

Excerpt from *Journey to the Light* by George Noory and William J. Birnes

Chapter Three: Intuition

Of all the calls I get on the air and the letters we've received, and with the sole exception of seeing angels and the spirits of the departed, nothing, not even UFO sightings, is more prevalent than personal tales of intuition and premonition. In fact, the consistency of stories I receive about people exercising their intuition and premonition is so great that I would come to believe, even if I've not had my own personal experiences in this regard, that this is a sense that all of us have and all of us can exercise at will. And in *Worker in the Light*, we made a point to train people in learning to exercise their intuition so as to receive premonitions of things that are about to befall them.

My belief in the immediacy of the future and our natural ability to determine it, is so strong that even if there weren't years and years of real psychological testing and --I mean heard science-- to support me in this, I would still bet on this as a reality. Simply stated, all of us have the ability to foretell our own future even though in most of our daily comings and goings, we negate what we feel because we're either too afraid to take responsibility for our own futures or because the reality of our having that ability is so overwhelming, we reject it and cast our fates to the wind.

In *Worker*, I said that if I could do anything to help people's lives, teach them what I know, it would be to help people see their own futures, which are all around them, and get them to take responsibility for inhabiting those futures. I am not original in this belief. For thousands of years, people have appeared, in ancient literature, in the Holy Bible, and in vast lore of the paranormal, who have been able to tell the future. Some tell it through the interpretation of dreams, like Joseph in Pharaoh's prison; some tell it through communication with spirit guides, like President Lincoln's medium, Nettie Coburn; some are astrologers, like Ronald and Nancy Reagan's Joan Quigley, and some simply go into a trance state to shut out their analytical overlay from daily life and then see the future very clearly, like President Woodrow Wilson's Edgar Cayce and President Roosevelt's Jeane Dixon. Yes, American presidents, exactly like just about every political leader and the great kings in the Bible, take advice from those gifted with heightened intuition, seers, prognosticators, and, even prophets. And what all of these

gifted people with so-called *second sight* can do, my callers-in, our contributors, and I assure you, you can do yourself in your own life.

Do you think for even one moment that people get to the top by accident, that some of the great minds of industry and politics, that the world's greatest inventors and artists, make their incredible leaps just by chance or a throw of destiny's dice? I have said it on the air and I'll say it again here that there are no coincidences. I believe, and I know that I can demonstrate this, that people succeed in all their endeavors by intuiting the future, listening to that intuition exactly as if they were tuning a radio or television signal, and then acting on that intuition instead of denying it. Denial is defeat, embracing your intuition and your premonitions of the future are the keys to success. And this I can illustrate.

Among the key books that came out of the turn of the century was Napoleon Hill's *Think and Grow Rich*, a title far more inspirational than simply a manual for making money. Hill's philosophy, which you can still find promulgated on late-night infomercials today, was that becoming successful was not just a matter of birth, of luck, or of behavior, but of thinking that you could succeed, and acting upon those thoughts so as to make them come true. Norman Vincent Peale picked up on this with his *Power of Positive Thinking* in which he said, very simply, that thinking positively will make good things happen to you. And as we've all seen in the Law of Attraction literature, which has become so popular, this is their philosophy as well.

What they've said, we've said in *Worker in the Light*, and that's what our readers and contributors have said to us, that there are practical, basic ways to determine what is in your future. There are simple exercises to train yourself in listening to that intuitive signal that all of us receive every moment of our lives, even when we're fast asleep. These are practices which some of the world's largest corporations have adopted to train their executives into using intuition as well as bottom-line accounting to figure out what's best to do. Intuition has become so important in business that, a few years ago, when I read an article in the *Harvard Business Review* on trusting your intuition even when it seemed that you were paranoid, I know the world had changed for the better.

All this having been said, how can you learn to listen to your intuition, trust it, and become sensitive to premonitions even if you're not going to be a precognitive seer? Are there any really simple exercises you can do --non-stressful-- that will train you to see just how powerful your intuition can be if you can only learn to separate that intuition from the negative, skeptical, judgmental thoughts that the world imposes upon you? Here are a few from *Worker in the Light* that our own contributors have used to guide them.

First step is to learn to connect with a universe in which all things exist and all time is one. If you can begin to see not only that what you do today creates the future tomorrow but that the future that exists tomorrow has already created the things you do today, you can begin to effect changes. Sound paradoxical? Look at it this way, for there to be a past, there has to be a present and then a future. What if, rather than the past's creating the future, it's the future that creates the past? How can you test this out?

We demonstrated both here and *Worker* how one connects to the universe by choosing a mantra --a special phrase or word or prayer that only you know and which has meaning and resonance for you-- then practicing reciting that mantra to focus you and keep your mind from getting scattered all over the place. Then, we illustrated what controlled and focused breathing was and how by practicing it you would learn how to energize yourself and focus yourself at the same time. And we explained how reciting your mantra, over and over again, while you were doing your controlled breathing would begin the connection process. And then we added the technique of casting off negative thoughts by imagining that they were leaves floating down the stream. A negative thought comes in? Float it away. Now your mind is free to encompass the universe. In this state, you have but to imagine someone, a face, a voice, a personality, and you will be able, after some practice, to hear that person speak to you in an unguarded way.

You see, your mind already encompasses much of what that person is, albeit that things are in constant change. Much of what you believe true you simply deny because it is illogical to think that you can tune to a person's thoughts or personality. But as illogical as that sounds, by practicing this simple breathing and visualization exercise, you will see that logic is its own illogic. But this is only the first of many simple exercises.

Add to your breathing and visualization, the practice of asking questions of the universe. Visualize your life years from now. Visualize the way you enter relationships or the ways you deal with your job or your children. Don't force these things, but let them flow in such a way that around different thoughts, images will pop up. This is the universe talking to you. Once you see this, don't deny what you see.

You will read how one of our contributors was in exactly this same situation. He had the impression from the future that something was wrong with his ceiling and that it was about to fall down. Nothing the contractor could tell him about the soundness of the ceiling could convince him that his impressions were wrong. Very soon after his conversations with the contractor, conversations that got him nowhere, the ceiling fell down.

Another one of our contributors writes about how she was having premonitions of violence. In particular, she says, she saw her girlfriend getting ready for her senior prom but saw a cloud over her face and had the feeling that violence would befall her. Sure enough, that evening her girlfriend was murdered. This contributor's grandmother said to her that her gift was something that the Romany Gypsies call *The Veil of Death*.

Not all intuitive moments and premonitions have to be violent, however. And your inhabiting your future physically doesn't have to be the result of prolonged exercises. Many times you can practice intuition *lite* by throwing a question out there, inhabiting a space where that question can be answered for you, and by not considering the answer that you get very seriously as a particular future creating its own past.

For example, my friends were looking for an apartment in Manhattan. They scanned the newspaper for rent ads in the *Village Voice* and in the *Times* but found nothing they really liked. And everything was crazy expensive. Then a friend told them about an old brownstone apartment at the very northern end of the Chelsea neighborhood on the west side. So they made the trip in to take a look at it. On the one hand, it was perfect-- something you'd never find in Manhattan: three bedrooms and a living room fireplace. On the other hand, my friend's wife pointed out, the entrance of the building looked weird, spooky, like a scene out of the silent movie, *The Cabinet of Dr. Caligari*. The walls seemed to come together near the ceiling, what should have been parallel walls meeting to form an enclosure. She shuddered at the thought of having to go in and out of this hallway many times a day. As they were leaving she told her husband that she had a vision she couldn't erase of an ambulance crew making their way through the lobby with him on a stretcher and her adult children coming to the apartment to pack her up. Sure my friend contemplated the insanity of this remark. But he also knew that when his wife had a premonition that strong, listen to it because it was always right.

How you can apply this kind of lesson to your own life? You do it by simply going to open houses, real estate showings, which are open to the public. Just look for them in the real estate section of your local newspaper. Even if you're not looking for a new place, try this out. Find ads for places in neighborhoods where you've always wanted to live. Then simply show up at those addresses and walk in as if you want to rent or buy the place. Once inside, tell yourself you're now living there. This is your kitchen, your bedroom, your bathroom. This is where you get dressed to go to work in the morning, where you park your car, where you plop down at night to watch TV or cruise the internet. These are your closets.

Now ask yourself what kind of person lives there. Visualize the kind of family there and you're in that family. Is this a lifestyle you want? Can you inhabit that lifestyle? Now inhabit that lifestyle. You actually do live here. You're not a wannabe. You actually are what you visualize you are. Who are you?

If you go through this, what you find is that by inhabiting the future of living in this place, you are creating the present. You are letting the future determine the past, which, in fact, is the present. This is how it works. By being the person who lives in that house, you've made a number of choices, taken very clear steps to get yourself to inhabit that future. These are the steps you are laying out for yourself right as you visualize yourself in the future. It is the Law of Attraction at work for you, and you didn't even have to buy the DVD or get philosophical about it. And you can try this any weekend you want to or feel you need to.

Our contributors have told us they can feel their premonitions come upon them at work, in their cars, or when they come upon various trigger moments-- events that trigger a visceral response. The difference between our contributors and most other people is that our contributors now understand what it takes to shoulder the burden of having premonitions and becoming precognitive and take on that responsibility for their own lives. You can do that, too. And once you do and once you see your own future manifest itself before your own eyes, you will understand the very same power that others have seen for thousands of years before you. That's why these stories of people who have had premonitions or have used their intuitions to guide them are great examples of living and working in the light.