

Our Quality of Life Is About the Connections We Make

# Life Connection

July 2017

## How to Ask Your Intuition a Question

🌿 Lisa K 🌿



**Cannabinoids—THC, CBD—and  
Your Health**

**What To Do With E-Waste**

**How to Seize & Savor Pleasure**

**Sometimes It's Easier to Say What  
You Don't Want**



# Random Intuition? How to Ask Your Intuition a Question

Lisa K.



Scientist turned teacher and author on intuition, Lisa K addresses the first steps towards getting your intuition to work for you when you want it. In this excerpt from *Intuition on Demand: A Step-by-Step Guide to Intuition You Can Trust* teaches the most useful questions to ask our intuition to get the answers we seek.

## Why Is Your Intuition Random?

Intuition is not under your control because you don't know how to make it happen. I have waited for my intuition to appear. I waited in my dreams, while I was standing on line at the grocery store, when I first met someone new. I waited for a long time and nothing happened. Like you I want to use my intuition on what I want and when I want it. But, intuition doesn't usually happen that way. Your intuition may be a vague experience. You may feel you don't have control over it, and often, you may not even know if your intuition is working or happening at all. When your intuition is right, you only know it after the fact. You might say to yourself, "I had a feeling that was going to happen." Perhaps, like me, you feel like intuition happens to you rather than being able to use your intuition when you want to. There is a solution – a way to get your intuition to act and I call it Step 1 of the Intuition On Demand Technique - trigger your intuition by asking it a question.

## How to Ask Your Intuition a Question

It's important to understand that you are not asking yourself the question, but you are asking your intuition as if it were not YOU. You are not asking yourself the question, because the thinking mind identifies with "yourself." The thinking mind, when asked a question, will automatically try to come up with an answer. Your intuition will answer as well, but your intuition is quieter than your thinking mind and you won't hear her if they are both talking at once.

This is why it is important that you ask your intuition a question as if it isn't YOU.

There is a reason for this. In essence, there are many systems in your brain that you are both conscious and not conscious of. Some of these systems are what make up your intuitive mind, which you're not always conscious of. It is almost as if you have a separate part of "you" that is picking up messages and information, processing and making sense of it, but you are unaware of it. This is the intuitive side of you or your intuitive mind. I will explain later how this works in the brain.

You trigger your intuition by asking a question that you pose silently in your mind. You can ask your intuition a question out loud but it's not necessary. If you're not used to asking questions to yourself, or "talking" to yourself, you can practice! No one needs to know you're doing it since you're just asking a question in your mind. The good thing about this part of the technique is no one needs to know that you're talking to your intuition. You'll be asking your intuition a lot of questions silently, so get yourself used to it.

## Asking Your Intuition the Right Kinds of Questions

There are good questions and bad questions to ask your intuition. Good questions keep your thinking mind guessing and slow to respond, which gives your intuition a chance to answer fast and be heard. Your intuition will always answer and respond quickly, so you don't have to wait for it to answer. Again, the trick is not letting your thinking mind get in the way. That's where asking the right question is important. I'll give you some examples to help clarify. First let's start with the kinds of questions that are bad, or not so good, to ask your intuition.

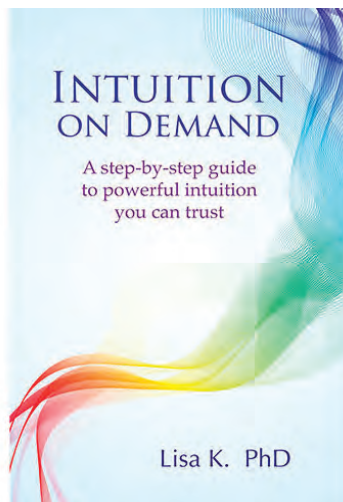
## Bad Questions

Generally, questions that are not good to ask your intuition are: "yes or no" questions, questions that are rhetorical, and

highly emotional questions. “Yes or no” questions are questions that have a “yes” or “no” answer. These are not good questions to ask because it’s too easy for your thinking mind to jump in and answer yes or no. Here are some examples of yes or no questions that are not good: “Should I take this job offer?” or “Is he my soul mate?”

Rhetorical questions are not good questions to ask your intuition. Rhetorical questions are, by definition, questions that are not expected to be answered so they are not good to ask your intuition. For example, “I’m beautiful, aren’t I?” This also goes for questions that you think you already know the answer to, or more importantly, that you want a particular answer for. The biggest pitfall for messing up receiving true intuition is anticipating and looking for an answer you want from your intuition. To combat this, you can ask an indirect question or use intuition tools, which we’ll go over later.

There are also times when it is not good for you to ask your intuition a question. When is not a good time to ask? When you are extremely emotionally upset or when your mind is not clear. If this is the case, then you can wait until you are a little calmer and have a clearer mind. Also, asking ques-



tions that are highly charged with emotion are not good questions to ask your intuition either. Your emotions get in the way of your ability to recognize a true intuitive message. For example, this would be a bad emotional question to ask your intuition, “Why does my ex-boyfriend hate me?” A better question to ask would be, “What can I do to improve my next relationship?”

### Good Questions to Ask

Good questions to ask your intuition are ones that are emotionally neutral and are open-ended. An open-ended question is one that cannot be answered with a one-word answer such as yes or no. Open-ended questions require your thinking mind to give it some thought before answering and usually the thinking mind gives an answer that is wordy. That takes time for your thinking mind to come up with an answer, but for your intuition, it will answer immediately. In essence, you are stalling your thinking mind a bit and this gives your intuition an opportunity to quickly respond and be recognized..

### Examples of good questions to ask your intuition:

— continued on Page 16



#### /// Transformational Talk ///

## Do you know how to seize and savor pleasure?

BY PENELOPE YOUNG ANDRADE, LCSW



**D**o you know how to seize and savor pleasure? Like many, you may have an easier time fretting and worrying. No blame. Evolution programmed us to pay particular attention to trouble and danger...but indulging pleasure...not so much. Our technological age further complicates pleasure seeking as thrills beckon and instant gratification is gone in a flash. Thrills are a sympathetic nervous system experience which land like stress and contraction...pleasure is a parasympathetic experience which lands like soothing and expansion. What’s challenging is that pleasure requires slowing down, being in your body, staying present in the moment...not easy with our fast-paced ethos.

Here’s the tip: First, check how you respond to the very word pleasure. You may notice a subtle shudder of shame or fear. Understandable if so...our culture has been pervaded by anti-pleasure dogma for millennia. This means if you

want to throw down for pleasure, you’ll need to consciously seize and cultivate such experiences. Look for feel good body experiences at least once a day...a cool shower, a warm bath, a gentle breeze, sweet and scrumptious smells and tastes, a tender touch, a joyous laugh, a loving gaze. Once you come upon them...make a choice to slow down and immerse yourself for a moment or two...or as long as possible. Brake for pleasure. Breathe. Savor. Relax.

You no longer have to be afraid of pleasure. It’s good for your immune system, nervous system, endocrine system, brain, heart and soul. Every time you choose to stop and drop into a moment of feeling good, you are generating new neural pathways...and co-creating a transformational human experience. Enjoy!

Penelope Young Andrade, LCSW EmotionalMedicineRx.com, penelopecyandrade@gmail.com, Twitter @EmotionalRx, 858-481-5752

## Counseling, Cont.

### EFT™ ♦ Emotion Code ♦ Hypnotherapy



Kathleen Rick, BMS, MA, ACHT  
Masters in Psychology/MFCC  
Holistic Practice since 1983  
Award-winning book author  
EFT Trainings/Seminars

One of America's few licensed EmoTrance™ practitioners will teach and apply **EmoTrance™**—a phenomenal new energy therapy from England, along with state-of-the-art comprehensive **Energy Psychology Therapies, Clinical Hypnotherapy, NLP, Coaching, and Intuitive Counseling** in a safe and empowering environment. Amazing accelerated techniques to rapidly reprogram your *past, present, and future*—create balance and peace of mind. Sessions in person or by phone.

**Tranceform your life, relationships, negative beliefs/emotions/issues, fears/phobias/pains, compulsions, stress, traumas and barriers to success!**

Kathleen Rick ♦ (619) 523-4690  
3940 Hancock Street, Suite 201 ♦ San Diego, CA 92110  
[www.kathleenrick.com](http://www.kathleenrick.com)

## Intuition

*continued from page 13*

Open-ended questions, such as, “What can I do to get more customers for my business?” “What can I do to change the way my boyfriend treats me?” Some non-emotional examples would be, “What will be the health status of my mom 3 weeks from now?” “Who are the people that affect my reputation the most at work and how?”

General questions can be good when you don't know what to ask – “Give me a message for my highest good.”

Here are some other examples of good questions to exercise your intuition:

- “Which way is the car in front of me going to go, where will they exit?”
- “Which line at the grocery store is fastest?”
- “What time will my subway train arrive at the station?”
- “What time will the doctor call me in?”

## Summary

The first step in the Intuition On Demand Technique is, Ask a Question. Our minds, and brain will always react to a stimulus, which in this case is a question. Ask the right kinds of questions – open ended and questions that do not have “yes” or “no” as the answer.

About the Author: Lisa K. PhD, is a teacher, author and speaker on intuition. She has taught hundreds of people around the world intuition development. Lisa holds degrees in Engineering from Columbia University and Psychobiology from the State University of NY as well as a PhD in Metaphysical Sciences. More at: [www.intuitionondemandbook.com](http://www.intuitionondemandbook.com).

## Crystals

Bring in this ad for a 20% discount on Amethyst Geodes!

### SOUTH AMERICAN IMPORTS CRYSTALS • HANDICRAFTS • JEWELRY

Over 50 kinds of tumbled stones • Healing Crystals  
Many Amethyst Geodes • Wide Variety of Jewelry  
• Guatemalan Handicrafts •

Direct Importer — Largest Inventory in San Diego!

[www.saimport.com](http://www.saimport.com) • 619-299-3877

2461 San Diego Ave., Suite 104, San Diego 92110  
(In Old Town behind the Café Coyote) • Open 11–8 Every Day!



## Dental & Medical Services

### Holistic Dental Clinic in Tijuana AMERICAN BIO DENTAL

- High-quality, safe biological dentistry at a fraction of the usual cost!
  - Safe Silver (Mercury) Fillings Removal • Cosmetic Dentistry
- Bio-compatible Dental Materials • Environmentally friendly office at the five-star Grand Hotel • Five-minute cab drive from the border or pick-up available

*The American Bio-Dental Center* has received extensive training in the body chemistry interpretations, both by computerized presentation and for personal presentation, in addition to the dental revision techniques.

- \$50 Exam includes Teeth Cleaning & Panoramic X-rays
- \$150 Wisdom teeth extractions by US trained MD, DDS, Surgeon

*“I spent a fortune with another holistic dentist in the U.S. before discovering the American Bio-Dental Center. They did an excellent job at a fraction of the cost! I am so pleased to have found a biological dentistry clinic using the Huggins Protocol to refer my clients to.”*

—Joyce Johnson, Ph.D., Nutritionist, Author, Talk Show Host

**Now Offering Regenerative Medical Services**

Call today! 1.877.231.5701 • Visit: [www.americanbiodental.com](http://www.americanbiodental.com)