

Moments of Intuition

by Todd Fiorentino

Almost everyone has heard that humans only use a small percentage of their brain power, but few have actually tried to utilize those parts of the brain that elude us. Perhaps in dreams or during deep meditation, we sense the possibilities, only to be dashed the minute we awake.

Intuition and perceptiveness are not necessarily things that you are born with or not—these can be developed. While walking in the woods one day, I suddenly thought of an old friend from high school and wondered, ‘wouldn’t it be strange if I bumped into him right here.’ Not 30 seconds later, I saw a figure in the distance on a hill and called out his name; it was him.

More recently, I asked a massage therapist at work to tell me the names of her cat and daughter. They turned out to be very original names, so I joked, “Why couldn’t you pick a normal name like Sam (of course, I was kidding, she picked beautiful names for both). As it happens, Sam is the name of her significant other whom she’s lived with for a period of years.

These may seem like random events and I’m certainly not claiming to have some super-power. What I’m pointing out is that moments like this can happen to anyone if you stay aware. My best friend’s mother dreamt that her father died one night, woke up and raced over to his home only to find him lying there dead.

People can share psychic connections. This talent can be developed to such a point that you don’t have to share a bond with the person. Luther Lockard, my teacher from massage school, walked by a student one day and said, “your stomach.” It just hit him so strongly. The student had been experiencing stomach problems for weeks.

Massage therapists, I believe, must develop this talent to grow. We are not simply feeling for tight areas on the body; we are also sensing what is going on with the person. As an exercise, try putting your fingertips on the temples of three or four different people. You don’t have to move them, just see what you feel. You may be surprised to find that you can actually feel the thoughts whirring around. You may also notice that some energy fields attract or repel.

If you sense something about a person that you don’t like but you’re not sure why, this may be your intuition. Listen to it. You are probably sensing something the person did that you would disapprove of. This is why it’s so important to keep yourself free of negative people and experiences, and to be careful whom you let into your psychic world.