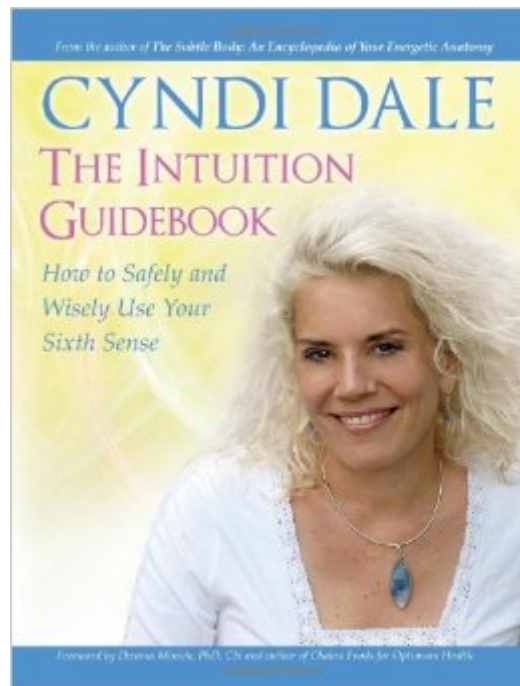


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# The Intuition Guidebook: How To Safely And Wisely Use Your Sixth Sense



## Synopsis

The Intuition Guidebook provides help for those who feel they are too sensitive, hearing things no one else hears, seeing things that aren't there, having dreams that come true--psychic. Dale leads readers through the gifts involved with being psychically sensitive, where each of these gifts comes from, and how to control them. Highlights are exercises to find psychic sensitivities, establishing guardians and focus upon protecting oneself and transitioning from sensitivity to psychic intuitive.

## Book Information

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## Customer Reviews

I love all of Cyndi Dale's books and lately each one is better than the one before. I have read a lot of books on intuition and psychic development, and have been left unsatisfied by many. Some are targeted too narrowly - they address only those with very strong abilities for example, or just visual clairvoyance (seeing pictures), or are for people with no sense of their intuition at all. Some do not feel safe to me - they do not emphasize boundaries, and so can leave people feeling scared or overwhelmed by their intuition. Many do not make the connection to spirituality that is important to me personally. Still others are too abstract and do not have concrete exercises and information. This book has it all. It includes everything Cyndi has learned, practiced, and taught over 20+ years. As she puts it, "This is my intuitive development bible - the book that I would like to have read years ago." Cyndi is unique in that she can both teach and write about intuitive development. I have found that many powerful intuitives cannot do this - their skills are so unique that they cannot really break down how it works, how they do what they do, in a way that is relevant to the rest of us, but Cyndi

really can. The first chapter includes a comprehensive quiz to help you identify the types of psychic sensitivity that you may experience. This initially provides you with a general sense of your sensitivity (or whether you have shut down entirely), and then later on in the book is used to help you refine your understanding of your gifts and challenges. The next few chapters provide a primer on energy bodies, energetic 'data', and establishing healthy boundaries, including specific practices for helping you develop safe energetic boundaries.

Stock up on your highlighters, and run, don't walk, to your computer to order this book! As a big fan of highlighting valuable information, I realized that after reading *The Intuition Guidebook*, if I continued to practice this habit, every page would end up being filled with that familiar neon yellow glow since it is all significant and intriguing! There is no doubt that this will be a useful reference guide for us all to use for a lifetime. I am truly grateful as this book contains many necessary nuggets of material that I have been anxiously awaiting without even consciously knowing it. Finally an answer to a lingering internal question I have had about why some of us were blessed (now I can comfortably say "blessed"! ) with being highly sensitive. Going from being told that I am "too sensitive" by insensitive people, to reading this enlightening gem of a book, I feel like I am being catapulted from self-doubt to the highest place of self-worth, along with the development of a very clear understanding about what to do with my "psychic sensitivity" as well as the guidance of how to nurture my intuitive development. The best part is that I am not done yet-not done reading this phenomenal book, and not done rereading it and referring back to it many times because hopefully, if all goes well, I am not done growing! And personal growth and awareness, in my opinion, most certainly comes from gifts that special enlightened beings like Cyndi Dale have chosen to share with us all. I highly recommend *The Intuition Guidebook* to anyone and everyone, because life can be a tough road to navigate, and a tool like this one can truly help us on our path of discovery of a more fulfilling and meaningful way of being.

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