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**BOOK REVIEW**

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## **101 WAYS TO JUMP-START YOUR INTUITION**

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The author John Holland, has been lecturing, demonstrating and reading for private clients for over 14 years on intuition. He conducts workshops and assist people in discovering and understanding their own intuitive ability. He is of the opinion that intuition is our inborn ability and therefore it must be developed to its full promise. Author of two best selling classics 'Born Knowing' and 'Psychic Navigator', John Holland has demonstrated his special abilities with clients throughout North America, Europe, and Australia. He is a regular guest on radio shows across the USA. His story was profiled on CBS "Unsolved Mysteries", and the success of 'Born Knowing' and 'Psychic Navigator' has enabled him to captivate audiences in major part of the world. Holland advocates that everyone has psychic abilities. In fact we all have our daily intuitive experiences. We can develop, access, and above all, trust our intuition. In this book he created 101 different ways that would enable us to tap into this vital resource of 'intuition' one that is deep within all of us and that can be harnessed and trained to 'jump-start'.

The book encourages individuals to access, cultivate, and ultimately trust their inner sense of knowing. Whether delivered through bodily sensations, emotions, inner imagining or other antennae like the sixth sense. Holland affirms that every individual has an inborn guidance system known as intuition. However, noticing, developing, and acting upon the guidance can be another story, altogether!

Each mini lesson gives inspiration and motivation to the reader. Some major ones are as follows :

**Strengthening Your Aura - As I strengthen my aura, only positive energy can enter my space, and only positive energy can go out :** An healthy and conducive aura acts as a protective shield to help you stay emotionally balanced, mentally strong and physically fit to enhance your intuitive abilities. To strengthen your aura, maintain a balanced diet; try to get outdoors more often; breathe in clean, fresh air; exercise regularly; and go for a massage or bodywork. Take time

to rest, relax, and meditate regularly. All of this will help you in building your intuitive strength as you reinforce your precious aura.

**Communication: I express myself clearly, and I do matter :** The throat center represents communication, expression, sound, and creativity. We have the habit of not speaking up, which can cause blockages. Humming, singing aloud (the shower is a great place for this), and chanting can assist in balancing this center. Additionally you may gain from the resonating soothing blue color. Imagine a beautiful blue sky before you, breathe in this color, and let it surround you and move through this center. Ask yourself, 'Do I need to speak up or say something that needs to be said?' Express yourself!

**Seeing What You Feel: Everyone and everything is made up of energy :** Psychometry means 'measure of the soul'. It's the practice of holding someone's personal possession and then reading the object. It's as if you're sensing or seeing through your hands. Ask a friend for an object that belongs to someone else. Close your eyes and give off the information that's coming into your mind before your logical mind kicks in. What are you feeling? Are there any pictures, letters, words, or colors? Okay, now try holding someone's business card—and see what you feel!

Mindful breathing and visualizing the movement of light appear in quite a few of the lessons in the book. Holland appears to be a big proponent of those exercises. There are lessons on the 7 chakras (including a diagram in the back of the book) and the energy of colors. In fact, a chart explaining the meaning of ten different colors is also included.

Some of the lessons seem repetitive, even using similar phrasing. Also, quite a few of the exercises seemed to focus on visualization and manifesting your desires. While Holland provides some sound advice in these general lessons, the book is more useful for those unfamiliar with energy, chakras, intuition, and accessing the inner guidance.

While reading the book, I experienced his several "demonstrations" as real, where he totally took me away with his ability, his gift of connecting with spirit. The book has inspirations, encouragement and the inner guidance through intuition. Each page carries a different message and you can discover ways to use every one of them.

There are many myths that surround the ability to utilize our own psychic information. Many people feel and acknowledge that they have intuitive abilities. What they don't understand is that the only difference between being psychic and using your intuition is the level of trust you have that your intuition is correct. Trust is a major component when working with your psychic abilities. One must trust the information that is coming through - the feelings, the inner communication, the pictures and the "just knowing." By not trusting, you are in

essence invalidating the information that is coming through to you from your higher self, your guides, and the universe.

Our psychic experiences are controlled by the chakras. The chakras are energy centers within the body that processes information from the world around us. It can be compared with the aperture of a camera, in that they have the ability to open and close as they process information. There are seven major chakras in the body that run along with the spine. Additionally there are more in the hands and feet as well. Physiologically speaking, the major chakras are located where group of nerves meet to form nerve centers. They are also related to the endocrine system, which includes the adrenal, thyroid and the pituitary glands.

Clairvoyance is the ability to see pictures in your mind's eye. It is controlled by the sixth chakra, which is sometimes referred to as the third eye. It is our ability to visualize, which should not be confused with our ability to trust or validate what we are seeing. It is the most important tool you will use as you develop your clairvoyance. Working with your visualization skills and flexing those visualization muscles will make it easier for you to accept the information that comes in on psychic or clairvoyant levels.

Knowing is an ability of the seventh chakra. It is the ability to just know the stuff. The seventh chakra is located at the top of the head. When you work with information on knowing levels, you don't know how you know something, you just know. Since the seventh chakra sits on the top of the head, the body and the other chakras do not have the opportunity to process the information involved. You are saying something literally right off the top of your head. This is your knowing at work. As you validate each psychic experience you have, you may find that you experience one thing at one time, and then you might have a completely different experience the next time. Trust that each of these experiences is true for you. Keep with your integrity. As you will see, working with your intuition is very experiential.

Intuition is the language of the soul, and we're all born with the natural ability of an inner-knowing. As we go through life, we have an inborn tendency to pull away from what was once totally natural to us. This book reinforces the idea that intuition is a reminder of the power of human spirit, but more important, that when we listen to its advice, it can lead us to a life of unlimited potential and fulfillment.

The book brings into play, all of your senses in a simple and easy technique, to guide and help you to use your strongest sense of all, your intuition. As the author says, "We're all equipped with a complex and highly tuned inner-guidance system, which we can access and use anytime we wish. Receiving intuitive information is a combination of feeling about energy, people, places, and objects. Since you too are energy, you can receive and read information via your intuitive senses. So trust ... and give yourself the permission to explore, play, and

develop your intuitive ability so that you can see yourself – and the world – in a way you never thought possible!"

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