

An Exploration of Intuition:

Understanding its Role Through the Creation of a New Spread

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Throughout our lives, we have been told to listen to our intuition, our inner voice, follow our gut, or follow our heart. However, the meaning of this advice might not always seem clear. We hurry to complete a task believing our inner voice has suddenly decided to expedite matters only to discover that was not the action for our highest good. We purchase tools, books, and/or spend money on classes believing we are listening to that inner wisdom only to discover ourselves to be further in debt. What is intuition? How do we know we're listening to the "right" voice? This paper seeks to explore intuition utilizing meta-analysis of available research and anecdotal evidence garnered through the creation of a spread using the *Transformational Oracle* deck by Sonya Shannon.

According to Ozimkiewics (2012), intuition may be defined as "both a way to know and a psychological function that is related to the conscious and unconscious mind" (p. 103). She further explains that intuition is considered by Carl Jung as one of the four psychological functions along with thinking, feeling, and sense perception. If intuition is one of the four main psychological functions, then one would have to assume that we have access, or use, intuition every hour of the day just as we think, we feel, and we identify through our sense perception, or sensations. Even now as I type, my mind is considering what to write next, my fingers feel each key as I type out letters, and the incessant beeping in the background reminds me that my tea is ready.

In order to put words onto paper one must engage in thinking, planning, and strategizing, correct? Have you paid attention to the feelings each sentence evokes as

they are spilled onto the screen? As you re-read each sentence, do you pay attention to that nagging feeling that another word or phrase might “sound better”? Finally, that beeping in the background is without context unless I’m able to determine through sense perception (and conditioning) that it’s the microwave alerting me that it completed its task. When, where, or how does intuition factor into this paper?

In order to answer this question, we must first understand the difference between intuition and ego. As Shannon (2017, December) stated during her Transformational Oracle Workshop, “Ego is Edging God Out.” Now, you don’t have to follow a path to God to understand intuition or to access it, but that statement helps clarify the defining values of ego versus intuition. Ego is that protective force that helps us navigate life based on past experiences. Ego might loudly proclaim we *should* do the laundry now or we *have* to complete that project right this minute. Intuition, on the other hand, is the soft, loving voice gently encouraging us to consider writing a novel, a poem, or journaling. S/he provides soft inspiration and allows us the free will to choose to follow through or simply let go. Shannon (2017) further explains that “intuition bypasses reason and logic. It gives us direct knowledge without conscious thought processes” (p. 26).

Ego, as most of us are aware, invades our conscious, our thoughts, and our physiological responses as we are presented with various internal and/or external stimuli. One example that readily comes to mind is the fear response triggered after having received a channeled message for another person. Will they believe me? Did that really just happen? Ego may prevent us from sharing this message. S/he is only trying to protect us from any perceived backlash, but what if that person really needed

to hear those words? Wouldn't it be better to make a difference in that person's life than to prevent ourselves from sharing because of fear—our Ego?

Carroll (2017) provides a quote from Steven Spielberg in her book, *Trust Within: Letting Intuition Lead*, regarding intuition and your conscience, or ego:

And I want to be clear that your intuition is different from your conscience. They work in tandem, but here's the distinction: your conscience shouts, "Here's what you should do," while your intuition whispers, "Here's what you could do." . . .

Once I turned to my intuition, and I tuned into it, certain projects began to pull me into them, and others, I turned away from. (p. 17)

How do we access intuition? Once you learn to distinguish the difference between the voices, you'll be able to hear the inner wisdom, or your intuition, a lot easier. Carroll (2017) interviewed multiple people ranging from Buddhists to Mediums. In one such interview, "Jay," a practicing Buddhist and recovering addict, stated that "intuition for me is about being in the present moment" (p.68). He continued to explain that "if I don't stop and listen and recognize where are all these voices are coming from, I will not be able to know which one is my wise voice, or the voice of the trickster, the addict, or the voice of my parents" (pp. 68-69).

As I continue to write this paper, I am reminded of the tendency I have to intellectualize and gather the words from other sources rather than to tap into my intuition and receive Divinely inspired guidance. How might one find a balance between the heart and mind? Providing valid sources is necessary in educational pursuits and helps the reader feel more accepting of the knowledge presented. However, have you ever read a story or a Facebook post and just felt it resonated within your every being

(or your heart)? Did you require credible sources to validate this feeling—something you somehow *know* to be true? I generally do (intellectualizing), but when we trust our intuition we know we can accept these words as our truth.

In this moment, I am attempting to settle my breathing and channel my inner wisdom, or for me, my Divine guidance. The words that follow may not necessarily be my own—I rarely ask for the origin of the information as long as it comes from love and light. I can happily report that my mind is still going a mile a minute as I try to reach the inner depths to provide an example of wisdom that may be received when we do access and listen to our intuition.

Dear Ones, how we each long to express the wisdom of the ancient ones. How our minds must get in our way at times, or so many times. [laughter] The inner wisdom comes from the heartspace—deep in the depths of the knowing and accepting. Wisdom cannot be entirely intellectualized like this one tries to do, but it must be listened for and shared. Peace comes with great wisdom and inner strength. It is through inner peace that one may find their greatest truths. Even now, this one struggles to maintain an open channel while maintaining some semblance of organization, grammar, and spelling. It is through love of oneself and compassion for others that true wisdom may be discovered and guidance may be brought forward. [After editing this paper, I reconnected to discover the origin of these words—whether it was my Higher Self or channeled from another light being. The channeled message, I am told, came from one of my Spiritual Guides who wishes not to share his name.]

According to Truscello (2017), we must distinguish the difference between psychic powers and intuition. Truscello goes on to explain that “unlike intuition, psychic information doesn’t come from within a person but from another source, usually of spiritual origin” (p. 97). Some may argue that one may intuitively divine information such as the example provided above, but the question would remain: Was the message inwardly divined or outwardly accumulated? For those of us who tie our spirituality with our “psychic” gifts, we may believe that anything Divinely inspired may indeed come from within as we are all living, breathing representations of the Divine. Shannon (2017) explains that “intuition is a direct channel to our higher Self” and that “intuition is one of the highest forms of *spiritual intelligence*” (p. 26). For some, this may support a separation of psychic powers and intuition, but for others this may do more to solidify their connection. For me, I believe that guidance from our Spiritual Guides and our Higher Self may indeed come from within as well as from the “stars”; thus, allowing intuition to stand on its own as well as being assimilated with psychic information—or rather to be used to access psychic information.

I consider this point deeply now as we now discuss The Mirrored Question Spread that was divinely inspired, or rather shown intuitively (Appendix A). If you feel a bit skeptical, please feel free to Google this spread for confirmation. However, you may choose to listen to your intuition as the spread cannot be found on Google, or anywhere else, since it was created specifically for this paper. If you are interested in designing your own spread, please refer to Appendix B for detailed instructions to assist you.

The Mirrored Question Spread was created using an image I received after posing the question: What guidance do you have for me regarding my spiritual path?

After receiving the image, I attempted to lay out the cards exactly in the shape shown. However, I began to question the image after realizing the question mark was reversed. Have you ever had the opportunity to bring something forward intuitively, question it, and then let it play out? For this examination into intuition, I did. First, however, I drew a question mark with my pen to make sure I was not mistaken, but then I researched reversed question marks. I found the word, “irony,” and knew that I *should* allow this to unfold so that I may better understand the need for a reversed question mark to answer my question.

I connected with the Divine and asked for guidance as I chose and laid out each card. I found it interesting that 15 cards were laid out. In my understanding of numerology, 6 is a spiritual number and my question regarded my spiritual path. Each card was laid out facedown for two reasons: 1) to be able to take a picture as an example of the layout and 2) to uncover each step one-by-one.

As I turned up each card, I asked the Divine to help me understand what each position represented. One may rightly ask if the card, itself, determined the representation or if the position was pre-determined as soon as the image of this spread was provided. Unfortunately, I do not have answer because it feels like both could be equally accurate.

After moving through each card, I found it interesting that none of the fire cards were present despite the question pertaining to my spiritual path. However, as you read the accompanying pages and the interpretations of each card, it may seem quite obvious to you. It is also important to understand that I briefly meditated on each card to reveal the answer or understanding of how it related to that particular position. Since

these cards were Divinely inspired through Sonya, it may seem appropriate that they do touch on the same elements provided in the guidebook and the workshop.

Lastly, I believe it would be quite interesting and helpful to consider examining the spread from the final card and working backwards. The Mirrored Question Spread seems to exude a duality in and of itself. While this examination has not been provided, the following reading could be used as an example to determine whether or not you intuitively feel it's worth the effort. Specifically regarding the question, however, one's spiritual path may never be quite linear thus lending credence to the idea that another review may be warranted.

In summary, as researchers continue to find ways to scientifically prove the existence and necessity of intuition, we have the ability every moment of our lives to access and use our inner wisdom. Whether you are a Medium, a Buddhist, a Christina, an Intuitive Reader, or just a "regular human" trying to navigate these tumultuous waters, we all have an access point. The only thing required is listening skills—the ability to quiet the mind and just listen. Your inner wisdom is waiting.

References

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