

10 UNUSUAL TIPS TO INCREASE

— YOUR —

INTUITION



GINA SPRIGGS

The Simple Guide that Shares Unusual tips to Unleash Your Personal Power

BY GINA SPRIGGS

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Please note: Much of this publication is based on my personal experience as an intuitive and anecdotal evidence. I, the author, have made every reasonable attempt to achieve complete accuracy of the content in this guide.

Also, use this information as you see fit. Use your own wisdom as guidance.

Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform, inspire and entertain the reader.

So have fun with your intuition!

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INTRODUCTION

Ok, I've gotta say it: I'm not your typical psychic. I don't spend every waking hour in meditation, not do I wear patchouli, or wear long flowing skirts. In fact, I don't own any skirts. I wear mostly jeans. And crystals...I LOVE my crystals. And I say "fuck" a lot.

I'm a successful Intuitpreneur. I mentor people who want to contribute to the world with their intuitive gifts and unique talents. I also help them make a living doing that.

I also host events and train people how to create wealth in their intuitive or healing businesses soulfully and strategically. I write A LOT of articles about a lot of things. I live with as much focus and awareness as I can. And I've created a pretty cool business and life, if I do say so myself.

But many of the techniques and tools I use to create this life aren't found among the usual sources.

Be Yourself. Everyone else is already taken

~Unknown

I do things a little differently.

Most likely, you're a lot like me. This doesn't mean you're an Intuipreneur, or that you wear jeans, crystals and swear all the time. (But maybe you are. And maybe you do!)

It means that your mind works differently than many people you know, especially your family and most people you encounter. It means that you're tired of the usual "how to be psychic" stuff. It means that you get a little pissy when people are predictable, and inauthentic.

Most of my clients are so intuitive, they've experienced dreams that came true, déjà-vu's, and have accurately predicted the outcome of events due to an inner knowing. They've also felt lonely in a crowded room, and are sensitive to places like

Walmart...smiling and nodding, when they would rather be at home watching Netflix.

Your intuition is your special brand of power. Why be one of the crowd?

Be you. Be different.

Guess what?

You and me? We are a lot alike.

Let's get this party started...

You Are Loved,

Gina Spriggs



*Ready to learn more
about your personal
power?*

In addition to this book – I created additional resources you can use as you develop your intuition. (I can't help it...this is what I do!!)

Please click on the link below to discover your natural Intuitive Type:

<http://ginaspriggs.guru/intuitivetype/>

Also, this 25 minute Guided Meditation, will heal, center, ground and assist in accessing your intuition, while clearing your energy body. Listen to it when you wake up, or when you go to bed. Sit back and relax as I guide you to wholeness.

http://ginaspriggs.guru/freegoodies/healing_meditation.mp3

Finally, often, we catch fast moving information (intuition) and throw fast moving information (manifesting) using a different set of strengths. Find out what your manifesting style is here.

<http://ginaspriggs.guru/manifestingstyle/>

ABOUT GINA SPRIGGS

Gina Spriggs is an Author, Futurist, Holistic Intuitive, and Intuitive Development Mentor. She aligns people with their intuition, power and purpose, so they can help themselves and those around them. She is the president and founder of GinaSpriggs.Guru, and is committed to the growth and empowerment of "intuitpreneurs" and healers around the globe through teaching advanced, experiential, "results oriented" intuitive-development programs and authentic cutting-edge business strategies.

Gina has authored several books including *The Intuitive Tarot Workbook* and has supported thousands of people in her **Sacred Journey Mastery Program** and **Enlightened Business Mastery Program**, in addition to her popular events, workshops and retreats – where she teaches students how to create successful businesses based in their passion, while creating a life of meaning and purpose.

After 15 years in a successful career in sales, marketing and trend forecasting, Gina shifted her focus so that she could provide a deeper level of service. "I went from trend forecasting and educating my clients about raw materials, to forecasting futures and educating my clients on their own special gifts!" she laughs. "This is my true calling!"

Gina provides intuitive advice, breakthrough techniques and other resources to over 5,000 subscribers from around the world via her Insight newsletter and other offerings at GinaSpriggs.Guru.

Chapter One

My first time: A Personal Story about Teaching Intuitive Techniques.

I'll never forget it.

I was driving my PT. Cruiser to Cornelius, North Carolina to teach my very first class. I became popular at a local store in Charlotte with my intuitive tarot readings, and I was asked to teach in Cornelius.

I was so excited...and nervous as hell.

The voice in my head pondered a million questions:

What if they don't like me?

Am I wearing the right clothes?

What if no one shows up?

What if this doesn't work?

What if they just can't grasp the process?

A picture is worth a thousand words...

~Arthur Brisbane

On top of that, I had to pee. (I always have to pee when I'm nervous.)

After about 40 minutes, I finally reached my destination, and I was still nervous, but really happy.

First things first. I rushed past the crowd that was already there to go to the bathroom.

And as I peed, I couldn't believe that how anxious I was. After all, I was giving this presentation for free. Actually, it cost me money, considering my time, gas, energy and skill, but I was happy to be asked to teach.

And, it was my first time teaching an intuitive technique.

The technique I taught was pretty simple: After I lead everyone through my "go to" grounding technique (which I call "The Tools"), everyone in the group (of about 20 people) did something I call an *Aura Reading*...only it doesn't involve seeing the aura at all.

It involves putting a tarot card in someone's energy field and telling a story, using the card as a reference. I could tell that many of those present were not aware of the relationship between imagination and intuition, and were skeptical.

Until, that is, that same card provided 20 different readings to this group.

Naturally, many assumed that they would just repeat the previous story. Until it was their turn...that was when they experienced Magic. They each provided readings that were validated by the "readee"!

Intuition is a gift that everyone has...but no two people share the same exact gifts.

I would like to help you understand your personal brand of power.

You were energetically designed to succeed, but **ONLY** when you honor your truth.

Your gifts are part of that truth.

Knowing them and most importantly, using them, will help you matter in the world the way *only you* can.

Ready?

Chapter 2: Lesson 1 – Taking Inventory



Let's begin with the quantum concept that everything is "informed vibration" or information that moves.

Can we agree on that?

If so, consider this: We are constantly in a sea of energy (or informed vibration) including: Other people's energy, the energy of animals, the energy of things and environmental energy.

So it stands to reason that you want to first identify *your energy*.

Your physical feelings.

Your emotional feelings.

Your mental thoughts.

Because, as quiet as it's kept, sometimes, we assume everything we're feeling or thinking, belongs to us.

Nothing can be further than the truth.

I teach all of my students a little trick I call *taking inventory*.

This is your base line.

The process is simple, and one that I suggest you start the day with.

Why?

Because when you wake up and go about your day, having a baseline of where you energetically started will help you note the differences you experience throughout your day...and boy, will you know the difference!

Knowing the difference is important so you can know what's yours and what isn't.

This is crucial for two reasons:

1. Your ability to discern.
2. Understanding your level of sensitivity.

*Not every feeling, thought,
or sensation is our own.*

~Gina Spriggs

How it works: A Simple Daily Exercise (5 – 10 minutes)

- When you wake up, take a moment to lay there where you are, and feel your physical body. Note where you have aches, pains, or any other physical sensations.
- Next, feel your emotions. Do you feel happy? Anxious? Whatever your emotional feelings are give yourself permission to feel them. Do this without judgment, by the way. You are allowed to feel your feelings.
- Next, review your thoughts. Yes, you may be doing this exercise, but what was the first thing you thought of? And what did you think of after that? Again, no judgement.
- Finally, if you are particularly sensitive, you may also sense the energies of the invisible entities around you. "*Invisible entities, you ask?*" Yes indeed. You may already believe in God, or a Divine presence that supports us all. Well, God is not the only one. And often we can sense the presence of the unseen. (If you can't, no worries! But if you can, who do you think it is?)

Finally, document your findings in a journal. (In fact, you'll want an intuition journal just to keep track of your "hits".)

This documented validation and confirmation deepens your level of trust with yourself, so that you can continue to use your intuition to the point that becomes second nature.

You will also experience the differences over time, and if you are really attentive, you'll notice your personal energy cycles.

So far, easy, peasy...Right?

Chapter 3: Lesson 2 – Your Intuitive Style



Ok, so, as I mentioned earlier - we are all intuitive, but how we are intuitive varies from person to person.

If you've watched movies with psychics or even have a friend who is a "professional intuitive", you may think that the way you've seen or heard is the "only way". Nope...not true.

So, if you haven't already taken the Intuitive Type Test, take it now: <http://ginaspriggs.guru/intuitivetype/>

And if you just want a quick idea of your intuitive type, I've got you covered.

The quickest and easiest way to determine your intuitive type is by evaluating your learning style.

Each of us learns in a very specific way:

Some of us are **visual**. We read, watch YouTube videos or love Instagram and Pinterest.

Some of us are **auditory**. We like audio books, podcasts, and generally like to keep the TV on!

Some of us learn by doing. We have to have a **physical connection** with whatever we are learning. (*Don't tell me how to make a cake, make the friggin' cake with me!*)

And just so you know, you'll likely have a combination of a few the above.

Being intuitive is just like your learning style!

If you are Visual, you can intuitively "see" with your inner eyes. **(Clairvoyant)**

If you are auditory, you can intuitively hear with your inner ear, messages from the unseen. **(Clairaudient)**

If you are a "feeler" that learns by doing, you can sense the emotional and often physical feelings of others. **(Clairsentient)**

The final "Claire", I should mention is **Claircognizant**. This is when you just *know* something.

Which are of these are you?

Action Step: Whichever type you selected, do this simple exercise:

(IntuiTip: *Take inventory first. Then use your learning style as your guide.*)

Your learning style is often your intuitive style, too.

~Gina Spriggs

Sit with an object that belongs to someone else. Keeping your intuitive type in mind, sense the object.

What do you see, hear, feel or sense?

Write it down.

Next, see if what you picked up was relevant! Check in with the owner of the object, again write it down in your journal!

Chapter 4: Lesson 3 – Clean Energy



Ok, you're saying. *What's food got to do with it?*

Actually, the answer is: "A lot!"

See, each of us have energetic strengths that help us. We have chakras, an auric field and energy fields around us to regulate, manage, maintain and store, fast and slow moving information. Intuitive information is fast moving information, because it is faster than the speed of light.

Slow moving information is the stuff we can see, hear, and touch, including food.

Gluten uses much of our natural energetic resources to process it and eliminate it.

If our energy systems are processing gluten, it cannot process the faster, finer, intuitive information that is around us.

So watch your gluten intake, or avoid it if at all possible.

Chapter 5: Lesson 4 – Cleaner Energy..



But wait, there's more!

While we are talking about food, let's talk about sugar.

One of my teachers, Dr. Mona Lisa Schultz, is famous for saying "*If you have a body and a brain, you are psychic.*"

Why?

Because the body is held up by the spine, and our brain is connected to the spine too. This happens to be where our seven primary chakras reside. In fact, the brain, houses our 6th and 7th chakras.

*Simply put: High Fructose
Corn Syrup makes you
stupid.*

~Gina Spriggs

Simply put: **High fructose corn syrup makes you stupid.**

In fact, drug addicts and high fructose corn syrup users use the same (over used) brain circuits. With this in your system, you literally burn out the brain from over-simulation.

Read more on this here:

www.naturalhealth365.com/high_fructose_corn_syrup.html/

So, not only is a healthy brain is essential for learning, memory and emotional wellbeing – a healthy brain is also needed for higher intuitive functioning.

Other sweeteners, like aspartame actually calcifies our pituitary gland, which will absolutely limit your intuitive abilities, because the pituitary houses our “third eye” – what (many believe) is the “home” of our intuitive abilities.

So, in a nutshell, you really want to avoid processed foods, fluoridated tooth paste and water, pesticides, chemicals, etc. and stick to organic foods and products as much as possible.

Action Step: Look at your diet. Read ingredient labels. Minimize or eliminate your sugar intake for higher intuitive functioning.

You can also do either (or both) of the following to help decalcify your brain:

- Drink organic raw lemon juice (from several lemons) in filtered water.
- or
- Drink 3 tablespoons raw apple cider vinegar in filtered water.

Do either for up to 28 days.

Chapter 6: Lesson 5 – *What's That??*



Enough about food...lets talks about something so simple it's easily overlooked.

I had a friend who once shared this story with me, and it's the perfect example.

She was leaving her home to go somewhere, and when she entered her garage, for some strange reason, the gasoline container she kept in her garage caught her eye.

Thinking nothing about it, she got into her car, and as she backed out of her garage, again, her eyes rested on the gasoline

Notice what you notice.

~Gina Spriggs

container. She clicked the garage door remote to close the garage, and drove off.

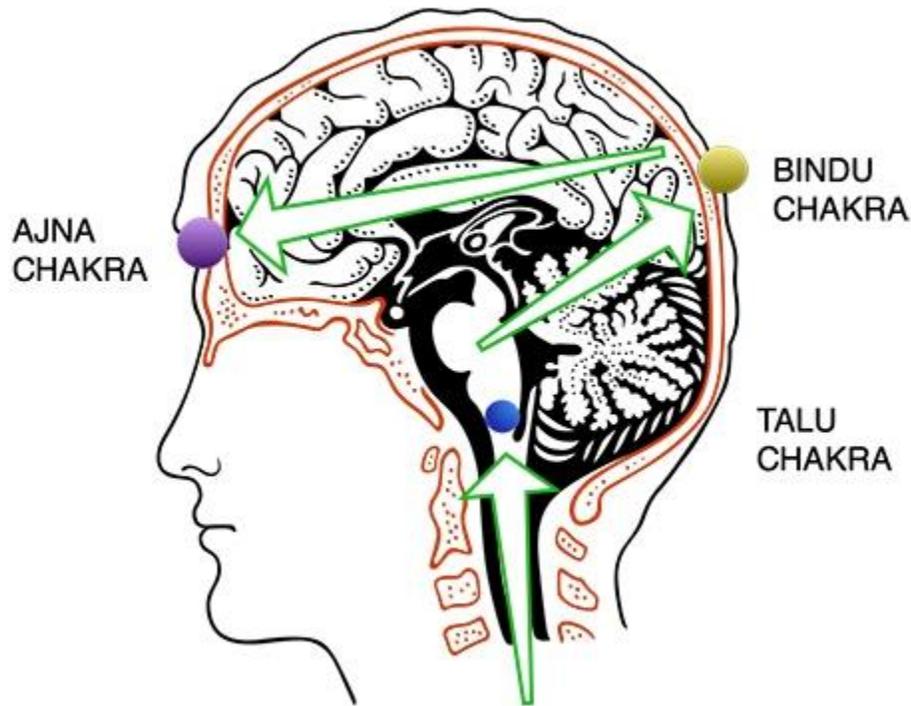
While she was on the highway, her car ran out of gas. That was when she realized why her eyes kept resting on the gasoline container! (Her husband, who last used the car, neglected to fill the car with gas, as she requested.)

Action Step: There are so many things we can focus on, (and do!), but start asking yourself *why* what you are observing is important.

IntuitiTip: When you take the time to ask yourself (your Spirit) questions, you are opening yourself up to receive the answers...so be sure to stay open, awake and aware to receive them.

Journal your findings!

Chapter 7: Lesson 6 – “Ohm” your way Home



There is a little referred to chakra called the “talū” chakra (or the Lalana chakra), which is closely associated with the throat chakra and the brain. Feel free to explore this chakra on your own, but for now, I want to tell you how it can help you.

It is often referred to as the chakra that supports enlightenment. My experience with this center was by accident.

Actually, this has more to do with manifesting than intuition, fyi. (And I figure the side order of a dream realized is not really a bad thing!)

For 30 days I would get up each morning and “Ohm”, while imagining, and feeling my goals, realized.

Somewhere I read (and I looked for this resource to share with you, but I can’t find it anywhere!) that when you “Ohm” with the

emphasis on the "M", the vibration activates this particular chakra.

So I did this, while holding my "God Box" - a special box filled with pieces of paper with my desires written on them. When I did this exercise, I never looked at the papers, I just held the box and "Ohm-ed".

Four months later, I decided to open my God Box to see what I desired ('cuz there were so many desires, I forgot them all), and much to my surprise some pretty big dreams were fulfilled!

I got a brand new car, had a new patio built, installed a fire pit, and got a new stainless steel refrigerator (and the list goes on!)

I have to admit, I am still surprised by this! I will eventually write a guide book on creating your "God Box", but I am confident activating my Talu chakra supported me.

Action Step: Repeat after me "Ohmmmmmmmmmmmm"... daily for 30 days, while thinking of your goals realized.

Chapter 8: Lesson 7 – Emotional Clues



I will never forget this.

I sat with a new realtor (after firing my old realtor), and was about to sign on the dotted line, and fork over a check for \$500.

I was considering a contract with a “wholesale real estate company” (which is gaining popularity), that allows you to pay a much smaller percentage of the sale of your home with a flat fee up front.

I knew I wanted to sell my house, and I already dropped my drawers in terms of price, so I was trying to be more economical about the process.

The thing is, my intuition popped up with a gut wrenching feeling that was a clear: "Don't do it!"

But I did.

And (fast forward), I ended up keeping my house.

My intuition was trying to tell me something I didn't want to hear. So I didn't listen, and instead blew \$500 on absolutely nothing!

By contrast, I recall a day (after my first year as an Intuiprenuer) where I made the decision to charge a chunk of money on a business coach.

I had never spent so much money on myself in my life, and, while it scared the shit out of me, it was eerily exciting.

That year I more than doubled my income, and the investment changed my life.

The thing about this intuitive tip is that you have to be careful.

Sometimes we're so invested in a particular outcome (or worry so much about the risk) that we do nothing.

You want to be able to discern between an intuitive hunch and wishful (or fearful) thinking.

As Henri Poincare, French mathematician, theoretical physicist, engineer, and philosopher of science says, "It is through science that we prove, but through intuition that we discover."

Action Step: The more you practice using your intuition, the better able you will be at discerning between hope, fear and intuition.

Practice helps you learn the difference between hope, fear, and intuition.

~Gina Spriggs

Chapter 9: Lesson 8 – Look Ahead



When I was a kid, I could easily predict the future. I call it “futuring”.

Someone would say they were going to do something, and I would “look ahead” and see if they would actually do it. Sometimes it was a yes, sometimes not. And it wasn’t necessarily because they weren’t being honest. Sometimes things just “popped up.”

“The Future” is an actual place. Feel free to visit.

~Gina Spriggs

By the time I was about 11 years old, I realized not everyone looked into the future like I did. In fact, I realized it was unusual for most...So unusual, that I thought **I** was weird, so I stopped.

Enough about me...have you ever tried looking into the future out of curiosity - not fear or worry?

Action Step: The next time you have a pending event or situation, practice anticipating how things will work out. When a friend tells you about something happening in their lives, "tap-in" to see, feel, or sense how it will resolve. Write down your perceptions in your journal.

As you practice "futuring", you'll tune into insights that can support you and those around you.

And don't forget: Journal, Journal, Journal!

Chapter 10: Lesson 9 – The 2 “I’s” of Intuition



Years ago I wrote a novel called "*Dirty Laundry*". It was a chick-lit/gossip/glamour book that was truly a product of my imagination.

A few of the characters in the book were inspired by people in my life. As I wrote the book, I actually thought about these people, how they would speak, or act in certain situations.

One character in the book was inspired by a friend who was married to a professional basketball player at the time.

In the storyline, this character saw a picture of her husband on the cover of *The Enquirer*, kissing a blond. And in the story, shortly after, they divorced. Later, in real life, I saw, on the cover of *The Enquirer*, a picture of my friend's husband kissing a blond. And, in real life, they divorced shortly after.

Another character was inspired by a friend who was overweight, so I simply "wrote her thinner" for the book.

In real life, this friend lost 75lbs on Weight Watchers.

When I am working with my students, one of the first things they learn is that there are two "I's" in intuitive work. (Only to many it sounds like I am talking about two "eyes"!) *Imagination and intent are the two "I's" of intuition.*

The two "I's" are imagination and intent.

They are your friends. Often if I ask a question, like,

"When do you think your house will sell?" you could easily say "I don't know."

~Gina Spriggs

Then I suggest this:

"If you knew the answer, what would it be?"

This allows for the imagination to take over...and imagination and intuition are like twins, to some degree.

This is when you can actually come up with something!

7 Part Action Step:

1. Think of five questions you want answers to.
2. Fold them and mix them up.
3. Get quiet. Take a few breaths, and close your eyes.
4. Open your eyes, and *notice what you notice*...but this time, whatever your eyes focus on, write 12 things about it.
5. Write (or better yet) tell a story into the recording app on your phone, including those 12 things/elements.
6. Now, pick a question, and read it.
7. Decipher how your story answers your question...(Cuz it will!)

Chapter 11: Lesson 10 - Trust What You Get



I think one of the biggest challenges people have when first exploring their intuition is thinking that they aren't getting anything.

There are two common complaints among my newer students learning to do readings.

My classes are very experiential, and my students perform readings for real people. (I simply give them a first name and last initial. Believe it or not, you can pick up a lot with just a name...even if the name is a common one.)

One of the two common complaints is "I don't see anything. All I see is black."
Guess what folks?

Black means something!

The opportunity here is to ask what the black represents.

The other common assumption I hear is "I only have thoughts, I don't have any images. And it doesn't make sense.

Well, here's the thing:
Intuition doesn't make sense.

Intuition doesn't make sense. Trust it anyway.

So – if you are
Claircognizant (meaning
you just know

~Gina Spriggs

something), then you may "know", **not see**.

The opportunity here is in trusting what you get, and sharing it anyway.

True Story: I once had a client I was doing a reading for, and I kept seeing a cat with a bandana on its head, which made no sense to me at all.

So when I asked my intuition what it meant and kept getting the same image.

Finally, I told my client, and she said "Oh! That's fluffy. He died last week. I have a picture of him on my refrigerator wearing a bandana."

Needless to say, I was not expecting that, and I assumed my intuition had taken a cigarette break.

I was wrong...So trust what you get!

Action Step: Ask a friend, for a name of a family member you don't know, and tap into it. (Take inventory first!) Write down no less than ten *things*, and share them with your friend.

Chapter 12: The Final Chapter

When we allow ourselves to trust our intuition, sometimes it can be scary. Especially when we are right!

Why? It challenges what most of us have been taught.

You may even be thinking now: "Well, where the hell else am I giving my power away?" (Because trusting in "the way everybody does it", gives your power away.)

All too often, we realize that we have been living inauthentically... shutting down aspects of ourselves to "fit in".

But we really never do "fit", do we?

Wanna know why?

We're not supposed to.

You are in your perfect place, learning the perfect lessons you need to learn *right now*.

Honor that.

And celebrate this new opening of power and awareness.

You don't have to fly to India and meditate for a year. You don't have to leave your current life behind, put on a doo-rag or wear patchouli (unless you want to) either.

Instead, you can start with one of my personal favorite lessons:

"Change the HOW...not the WHAT."

Meaning, start exactly where you are. Yes, right where you are – exactly how your life is NOW.

This is how my students have honored their spirit and enhanced their lives, gifts (and often) wealth in my private one-on-one programs, and I've created a new 12-Week **Effortless Intuition Program** that will be available very soon.

It is a proven field-tested formula for harnessing your intuitive gifts.

In this **Effortless Intuition Program**, you'll get the exercises, tools and resources you need to recognize and learn to use your powerful intuitive gifts.

I stand behind this claim with a no-questions-asked 100% money-back guarantee.

And take a moment to read the success stories of people, just like you, who have transformed their lives.

Hey, you have absolutely NOTHING to lose...and I have taken the liberty of putting you on my VIP list, of those who will be the first contacted about **Effortless Intuition**.

I would love to support you as you take the next amazing steps in creating your best life by honoring your super powers..!

Notes: