

## Introduction

When I was a child, adults were always telling me that daydreaming was nothing but a waste of time. Now that I'm an adult and a professional intuitive, I value my "insights" more than any of my other faculties. Showing others how to tap their own wisdom has given me such immense joy over the years that I can't wait to show you these same techniques.

The starting point on our journey together is to convince you that you were born with the ability to visualize just like a professional clairvoyant. Let me show you what I mean.

Quick! Do this: *Imagine . . . a purple cow.* Did you see it? Wasn't that easy?

Have you ever listened to a book on tape or had the pleasure of listening to someone read you a story? While you were enjoying the plot, your mind produced a mental video complete with characters and scenery. This "mental movie" of our own making is the reason we are often disappointed in the way on-screen characters look after having first read the book that the movie was based on. This also explains why we say when visiting a place we had only read about before the trip, "this doesn't (or does) look like I imagined it would." How many times have you said after listening to a good storyteller, "I feel like I was actually there"? The words of the story came alive through the medium of *your* imagination.

Think back to a time when you finally met someone whom you had merely talked to by phone (or had heard anecdotes about) but whom you had never met in person. The first thing you probably thought when meeting the stranger was something like *she doesn't look the way I expected* (or conversely, *she looks exactly like I imagined she would*). What you did in her absence was to visualize her with your mind's eye as being a certain size and build, a certain age, perhaps even having a certain hair color and with a certain style. All of this you "made up" with your imagination because you didn't have benefit of an in-the-flesh visual aid.

Throughout your life, you have also used your imagination to visualize things you wanted to create. If you've ever decorated a room, you probably tried out different wall colors, upholstery fabrics, or furniture styles in your imagination before you actually began the make over. Designers and artists aren't the only ones who use their imagination professionally. Scientists, teachers, inventors, soldiers, doctors, mathematicians, mechanics, and more all rely on their inner vision to see both a problem and its solution, to "rehearse" a course of action and then predict its consequences. This ability to visualize is as natural as a sneeze and as common as breakfast.

What you didn't know how to do consciously until now was to plug your imagination into your intuition. This is where things really get interesting.

Like imagination, intuition is something we either take for granted or disclaim altogether. Some people still refuse to believe they have a sixth sense, yet these same people make decisions all the time based on a feeling in “their gut” or according to what they know to be true in their “heart.”

Your intuition is the part of you that sometimes knows who’s calling when the phone rings and even whether the caller has good news or bad. Intuition is that part of you that “just knows” whether or not you can trust a person or that the stranger standing before you now is about to become a significant person in the rest of your life. Accept it. *Even you* possess both an imagination and an intuition, and it’s time you three got better acquainted.

With no less effort than it takes to daydream, you can employ your imagination to speak on behalf of your intuition. Using delightfully simple techniques, you will be able to “read” the essence of any person or problem. Fact is, you were born with the ability to use your imagination in tandem with your intuition to “see more than meets the eye.” The exercises in this book will show you how to use both the left, analytical side of your brain and the right, creative side to reap amazing insights.

Clairvoyance uses the imagination as a medium through which the intuition can communicate with the conscious mind. In other words, by using your imagination as a sort of chat room, you and your intuition can gab away to your heart’s content. You

can ask questions; it will answer.

These easy and fascinating exercises will teach you how to employ your logical, analytical, left-brained mind as a sort of playground director who patrols the boundaries of a virtual park where your intuitive, right-brained toddler can romp and play.

All you'll need is a notebook to record your readings (8" by 11" classroom size is best), a few index cards, a pen, and some patience. The patience isn't needed to find your natural born clairvoyance. From the very first exercise, you will probably find it easy to picture things with your mind's eye. But some patience is required in learning how to interpret the images you see.

It's as though you spoke English and your intuition spoke Swahili. What you need is a system of communication that you hold in common. Happily, there is an international language accessible to all—the universal language of pictures. As they say, a picture is worth a thousand words, no matter what language you speak.

This language of pictures is a rich and insightful means of expression. You will be amazed at the multiple layers of meaning that just one imagined scene can hold. If you've ever studied the symbolism of your dreams, you may already understand the wise complexity of the psyche. But you don't have to go to sleep to enjoy the theater of the mind.

Once you become conversant with your intuition, you'll be able to answer life's biggest questions—and the smallest ones too. So let's get started on this amazing adventure. Don't forget to have a notebook and a pen ready to record your readings. It's best to keep all your notes in one place for easy reference. By the time you have filled this notebook with observations, you will have compiled a veritable dictionary of the unique vocabulary of your own intuition, and you will have documented just how insightful you really are. Looking back over my first notebooks, even years later, hindsight divulged additional meaning in the stale images. If I had not kept these careful notes, I would not have remembered these visions for even a few days and so would have missed the priceless insights they held.