



11 Magical Ways to Ignite Your Intuition

By Peyton Pugmire

When I was a boy, I had a wild imagination. I played “make-believe” and was constantly dreaming up imaginary worlds and characters which I fully embodied. I was also an extremely sensitive child. I intensely felt all emotions—both mine *and* those of others, which I came to realize as an adult.

I didn’t know at the time, but those gifts were my early intuitive powers. Since childhood, my abilities “to see” places and things that weren't really there and to feel my body’s emotional guidance have strengthened. In addition to these clairvoyant (clear seeing) and clairsentient (clear feeling) abilities, I’ve developed my clairaudient (clear hearing) power, as well.

Since coming out as a gay man in 1998, I have strived to live my life as authentically and intuitively as possible. When we live intuitively, we align with our soul’s truth and purpose. Intuitive living takes courage, but it is a liberating, exciting, and rewarding way to navigate one’s own life.

I love to help people tap into the power of their own intuition. I also enjoy sharing intuitive guidance that I receive for others. I do this through private sessions, in which I connect with my spirit guides and guardian angels to channel loving messages for clients.

Take a moment now to connect with your own definition of intuition. Close your eyes, take a deep breath, and allow the meaning of ‘intuition’ to arise within you. What comes up?

I love a good quote, and I have some favorites related to the meaning of intuition. Perhaps the two quotes below resonate with your own belief and understanding of intuition.

“Intuition reveals the unseen, the not yet obvious...It makes clear what is unclear to the logical brain.” – Sonia Choquette

“Peace comes from within. Do not seek it without.” – Buddha

Now, how do we *develop* our intuition? It’s actually quite easy since we already have it! Our intuition is like a muscle, and it wants to be used and conditioned. I’m excited to share with you my eleven favorite ways to strengthen your intuition. These work really well for me, and they’re fun! As you read them, tune into which ones you feel called to try. With practice, clear intention, and lots of faith, your intuition will flourish. Have fun!

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(in no particular order)



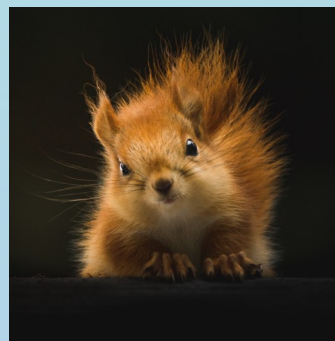
1. Use Divination Tools

Divination tools help give our intuition a voice. There are many types of ancient divination tools and practices, and my favorites are oracle and tarot cards. The cards' symbols and archetypal images trigger our intuition and help surface inner awareness in relation to our question. To use the cards, first set an intention or ask your question. Next, shuffle the cards, and then pull as many cards as you'd like. Three cards is usually enough at first. Rather than using the deck's book to interpret each card, use your intuition!



2. Create Intuitive Art

Creating art with no pre-conceived plans in mind is a powerful and fun way for our intuition to express itself. Making intuitive art is all about the process—not the product. Give your left brain a break, and honor your creative instincts as you paint, draw, sculpt, dance, write, or whatever! Surrender to your creative spirit. Tune in to your intuitive impulses, and allow those sensations to guide your art making. And remember: No judgement! This is about honoring your intuitive ideas and desires.



3. Notice the Animals Around You

All animals—domestic and wild—serve as symbols, and their meaning provides guidance for us all. These are called animal totems. This spiritual belief originates from Native American and other ancient cultures. The next time you take a walk outside, pay close attention to any animals you see. That animal is bringing you a message! First tune into your own meaning of the animal, and when you get home, research the animal's traditional totem meaning. See if it resonates with your current life situation.



4. Meditate

In order to connect with what your intuition is saying, it's helpful to have a quiet mind. Meditation is the best way to practice calming our "monkey mind" so that we can tune in. If you don't already have a regular practice, explore meditation styles. There are many. My favorite is listening to music, such as chant or singing bowls. There are hundreds of free options on YouTube. I listen to the music, and when my mind wanders, I bring it back to the sound. I do this for about half an hour.



5. Attend a Psychic Development Circle

Our intuition is similar to a muscle, and so if we want to strengthen it, we need to work out! The best “gym” for the intuitive muscle is a development circle. Circles are designed for a group of people to practice using their intuition in a fun and safe space by engaging in different activities. Circles meet on a regular basis and are most often hosted by independent psychics/mediums or metaphysical bookstores. Online research should prove helpful when trying to locate one near you.



6. Tune into Peoples’ Feelings

The next time you are on the phone with a friend, play an intuitive game: Tune in to how they are feeling emotionally before you ask. You’ll become aware of this through your own senses. You might even find yourself feeling the same emotion. This is called clairsentience or “clear feeling” - one of the ways our intuition communicates with us. Once you have a sense of your friend’s feelings, share what you are sensing. You might be correct! And they’ll appreciate the empathy.



7. Connect with Your Senses

Intuition communicates with us through our senses: Seeing (clairvoyance), thinking (claircognizance), feeling (clairsentience), hearing (clairaudience), tasting (clairgustance), and smelling (clairalience). The more in-tune we are with our senses, the more capable we are of receiving intuitive guidance. To exercise your “clairs”, close your eyes and imagine seeing, thinking, feeling, hearing, tasting, and smelling particular things (one at a time of course). For example, imagine “seeing” a red rose in your mind’s eye, etc.



8. Practice Psychometry

Objects possess an energetic memory of the past: Where it came from, who owned it, etc. By holding an object, we can connect with this information on the psychic level. This is known as psychometry. To try, choose an unfamiliar object owned by a friend. Hold the object in both hands. Close your eyes and take a deep breath, and then silently tune into everything you sense while holding the object (see #7 above). Share what you sensed and have your friend validate what was accurate.

AND HERE’S A TIP:

When practicing either with a friend or group, kindly ask others to refrain from negating anything you intuitively share. In Creative Spirit’s psychic development circle, my rule is “Don’t negate. Validate!” As we develop our intuition, its most helpful to hear only what resonated for the other person. This will boost your psychic confidence!



9. Pay Attention to Your Dreams

Dreams are powerful ways through which we can receive intuitive guidance from our subconscious. The language of dreams is comprised of symbols which are both personal and universal. Develop your intuitive understanding of these symbols by decoding your dreams. When you first wake up, write down what you remember from your dreams. Circle those items which feel like primary symbols. Decode them intuitively and record each symbol's meaning.



10. Read! Read! Read!

I learned most of what I know from reading books about psychic development. There are many, so just do some online research and you'll find what you need. A few of my favorites are [You Are Clairvoyant](#) by Belinda Grace, [The Book of Psychic Symbols](#) by Melanie Barnum, and [The Angel Therapy Handbook](#) by Doreen Virtue. Once you get your books, read them, take notes, and then practice what you learn!



11. Talk with Your Guardian Angels & Spirit Guides

My entrée into the psychic world was through my study of angels. I talk to my guardian angels (I have at least 3) and my spirit guides on a daily basis! Learning to sense their communication was my introduction to channeling. They provide excellent guidance. I speak with them while meditating in the morning, and I pray to them whenever I feel the need. I then sense their response. You can do this too! Practice and set the intention to connect with your guardians and guides, and you surely will!



About Peyton Pugmire

Peyton is the founder and owner of Creative Spirit, center for the art and soul, in Marblehead, Massachusetts. Peyton is a teacher, spiritual intuitive, painter, and theatre director. He is passionate about helping others to live creatively, intuitively, and authentically.

Learn more: www.creativespiritma.com

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