

RANDOM HOUSE  BOOKS



Intuition

Gina Giacomini

Contents

Cover

About the Author

Title Page

Introduction

A Gift for All

Six Ancient Systems

How Divination Works

Chapter 1: **Intuition**

How Intuition Works

Focus Technique

Trust-Flow Technique

Intuition Technique

Balancing Technique

Chapter 2: **Astrology**

What Is Involved?

How Astrology Works

Your Natal Chart

The Planets

The Inner and Outer You

Division of Signs

Houses

Aspects

Transits and Progressions

Chapter 3: **Dreams**

What Is Involved?

Why You Dream

Remembering Your Dreams

Bridging the Gap
Types of Dreams
Understanding Your Dream Symbols
Sample Dream Interpretations

Chapter 4: **Tarot**

What Is Involved?
Major Arcana
Minor Arcana
Spreads
Sample Readings

Chapter 5: **The I Ching (Book of Changes)**

What Is Involved?
The Map of the Universe
Firm and Yielding Lines
Changing Lines
The Eight Trigrams
The Sixty-Four Hexagrams
Coin Method
Sample Inquiries

Chapter 6: **Runes**

What Is Involved?
The 25 Runes
A Rune a Day
Rune Readings

Chapter 7: **Numerology**

How Numerology Works
What Is Involved?
A Number for the Day
Your Personal Year
The Universal Year
Five Major Numbers
Sample Inquiry

Relationships
Your Home Address
Work Addresses
Your Telephone Number

Conclusion
Appendix
Resources
Index
Acknowledgements
Copyright

About the Author

Gina Giacomini is an intuitive, author, teacher and motivational speaker who has been conducting intuition seminars to individuals, groups and businesses for the last 14 years including the National Association of Professional Organizers, the Working Women's Network and Borders. Gina Giacomini has come to view intuition as a skill that should be utilized daily. Her practical step-by-step approach allows everyone easy access to their intuition.

INTUITION

The Key to Divination

Awaken Your Intuitive Powers for Success

Gina Giacomini



RIDER

LONDON · SYDNEY · AUCKLAND · JOHANNESBURG

Introduction

If knowledge is power, then self-knowledge is true power.

GG

We live in an age of immediate information, instant gratification and constant transition. Trying to keep pace with advances in science, the economy and world affairs all too often leaves us exhausted and disillusioned. However, when our outer world seems out of control, we need only look within to access our inner knowledge and to find the answers we are seeking through the age-old practice called divination. As relevant today as in the past, this ancient art can provide insight and direction in this seemingly insecure world we live in.

Divination is the art of accessing inner wisdom from your divine self by means of your personal interpreter, your intuition. It is important to distinguish this practice from fortune-telling. Whereas the latter reveals what will happen next, divination focuses your attention on the forces that will shape your future, leaving the decision-making up to you. 'Divination' comes from the word 'divine' and reflects the divine nature inside everyone that doesn't necessarily respond to logic and reason. Seeking answers through divination accesses a part of the psyche that speaks in an ancient language, using images, patterns and symbols to reveal what is hidden, while at the same time providing us with the strength to face life's challenges.

Divination is practised in every culture the world over. Throughout the ages, great mystics, seers, psychics, artists, inventors and other visionaries have all used divination

techniques to help turn their consciousness inward to receive guidance, as opposed to outwardly gathering sensory information. Early diviners used natural omens such as animals, plants, elements of nature and weather changes to interpret and foretell significant developments and events. As time passed, interpreting oracles became the role of priests and priestesses trained in secret techniques – sacred knowledge passed on only through initiation – in which they applied their intuitive powers.

Today we are fortunate because these techniques have been revealed. However, for many of us, our intuition may still need a jump-start. But once we enhance our receptivity and insight, we have the unique opportunity to become our own divination consultants, finding inner guidance on such matters as health, relationships, finances, career and home life.

A Gift for All

A study of divination would not be complete without mentioning the Oracle of Delphi. This temple of the god Apollo was built around a sacred spring, which was known far and wide for its divinatory powers. Dating back to 1400BC, the Delphi Oracle was considered by the Greeks to be the centre of the world. Visitors ranging from farmers to noblemen visited Delphi armed with questions for the prophetess of the god Apollo, called the Pithia. Readily available to share her insights, albeit for a price, her responses were presented in the form of a verse or riddle.

Today it is not necessary to travel to a specific location or visit a famous seer to find the answers we seek, since divination is readily available to everyone.

The Power Within

What did famous seers like Nostradamus possess within themselves? Nostradamus lived in a tumultuous time, when many thought they were on the brink of the end of the world. Surrounded by plague, famine, intolerance and loss, Nostradamus made the conscious choice to look within and found the potential he possessed inside. Reflecting on the world he lived in, and what he achieved in the midst of such chaos, we can take heart and know that even now when our world seems to be on the brink of disaster, we too have a choice. Will we despair and accept that there is not much we can do to change our course, or will we look within like Nostradamus, and find the power we possess and make the conscious decision to utilize these gifts for the good of ourselves and humankind?

Six Ancient Systems

In the following chapters, six divination systems will be explored, along with easy step-by-step techniques for accessing your intuition. These systems include astrology, which explores the human relationship with the universe through a study of the stars, planets, zodiac signs and elements. Next, the multi-dimensional language of dreams, rich in symbolism that our subconscious uses to communicate with us, is explored. Dating back to Egyptian times, the Tarot offers insight and guidance into the seasonal forces, cycles and steps involved in the journey of life. The I Ching, a powerful ancient Chinese oracle, is based on the belief that the universe is in a constant state of change. It teaches that any aspect of life, like nature itself, follows a cycle of birth, growth, decay and death. Odin's sacred gift of the Runes derives its wisdom from the forces of nature. Its ancient symbols are said to mirror the knowledge of the inner self, providing insight in a world that seems to have forgotten its roots. Finally we come to

numerology, a metaphysical science of names and numbers, which reveals the interconnectedness of life through an exploration of personal and universal vibrations. Each of these oracles offers methods to access your divine self through a rich variety of age-old knowledge and wisdom.

This book explains in practical terms the steps involved in becoming your own seer and offers sensible ways to interpret and utilize the information you receive. Furthermore, it provides methods to transform energetically whatever is preventing you from reaching your goals. Included are four simple techniques designed to unlock the power of your intuition, along with anecdotes showing how they work in real terms. These techniques are expanded on for use with each divination system, together with tips on integrating intuition into your daily life. It is important to note that it is not necessary to be an expert to achieve results, since many novices are successful. The settings and states of mind most conducive to benefiting from the techniques in each chapter are covered. I recommend you try all the systems before focusing on one that suits you. Feel free to develop and expand on them according to your specific needs.

How Divination Works

The key to understanding and utilizing divination is to experience the power of the perfect moment. Within each person lies the ability to access direct knowledge without rational thought. This talent is known as intuition. Combine this insight with the true moment where past, present and future unite, and you will experience the synchronicity of life. With an expanded consciousness and a heightened awareness of your essence, you can let go of preconceived ideas and beliefs, change past habits and patterns and transcend your limited reality.

In practical terms, most people are very aware of their conscious mind and self. Meanwhile the subconscious self is left to its own devices and consequently does not always match our conscious goals. Thankfully we all also possess a divine or knowing self which houses the soul consciousness and acts as the bridge between the conscious and subconscious parts of our nature. With the help of the divine self and intuition, divination systems can be utilized to map out the best direction to take, the one that involves the conscious and the subconscious as well as the soul's needs. In each person lies the capacity for the best and worst, the most profound as well as the mundane. Recognizing and acknowledging the negative as well as the positive aspects of your make-up will provide you with a more objective view of your true nature.

While some people instinctively look within for a different approach, others seem to be forced by life's circumstances to look inside themselves for answers. In either instance it is important to acknowledge that the decision to look inward ultimately leads to a deeper connection with all the different parts. This book provides you with an opportunity to explore areas of your psyche that hold an untapped wealth of knowledge that can enhance your daily life.

In conclusion, keep in mind that divination is a 'gift from the gods' that should be used wisely; ultimately it is a means to know yourself.

CHAPTER 1

Intuition

You have to leave the city of your comfort and go into the wilderness of your intuition. What you will discover will be wonderful. What you discover will be yourself.

ALAN ALDA

WE LIVE IN a multi-dimensional universe, unlimited by time or space. Immersed in today's fast-paced technological world, we tend to lose sight of the wonders that surround us on all levels. With the stream of information flowing past our consciousness from every direction, it is increasingly difficult to make sense of the chaos we encounter daily. However, we can make the decision to look within and discover what is ours at the core - our intuition. Looking inward, we can tap into our insight, our link to the unlimited part within us that sees endless possibilities and knows no bounds.

Intuition is the faculty we all have for attaining knowledge directly, unfiltered by rational thought. Did you know that although five outer senses guide you in everyday life, you are also using inner senses and instincts? Intuition delivers this information in the form of hunches, gut feelings, flashes of insight or inner knowing. These insights aid in decision-making all the time. Since insight is not governed by the limitations of time or space, it broadens your perspective, allowing you to better understand the past, experience the present, and envision a brighter future.

Throughout evolution, humankind has depended on intuition for survival, self-awareness and new discoveries. Early humans used this faculty to align themselves with the cycles of nature and the flow of life, since their very survival depended on it. Down through history, world leaders, prophets, philosophers and scientists also trusted their intuition to guide them. Today, after centuries of relying on rational thinking, cultures around the world are experiencing a resurgence of interest in the intuitive realm. This is due in part to the present-day emphasis on logic and reason, which at times can be incomplete and narrow in its view. Intuition is increasingly emerging as a necessary tool for meeting the constant challenges of daily life.

How Intuition Works

The key to all divination is intuition. To become your own seer you need the expertise of your personal interpreter, your intuition. If divination is a vehicle for interpreting life's circumstances, then insight is the fuel that powers it. Housed in your inner core, this potential remains latent until it is consciously awakened. Once ignited, it flows into your awareness, introducing you to your potential, purpose and, equally important, your ability to adapt more fluidly to everyday occurrences. Your job as a diviner is to learn to trust this flow and to activate it at will. Then no matter which oracle system you are working with, you will be able to access your insight when it is needed most.

Trusting the Flow

On an unconscious level, our intuition is an ally we have learned to trust. At times we innately know it will lead us to the one available parking space in a busy downtown district. We are not surprised when it tells us who is on the phone the moment it rings. We rely on it to know when to

act or when we sense a business associate's next move. It can awaken an advantageous response in a life-threatening situation or foresee the death of a loved one. There are also times when our trust in the flow of intuition is sorely tested, especially when it seems inaccessible to us, or appears unreliable. Even though these instances can be unsettling, they are worth exploring.

What stops you from accessing your intuition? The greatest hindrance is most likely to be stress. People under significant stress use only a fraction of their mental and emotional capacities and just a small portion of their natural instincts. Stress also affects the ability of the inner and outer senses to work together, prompting a response through predominantly mental or emotional means. A mental approach can lead to an immediate solution, although frustration may set in later because the emotional self was not involved in the decision-making. An emotional response might likewise elicit a solution that at first appears satisfactory, yet later reveals the consequences of not taking others' needs into account or considering the bigger picture. Intuition is the underlying force that bridges the gap between logic and emotions and goes beyond what our usual senses are capable of perceiving. Accessing intuition in times of stress does take some practice. This chapter provides practical easy-to-use techniques that not only work well with divination, but also can be integrated to enhance your life generally.

As you take the first steps to learn a divination system, you may wonder whether you are proceeding in the 'right way'. Let go of this belief system and you will soon realize that you can learn as much from a 'wrong' answer as from a 'right' one. Approach the oracle as a vehicle of interpretation, let your intuition provide the needed fuel, and then sit back and enjoy the ride. The decision to establish a conscious relationship with your intuition is

saying 'yes' to the potential inside you that understands your intent and can provide the answers you need.

When your trust waivers because your hunches feel unreliable, you can safely assume they have not been properly directed. The underlying forces at work may not necessarily be your intuition; they may be a combination of your fears, desires, will or ego. Insight unfolds at its own pace and does not respond well to control. The best way to establish a healthy relationship with your intuition is to meet it on its own terms. This can be accomplished by understanding that the door to your intuition resides within your heart. Unlike other forces at work, your heart will not try to manipulate your insight, but will wait patiently for the next step. Rest assured that when you meet your intuition with an open heart, it will not mislead you.

Letting Go

An important point when starting this process is to understand that anything you try on an inner level is accomplished by allowing, rather than pushing or controlling. Letting go and allowing your intuition to guide you may at first seem strange, but it is necessary when working with divination. Learning to balance the need to control with the skill of allowing is a subtle yet powerful shift, one that will enhance your intuition. Since life is uncertain and ever-changing, trying to control everything in your life is an illusion anyway.

The following four techniques have been proven to work on countless occasions and can be activated quickly and efficiently. They will help you access your intuition consciously, while creating a setting most conducive to receiving clear information. At one time or another most of us have experienced a hunch, sixth sense or gut feeling that made us sit up and pay attention. Our logical side then took charge, and we began analyzing the response, until we

eventually dismissed our insight as inaccurate. When starting to use the techniques in this book, allow yourself to experience sensations without judging. Even though your logical part will make its presence known, always pay attention to your first response.

Head to Heart

The Focus Technique below enables you to disengage from your mind's need to control, while at the same time establishing a conscious relationship with your divine self. The first step is to shift from a mental focus to your heart centre. As soon as you move your focus from your overworked mental centre, your awareness automatically expands. You are then able to use senses you innately possess but have not been able to employ consciously. Since the heart is the door to your intuition, you can establish a trust with your divine self and insight by meeting it on its own terms. As an added benefit, the simple act of centring in your heart will change the pattern of chasing after what you desire. When you centre in your heart, you become part of life's flow and will attract the information needed from the particular divination system you have chosen.

The process outlined below will help you to shift your focus from head to heart, allowing you to let go and experience a connection and communication with your divine self. Your divine self will respond and you will feel a conscious connection and experience calmness and peace radiating throughout your body.

Focus Technique

- Choose a quiet spot where you won't be disturbed, and sit comfortably. Choose a position which suits you, but

preferably with your back straight and feet on the floor.

- Rub your hands briskly together for a few moments and then clap them together a few times. Place your hands about six inches apart with palms facing each other and take a moment to become aware of the energy between them. Once you can feel the energy strongly, you are ready to proceed.
- Close your eyes and place the palm of one hand on your forehead. Visualize a ball of energy, your focus, in the middle of your forehead. Imagine your hand becoming a magnet attracting your focus to it. When you feel a weight, pressure or tingling sensation on your palm, slowly move your hand down to your heart and allow your focus to enter this area.
- Next say your key word 'Centre' out loud, but imagine the words coming from your heart. This is the signal for you to let go and experience the connection with your divine self. Take a deep breath and, as you breathe out, imagine any stress or tension leaving your body. (This step is one of the most important discoveries I have come across. When you take a thought and express it out loud from your heart, you transform a mental thought into your personal truth.)
- Sit back and experience a calm peaceful feeling emanating from your heart. Allow it to relax and refresh your entire body. You now have a conscious connection with your divine self.



Quick version

Once you have practised this technique a few times, simply place your hand at your heart, focus on the pressure of your hand, and say your key word 'Centre' out loud, imagining it coming from your heart. Your divine self will do the rest.

Jon R: *In the past, when I sat down to consult the Runes, I would find myself becoming distracted, thinking about what I needed to do instead of concentrating on the oracle's message. When I use the Focus Technique, I immediately feel a sense of peace and am able to focus on its meaning.*

An Added Edge

Speaking from your heart also opens new avenues for communication and problem-solving. If you are having difficulties with someone and you need to be heard clearly by them, simply place your hand over your heart and speak

your truth from there. You will find communication more effective and satisfying since your intuition is actively engaged; you are speaking from your personal truth, and the other person knows you care.

Bruce T: *When I speak from my heart, I feel less fearful, am able to express myself more clearly, and find I can be more assertive with the people at work.*

Two Essential Energies

The most enduring way to fortify trust in your intuition is to identify its location and then experience it at work. Your intuitive core extends from the top of your head to the base of your spine. It is the clear, insightful part of the psyche that contains your goals, purpose and highest potential. You can activate this core by engaging two essential energy sources, the earth and the universe. Without both components, intuition can lie dormant or be fleeting at best. As a child, did you feel a strong kinship with the earth, trust the universe and experience life's flow? As an adult, will you now reconnect with this trust and flow and allow it to activate your intuition? If so, you will have a direct experience of your insight in action. A strong earth connection engages the physical body's natural instincts and ensures that the information received will have relevance in the physical world. A powerful connection with the universal flow will bring an unlimited source of knowledge that is always at your disposal. Once you are able to experience your intuition at work, trusting the flow of information it introduces will no longer be an issue.

To activate your intuitive core and connect with your divine self, start with the Focus Technique. Then follow the steps described below for the Flow Technique, engaging the earth and universe connections; the word 'Trust'

represents the earth connection, while 'Flow' represents the universal connection. Together these two energies will fuel your intuitive core. Keep in mind that when you take a thought, centre for a moment, and then express it out loud from your heart, it will take form and manifest quickly in the physical world. This is because the earth, the universe and your own intuition are all actively involved in the process.

Trust-Flow Technique



- Begin by following the steps of the Focus Technique as described [here](#).
- To activate the earth connection and allow earth energy to flow into your body, simply say your key

word 'Trust' out loud, imagining it coming from your heart. You will feel a gentle grounding energy entering your body through your feet that will radiate through your entire body.

- Then say your key word 'Flow' out loud, again imagining it coming from your heart. This signal activates the universal flow and allows you access to the highest information, inspiration and insight.

Experience the universal energy flowing into your body through the top of your head. Take a deep breath as the two energies mix together, igniting your intuitive core. As you breathe out, the light of your potential will surround you.

Quick version

Once you have practised this technique a few times, simply place your hand at your heart, focus on the pressure of your hand, and say your key word 'Centre' out loud, seeing it coming from your heart. Then ask for support from the earth and the universe, starting the flow of energies by saying 'Trust-Flow' from your heart. Your divine self will activate the two energies.

Michelle D: *I used to feel apprehensive when doing a reading for myself, wondering if I was really in touch with my intuition. When I use the Trust-Flow energies, I immediately feel a tangible connection with the earth and universe. This gives me the confidence to know I am truly guided by my insight.*

An Added Edge

Use this technique in the morning and throughout the day to regain focus and release stress. This blend of energies

will calm and energize your body, reconnect you with the earth, and allow you to experience and utilize life's flow.

Tony S: *When I start the day focusing on my heart and connecting with the earth and universal energies, I have less mental fatigue and feel supported throughout the day.*

Accessing Your Intuition

Everyone has a different combination of intuitive abilities, inner senses and instinctual responses. The term 'intuition' is used to describe a wide variety of these abilities and insights. Some people are very aware of their intuition, while others use their insight unconsciously. Actively developing your inner senses and consciously integrating them into your daily life will not only guide you to the right solutions, but will also establish a viable way for your divine self to teach you its own unique language.

Since intuition is a blend of thoughts, feelings, words, pictures and senses, it is helpful to create some kind of structure when first attempting to access it. You can accomplish this by enlisting the help of your left and right brain in this process. Since your left brain responds well to structure and likes to control situations, it can be used to set up a workable structure and strategy for your intuition. Shifting your focus to your heart, engaging your intuition and divine self by centring and lighting up your intuitive core are simple steps that will keep your left brain occupied. This will allow the more free-flowing part of your psyche, your right brain, to access the multi-dimensional language of your subconscious and divine self.

Even though these signs and signals from your intuition may seem subtle at first, it is important to give them your full attention. If you do notice a pattern in the way your intuition is responding, you can work consciously with this

type of response to strengthen your abilities. For instance, your intuition may respond with pictures or visual images, or you may experience a body response such as a gut feeling, a sense or a touch. Your insights may also come in the form of a thought, word or a whisper. If you do notice a pattern, this awareness will help you identify the form of expression your intuition is using. As you develop your intuitive skills, you can ask for a specific type of response to start the flow of information. However, if you have not experienced any type of intuitive response in the past, stay open to any type of sign or signal, no matter how vague, silly or unimportant it may seem.

Eighteen years ago, I attended an intuition workshop to discover some ways to access my insight. The majority of people in the class, including the instructor, received their intuition through visual images. This type of inner ability is called clairvoyance. As the class tried the different exercises throughout the day, I became increasingly frustrated because I wasn't receiving any visual responses. Although the instructor assured me throughout the day that I was intuitive, I left the class feeling less insightful than before. Thankfully, I kept trying the techniques on my own, until one day the process became clear. What I had not realized was that my insight came through feelings and emotions. This type of intuition is called clairsentience and is the ability to attain insight through feeling. Unfortunately, this insight can be quite confusing at first, especially in the beginning stages. As you can imagine, it is extremely difficult to differentiate between your own feelings and the feelings you receive from your intuition. It is also a challenge to put these feelings accurately into words. However, I persevered and, in time, my intuitive abilities increased, and I was able to receive insight through pictures, thoughts, senses and words. In the process, I also found it extremely helpful to describe the first feeling, thought, picture or sense out loud. Although

this may feel awkward at first, outwardly describing your inner thought or response gives it a physical form and also activates the flow of information from your intuition and divine self. Even today, when I ask for insight for myself or for other people, I make sure to describe the first response I receive out loud. I also try to stay open to any form my intuition takes. In this way I am continually broadening my abilities. It does take patience and perseverance to wait for a response. However, in persevering, you are creating a conscious relationship and establishing trust in your divine self.

Structuring Your Intuition

The Intuition Technique described below offers a way to communicate actively with your divine self by structuring your insight with yes-no signals. When first attempting consciously to use intuition, you might experience quite a mental struggle. Much of this resistance comes from staying in the mind, trying to control your thoughts so that you can hear your inner voice. Moving your focus from head to heart will solve this dilemma. Your mind can continue whatever antics it wants, since your focus is not there to be distracted. This technique enables you to ask specific questions of your divine self about an oracle, dream, situation or relationship, which will lead to greater clarity and understanding. Approach this exercise with playfulness, imagination and spontaneity, since allowing works better than trying on an inner level.

Intuition Technique

- To start the process of energy awareness, carry out the Focus Technique, as described [here](#).