

5 Reduce distractions.

If you can create a situation where your attention is clearly focused in the present, on your system and your awareness, you'll be more likely to notice the guidance when it comes to you. It's like the way you notice more and more details in a painting when you take some time to really pay attention to it.

When you seek guidance, set yourself up in a space where your attention will not be distracted from what you're doing. This will give you the best chance to relax and receive. Once you become more comfortable with the process, these things will not be as much of a problem.

Reduce the possibility for mental distractions... other people's activity around you, stressful thoughts such as the need to be somewhere in 10 minutes time, a spider nearby who may or may not decide to crawl in your direction at any moment.

Reduce visual distractions... anything moving in your environment or very 'busy' décor and imagery. Dimming the lights, drawing the curtains, or simply closing your eyes can be helpful.

Reduce auditory distractions... people talking in another room, the TV or radio, percussive and erratic sounds. Playing some fairly monotone 'new age' or elevator music can be helpful because it drowns out the various sounds in your environment but doesn't draw your attention too much.

Reduce physical discomfort so that you aren't distracted by your own body... empty your bladder, don't be too hungry or too full, don't be too hot or too cold, and sit comfortably. It's a good idea not to be too tired either, simply because you'll probably just doze off while waiting for guidance to come. I've done that!

Interpretation

Spirit is not logical, and neither is your wider energy field. Logic and rationality are a part of the brain's processing faculties, and they don't come into play until we actually begin to interpret the intuitive signals we're receiving. This means that your intuitive insights will rarely be clear and logical. You're highly unlikely to simply hear a string of words, clear as a bell, telling you exactly what you need to know. Most often, you will have a passing thought which is 'out of the ordinary' of your usual thinking, or see an image or colour or pattern, or experience some kind of body sensation or feeling.

That's the initial expression of the energetic information received by your intuitive senses. The next step is for you to now use your 'brain', and all the reference information stored there, to interpret that information in the context of your initial request for guidance.

Consider the way that the physical senses function and communicate with the brain.

The sensory apparatus picks up some information from the environment and communicates that information to the brain. The relevant areas in the brain process that information, analyse what it means and then decide what action or response is required. For example, the olfactory receptors in the nose perceive smoke particles in the air when you smell smoke. The signal which goes to the brain doesn't say 'smoke' or 'fire' or 'panic!' It simply informs the brain of the atoms and molecules present in the air. The nose has no opinions on these particles and no means to process what they might suggest.

In the brain, these signals are interpreted according to what is already understood. The combination and ratios of the molecules present in the air are compared with previous stored references, and the brain interprets that there is smoke in the air. It will further explore the possible implications of this, in the context of what information the other senses are delivering, before it decides on what response is required. Do the eyes see flames, or just the toaster smoking? Do the temperature sensors in the skin signal extreme heat? Do the ears hear a smoke alarm?

When you intuitively receive the initial collection of illogical sensory signals, they are like those initial signals sent to the brain by the olfactory receptors. They are simply the guidance in its raw state and you need to interpret what it means to you. Often, you will make the interpretation almost as immediately as the information is received. Sometimes, you may need to think about it for a bit. Regardless of how quickly you interpret, always be aware that you are interpreting, and bear in mind the possibility of alternate meanings.

The interpretation must take into account the original question you have asked, or the issue for which you have requested guidance, as well as the current story of your life and your past experiences. There is no universal interpretation for the meaning of seeing an image of a dog or feeling a sharp pain in your lower back. It is entirely personal, and it's purely coincidental if an image happens to mean the same thing to both you and another individual.