

YOUR DNA AND INTUITIVE KNOWING

The Council of 12 through Selacia



On 24 January 2001, we entered what Chinese astrologers call the Year of the Snake. We haven't had a Snake year since 1989, but it's typically characterized by a year of relative calm after the previous Year of the Dragon. According to Asian astrology, there are twelve animals representing the different energies of a twelve-year cycle based on the lunar calendar. During Snake years, people are more likely to focus on inner growth, spirituality and discovering the reasons behind things in their lives. For many, this will manifest as a natural desire for increased intuitive knowing and for a more tangible connection to spirit. Intuition, therefore, takes center stage in this Year of the Snake. We will certainly benefit from an increased focus on the realms of being that are outside the five physical senses. In fact, the more we can connect with our intuitive nature, that unseen part of us that is beyond the linear mind, the more joyous our lives will become.

At this pivotal time for humanity, intuition and connection to spirit are increasingly important for advancing on your spiritual path. Each of you is traveling along a pathless path as you journey into your future. Your old, familiar ways of interpreting data and of responding to your environment will not provide you with the comfort you desire in these uncharted waters. You will need new navigational tools. With each situation that occurs in your life, you will find that it is your connection to spirit that will bring the chaos or conflict back into balance. Your new navigational tools will be focused on higher guidance, inner knowing and an unwavering trust in spirit.

You will not find answers for your moment-by-moment challenges in the normal places. Yes, you might discover the solution to some dilemmas by reading books, but not in the same way. This new way of reading is spirit-directed, with spirit showing you where to look and assisting you with the translation.

There will be moments in your future when the clocks seem to stop altogether, and you feel blocked from forward movement. During these

times, it is especially important to remind yourself that you *are* on a pathless path. In addition, know that you have chosen this. The only real solution in these times is *within*. When you surrender to spirit in these times, asking for guidance and opening yourself to receiving, you will find the answers, motivation and courage you seek.

If you feel blocked about your connection to intuitive knowing, ask to be shown what in your subconscious is the cause. We suggest you work with the tools you feel guided to explore.

Address the subconscious fears and beliefs that can get in the way of your connection with spirit. For the most part, you will be unaware that you believe these things because the beliefs are locked within your very DNA, oftentimes originating from a past-life experience or from ideas you have adopted from your genetic line of ancestors. Sometimes you have believed something for so long that it is carried on the soul level. Even core beliefs you have formulated during this lifetime are typically hidden from view!

Most children come into life with some knowing of their connection to spirit. Many of them see angels and have conversations with their unseen guides for a number of years before they are programmed by their upbringing to discount and doubt the unseen. You too might have had even more tangible connections to the spirit world than you can remember today. Your parents or other caretakers, due to their own doubts and fears, might have caused you to alter your beliefs about what is real. You could have been programmed from an early age to doubt your own intuitive hunches.

As part of that early programming, you likely were taught to look outside yourself for answers, and that you needed the validation of others. You might believe, for example, that others know more than you do. With this kind of belief system in place, you will continue doubting yourself throughout life, no matter how much knowledge or worldly status you acquire.

To increase your intuitive knowing, you will need to develop a more tangible, regular con-

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“To increase your intuitive knowing, you will need to develop a more tangible, regular connection with spirit. It will be important to set your intent and focus upon this task, reminding yourself of your priority to accomplish it, even when you cannot hear or see the unseen, when you doubt your connection or feel blocked in achieving the connection. . . . Spirit will be most easily accessed during those times when you stop long enough to hear the quiet voice within.”

nection with spirit. It will be important to set your intent and focus upon this task, reminding yourself of your priority to accomplish it, even when you cannot hear or see the unseen, when you doubt your connection or feel blocked in achieving the connection. It must be *your* decision that connection with spirit is a high-priority goal in your life. No one else can do this for you. Once you have set this as a life priority, you will then need to affirm it daily for yourself. Your world will provide plenty of distractions and obstacles along the way. A busy schedule, seemingly too hectic for any quiet time, is one example. The constant noise of radio, television and life's busyness leaves little room for connecting with spirit. Spirit will be most easily accessed during those times when you stop long enough to hear the quiet voice within.

At the core of your being, that part of you that knows truth, you are always connected to spirit. Each of you has a natural ability to communicate with and commune with the unseen realms. You do not have to be a channel or a psychic to connect with the divine. Since this connection is open to all, why do so many feel it is beyond their reach? Fear and doubt are key factors here, humanity having been conditioned for thousands of years to distrust the unseen.

Among humanity's specific fears and fear-related beliefs that block intuitive knowing are:

- I am afraid of the unseen.
- I am afraid of receiving new ideas.
- I am afraid that I might not like what I hear when I ask spirit for guidance.
- I am afraid of being controlled, manipulated, punished or restricted.

If you do not love yourself fully, you will be blocked in your connection with spirit. Therefore, consider whether you believe that you are worthy and deserving. Some examples of restrictive beliefs held within large numbers of humanity include:

- I am not worthy of communicating with my higher self.
- I do not deserve to connect with my higher self.
- I do not deserve to speak with angels.
- I do not deserve the love of an ascended master.
- I am not perfect; therefore, God will not communicate with me.
- I am not worthy of blessings from God.

It is common for people to set conditions and limitations when communicating with spirit. Your unseen guides have numerous methods of getting your attention! However, people typically limit the information they can receive by expecting to hear or see it in a certain way. Spirit can speak to you through the words or actions of a loved one or by directing you to read something in a book.

You might be attached to connecting with spirit only at certain times, such as during meditation, not allowing yourself to feel connected at *all* times. This is another way that you limit the possibilities.

As a result of life's conditioning, it is normal for you to have negative belief systems involving trust and truth. The following are examples of these belief systems, each having a direct impact on your ability to feel connected to spirit:

- I do not trust that I know truth.
- I must have my truth validated from an outside source to trust it.
- I do not trust myself to connect correctly and effectively with spirit.
- I cannot trust things that I cannot see or touch.
- I cannot trust myself.
- I cannot trust my body.
- I cannot trust God.

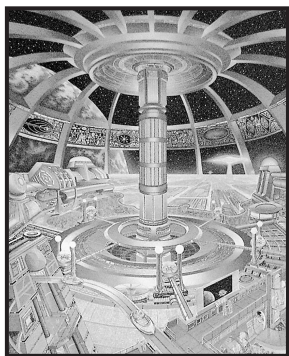
Intuitive knowing is also blocked by belief systems involving abandonment and victimization. If you have felt abandoned by God, even in a past life, you could have doubts that God will be here for you now. If you were victimized in the past by spiritual gurus and their fear-based programming, it might be difficult for you to trust any information coming from the spiritual realms.

Awareness is the key to healing all barriers to intuitive knowing. As you uncover your restrictive beliefs and fears, spirit can guide you in transforming them into positive, empowering belief systems.

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- **Apatite** is helpful for developing clairvoyance, clairaudience and clairsentience. It can assist you in connecting to the devic worlds and in providing past-life insights. It is useful in helping you to develop telepathy and for developing a state of oneness with your higher self.

- **Calcite** can assist you with connection to spirit. It is helpful for remembering information from your altered states of consciousness, including the dream state, meditations and channelings.

- **Lapis** can help bring understanding to esoteric wisdom. It assists with conscious attunement to your intuitive nature and is useful for making connections between the physical plane and the celestial kingdom.

- **Clear quartz** is excellent to facilitate communication between you and spirit. This includes receiving information from spiritual and unseen masters, teachers and healers. In addition, it can stimulate your psychic abilities.

- **Rose quartz** initiates self-love. This stone has a soothing, healing energy that opens your heart. Because it promotes receptivity to the beauty of the arts, it also can heighten your imagination. Any tool such as this—that assists you in developing more self-love—is helpful for increasing the connection with spirit. If you are unable to love yourself or if you are unable to fully receive love from those around you, you also will have difficulty receiving love from your spirit guides and teachers in the unseen realms. Love is the miracle energy that can transmute any and all of your pain. Love is the thread that can take you home to the love of your own higher self. Therefore, do not underestimate the cultivation of unconditional love within yourself.

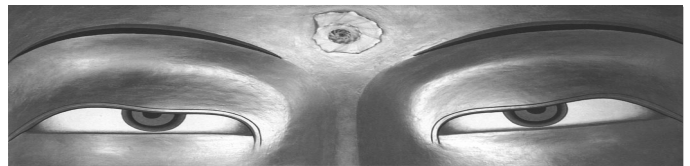
- **Selenite** can help you connect with your higher self. It is also helpful in expanding your awareness of the self, including accessing information about past and future lives.

- **Tibetan quartz** can help you to develop contact with the ancient cultures of the East, bringing you their mystical knowledge about life. Like clear quartz originating from other places around the Earth, Tibetan quartz is useful in enhancing your communication with the unseen realms.

- **Tiger eye** can enhance your intuitive abilities. Because it helps in balancing yin-yang energy, it can help balance both hemispheres of your brain, bringing awareness to perception.

Check in with your own intuitive guidance regarding crystals or other healing modalities that would be perfect to help you expand your intuitive knowing. Meanwhile, allow us to work with you in your dream state to help you reclaim more of your intimate connection to spirit. Trust that this connection is your divine birthright. We send our love to each one of you. We are the Council of 12. ✨

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