

[PDF] Awakening Intuition

Christiane Northrup M.D. - pdf download free book

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Description:

Awakening Intuition explores the idea that learning to use intuition and understanding its connection with memories, dreams, and healing can strengthen your body against disease and enrich your life. Using case studies, author Mona Lisa Shultz portrays her belief that emotions and diseases are linked, what areas of the body are affected by what kinds of feelings, and how we can tune in to the cause of an ailment. Indeed, Schultz describes curing herself of a brain disorder using intuition, and claims she keeps her Graves' disease in remission solely through this work.

Schultz's basic treatise is that the body is continuously sending us messages through symptoms and symbols to get our attention. By heeding these messages and using intuition to decode them, we can make changes that enhance our health and emotional well-being.

Schultz is a physician, neuropsychiatrist, and neuroscientist who has worked as a "medical intuitive"

for more than a decade. Far from claiming extraordinary powers, Schultz believes we are all intuitive and can train ourselves to tap into our resources. "It's a real down-to-earth capacity that is available to anyone willing to tune in his transmitter and listen in to what's being broadcast," writes Schultz. "The information it offers us is practical, and it can immeasurably improve and enrich our lives." --*Joan Price* --This text refers to an out of print or unavailable edition of this title.

From Schulz has an M.D., a Ph.D., and a positive outlook. As a child, she learned that showing how brainy she was was more acceptable than showing her intuitive power. Yet she gradually allowed intuition to become a major component of her medical practice, and this book reporting many cases of "medical readings" explains why and some of how she does this. Intuition is not rare. With practice, which Schulz describes, each of us can use it to improve life and relationships. Schulz draws on the body's emotional centers and the body's memories to assist her work, to which she brings acute observation, remarkable experience and memory, and deep empathy. Her novel attitude is shown by her speaking of a gardener as seeing that the weeds are too big rather than that the flowers need to grow bigger. She occasionally skates near the edge of credibility, though, as when she states that personality traits can cause parkinsonism. Basically, she encourages giving emotions full expression and living life positively. *William Beatty* --This text refers to an out of print or unavailable edition of this title.

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