

# Experience Your Spirit In Your Every Day Life

by Sharon Anne Klingler

**1. To experience spirit every day KNOW YOURSELF AS SPIRIT EVERY DAY!**

See your world with the eyes of spirit. Make your decisions from the mind of your spirit. Live your life through the heart of spirit. And most of all, take action with the will of your spirit. Simply put, become who you have been forever!

**2. Hold forgiveness in your heart as a constant.**

When something disturbing happens, acknowledge your first emotional response, express those emotions (write a letter, punch a pillow, kickbox – just get them out!) and then forgive. And remember, if you are to truly recognize your power, recognize you can't be a victim unless you must see yourself that way. So, forgive others, forgive yourself, and treat yourself with compassion.

**3. Find the joy in everything you do,** even when you're in a hurry. Feel the soft fabric as you make your bed. Enjoy the caress of the water as you do the dishes. If you have a small and thankless task, find the joy in the completion of it. If you have an ongoing, joyless and continuously debilitating activity, consider what you need to do to change it. If you are always too tired emotionally or physically to enjoy the little events in your world, then consider what can bring you more energy, enthusiasm and joy.

**4. Engage and connect with the important souls in your life every day.**

Take some time each day to embrace and really listen to your children, spouse, friends and loved ones. When you look into their eyes, SEE the spirit who is there. Also, talk to your own spirit and to your spirit guides. Take the time to listen to them throughout your day. FEEL and KNOW their presence.

**5. Meditate daily.**

The still, small voice within cannot be heard while you are busy with activities or listening to the "news anchor" in your brain. There are many things in the world that can bring you to spirit – great works of art, beauty in nature, breathtaking music, walks in the woods, or inspiring books – but in order for spirit to reach you, you need to be still and listen. So, be still and listen!

**6. Live consciously and let go of control.**

Apply your awareness to each moment of your day. Make choices that honor your truth in your eternal spirit. Realize that you have absolute power to make changes in your life by changing your own thoughts and actions. You cannot control the thoughts and actions of others. And the more you try, the more you'll waste your own energy and the unhappier you will be. So, seek to understand. And what you cannot understand, seek to trust.

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# The Symbols of Your Intuition

by Sharon Anne Klingler

Your intuition speaks to you in many ways – gut feelings; recurring, compelling thoughts; and even physical sensations. One attribute common to all of these is the spontaneity with which they happen. It is the right-side, imagining part of the brain that is used in your intuitive practice. By using spontaneous visual imagery, you can tune in with your intuition at will. It's easier than you may think – especially if you don't think at all! Below is a guided imagery with intuitive cues. All you have to do is give yourself permission to trust your imagination spontaneously. Just notice the first sensation or image that immediately pops into your mind.

1. Think of your life and your work for a moment. Now, close your eyes and picture a path before you. (Paths are frequent symbols of your direction in life.) Notice everything about this path. How wide is it? Is it straight or curved? Is it even or bumpy? Are there any obstructions on this path? Notice everything completely. Which direction are you facing? What do you see around you, and how do you feel?
2. Now, imagine yourself walking down this path. Really put yourself there, and don't worry about making things up in your mind. (Worry is a left-brained experience that takes you away from the intuitive process.) Notice everything completely. Which direction are you going? Are there any difficulties in your movement? What do you see around you, and how do you feel as you walk along your path?
3. While you walk down your path, determine if your work place is upon it. Is it in front of you, behind you, or to the side? What do you see and feel about your work location on this path? Do you want to go inside?
4. Now, continuing down the path, you begin to see a garden. (Gardens are often symbols of creative projects or the flowering of love and relationships.) Where do you see this garden? What's growing there? How does it make you feel? Are you heading toward it or away? Are there any people there? Some may be friends or co-workers. Some may be loved ones who have passed. And there may be even someone you don't know yet. Who are they? If you were to go into the garden, what would you say to each of them? There may be other representations, too. What are they? Sense every plant, flower, and image. See this all completely. And notice how you feel.

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# Igniting Your Intuitive Abilities

by Sharon Anne Klingler

## How to Listen to Your Intuition (the Voice of Your Spirit)

- *Don't* analyze, criticize, expect, or invalidate your experience.
- *Do* imagine, sense, and TRUST your experience.
- Release the tendency to systematically deduce your answer.
- Embrace the opportunity to spontaneously perceive your answer.
- Use your imagination quickly, fully, and confidently!
- Close your eyes, and look with your heart.
- Listen inside for the first answer that comes to mind.
- Make yourself get an answer, even if it feels like you're only making it up.

## Intuitive Exercises:

**Yes/No:** Think of a situation you might like to pursue about which you're unsure. Hold it in your mind, and close your eyes. Immediately imagine a traffic light in front of you, and see which color you get. If you don't see a light, make yourself get yellow, green, or red, even if it's only one of those words. Green means go for it; yellow means proceed with caution or go slowly; and red means to stop and wait for a better time. (You can ask about it again later.)

**Relationship:** Think of a relationship in your life. Close your eyes, and take a deep, relaxing breath. Now, imagine a blanket wrapping around you. This blanket represents your relationship. What kind of cloth is it, and how does it feel? Is it smooth or rough, large or small, warm or of little protection? Are there any holes or torn edges? Does it cover you completely, or does it fall short? How does it make you feel?

**Work and Career:** Think of your present work. Really fill yourself with the feeling of it. Now, close your eyes and imagine a car. Make it real in your mind. What kind of car is it? How large is it, and what color is it? Is it in good condition? Is it moving or standing still? What do you notice about it? Now, get in the car. Are you in the driver's seat? If not, who is? Now, sense that the car is beginning to move. Imagine this completely. Soon you will turn onto a street. It could be a dirt road, a boulevard with fine buildings, a road under construction, a dead-end alley, or any type of road. Turn that corner now. What do you see? What kind of street is it? Even if you're not visual, sense it with your imagination. And notice how you feel.

**Your Life:** Hold the idea of your life as a whole in your mind and in your heart. Don't think of just one part of it, but think of all of your life in general. Close your eyes and imagine yourself walking into a great concert hall. What do you see and sense around you? There is an orchestra or a band on the stage that is making the music of your life. Notice everything you see and sense. Is the orchestra complete? Are there any empty seats on the stage? Is there any section of the orchestra that is larger or smaller than the others – or even missing? How do you like the music that you hear? Is it harmonious or strident? Is it strong or weak? Are any sections overpowering the others? How does it make you feel?

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# SPACE For Your Spirit

by Sharon Anne Klingler

Your spirit requires space in your life in more ways than one. First you have to make the space for your higher self in your mind. Turn your attention toward your spirit through meditation and frequent check-ins throughout your day. If you don't, you'll miss many wonderful opportunities and insights available to you. Also, you must make space for spirit in your schedule. Beyond the times you spend focusing your attention and listening, be sure to schedule activities that make your spirit light up and have a voice in your life. Do what your spirit loves, and you will NEVER be in the wrong place at the wrong time doing the wrong thing with the wrong people. (Guaranteed!)

Finally, it's vitally important to make your physical space reflect and inspire your spirit. 'Vitality' is the key word here, because if your space is toxic, your vitality will be low, to say the least. Here are some steps you can take in your home, in your office, and even in your car that can help you build an environment rich in joy and filled with the presence of your radiant self.

1. **Remove clutter.** Boxes, stacks, piles, heaps, mounds, and stuff you haven't used (or rarely use) don't belong in your living, working, or playing spaces. (If you're really honest with yourself, you'd admit that 80% of it doesn't belong in your storage space either!) Clear it out! It blocks the beneficial flow of energy in your life (feng shui). More than that, it's disruptive and wastes your time looking for things. It reinforces your attachment to STUFF. And it prevents your experience of beauty in your daily life. So, buy some file cabinets and storage bins. Organize what you must keep, and throw away or give away the rest.

Learn to put things away RIGHT AWAY; it makes far less time than always moving piles around or playing hide and seek with your \_\_\_\_\_ (keys, purse, papers, bills, checkbook, wallet, shopping list, etc., etc., etc.). Unlike most fill-in-the-blanks, you won't be asked to pick just one answer here. After all, someone who has a tendency to misplace one item frequently probably loses a lot of things on a regular basis. A person with a chronic pattern of losing things might be considered a loser in a very literal sense. Think about it! You wouldn't want a frequent pattern of misplacing things to tell the universe that that's who you are! So, be sure to create a place for everything and use it EVERY TIME!

2. **Let there be light!** Natural lighting is the healthiest – emotionally, physically and creatively; so, if you can, open your windows to the sunshine. Choose window treatments that please you aesthetically yet do not block the light when it's time to embrace the day. Try some stained-glass in your windows, too. Your spirit loves light in variety of colors! Try not to use fluorescent lights. There are many different lighting systems; so choose what's effective for you. And don't forget, candles. They're uplifting, and they really 'illuminate' the spirit!

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# SPACE For Your Spirit (page 2)

by Sharon Anne Klingler

When painting, use the colors appropriate to the function of the room – Yin's soft blues and greens for sleeping and meditating; Yang's reds, yellows, and oranges for creativity and exercise. Don't use red or orange in your kitchen or dining room unless you want to eat fast and, consequently, more!

3. **Beauty, comfort, and stimulation.** Fill your walls with pictures of spirit folk, inspirational people, and art that makes your soul sing. (Museum posters can give you world's great artists for a song, too!) Remove broken, uncomfortable, and unsightly furniture. Replace it with comfortable pieces that support your purposes for each room. Get the right equipment, too. From computers to faxes, from flip charts to your favorite pens in a dozen colors – have what you need, and love what you have! Also, make sure work tables have plenty of room to spread out, as well as the right drawers, trays and containers to keep you organized. Colors and curiosities also stimulate your imagination and your creativity. So, add fresh flowers, some favorite little objects, and even a few games and puzzles to your work table to keep break time in reach. (And give yourself permission to take plenty of breaks. Studies by the Learning Resources Group show that frequent ten-minute breaks to play games, do puzzles or otherwise 'divert' the brain increased learning effectiveness by 90%.)
4. **Breathe deeply.** If the room's too cold, those goosebumps you feel won't be from spirit's touch. The technology's available, so get what you need to breathe cleaner air and be warmer, cooler, drier, moister, happier. Fans, humidifiers, heaters, and air purifiers are affordable and can fix whatever air problem you might have. Green plants also help to clean the air. Unfortunately, they're easier to kill than a Heppa filter, but get plenty of them anyway because they lift the vibration and create great chi (energy). Aromas stimulate the imagination, connect you to different places and times, and can help lift you emotionally. So, experiment with aromatherapy, essential oils, and potpourri until you find your spirit's favorites.
5. **Music, music, music!** Play great music on a good sound system! You don't need to blow yourself away with the volume, just make it available when you're working and playing. The classics, rock, jazz, Broadway, whatever your heart's desire. With music in your space, there will be a song in your heart.

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# Exercise for Your Intuitive Muscles

by Sharon Anne Klingler

**Notebook News:** Carry a small notebook or journal with you so that you can write down the impressions you spontaneously perceive throughout your day. Record your impulses as they occur to you. Note what they are, when and where you were, and how you felt. It may seem like a burden to be jotting down little notes to yourself throughout your day, but it will take only a little time if you keep it brief (just a few key words). This notebook is not only for your intuitive messages but also for your feelings, observations, ideas and even new words and jokes. This exercise helps you to heighten your powers of observation; helps you understand yourself, your feelings, and your motivations; teaches you more about directing your mental energies; and builds a greater rapport with your spirit. Most of all, it makes you more aware of your thoughts and helps you choose those that nourish your creativity and spirit over those that lower your joy and well-being.

**Predict The Future:** This exercise is not meant for you to focus on your accuracy or attach to the outcome of your predictions. Your spirit lives in an eternal world unrestricted by time. To glimpse the future or the past, all you need is to engage your spirit mind. Quite simply, this exercise helps you practice moving back and forth in time. Each day make three to six predictions – a few words or short phrases about what’s coming to your personal life in the immediate future. Keep it simple, you don’t have to be Nostradamus. Just note a single symbol in your journal. Record each one on its own line leaving space for the result, if any. For instance, one day you may have a vertical column of three symbols that reads: “a heart; a surprise at work; water.” When you look back at that entry a week later, you may find that you received a loving message from a friend on Tuesday, a new computer at work on Friday and a broken pipe in the basement on Saturday. Or you may have experienced only the last two, but a month later you might get a call from a friend who tells you that you were on her mind that specific week. Remember, there is no such thing as “hits” and “misses.” You can never have an inaccurate symbol – only an inaccurate interpretation. The symbol’s meaning or the occurrence that it represents may only require time to give you an understanding of it. Another time “travel” exercise is to mentally go back to a distant place and time in history. Using all your senses, write a brief description of the sights, sounds, smells, and feelings of the place in your journal. Do this occasionally to broaden your experience of all times and places.

**Call a friend:** For your telepathic skills, do this with a partner. Pick a certain time during the day where you will each think of the other and sense what he or she is doing or feeling. Make a note of your impressions even if it’s just a single emotion. Check in with each other later. Do this for a month without any attachment to being wrong or right. The outcome you’re seeking is to establish a telepathic rapport with your friend. Over time, you’ll find the connection growing.

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# Intuition in Work, Relationships, and Life

by Sharon Anne Klingler

1. Think about the most significant relationship in your life. Close your eyes and ask your spirit for one visual symbol that can give you some insight about it. See or sense it spontaneously now, trust what you perceive - no matter what it is or how you get it. Even if it's just a little piece of a puzzle, what is it? How does it make you feel? And what does it tell you?
2. Now think of a work relationship. Hold this person in your mind. Go inside and let your intuition tell you one thing (or give you one image) to help you increase your understanding, communication, and co-operation in this relationship. What is it? And how do you feel about it?
3. Consider the person in your life – personal or professional – with whom you have the most difficulty. Think about this person's anger, intolerance, impatience, selfishness, or whatever trait you find difficult. Close your eyes and allow your spirit to share some insight about this person's unhappiness. What does this person lack? Does understanding this help you detach from this person in any way? Now, think of any possible lesson that this difficult person might be helping you learn. (Every situation is an opportunity to learn.) Take a moment to create a brief affirmation about this insight and lesson that you can hold in your heart whenever the two of you meet in your daily life.
4. Imagine a calendar on your desk that lists the top three things you have to do for work. Quickly close your eyes and look. What are they? Now imagine a calendar on your desk that shows the top three things you can do to meet your long-term career goals, and manifest your dreams. Close your eyes and look. What are they? How are they different from your first list? What can you do every day to take action on the second list?
5. Now imagine yourself entering a bookstore that holds all the books you need to create your deepest, innermost purpose. Close your eyes, and see yourself walking into this bookstore. Notice where you go. Take a look around you. Which section calls to you? Notice the books that stand out the most for you there. What subjects do they cover? Suddenly, you notice your own biography. Open it. In its pages you find the one way in which you will have truly made your mark on the world. Look and find your greatest contribution.

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# Billets

by Sharon Anne Klingler

*Billets* in the Spiritualist tradition means tickets or paper. It's a quick and easy process that helps you make intuitive decisions while taking your conscious mind (including your fears, doubts, and desires) out of the equation. And all you need is a few pieces of blank paper-and to trust every perception and image you sense.

On each of three different papers write down the name of a person or situation in your life about which you need some insight. Choose only one subject per piece of paper. Fold each paper in half, half again (separately – not together), and fold them in half again, so you can't see the writing. (Make sure each is folded in the same manner so you can't distinguish one from another). Mix them up, and then put a number on the outside of each paper. Put the three folded pieces of paper down, or place them in a bowl or basket. Pick up only one and hold it in your left hand. Putting yourself in a receptive state, go through the list, and let yourself perceive all the images and ideas that you sense for each one. Give your imagination the job, and trust everything you get. Use a separate notebook to write down your perceptions, identifying each group of images with the number written on the outside of the billet. Do this for each billet, one at a time. When you're done, open all of the billets to see what you perceived for each.

**Here are the symbols we used in this class. Write down all of the details you sensed with each.**

Your Life Path – with gardens on either side.

Traffic Light for Yes or No

Blanket of Relationships

Car and the Street – Career Direction

Orchestra – Concert Hall – Music of Your Life

Taste the Answer

Body Metaphors

Heart – Feeling Emotions

Coins of Value

Liquid of Your Job

Door – Your Direction and Opportunities

Book of Answers

Desk – With Calendar – List of Your Agenda Items

Book Store – Section in Store – Type of Books – A Book with your Biography

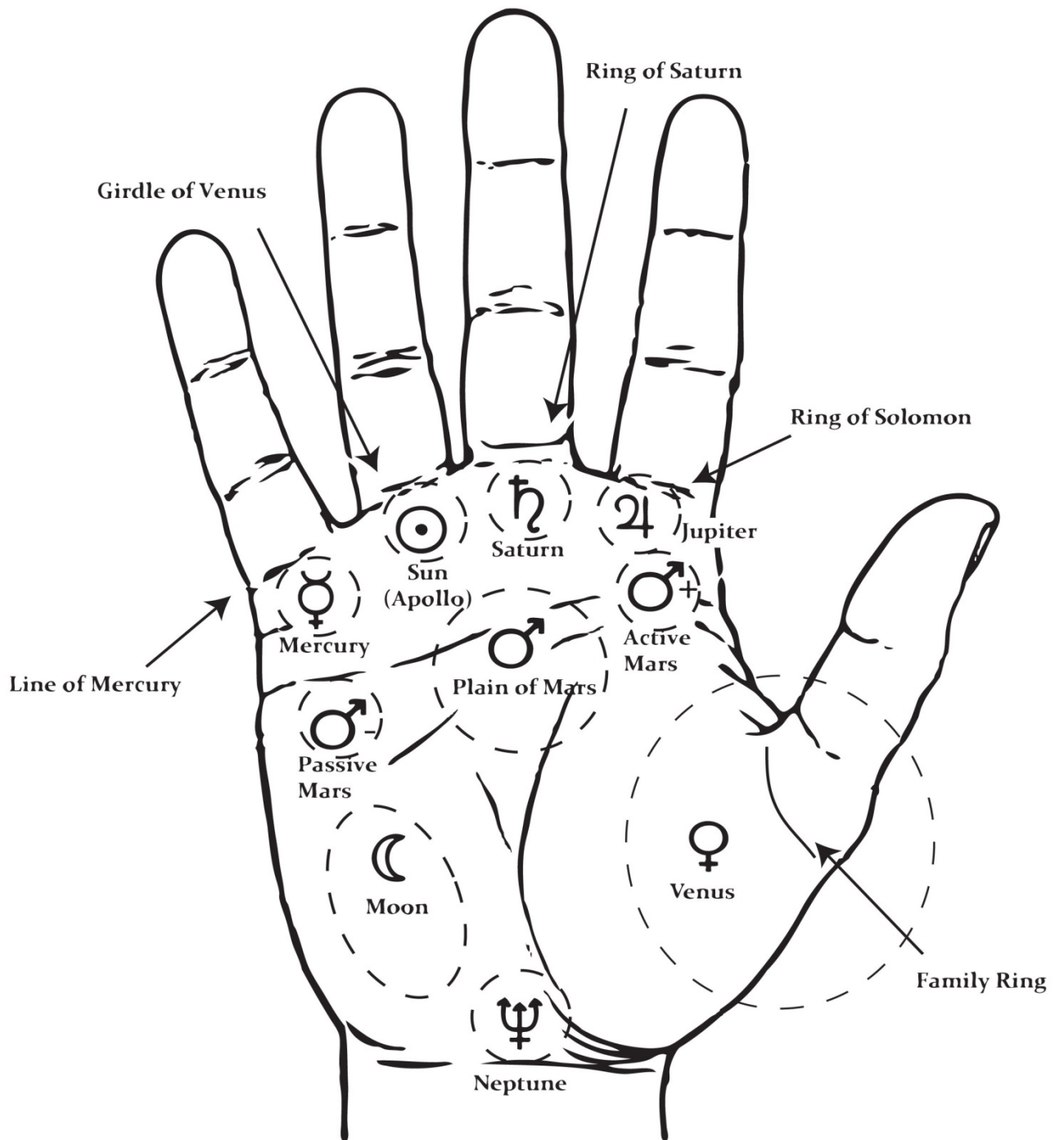
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# Esoteric Anatomy of the Hand



# Color – Chakra Chart

By Sharon Anne Klingler

| Color                 | Chakra                 | Ray  | Key Words   | Stones  |
|-----------------------|------------------------|--|---|---|
| Red                   | Root (1)               | 1. Power/<br>Will                                    | Power; Heat; Speed; Energy.   | Red Jasper; Bloodstone (green); Coral;<br>Ruby; Garnet; Fire Opals; Hematite.   |
| Orange                | Sacral (2)             | 5. Concrete<br>Knowledge                             | Warmth; Regeneration; Vitality;<br>Science; Logic; Detail.  | Carnelian; Some Corals; Some Fire Opals.  |
| Yellow                | Solar<br>Plexus (3)    | 3. Active<br>Intelligence                            | Healing; Creativity; Intellect;<br>Philosophy; Joy.   | Cinnabar (red); Citrine; Topaz; Amber;<br>Yellow Fluorite; Gold (also Scarab).  |
| Green                 | Heart (4)              | 4. Harmony<br>Through<br>Conflict                    | Balance; Healing; Peace; Expansion;<br>Growth; Abundance.   | Emerald; Malachite; Jade; Green<br>Tourmaline; Peridot; Chrysocolla; Beryl;<br>Green Fluorite; Moss Agate; Watermelon<br>Tourmaline; Turquoise. |
| Pink<br>( & Burgundy) | Heart (4)              | 6. Devotion/<br>Idealism                             | Love; Devotion; Family; Marriage;<br>Release of conflict.   | Rubellite (Pink Tourmaline);<br>Rhodochrosite; Rhodonite; Rose Quartz;<br>Pink Ruby; Watermelon Tourmaline;<br>Copper.                          |
| Blue<br>& Indigo      | Throat (5)<br>Brow (6) | 2. Love/<br>Wisdom                                   | Communication; Spirituality; Calm;<br>Psychism; Clairvoyance; Intuition;<br>Clairaudience; Christ Consciousness;<br>Unconditional Love. | Sapphires; Lapis Lazuli; Blue Topaz;<br>Sodalite; Aquamarine;<br>Blue Fluorite; Azurite.  |
| Violet/<br>Purple     | Crown (7)              | 7. Ceremony<br>& Ritual/Discipline<br>& Organization | Esoteric Power; Organization;<br>Transformation; Mysticism; Discipline;<br>Ritualism; Occult.   | Amethyst; Purple; Fluorite; Sugilite.   |

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