

EVERYDAY
MANIFESTING

Finding
JOY

through
Creating
CONSCIOUSLY

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On Being Intuitive:

An Excerpt from the book
[Everyday Manifesting](#) –Finding
Joy Through Creating
Consciously

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On Being Intuitive

In the book, **The Alchemist**, Paulo Coelho explains hunches or intuition as follows:

Intuition is really a sudden immersion of the soul into the universal current of life. (p. 77).

I like that. As you quiet your mind, be open to connecting with the knowledge of the universe. Realize that there is much more information available to you, and from infinite resources.

Spend all the time you need contemplating what you'd like to do, be, or have. Then, be decisive and make your requests by holding images and thoughts in your mind of the experience you'd like to create. Feel the emotions of "being there" in that circumstance as powerfully as you can. Then let go. Don't try to figure it out. Your subconscious mind and the universe will respond. You need to have faith and relax, and allow.

Often your answers will come as bits of information—as intuition or inspiration.

I am amazed at how easily ideas come to my mind when I am doing something mundane—like cleaning the kitchen or doing the dishes for the gazillionth time. It's something my body knows so well, my mind checks out from the process and begins to wander. But not in a directed, I've-got-to-come-up-with-some-good-ideas sort of way. More like, I'm thinking of getting that spot on the counter cleaned and suddenly the idea of what to write about next pops into my head.

I've learned by experience that when inspiration begins to flow, it's imperative that I stop whatever I'm doing, and go write it down. Even if it seems like such a great idea—there's no way you could forget it—chances are, you will. Stop everything and write it down, or use a voice recorder you can keep with you to record the answers that come to you.

The important thing is that if you are sincerely wanting inspiration, not valuing it enough to write it down sends a mixed signal to the universe. You are finally getting feedback from the subconscious—don't let it float back into the ether!

Another time I seem to get inspiration flowing is when I am doing something I enjoy—like sculpting, for instance. I can be absorbed in thinking about how an ankle should look, and then suddenly I have an idea for a chapter, or inspiration on how to solve a problem with the children.

Another way to be intuitive is to study information on manifesting or another topic of interest, and observe the ideas and experiences of others. Something they say will often spur your mind on to its own ideas. Chances are, you have a totally unique way of looking at the same topic, and perhaps you'll discover a way that makes even more sense to you. Write it down. It's likely there are many others that will think like you

do, and you've just found a way to help them learn what you are learning in a way they can understand even better than what is currently available.

Trust Your Desires and Inspirations

The chatterbox mind is largely directed from the left side of the brain. The left brain likes to think and analyze and figure. But it often does so in a way similar to standing too close to a picture in a museum. While its strength is figuring, its weakness is not being able to see the “bigger picture.” Your right brain is more likely to see things holistically. It tends to comprehend the bigger picture and is a center for insight, for connecting with the sea of knowledge and information in the universe. The right brain delivers information to us in quick bursts of insight and ideas.

When we create consciously, we make use of both sides of the brain, and we learn to trust what we are desiring. We remember we are essentially good and whole, and we have these desires for a reason.

One author put the idea this way:

Whoever you are, or whatever it is that you do, when you really want something, it's because that desire originated in the soul of the universe....And when you want something, all the universe conspires in helping you to achieve it. (Coelho, from The Alchemist)

I like to think of ourselves as musicians in the orchestra of the universe. Our desires are our instruments and the music we long to play. I believe part of us can easily communicate with the universal substance, and if we learn to listen to and examine our desires, we learn our part that gives us joy and harmony with all of the universe.

You can learn more about using both sides of the brain here:

[Quantum Mind Power](#)

I hope you've enjoyed your free excerpt from [Everyday Manifesting.com](#).

Apryl Jensen