first training I did for intuitive development, I felt that I had come home. Through the other trainings I did, I gained more insight in 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 was 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 vague or floaty 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 get essential information to the surface about people you don't really know. You will learn how easy it is to make contact with your intuition to quickly get insight in 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 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 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

Introducing intuition

I use the word intuition when making fast choices. Those are not so much impulsive choices, but choices where I trust my feeling or when assessing a person when I first meet them. 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-programs 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? With this book I give you a practical way of access to your own source of wisdom. No need to put the clairvoyant on a pedestal anymore, because you will be able to do this, too. With the exercises I provide, you will get a different view of those clairvoyants and TV-programs.

Using easy techniques, you can apply your intuition and get direct insights in somebody else, yourself, or in 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 pots, 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 just keep proper cooking as a hobby? In the last few chapters I have talked about taking further steps on this path, how you can develop your intuition more, including your reading skills.

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 the techniques I am going to teach you.

What I am teaching, can 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 have explained how these techniques work, how easy this is, that everybody can do it, and why it works like this.

Floating

Intuition and readings are often seen as being spacey or floaty. Other words for this are 'vague' or 'obscure'. Apparently some logic is missing at that moment, or some concrete and practical aspects, which will make things seem obscure. To me, floaty means that I need more information before I can allow something as truth in my mind.

For me the most important condition to allow a new truth in, is personal experience or, even better, several personal experiences. Once you have seen something with your own eyes, you will believe it's 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've heard about mediums or psychics, and formed your own opinion. 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 you with knowledge, just like you can acquire knowledge about certain countries by reading about them, or watching travel programs. 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, agrees with the truth. This is how we develop wisdom. Wisdom is knowledge that you have applied. It is knowledge that a person got from an experience they had, and now they own it.

This book and the exercises are not intended to let you gain only knowledge, but experience as well, so you develop your own wisdom. You can do the exercises with others to share and test your wisdom. It might be interesting to know that these are all exercises that have successfully been applied by others.

First introduction of 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 center. He told me that I should do this course, too. It would really suit me. After following some training

courses at this center, you could then continue and being trained as a healer and reader. I had some idea what he was talking about, but did not have any actual experience with it, so I didn't really have anything useful to say about it. The same center 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, researching paranormal abilities. I remember I also had a book about palm reading. I had understood that from the palm of a hand you could read what you're doing on this earth, how your life will go 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 I, like everybody else, attended secondary school and college, where I studied business economics and then ended up in a job where I was selling sweets to the corporate offices of supermarket chains, a fast world with lots of dynamics and change. I focused more on 'appearances' in my life, such as the achievement of money, status, growth and results. At that level I was doing really well. A new job and different challenges every year. That's 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 would be able to answer all the questions I had about life.

The reading was an experience that I would never forget. I was totally impressed and fascinated. There were two people, students who were being trained in reading skills, using their intuition to "read" me. They were sitting across from me, talking to me for an hour, telling me a long story about who I was, from an image they allowed to appear in themselves. 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 can't 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 those 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 seen. You'd probably think that would make me very happy. It did. It brought me a lot of insights, but a deep and huge sadness also moved up inside me, produced by the pain that I never even had felt. 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 become visible. Even more than that, I had never in my whole life felt that I had been seen so clearly as these two unknown people did.

Intuition

This book is about intuition and accessing your intuitive capabilities, that can give insight in yourself and in decisions that you want to make. And 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's start out from this definition and use it as the basis for more information about some 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 arising from our intuition *is present immediately*. A further aspect of intuition is the *empathic capacity*, our ability to observe emotions and feelings in others. We do this from three different sources, which I will describe. Finally, the things we know intuitively, are *not always directly visible or understandable*.

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 mentioned as having a feeling about or knowing something without thinking about it. Intuition is knowing immediately or understanding without intervention of thoughts. It shows in a direct experience from the senses, images and feelings. Besides intuition, there is reason. Where intuition is experienced *in the 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 now, in a direct experience, in touch with your senses. Or you are in your head, analyzing, thinking about the experiences. It is one of the two.

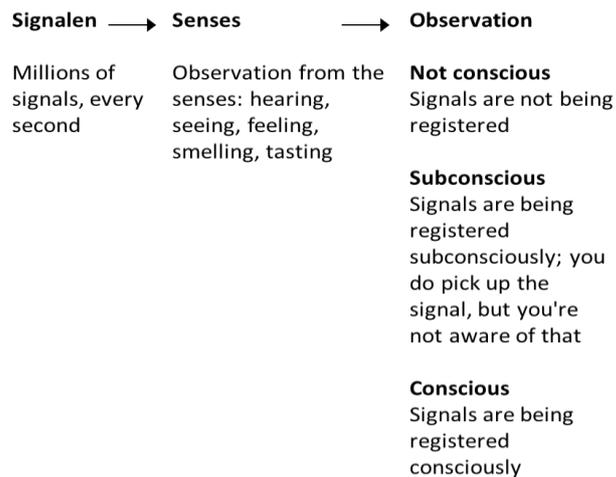
Intuition is experienced when you are in be-mode. At that moment you do nothing but 'being' conscious and having direct experiences through your senses. The other side is the do-mode. The do-mode is the mode of your mind, thinking. This means you are busy thinking, analyzing, scheduling, worrying, creating 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 analyzing, and evaluating, and doing so, watching things that are not right and that they want to change. The job you have, you probably got because you are good in 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

talk', a typical western school of thought, 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

From our reason (our thinking) we can 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 mention fewer things than you actually saw. You did see a lot, but you are not aware of that. The amount of information is huge and yet you registered a great deal of this information and stored it in your subconscious.

When we're meeting a person, so much is happening in our body, too, we will never be able to keep track of it all just by our mind. There are so many muscles changing tension, and so many subtle sensations and feelings that run through us that we cannot possibly apply our reason on all of that. There are too many details based on which to select, reflect, and analyze. Reason will only consider the information which is now present in our consciousness. But the other details will certainly register in our subconscious.



How would it be if we could make the subconscious aware again? Imagine you would be able to make contact with the subconscious part in yourself and you could retrieve all information. How much would you then be able to retrieve from feeling, seeing, hearing, and tasting? When giving a reading, it is about you getting and keeping direct access to the subconscious intuitive part in you, and that you become aware of this part.

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

Intuition is there immediately

Intuition happens in the now, and immediately. We have the ability to make the right choice in just a split second. Without thinking much about it, or even doing a thorough analysis, we are able to know, within a few seconds, what somebody is really 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 shows in various examples that you do not need a lot of time and a detailed analysis to know something or to make the right choice. One of the examples that really talked to me, was the prediction of the chance that a person would get a divorce. In his book, Malcolm Gladwell described Gottmann's study, in which he researched various couples who were discussing an important event. Based on one hour of observing a couple, he could estimate with a 95% accuracy if they would still be together 15 years later. Based on 15 minutes, the accuracy of the estimation was 90 percent. After further tests, he proved that even only 3 minutes would still provide sufficient information to give an estimate with a high percentage 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 researchers knew that they had to see if the emotion of contempt was present during the discussion. Its presence would indicate that this relationship would probably not make it 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 like our famous Dutch soccer-player Johan Crujff would say: 'You only see it, once you get it'. Once you are aware of that, you only need to put it into words during a reading, and the other person will think... now where did he get this information?!

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 that. Sometimes we know certain things, for example that you cannot trust a certain person, or that certain choices won't turn out well. Or we have a vague premonition that we should not make certain decisions. There's a feeling, somewhere, based on which we are absolutely sure what we should do and what choices we should make. For many people, these feelings are best observable with important decisions, like buying a new house or applying for a new job. You see a picture of the house and just know this is for you. It is often possible to list certain elements why you would want this house, but it just feels good in the first place. 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's a feeling on which we base our decision. I've often seen people, too, who met

their partner that way. They just knew, at their first meeting, this is the one I'm going to marry.

For those around us, such processes are not always understandable, so they may seem vague or over the top to others. Looking back, we can make up arguments and assign 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 would watch yourself really well, you could also notice subtle physical signals, like minor changes in muscle tension, eye movements or vibrations in your voice. By being aware of these signals, your intuition will slowly grow more tangible. Awareness of your own signals and the signals of others, is a terrific source of information. The development of your own consciousness will ensure that these signals become visible.

Sources of intuition

Intuition is part of our sensitivity, our *empathic capacity*. We have the ability to connect to a person's emotions and intentions, to know them and to detect them. This empathic capacity, especially when further developed, gives us a lot of information and insights in ourselves and in what others feel. We then use our senses to observe. Besides seeing, hearing, touching, tasting, and smelling, there is intuition (yes, indeed, your sixth sense!) for observing and getting to know others. That way we will be able to notice and receive feelings, thoughts, and physical observations. This information provides insight in the other person. There are various sources in our body where we may notice our intuition.

First source of intuition: Emotions and feelings

We can pick up on the emotions of other people. If somebody is angry, we do not only see this from physical changes or hear it from the intonation and vibration in their voice. We can feel it as well. Sometimes you can literally feel somebody else's anger. When a person is passionate about something, and you are close to them, you feel your body responding to the other right away. Children still have that, by birth. I'm sure you have experienced times when your children did not respond to what you said, but to what they felt radiating from you. They can feel perfectly if a person is angry, happy, afraid, or sad, even if their faces say something else. What your intuition may pick up is:

- What is the other person feeling, even if they don't say anything?
- What is it that they don't want to feel?

Second source of intuition: The heart

The heart is the symbol for the connection you make with somebody else. Somewhere inside you, you know if a person is connecting with you, or not. In her book *Light Emerging*, Barbara Brennan calls this our capacity to experience love. For me, love means the ability to make an unconditional connection with the other person. You might try and pay attention to this. Do you notice if the other person is connecting with you, or don't you? Do you feel free in that

connection? Do you feel shut out? How do you notice? What your intuition may pick up is:

- Is somebody connecting with me?
- Does he open himself up to me?
- Can I be the real me?

Third source of intuition: Thoughts

We can pick up the thoughts, opinions, and beliefs of other people. I am sure that you will also notice when somebody is judging you, or has a strong opinion on what you do or who you are. You will notice and feel that at once. Most people can clearly distinguish this. Once your intuition has been developed further, you will be able to pick up the following:

- What does the other person think of me?
- What is a person thinking?
- What is important to him?

What can you actually do with intuition?

Learning to use your intuition is not something you do by thinking about it, or analyzing it. You do that by experiencing it. Intuition is knowing directly, with no intervention of your thoughts, and it will manifest as a direct experience, in direct images and feelings. Intuition is always experienced in the now. The strength of your intuition is determined by the attention you pay to your senses and the three sources of intuition. The more senses and sources of intuition you can be aware of at the same time, the sharper your perception, and the more concrete your observation will be.

After reading this book, you will be able to answer the following questions about yourself and somebody else:

- How do you feel? How is the other person feeling?
- What are my beliefs? What are the other person's beliefs?
- What is my approach to life? What is the other person's approach to life?
- What do I need right now for specific choices? What does the other person need right now for specific choices?
- What is important to me? What is important to the other person?
- What is my approach to relationships? What is the other person's approach to relationships?
- Why is a relationship going wrong?
- What is necessary in a relationship?
- And so on.

The techniques I am teaching you, can also be used for information on previous lives, the future, spirit guides, and deceased people. I understand that these subjects will create a lot of questions. For the rational, perhaps even skeptical reader, I will provide practical and plain answers as much as possible. I will discuss this further in chapters 5 and 6.

There's room for being critical

Stay critical while you're reading what I have written. I do that, too. Be open, stay curious, and keep asking questions. I suggest that in any case you do not believe what you think. Your thoughts are always based on experiences from the past and expectations for the future.

I invite you to use your senses, while you're reading this book, and to keep noticing what you feel and experience. And when an exercise works, it works. Try to hold your verdict till the end of the book. If an exercise does not work, then read on about the challenges in the exercises and the suggestions I'm providing. Based on that, you can determine your truth. If you'd happen to notice that your feelings contradict your thoughts, then you should always trust your feelings.

In my workshops I invite the participants to do the exercises with a person they don't know. That way the other person cannot say that you already knew the things you are now saying. It is really special to be able to say a lot about a person you don't know. When the other person then says it's all perfectly true, the magic will be obvious. Many participants are surprised at the simplicity of it all, and how the information about somebody else is there for the taking. I always really enjoy that surprise, myself.

There's a good chance that you're on your own when you're reading this or with somebody you know well. By the way, it's not a problem to do the exercises with a person that you know. The technique is still the same. The results may be less surprising, although many participants say that they get to know each other in a different way.

To every human being, a huge amount of wisdom is available. Wisdom is everywhere and we can pick it up with our instrument, our body. We make use of all our senses, including our sources of intuition.

Simple and difficult at the same time

After two years of training in intuitive development, I was finally able to enroll in the reading course and I thought, Now I'll get it! Now I will finally gather all the wisdom that I need, to be able to see clearly, and to know exactly what somebody else is made of. I learned a technique to easily bring information to the surface. On the one hand this technique was so simple, and something I had been using for years. On the other hand it proved quite hard to apply this technique structurally correct. Sometimes I compare it with making a grilled cheese sandwich. You might say that everybody can do that, but it's easy to mess up, too. I think I'm not the only one who saw their sandwich coming out of the grill all black and burnt.

Everything needs attention and time. When utilizing your intuition and giving readings, attention is the single most important thing. If you would drink wine with your full attention, for five years, coached by a wine taster, you will notice that after those five years you will be able to recognize a lot more different accents than the first time you

had a glass. So you will realize that a person who has paid attention to feelings and emotions for his whole life, and learned how to put these in words, will detect more nuances and aspects than a person who didn't. It's a path of development of consciousness. You will find that the depth you can reach in your readings, is directly connected with the time and attention you have been giving to yourself, and how aware you are of yourself, and of your emotions, your beliefs and your thoughts.

Following this training, I developed my skill in finding words to feelings and subtle energy. This became easier and easier and it gave me a feeling of recognition, wisdom and maybe even a sort of strength or power, because I knew something that others didn't. I could feel something, that others were not aware of, and I could even put that in words. In those days I put myself on a pedestal, just like I see many mediums doing. I was a reader, I was clairsentient and clairvoyant, and the other person was not.

In the time after my training, I often gave readings to people who came to see me. I loved giving readings because it confirmed my ego: the feeling to be special, and because of my sensitivity I could even make a difference. Some people came back for a second reading after a few months, and sometimes they even returned a third time. I noticed a dependency in the people who saw me, and I did not like that. Also, I felt that the wisdom is not in me, but in everybody who wants to see it. That helped me get off my pedestal and showed me at a deeper level that I was equal to other people. The only difference was, that I knew how to access that source of wisdom. A need grew in me to explain how it works when giving readings, so people could find their own strength and reach their own wisdom.

In the past ten years I have been working on brief and clear explanations of the concepts of clairvoyance, intuition, and readings. Everything I had learned in the past few years, I tried to summarize into a simple explanation. I was still surprised at how easy it is to give readings. Why did I have to study for four years before I was finally allowed to give readings? I had the feeling I was served with a big five course meal, where I had only come for dessert. The question that still lingers after all those years, is how can I eat that dessert right away, without having to eat all those dishes that were served first? And how could I serve that dessert to others without having them wait.

Initially I taught the students of my own courses to give readings. I did this with small groups of people that had already done several trainings with me. Those small numbers allowed me to control the lessons and I was better able to see what the students did right and which mistakes they made when giving readings. When I saw how easily my students got what I taught, I started the exercises with students after 12 lessons, and then after eight lessons. In the end I started separate workshops to teach people how to give readings. I used to always teach only small groups. When it was obvious that

this worked well, I took up the challenge to combine the lessons in workshops of an hour and a half, in groups of 25 people. I thought, if this works, I have found the key to explain it to others. And it did.

This book is the result from all those workshops where I teach the participants to give readings. With these workshops I want people to experience for themselves that the technique works, that you can give a correct reading, always and to everybody. All participants arrive with an curious and open mind, and with those they give the first reading to each other. This means they give readings to people they don't know yet. The person who receives the reading, will indicate to what degree the reading is correct. The participants will know from their own direct experience that this works, and that way, they learn to develop their own wisdom and to trust it. Most of them are surprised about the simplicity, how easy this is. They are often moved, as well, and feel that they have been seen by a person they had never met before, exactly like I experienced when I received my first reading.

How to read this book

The word 'clairvoyance' produces so many opinions and question marks in people, that it may be difficult to keep an open mind for the story I am going to tell you. If I say that I am clairvoyant, you might frown and become skeptical. And if I then even tell you that you are clairvoyant, too, and that you can tell any random person who he is, what he feels at that moment, and what is important to him, AND if all that proves to be correct, too, you might not believe me at all.

However, are you willing to accept that it's correct what I will tell you? Are you able to let go of your own assumptions and to start with, you don't know what you don't know yet? Be critical, but don't get skeptical. I am not asking you to follow me blindly, but don't fight it from the very first words you're reading, either. I invite you to read on in this book, with the intention to believe that it is true, but at the same time keep asking yourself questions until you understand why it is true and why it works like this. I want to ask you to read this book and to do the exercises based on your senses and your own direct experience. When in doubt, ask yourself, 'Which information or which concrete experience would I still need to accept this information as being true?' See doubt as the moment when you will start to experience new things. That is the exact moment that you will get extra curious and open yourself up to what's to come.