

Jump Start Your Intuition



YOU HOLD THE KEY



Institute Of Applied Energetics

welcome to the world



of subtle energy

Greeting and welcome to the exciting world of Medical Intuition, Intuitive Counseling & Energy Medicine. We are glad to be able to bring you this thought-provoking training program and share with you the tools and techniques used by Medical Intuitives, Intuitive Counselors and Energy Medicine Practitioners around the world.

The programs offered by the Institute Of Applied Energetics are designed to guide you to knowing, understanding and experiencing a world that is not seen by the naked eye. Each class, each tool and each exercise have been carefully selected to help you tap into and access this unseen dimension. This includes concepts about why we get sick as well as how we can bring about health, healing and wholeness into our lives and the lives of others.

You can start your training right away! I hope you enjoy all of the new experiences you will be having as you work through this free training guide. A completely new world awaits you on the other side.

Blessings,

Rita Louise, PhD

Dr. Rita Louise



the intuitive experience

The practices of energy medicine, intuitive counseling and medical intuition center on our ability to tap into our intuition. Working on intuitive levels is a very experiential thing. Some people describe moments of intuition as an impression or a gut feeling. Others discount their experiences and chock it up to a weird happenstance or coincidence. The truth regarding our ability to tap into our intuition is this: we all can!

Accessing intuitive insights can be likened to our ability to draw a picture or tear up the dance floor. Some people are naturally talented and can amaze us with their innate skills and abilities. For others, through training, like what is offered at the Institute of Applied Energetics, it can be developed, honed and allowed to blossom into a finely polished skill. We all are intuitive! It IS something we are all born with. This includes you.

My Story



When I was twelve, there was a television series called *The Sixth Sense* starring Gary Collins as Dr. Michael Rhodes. Dr. Rhodes was a college professor who investigated mysteries involving extra-sensory perception (ESP), spirits, possessions and other paranormal activities.

The Sixth Sense was your typical murder mystery show

except it had a psychic twist. During an episode, there would be a murder or some other sinister activity happening. Dr. Rhodes, using his extrasensory perception (ESP) would be able to tune into what was going on and solve the crime. I found myself fascinated by his abilities. I remember one episode where someone had been killed. Dr. Rhodes, entering the crime scene, saw the likeness of the victim - their ghost like image floating before him. The apparition provided the doctor with a key piece of information that allowed him to uncover the perpetrator of the crime.

In other episodes, he would pick up a piece of paper or touch the back of a chair and have a precognitive flash. As the music rose, he would see Mary (who obviously knew too much) driving her car around a sharp turn in the road, her foot pressing firmly onto an unresponsive brake pedal. He watched in horror as her car broke through the guard railing and careened off a steep cliff, sending Mary to her demise.



Fortunately, his intuitive insight came just in time and he was able to stop Mary from getting into her car. Dr. Rhodes showed the confused Mary her tampered brake lines and everyone breathed a sigh of relief. He saved her life by averting a negative and life-ending situation before it ever happened.

As I watched the show, I remember wishing I had ESP too. Oh how I wanted to have precognitive flashes about my life. I wanted to be able to communicate with people who had crossed over or touch someone and know all about them.

I dedicated myself at that young age to learning about this mysterious phenomenon. I started reading books on ESP and the paranormal. I surmised based on my reading, that I had some kind of intuitive ability, but I did not know how to tap into it on a regular basis. The truth is I expected to see “things” floating around - to have experiences similar to the ones I saw on television. Through my studies, I became engrossed in the teachings of many metaphysical authors, all of which implied I would become psychic, or be able to access information intuitively, when I became “enlightened”. That kept my dream alive.

By high school, I was introduced to my first deck of tarot cards and started doing readings for my friends and myself. I knew I was not psychic yet. To make up for this insufficiency, I use tarot books to help me delve into the deeper mysteries of the unknown. Deep down inside, I knew this would open up the door and allow me to experience psychic phenomena. I was wrong...

As the years went on, I studied Astrology, Numerology, the Qabalah (Jewish mysticism), eastern philosophy and personal growth. I read anything I thought would cause me to become enlightened. I knew I was more enlightened than many of my friends, but psychic experiences were still elusive to me.

My Journey Continued...

After 18 years of searching and studying, I found the Berkeley Psychic Institute. I remember thinking in my excitement “these people will surely teach me to be psychic”. It was like a dream come true. Their program started with a number of prerequisite classes. In one course, we were learning how to clear stagnant energy from the aura, practicing this technique on one another. The instructor suggested that we pay close attention to anything that came to mind while we were doing the healing. We were also instructed to mention these thoughts, feelings or impressions to the person we were working on.



That day, I happened to be paired up with the class instructor. I could feel a ball of energy emanating from the back of her head as I worked to clear her aura. The next thing I knew, I was saying, “Bills, bills, bills”. The class assistant looked at me excitedly. She shared with me how the instructor had just finished paying bills prior to coming to class. I was so excited by what happened in class that day, but wrote it off as a strange coincidence. In my heart, I knew I was still not psychic.

Once done with the introductory course, I immediately signed up for their clairvoyant program. I quickly learned the majority of the sessions we would be doing throughout the course would be done as part of a group, reading

“in-line” as they called it. I can smile now, but vividly recall sitting in-line to do my first psychic reading. We were instructed to close our eyes, which I did, and then I waited. I waited to see a ghostly apparition float around the room or for some kind of movie to begin playing in my head like had been portrayed on television. As you might imagine, that did not happen.

A few weeks later, at my first psychic fair, I was teamed up with a more experienced student to do one-on-one client sessions. I was excited but frustrated. I wondered if I would ever be psychic. As we worked with clients throughout the day, every time the other psychic began speaking, I was easily able to envision what she was discussing in my mind’s eye. The experience was not unlike many others I had in the past where I would talk about people, places and situations that I knew little or nothing about.

When it was my turn to talk, I would tell the client what I was “seeing”. To be honest, I felt like I was making it all up. Actually, it felt as if I was only adding on to what my partner was saying. It did not feel psychic at all but the clients we worked with seemed to agree with everything I said. I wondered, by the end of the day, if this was what they wanted us to do. Could they want us to talk about the pictures we saw in our heads? Well I was about to find out.

The following week, back at school, I again sat “in-line” with my classmates. Since I was one of the newest students, I sat down at the end of a long row of psychics. I listened attentively as the more experienced psychics worked with the individuals who came for help.

That evening a woman came in who owned a beauty salon. She stopped in because her business was failing. Her beauticians were leaving her shop, as was her clientele. The more experienced psychics spoke to her about the spiritual contracts she had in this lifetime and agreements she had made in past lives. Unlike my earlier experience at the psychic fair, where I was envisioning the same things as my partner, I was seeing something completely different.

In my mind’s eye, I saw a woman with long red hair walking up to a workstation and slamming down her purse. It was obvious by what I was observing that this woman was mad. Frightened, I raised my hand, hoping to share what I saw. The moderator called my name and I started to speak.

She informed me that when you do psychic reading you do them with your eyes closed, so I closed my eyes and began to talk.



coincidence.

I asked the shop owner if she had a beautician with long red hair working for her. To this, she answered “yes”. Then I asked if she had quit leaving the salon in anger. Again, she replied “yes”. I then communicated to the salon owner the fact that this woman’s anger energy was still in her shop, making it difficult for customers to come in. I was energized by what had just happened. I knew it was not psychic, but it sure was an interesting

That is, until I opened my eyes...

All heads were turned on me when I looked around the room. The surprised look on their faces provided me with the biggest lesson of all - I WAS psychic.

Lessons Learned

I learned some very valuable lessons that day. The first and probably the most important one was about psychic phenomena and intuitive information in general. That experience allowed me to let go of the preconceived notions I had about seeing someone or something float around the room the way it was portrayed on television. I was a bit disappointed by this realization but a more important message emerged. I discovered that I was psychic and apparently had been so my whole life. This experience validated countless strange coincidences I had experienced from an early age. They were not strange coincidences at all - they were psychic experiences!

In all of the reading and studying I had previously done, none of the books explained what the psychic experience was truly like. I had struggled for years to grasp onto something that was already within my reach, but did not know it. I also realized most people have the same kinds of weird coincidences or unexplained synchronicities that I did. It is because we are all psychic!

The “P” Word

You may be asking by now why I keep using the word psychic and the words psychic experiences when we are delving into topics such as intuition and energy medicine. The answer is quite simple.

If you think about it, I will bet you already feel as if you have some level of intuition. Have there been instances in your life where you have had an unexplainable coincidence, where you knew something or guessed at something and it turned out to be right? This was your intuition at work.

The biggest mystery of all, and what most books do not tell you, is having a flash of intuition is exactly the same thing as having a psychic experience. This tiny piece of information opens the door making it easy to see how everyone, yourself included, can and does have psychic abilities. The myth that states *psychic abilities that says it is something you have to be born with or is a trait that is passes down from generation to generation* is false. The reality is, we all have psychic experiences every day.

I hope I can put you at ease if you are feeling a bit uneasy about this fact. I was brought up Catholic and went to Catholic school from first through eighth grade. When I decided to follow this path, letting go of a job in Engineering Services Management to pursue a career as a professional intuitive counselor (psychic) my family did not approve. Nothing was said to me directly, but I knew. Remember, I am psychic. I knew some of my brothers and sisters believed I would burn in hell for what I was doing.



This went on for well over 10 years. Finally, at a family reunion, I was sharing a room with one of my sisters and somehow the subject of my work came up. I was flabbergasted by what she thought I did. She explained to me how she believed I was doing the work of the devil. She assumed I was involved in some sort of witchcraft or black magic. She was certain that I must be performing incantations and spells and who knows what else. Energetically, she shared an image of me standing in front of a big black pot, slowly stirring its contents chanting “Boil, boil, toil and trouble”. The picture she projected made me laugh out loud.

This is what I assured her and what I am promising you as well. Accessing information intuitively is a gift that we all have as human beings. It is a gift we receive from God – be it God the father, the universe, cosmic conscious or whatever term you would like to apply here. These abilities, in some belief systems are referred to as the Gift of Prophecy (intuition and psychic abilities) and the Gift of Healing (energy work and energy medicine). Regardless of your beliefs and belief system, the information being presented will not connect you to some dark or evil forces, but will instead reinforce your connection to your higher purpose, your higher self or God.



the mysterious realm of subtle energy

It is time to open the door to a completely new world, the world of subtle energy. It is an exciting and amazing way of looking at the body, the disease process, and ways in which to restore health.

In western society, humanity's view of our existence on earth is based solely on our interaction with the physical plane, where we live in a 3-dimensional world. The physical world, however, represents only one dimension of the human experience and embodies only a fraction of the reality of the universe.

We are all familiar with our physical bodies. We have two arms and legs, a head, torso, fingers and toes. We are also made up of a heart and lungs, a liver and pancreas, hormones, peptides and neurons. We appreciate the existence of our internal organs and glands on an intellectual level but the majority of us have never seen them or touched them. How can you know they really exist if you have never observed them?

In the same way we are composed of organs and glands, tissues and fibers, we are also made up of a number of energetic structures that we cannot see, but are essential to our life here on Earth. These include the subtle body, the aura, the chakras and nadis.

If you take a moment and think about it, the air around us is filled with the energy of hundreds of radio and television broadcasts in any given moment.

It is also filled with hundreds if not thousands of telephone conversations that are transmitted by cordless, wireless and cellular phones. We are not aware of the broadcasts because they exist outside the range of our perception. The same holds true for the structures of the subtle body.

These structures support a complex network of interdependent and interconnected forces, which interact with one another in a web of mutually conditioned relationships. These life forces are called subtle energy. Everything in the universe is dependent on the life giving power of subtle energy. It feeds the body and energizes its cells, tissues and organs.

SUBTLE ENERGETIC STRUCTURES DEFINED

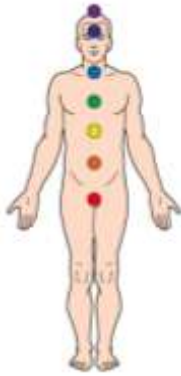
The concept of a person being made up of subtle energy has been around for millennia. This mysterious energy is the basis of all life and has been described by ancient schools of healing in both the East and the West. Its life giving properties are referred to in almost every spiritual tradition and culture worldwide.

According to a National Institutes of Health study, there are well over 50 different and distinct terms used to describe this subtle life force energy including chi, prana, holy spirit, manna, ether, orgone, biomagnetism and zeropoint. Our subtle life-force energy animates the body. It is the essence of our being, our consciousness and our souls.

Subtle Bodies

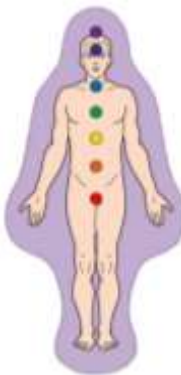
Surrounding our physical bodies is a series of subtle bodies. Each of the subtle bodies has a unique property or characteristic and plays a distinct role in our interactions with the world.

The Physical Body



The chief property of the physical body and physical world is matter. It is expressed the world in which we live. The things we can see, touch, hear and experience represent it. The physical body serves as a foundation for the other bodies and as a way for the soul to express itself on the physical plane. It is perceived of as the shell we inhabit as we interact on the physical plane. It allows us to function successfully in the physical world.

The Etheric Body



The etheric body vibrates at a frequency closest to the physical body. The etheric body is concerned with the processes and activities of energy, in and around the physical body. It acts as the blueprint of the physical body, providing it with a framework or pattern upon which it is shaped and anchored. It is said to supply information to the cells of our body where it guides the physical body through its automated processes such as growth and development, repair and healing.

The Emotional Body



The astral or emotional body vibrates at a higher frequency than the etheric body. It is often thought of as being separate or independent of the physical body yet is an inseparable part of who we are. It is shaped by our feelings and expresses itself through our emotions.

The Mental Body



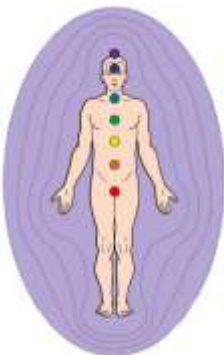
The mental body is the world of thoughts and concrete ideas. It reflects our ability to think and construct images. The mental body should not be confused with the brain but instead represents the energy of our ideas, beliefs and values. Thinking, imagery, perceptions, judgments, creativity, invention and inspiration are all expressions of the mental body, and represent a projection of our inner reality that is conveyed to the world.

The Causal Body



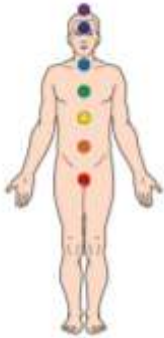
The causal body is the world of spirit and pure energy. It is oftentimes referred to as the soul body or our higher self. Where the mental body was concerned with the creation of concrete thoughts and ideas, the causal body is involved with the creation of abstract ideas and concepts. It works to guide us to health, harmony and wholeness.

The Aura



The aura is the electromechanical field that surrounds the body. It is our personal space. The aura is made up of the four subtle bodies. Each subtle body of the aura contains seven layers, which are associated with the seven chakras. The aura carries information about our lives – especially ones we are working on and processing. It is the energy in the aura that an intuitive accesses when doing a reading.

The Chakras



The term chakra is a Sanskrit word that means wheel or disk and is thought of as spinning vortexes of energy within the subtle body. Each chakra acts as a receptor, transformer and assimilator of energy. They also process and store information of events that have affected us throughout our lifetime. It is through the chakras that we experience the world. Each subtle body contains seven major chakras, which located in a vertical column up and down the spine.

The First Chakra



The first chakra is located at the base of the spine and relates all things that are solid, earthy and grounded. It is the center of manifestation into the physical world. On physiological levels, the first chakra is associated with the adrenal glands, the coccyx and the coccygeal ganglion as well as the large intestines.

The first chakra is responsible for the generation and identification of our needs. It also houses our instinctual responses and is typified by our Fight or Flight Response, the physiological reaction we have when our survival is threatened.

The Second Chakra



Moving up the body the next energy center we come to is the second chakra. Called Svadhishana in Sanskrit it is located between the navel and the genitals where it is the controlling agent that “gives birth” to our creations upon the physical plane. Physiologically speaking, the second

chakra is associated with the sacral vertebrae and the sacral plexus nerve ganglion. It is furthermore associated with the reproductive organs and in particular the ovaries and testis.

The second chakra it is often viewed as the interface between the world of energy and the physical world. It rules the energy of integration, creativity and is the seat of our desires. It also controls our ability to recognize energy on feeling levels. This ability is called clairsentience.

The Third Chakra



There is only one word to describe the energetic nature of the third chakra: Power. Called Manipura in Sanskrit, the third chakra is located in the solar plexus just below the sternum. Physiologically, the third chakra is associated with the solar nerve plexus, the adrenal gland and the organs of digestion, where matter is converted into energy.

The function of the third chakra is to produce and provide energy and power for all of our endeavors. It is the fire of combustion and is responsible for all movement and activity that leads to manifestation on the physical plane. Accomplishment and completion of goals is a critical function of the third chakra. Without an initiating or propelling force, we would be unable to get our energetic motor running and manifest into the physical world.

The Fourth Chakra



The fourth Chakra vibrates at the energy of compassion, balance and harmony. When we are in the energetic vibration of the fourth chakra, we can evaluate the goals we have established and reflect on our achievements. Located in the center of the chest, this chakra is called Anahata in Sanskrit. It is linked to the thymus gland and the heart plexus and is often called the heart chakra or heart center.

The fourth chakra acts as an integrator or synthesizer, providing unity to all our parts, be they physical, emotional, mental or spiritual in nature. It is from this central point that all life radiates, connecting all of our parts to each other. It acts as a master controller, where it provides a pathway for stress to be released. This is not only emotional stress, but any stress that is placed upon our energetic system. It is the fourth chakra that assists us in equalizing our energy.

The Fifth Chakra



Located in the cleft of the throat is the fifth chakra. The fifth chakra is the energy center of communication. It controls our ability to express our thoughts, ideas, feelings and emotions. It is also here that we “communicate” with our inner self and with God. Called Visuddha in Sanskrit, this chakra, on physiological levels, is related with the Cervical Ganglia Medulla as well as with the thyroid gland. Based on its physical location alone, it is no wonder that this chakra vibrates with the energy of communication.

The fifth chakra houses our beliefs and beliefs systems. Our perception about an event or situation can play a significant role in our ability to communicate. The fifth chakra allows us to transform our thoughts, concerns, creative ideas, opinions, feelings and even emotions into a set of symbols that we collectively understand. We then use these symbols to communicate, to share our experiences with others.

The Sixth Chakra



The primary mode of the sixth chakra is that of sight and insight. Physiologically, the sixth chakra is associated with the pineal gland and the hypothalamus/pituitary nerve plexus. Called Ajna in Sanskrit, it is located in the center of the forehead and is often referred to as “the third eye”.

The sixth chakra houses our ability to receive and process visual information, which is called clairvoyance. Clairvoyance means, “Clear seeing” or “clear vision”. Clairvoyance infers that we are receiving mental images in the same way we receive information from the other chakras. The only difference is that this information comes to us in visual terms.

The Seventh Chakra



Located on the top of the head, the seventh chakra is associated with the soft spot found on the heads of newborns. Called Suhasrar in Sanskrit, the seventh chakra is linked to the pineal gland, the cerebral cortex and the central nervous system.

The seventh chakra is the seat of wisdom. It is the gate between all that is yet to manifest and the physical world. It is believed that this is the point from which all things begin and to which, in the end, all things return. It is through the seventh chakra that we connect with God, our higher self, or cosmic consciousness. Insights gained via the seventh chakra is called clairaconsciousness or knowingness.

The Nadis



All energy and information is transported through the subtle bodies via energy channels called nadis. The function of the nadis is to transfer or funnel energy into and out of the chakra. They work to direct and transfer energetic vibrations in the same way our veins and arteries direct and carry blood through our body or like a phone cord carries our conversations over its copper wire. Sources have described up to 72,000 nadis in the subtle body.



the nature of illness and disease

Working in the fields of energy medicine, intuitive counseling and medical intuition is all about understanding, tuning into, evaluating and manipulating subtle energy. Disease can take on many forms. Disease can manifest as physical problems, as well as life patterns and cycles that keep us from growing.

Technically speaking, when our life force energy is flowing freely, health prevails. Disease, on the other hand, is the reaction to imbalanced life force energy in the physical, emotional, mental or causal bodies. When the flow of our energy is low, becomes restricted, disrupted or diminished in its movement, we experience “disease”.

Disease can reveal itself in the physical body in the form of headaches, back pain, arthritis, or cancer. It is discernible in the emotional body in the form of anger, rage, phobias, depression, and hate. It can also show itself in the spiritual body, appearing as narrow-mindedness, disrespect for life and nature, or materialism.

Blockages to the movement of one's life force energy, if left untreated, can affect the function of the organs, glands and tissues of the body. These imbalances can begin in early childhood, or they can commence later in life. Emotional trauma, physical abuse and the dictates of society are just a few reasons why the flow our life force energy can become affected. Thankfully,

there is something we can do to get our life-force energy flowing before it reveals itself as disease in the physical body. These same techniques can be applied to someone else to support their healing and help restore vitality in their bodies and lives.

Jump Start Your Intuition

ARE YOU READY TO JUMP START YOUR INTUITION?

Identifying and clearing the underlying causes of an imbalance is something that everyone can learn to do. In this *Jump Start* training, we will be taking the first step towards this goal.

If I were to give you one word of sage advice as you begin your training, it would be this – TRUST. Trust is the most important component when working with your intuition. You must trust the information you receive from your feelings, your inner communications, the pictures you see in your mind's eye, or the simple and straightforward knowledge that what you are perceiving is right.

Trust is something that develops over time, through repetition and experience. As you work through the exercises that follow, you will have the opportunity to access and evaluate your intuitive information. You will also get the chance to substantiate and reinforce (validate) your experiences. Validation will help you build trust in yourself and your abilities. It can grow each time you work with a specific exercise.

Having a playful, light-hearted attitude is also essential as you begin to explore your intuition. We shut down the flow of our own energy when we try too hard or are too serious in our endeavors. The net result is nothing

happens. Have fun playing and practicing with the different tools being presented. Allow your abilities to unfold naturally, joyously, effortlessly.

Keeping a journal can help you to track your questions, insights and progress. Keep your journal handy so you can write down any odd inspirations that seemingly come out of nowhere. It is also a wonderful place to document your findings as you work through the information that follows.

It is a good idea to review your journal regularly. Many times the notes you take down will have more meaning in hindsight. By reviewing your journal regularly, you will begin noticing patterns of how you are receiving your intuitive information. This will help to increase the trust that you have in yourself and that what you are receiving is true.

Identifying Your Intuitive Channel



When we receive psychic information, it can be experienced in a number of different ways - a thought, a feeling or even knowingness. By paying attention to sensations in our physical bodies, to changes in our emotions or to what we are thinking, we can "tune in" and tap into information on intuitive levels. This is the experience.

How we receive this information varies person to person. Some individuals are feelers. They access and interact with the world around them on feeling levels. Others are more visual while others auditory. By understanding how you receive your information can help propel you forward as you explore and open yourself up to your intuition.

One way in which we receive information on intuitive levels is through our feelings. Feelings are a felt sense, meaning we experience them in our bodies. Feelers experience the emotional energy of others such as certainty, peace, harmony, tranquility, apprehension, jealousy, distrust, hate or anger.

Being open to experiencing the feelings of others is called clairsentience. We are having a clairsentient experience when we feel the "vibes" in a room or feel uneasy when we meet someone new. This ability allows us to be empathic, to share in the joys of others as well as in their sorrows. It alerts us to when things are not quite right and can help us when making decisions by giving us a "gut feeling". It is only when we do not pay attention to these feelings that many of us end up saying to ourselves after the fact, "You know I had a feeling about that!"

"Listening to what a little birdie told us" is a way of describing another intuitive ability. It is called clairaudience. We are having a clairaudient experience when we receive information on auditory levels. As humans, we constantly have an inner dialog going on inside of us. This dialog is on two separate and distinct levels. Our mental dialog is aptly described as the non-stop inner chatter that we hear in our heads all day and for some well into the night.

Conversely, when we receive information on clairaudient levels, non-verbal information is sent out subtly. It can be a soft and gentle reminder that prompts us to take our umbrella with us even if it is not raining outside. At times, this inner voice can be firm and directing. It also has been described as having a persistent nagging like quality, working to guide us onto bigger and better things. Similar to the clairsentient experience, we oftentimes find ourselves saying in hindsight, "I should have listened to myself!"

We can also receive intuitive information on visual levels. This ability is called clairvoyance. This ability is the one most often portrayed in movies and on TV. It is also the capability that is most often misrepresented. When asked, a surprising number of people expect to see waiflike ghostly apparitions floating around a room or have corporeal entities materialize out of nowhere and then interact with them on physical levels. This expectation is anything but the truth.

When we have a clairvoyant experience, we see things in the mind's eye. It is the faculty we use when we employ our imagination; visualize potential outcomes or even daydream. We use our clairvoyance at work to help us plan projects. We use it at home when we "keep our eyes" on our children. Sometimes when we receive information on this level, it is experienced as a fleeting thought or image. In fact, most people assume that when they use

this capability it is just their imagination at work. The truth be told, it is not.

The final form of intuitive information we commonly receive from others is referred to as knowingness. When we are utilizing this ability, it seems as if we just know things - right off the top of our head. If asked, many of us would not be able to explain how we knew, but we did. When we share insights received on this level with others, they often seem prophetic. If these insights are left unspoken, we may end up saying to ourselves "Oh I knew that!"



Am I Psychic? – Hands On Technique

Close your eyes and take a deep breath. Think back to a weird coincidence or intuitive experience you may have had in the past. Take a moment to recall the details of what happened. Document your story below or in your journal. Be as detailed as possible. Which intuitive channel are you receiving your information? Was it a feeling, a subtle voice, a fleeting image or a knowing?

If other instances come to mind, record these as well. The more instances you can recall of your intuition at work will help you to recognize just how psychic you already are.



Your Intuitive Channel – Hands On Technique

Over the next few weeks, pay attention to what is going on around and inside you. Did you have a feeling about someone or something that turned out to be true? Did a little birdie remind you to do something? Perhaps you found yourself thinking about someone and he or she called on the phone. Maybe you ran into them at the supermarket.

Document your stories below or in your journal. Record as much detail as you can. Identify what channel you were receiving this information on and why. Then congratulate yourself – you were having a psychic experience!

Visualization: Working In Your Mind's Eye



Visualization is the ability to picture things in your mind's eye. This innate gift involves using creativity and imagination to form mental images. Some people are better at visualizing than other. Thankfully, this skill can be learned, improved and mastered with practice.

When we work on clairvoyant levels, the information we receive is always visual in nature, appearing in our mind's eye. Many of us when we clairvoyantly receive intuitive information we dismiss it, assuming it is our imagination at work. The following exercise will help you to determine how easily you are receiving visual information.

With your eyes open, can you see an image of your house? Can you visualize your car? Are you able to recall your mother's face, your father's or perhaps your first lover's? Can you see them clearly, easily and without effort?

If you find this exercise challenging, be patient and work with the next exercises for a few weeks. They will help you to strengthen your visualization skills.



Visual Recall 1 – Hands On Technique

Have a friend place three to five different objects in a box or on a tray. When everything is set up, study the objects on the tray. Look at each item briefly. Touch them. Smell them and return them to where you found them in the box. When you are done, have your friend remove the box from view.

Close your eyes and take a deep breath. When you are ready, imagine each object and where it was in the box. Write down as much as you can recall. The more detail you can remember, the better. For example, if there was an apple in the box, you might write something like “was bright green with small brownish dots on one side” or “had a bruise on the top”. Record your observations below or in your journal.

As you work with this exercise, reduce the time you spend with the mystery objects. What would you be able to recall if you only looked at them for 10 seconds?



Visual Recall 2 – Hands On Technique

When you feel comfortable with visualizing items you have recently interacted with it is time to take it to the next level. Pick a person you know well but have not seen in a while. Take a deep breath and do exactly what you did in the last exercise. Close your eyes and envision this person in front of you in the same way you saw the apple before.

Focus on the details of their face and then move to their body. Try seeing them from behind or above. Play around with it. Zoom in and zoom out. Imagine them in different clothing or with a different hairstyle. Most importantly, have fun. Record your observations in your journal.



intent, intention & energetic tools

In the physical world, when we want to create or modify something, we use tools. Carpenters use saws, hammers, screws and nails. Surgeons use scalpels, stethoscopes, x-rays and stitches. Chefs use knives, sauté pans, graters and spatulas. When we work intuitively and energetically, the tools we employ are our intentions, imagination and visualizations.

Rituals, for example, create an atmosphere, which works to accentuate one's intent and intentions. The tradition of burning sage or sweet grass is used in Native American cultures to clear unwanted or negative energies. It is believed this ritual will clear and dissipate discordant energy, which is carried out on the uprising smoke. Some may think the burning of sage is what clears the energy. This is a misnomer. What is important is the belief, the intention of the energy being cleared. Without it, nothing will happen at all.

Rituals, signs, symbols and other tools are not required to produce results on energetic levels. They are wonderful at creating a mood and helping us focus our intention, but we can just as easily use our imagination to produce the same results.

As you learn to work on intuitive and energetic levels, you will have the opportunity to experience a number of energetic tools. When I talk about energetic tools, I do not mean tarot cards, crystals, pendulums or runes.

These tools exist in the physical world. The tools I am referring to are created in our imagination. We create them in the mind's eye and use them for a multitude of purposes. That is right, all you need to do is pretend you have a specific tool in your hand, determine its purpose and then use it. It is really that simple.

When I work with clients, I use all kinds of tools. For example, when I want to “measure” energy, I will employ a gauge. When I want to move energy from around a client's body, I will cup my hands and pretend I am scooping the energy away. At other times, I will create a feather duster, a broom and even a spatula to do the same job.

Picking the right tool for the right job is important. Tools that work for me, within my frame of reference, may not be the same tools that will work for you. As you move forward, we will be discussing and exploring a number of different energetic tools. It does not matter what kind of tools you use. Your choice should reflect the type of work you will be doing. If something looks dusty, then a feather duster may be suitable. If, on the other hand, you were trying to clean something that is really dirty, then perhaps cleaning it with Windex or 409 and a cloth would be more effective.

Throughout this course, and the various training programs that follow, I will provide you with a number of specific tools to try; however, pick the tool that you feel will work best for you. Your intuition can be a wonderful guide in helping you select the most appropriate tool or the one you believe will provide you with the best results.



Creating An Intuitive Tool – Hands On Technique



With your eyes open, I would like you to hold your right hand up in the air above your head. If you are left handed, feel free to use that hand instead. Now, imagine, or should I say pretend, you are holding a feather duster in your hand.

Grasp onto its wooden handle tightly and notice how it feels. Slowly lift your arm up and down. Can you detect its weight in your hand? Next, tip it slowly from side to side. Can you feel gravity trying to take over as you tip it to one side and then resistance as you move it back to center?

Congratulations! You have created your first energetic tool.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What did you noticed as you held the feather duster in your hand?
- Could you “see it” or “feel it” in your hand?
- Did you perceive its weight? What did that feel like?
- How did it feel as you moved your hand from side to side?
- What else did you notice as you worked with your feather duster?



YOUR INNER VIEWER

Your inner viewer is an important tool, one you will work with over and over again throughout this course. It can be thought of as a wide screen high definition television set, which rests in front of your eyes, or as a pair of virtual reality goggles that allow you to see things in your mind's eye. Although we do not often think about it, we use our inner viewer all the time, especially when we visualize something, recall a memory or use our imagination.

As you consciously begin to interface with your inner viewer, give yourself permission to receive any images or impressions that come to you. Allow it to take on any form, unedited, without bias or expectation. Do not worry if it is right or wrong. Over time, you will learn to interpret and trust what is being presented to you.



Maintaining Your Inner Viewer – Hands On Technique

Your inner viewer should be maintained regularly. Like your television set at home, it can become dusty, dirty and even covered with spider webs. Each of these is an indication of stagnant energy, which can interfere with

your ability to see clearly. You may employ any number of cleaning aids such as a feather duster, window cleaners, scrubby pads, mops, broom, paper towels and even a vacuum cleaner to get the job done. Throughout the following exercise, I will make suggestions of tools you can use. If a different tool seems more appropriate, then feel free to employ it.

Clearing energy is the goal of energy medicine. The Inner View Meditation will give you the opportunity to experience energy medicine at work, first hand.

I would like to mention one more thing before you start... At times, when we are meditating, especially if we are accessing stagnant energy, it can cause us to go “unconscious”. It is not that we are losing consciousness or passing out. It can be likened to falling asleep. This is a common occurrence.

I have seen it repeatedly when I work with students and clients. They will appear to have fallen into a deep slumber. I have even had some clients begin to snore. Energetically however, I can see their bodies processing the directions being given, working with the energy and information on an unconscious level. If you find yourself blacking out, “falling asleep,” or not remembering a session, do not worry. It happens to the best of us.

To do this exercise, click on the [Inner Viewer Meditation](#). This recorded guided imagery meditation will guide you through the steps to take.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What does your inner viewer look like?

- Was there a lot of stagnant energy on the front of it?

- What did you notice as you cleaned it off?
- What did the back of your viewer look like?
- Was there a lot of stagnant energy here too?
- What tool(s) did you use to clean it?



interacting the aura

Have you ever felt your own aura? Feeling our own aura is simple and fun to do. First, rub your hands together briskly. When you are ready, with your palms facing one another, hold your hands about three feet apart. Slowly bring your hands together.

Do you feel any tingling, pressure or resistance on the palms of your hands? This is your aura! When you do, stop moving your hands and tune into the sensation. What does your aura feel like? Is it vibrant, hot, tingly, hard, soft, wispy or delicate?

Continue bringing your hands closer together until they are about six to eight inches apart. Slowly move your hands in and out. Do you sense your hands being repelled by one another or as if there is a ball of energy sitting between them?

Take a moment to become aware of how soft or slight the energy feels. I will bet if you were not looking for it or not paying attention to what you were experiencing you would have overlooked it entirely. It is no wonder why it is referred to as “subtle” energy.

Our ability to sense or “feel” energy is an integral skill to master in the fields of Energy Medicine, Intuitive Counseling and Medical Intuition. It is through these felt senses that you can begin to access the world of subtle

energy. By detecting your own aura, you were able to discover how slight and delicate the sensation can be.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What did my aura feel like?

- How far apart were my hands when I started to detect its presence?

- What else did you notice about your aura?



Detecting The Aura Of Others – Hands On Technique

Let us take this one-step further and experience what the aura of another person feels like. Do not be discouraged if you do not detect it right away. As Tom Hanks said in the movie *A League Of Her Own*, “*If it were easy, everyone would do it.*”

Everyone’s aura feels different. Some people’s auras have a hard wall-like feel to them, which is easy to detect. Others have a soft delicate quality to them that may take you some time to sense. Many will fall somewhere in between. The size of the aura also varies from person to person. Some

people carry their aura six to eight feet away from the body (and sometimes more), while others will keep their auras tucked in tightly around their bodies. What is most important is that you have fun with it and enjoy the experience.

To do this exercise, you will need to enlist the help of a friend, a family member or someone at work – anyone you can recruit to support your educational goals. When you have found a candidate, have your “client” sit in a straight back chair with their feet flat on the floor, their hands gently resting on their thighs.

It is best to prepare yourself before beginning any kind of work with a client.

First, take a deep breath and relax your body, mind and spirit.

Clean off your inner viewer with a feather duster or other energetic tool.

When you feel ready, follow the steps below.

When you are ready, have your client sit in a straight-backed chair with her hands resting gently on her thighs.

Standing behind them, take three to four large steps back away from your friend.

Rub your hands together and notice how your hands feel to you right now in this moment.

Then, holding your hands up in front of you with your palms facing your friend, pretend your hands are large antenna that can sense any kind of shift in the energy in front of you.

Taking small steps forward, move closer to your friend until you begin to feel pressure, heat, coolness or tingling in your hands.

This sensation may be the similar to what you experienced as you felt your own aura or it may be different.

It may be solid and easy to feel or it may be soft, subtle and may require you to pay close attention to what you are sensing.

Be open to having the sensation be slight, subtle and even almost undetectable.

This “shift” in energy IS the edge of your friend’s aura.

When you have found the edge of your her aura, validate yourself for having found it.

Become aware of what your her aura feels like.

Look around and notice how far away it is from her body.

When you are done, take a step back and thank your friend for helping you to achieve your training goals.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What did your friend's aura feel like?
- How far was it away from her body?
- Did anything come to mind as you interacted with her subtle energy?



Feeling The Aura – Practice – Hands On Technique

Try doing this exercise on several of your friends to see if you can sense the differences between one person's aura and another's.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What did your friend's aura feel like?
- How far was it away from her body?
- Did anything come to mind as you interacted with her subtle energy?
- Did you notice differences between one client's aura and another's?



opening to your information

Have you ever wondered how open are you to receiving information from your higher self? You will get to find out in this next exercise. A Rose Reading will give you the opportunity to look at yourself in any given moment. It lets you evaluate your relationship to different ideas and concepts such as: how open you are to receiving your spiritual information, how much permission you give yourself to experience new endeavors or how much fun you are having in your life.

A Rose Reading is a enjoyable way to begin utilizing your intuition to perform a psychic reading on yourself. This handy method can also be used to do readings on your friends and family too. A Rose Reading is a non-judgmental tool that allows you to observe where you are and what you are really feeling.



Evaluating Your Information – Hands On Technique

The format of a Rose Reading is easy. At the top of a blank sheet of paper or in your journal, draw a circle. The circle represents the sun. The sun signifies the item or energy you are evaluating. Below it is where you will draw your rose. Your rose will appear open if you are open to receiving new information and closed if you are not. The color of your rose and even the color of your sun can provide you with insights to yourself. All we need do is

ask. There is no right or wrong answers when working intuitively. It just is... Be open to the answers you are receiving, whatever they might be.

Follow the step below. Use crayons, colored pencils or magic markers to draw your rose and color in your sun. Most of all have fun!

First, take a deep breath and allow your body, mind and spirit relax.

Clean off your inner viewer with a feather duster or other energetic tool.

*Ask yourself "How open am I to my **spiritual information**?" Remember, the sun or a sphere of energy above your rose represents your **spiritual information**.*



Without thinking, how does your rose appears on your inner viewer?

Where is it in relationship to the sun or your information?

Validate the feelings and impressions you are receiving as you look at yourself in the form of a rose.

Draw a picture of your rose on a separate sheet of paper or in your journal.

When you are done, thank your higher self for providing you with these insights into yourself.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What does your rose look like?
- What color is it?

- Why did you select this color?
- What does it invoke in you as you look at it?
- How open or closed is your rose?
- Is it standing or drooping?
- What is it trying to tell you?
- How do you feel as you look at your rose?
- What else do you notice about the rose?



Looking At Other's Information – Hands On Technique

You can also look at another person's energy using this technique. You might discover that it is actually easier to look at someone else using this method than to envision yourself. The method you will use is exactly the same, except this time you will be looking at their energy as a rose instead of your own. Believe it or not, by doing this, you will be doing your first psychic reading!

Have your friend sit in a straight-backed chair with her hands resting gently on her thighs.

Sitting across from your friend, take a deep breath and allow your body, mind and spirit relax.



Clean off your inner viewer with a feather duster or other energetic tool.

Ask yourself "How open is _____ to receiving his or her spiritual information".

Imagine on your inner viewer a rose that represents her relationship to her spiritual information.

Notice how easy it is to see.

What does your friend's rose look like?

Where is it in relationship to the sun or her information?

Validate the feelings and impressions you are receiving as you look at your friend in the form of a rose.

Draw a picture of her rose on a separate sheet of paper.

Thank your higher self for providing you with these insights.

Questions To Consider:

Document your answers to the following questions below or in your journal.

- What does her rose look like?
- What color is it?
- Why did you select this color?
- What does it invoke in you as you look at it?
- How open or closed is her rose?
- Is it standing or drooping?

- How do you feel as you look at her rose?
- What is it trying to tell you about your friend?
- What else do you notice about the rose?
- Share your feelings and observations with your friend. Ask her to communicate her thoughts and feelings about what you said and write down her response.



congratulations!

You have just completed your *Jump Start Your Intuition* training. We hope you enjoyed it as much as we enjoyed providing it to you.

As you have learned by now, the world of energy and intuition is not limited to a certain few. It is a skill that can be explored, practiced and honed into a finely crafted tool. Whether you are looking for personal healing, spiritual growth or to become a holistic health professional, we believe the training offered at the Institute Of Applied Energetics will propel you forward regardless of where the road takes you.



OUR PROGRAMS

Healer, Heal Thyself

- Spiritual Healing For Personal Growth



Are you infamous for giving all of yourself in everything you do? Between your family, career and life commitments, there usually isn't much left for yourself. This can mean your health, peace of mind, and well-being can suffer, leaving you feeling "stuck."

Spiritual healing is all about naturally aligning the body, mind, and spirit so they function in harmony with one another. It is about giving you the power to keep your life in focus. Spiritual healing offers amazing benefits such as increased self-awareness, abounding peace, feelings of "centeredness," and increased mental and physical health.

It can give you the chance to look deeply and honestly at your life and allow you to be fully present with yourself. It can help you to hear our heart's longing, trust your inner knowing and build skills so that you can move forward in your life with mastery.

Spiritual Healing For Self Growth, offered by the Institute of Applied Energetics, will support your personal and professional development and help you to transform your life. It is designed to open the door to your intuition and will teach you the vocabulary of intuition and subtle energy.

You will learn specific information about yourself as a subtle being and the role subtle energy plays in your life. You will get to investigate who you are and how you work. You will also learn how to interact with these subtle structures to support a place of personal growth and self-healing.

If you think about it, many of us have existed in the same energetic patterns for years. It is only when we begin to change these patterns that we can begin to recognize that something is wrong. It is only through an increased awareness of ourselves that we can hope to bring about profound changes in our lives. Spiritual Healing For Self Growth will help you to experience feelings of centeredness, increased mental and physical health; and best of all, an increased sense of inner peace.

Embrace Your Healing Potential

- Energy Medicine Certification



The science of Energy Medicine is simple. Here, energy is the medicine. Healing through the use of energy medicine techniques happens when the movement of subtle energy is restored to the affected parts of the energy field.

Even a small amount of stagnant energy can leave us feeling out of sorts or un-centered. Replaying traumatic situations repeatedly in our mind, feeling depressed, irritated, hurt or ungrounded are all expressions of unbalanced energy in the same way physical diseases such as diabetes, gallbladder dysfunction, high blood pressure and cancer are.

Energy Medicine can be used to eliminate discordant beliefs, emotional blockages, as well as revitalize our organs, glands and tissues. Said in another way, healing via energy medicine straightens, strengthens and heals

energy pathways thus allowing our life force to flow again. Energy medicine supports increased health, healing and vitality in the body. It charges the body with “positive energy”. It raises the vibratory level of the energy field in and around the physical body where negative thoughts and emotions have attached. This helps to break up energetic blockages and allows the “negative” energy to fall away. With it the movement of our life-force energy can be restored and health on all levels can prevail.

The Certified Energy Medicine Practitioner training focuses on healing others. You will learn how to pinpoint energetic disturbances in the body and discover powerful energy medicine techniques that will help restore health, healing and wholeness in your clients’ lives. You will learn how to use your intention, imagination and intuition to facilitate the release of stagnant life force energy from your client’s physical, emotional, mental and spiritual bodies.

You will explore a number of different healing modalities, each specifically designed to help facilitate energy movement in the physical body, the aura, chakras and energy channels. These in-depth techniques restore the natural harmony and flow of subtle energy in energetic systems that may be out of balance. The dynamic healing modalities covered in this training will set you apart in the field of energy medicine and energy healing.

Help Others Make Changes

– Intuitive Counselor Certification



As living beings, we all act as a kind of radio transmitter where we broadcast our thoughts, feelings and emotions out into the world around us. We also possess finely tuned equipment that can receive this non-verbal, energetic information. Intuitive counselors are able to tap into and interpret this information for their clients.

An intuitive counselor contributes counseling, guidance and provides their clients with tools for change. They help their clients understand why they are stuck or where they are blocked. They assist them in uncovering limiting beliefs and

emotions and help them get down to the core of a personal issue. An intuitive counselor can provide their clients direction as they move through the many twists and turns of life. They focus on creating clarity and harmony and work to empower their clients so they can experience greater meaning and joy in their lives.

You can learn to uncover, explore, and transform the persistent problems your clients may be experiencing intuitively through the Certified Intuitive Counselor training offered by the Institute of Applied Energetics. You will learn to use of a number of different comprehensive techniques, including accessing information in the aura, chakras, meridians and past lives.

You will discover how to tap into your inner wisdom and learn how to bring information from the unconscious into consciousness. You will find out how to recognize and validate the messages you are receiving and see how easily and effortlessly you can convert these messages into concrete intuitive guidance. As an intuitive counselor, you can play a pivotal role in empowering and transforming the lives of others. It can be used to bring the dreams, passions and purpose back into your client's lives.

Turn People's Health Around – Certified Medical Intuitive



Medical Intuition refers to the ability to assess health on physical, mental, emotional and spiritual levels. A medical intuitive can look into a person's body and pinpoint specific illnesses, imbalances and pre-clinical conditions of the organs and glands, muscles, bones and tissues. It can be likened to someone getting a CAT scan or having a blood test done. A session can apprise a client of their current state of well-being by identifying the strengths and weaknesses of their body. In fact, a session with a Medical Intuitive can often expose health issues that even the most sophisticated medical diagnostic tests do not!

Medical intuitives, like the other practitioners certified through the Institute Of Applied Energetics are also able to assess the health of the subtle body, including the aura, chakras and nadis. They can also help identify the limiting thoughts, discordant beliefs and emotional traumas that can underscore a disease or interfere with healing.

Individuals seek out the guidance of a medical intuitive because they are looking for specific information regarding the health of their organs and glands, as well as their other body systems. They may be in search of the mental, emotional and spiritual issues that underlie their health problems. Medical intuitives are also called upon to offer advice, a second opinion or guidance as clients navigate through the benefits and drawbacks offered by traditional medicine.

Taken as a whole, in the Spiritual Healing For Personal Growth training you will have the opportunity to discover, manipulate and clear your own subtle energy. The Certified Energy Medicine Practitioner training teaches you to work with a client's subtle energy systems, where you will learn to evaluate and heal imbalances to their life-force energy. As a Certified Intuitive Counselor, you will learn to tap into the psyche of your clients by performing psychic readings.

Digging into the physical body is the goal of the Certified Medical Intuitive training offered by the Institute Of Applied Energetics. The Certified Medical Intuition training combines everything that you have learned and apply these skills to assessing and evaluating the health of the organs, glands and tissues.

We look forward to assisting you as you take your next step. Getting started in the training program offered by the [Institute Of Applied Energetics](#) has never been so easy. You will receive everything you need to transform your life. [Enroll now](#) and you will gain access to all of the resource you will need to continue your education in the fields of energy medicine, intuitive counseling and medical intuition. Give yourself this gift and invest in your success today. Visit appliedenergeticsinstitute.com and start today. Your rewards will be everlasting.

Institute Of Applied Energetics

This certifies that

Has successfully completed the training
program requirements for:

Jump Start Your Intuition

Rita Louise, PhD

