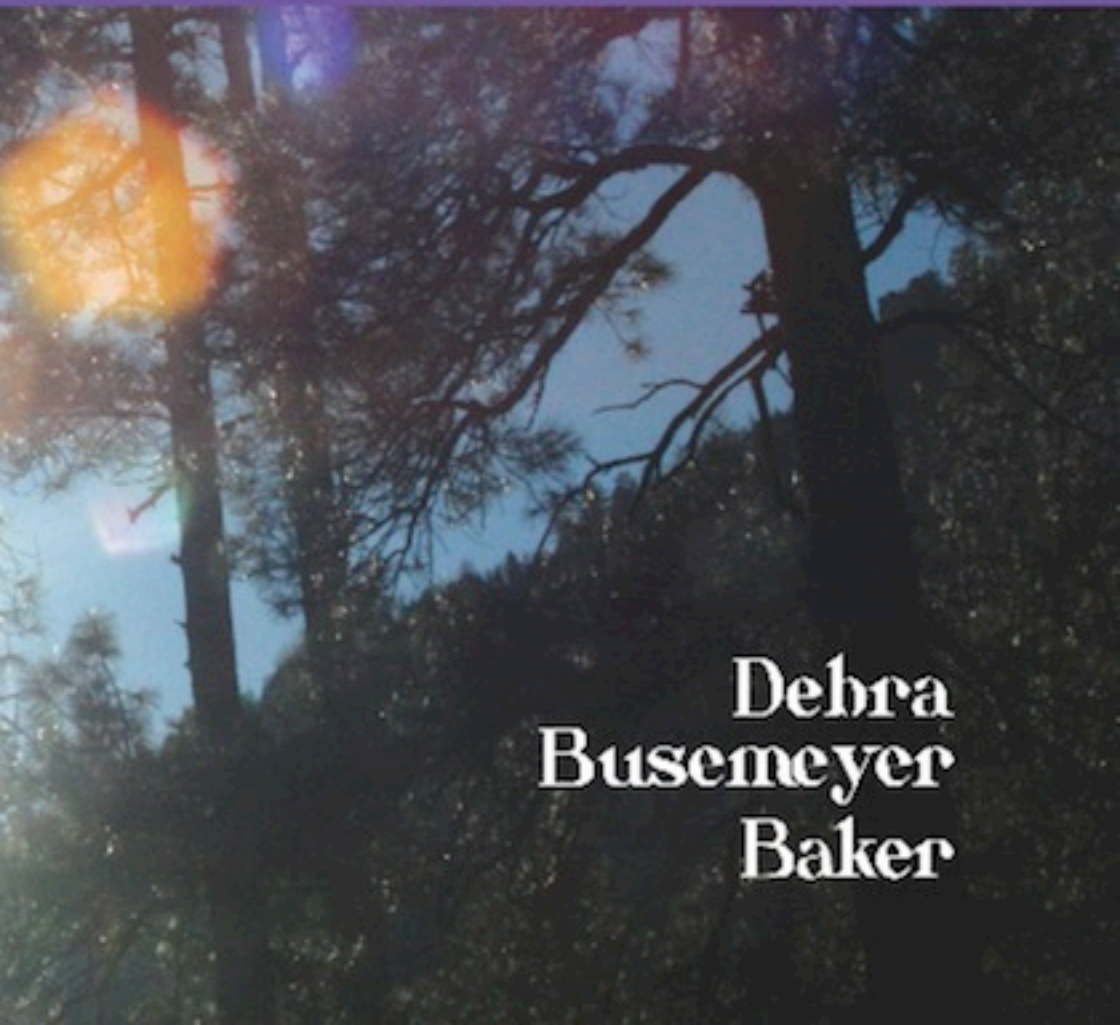
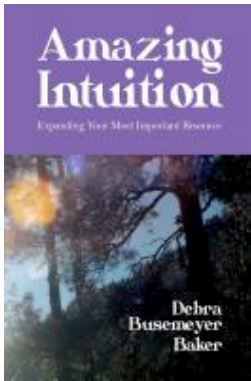


Amazing Intuition

Expanding Your Most Important Resource



Debra
Busemeyer
Baker



Amazing Intuition is a guide for tuning in to that 'still, small voice' within and creating a joyful life. In a step-by-step process complete with workbook pages, you will develop techniques for using intuition every day. The enlightening, entertaining stories will inspire you to glimpse the workings of your soul and find the Spirit that is your truest essence. Author Debra Baker's honest, witty style will lead you to discover that you, too, are endowed with **Amazing Intuition**.

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Debra Busemeyer Baker

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In order to maintain the anonymity of my clients, I have changed the names of individuals and places as well as identifying characteristics and details.

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First Edition

3

Tuning In

Picking up psychic messages is a lot like receiving radio signals. If you have one of those old radios where you turn the dial to tune in the stations, you can probably relate. One day your favorite station comes in perfectly clearly, the next it's a little fuzzy. Two days later, you have to move the dial to get it tuned back in. Intuition can be that way, too. One day you know every call before the umpire says, "strike!" The next, you can't find your car in the parking lot.

Sounds a lot like life to me. One day it's sunny and warm, the next the fog is so thick, your four-year-old daughter looks out the window and says, "Look! It's blurry outside." In short, there is a large portion of this *over which you have no control*. So you work on what you can, and realize that you won't be perfect.

I have been asked how it is that my guidance is so accurate during readings. I suppose practice and longevity has a lot to do with it. I've been reading for other people since that first automatic writing for Dad in December of 1988. That's a lot of readings, a lot of practice, a long time learning how to tune in, a lot of learning and listening and trust.

And I'll confide a little secret. It helps to have your back against the wall! While working my first psychic fair in Albuquerque in 1990, I was the "automatic writer." Others used tarot cards or crystal balls, or read palms. I

Amazing Intuition

used a pen and legal pad. People sat at my booth and I wrote down their messages for them. Once, after I handed a woman her writing, she asked if I could answer another question for her. She genuinely had something she wanted to know; I could sense she wasn't testing me and she would be okay if I said no. I thought to myself, if you're really a psychic, you ought to be able to do this. So she asked her question and I closed my eyes (it seemed like the thing to do!) and 'looked' for her answer. I shared with her the images that showed up in my mind's eye. And that was the start of my doing readings without the aid of a pen and paper.

The concept of having your back against the wall is why I assign partners in my classes and require readings to be done for one another. People will often be more willing to take a chance when someone else is relying on them. Human nature says we meet others' expectations of us, or at least try.

What Are the Psychic 'Radio Stations?'

People often talk about having a sixth sense, after the five physical senses. I'd say there's more like sixth, seventh, eighth, and so on. Pretty much, there is a psychic sense associated with each of the five senses, *plus a few more*.

- | | |
|-------------------|-------------|
| 1. Just Knowing | 6. Taste |
| 2. Gut Feeling | 7. Touch |
| 3. Sensing Danger | 8. Vision |
| 4. Hearing | 9. Emotions |
| 5. Smell | |

The vision and emotional senses will be discussed in later chapters.

Just Knowing

This sense is perhaps the most difficult to develop. While it can be pretty much “either you know something or you don't,” there can be shades of gray between the two extremes. Usually, a thought just “pops into your head” and suddenly you have clarity. Sometimes you have this vague sense of something that won't quite come into focus. Practice will help you tune in more clearly.

I was having a conversation with an old friend soon after I had started reading professionally. He was fascinated with my newfound abilities and very open to hearing whatever messages might come to me. We were discussing his sister and he asked me about her boyfriend. In a flash I knew that the boyfriend was married, obviously to a woman other than my friend's sister. I hesitantly asked and he confirmed. As soon as an initial piece of information is confirmed for me, it is often followed by myriad details such as, in this case, what both relationships looked like (a codependent marriage, a karmic affair, a 'fatal attraction'), what the likely outcome appeared to be, etc.

Once you become open to these messages showing up unannounced, be ready for the floodgates to open. You may find yourself knowing that your next-door neighbor is going to move long before the For Sale sign goes up. Or your best friend is going to change careers when she is at the pinnacle of her current one. Or your daughter's teacher is pregnant. The list is endless. It can be as simple as knowing which aisle at the movie theater has an open parking space, or which company will be receptive to your resume.

Amazing Intuition

It has been argued that so much of that is 'body language.' Maybe. I say, use every avenue of information that is available to you. Let the body language give you courage to say what you know to be true. "Your job / relationship / attitude is draining you. How can I support you?" you might ask a friend. You might just know that today was the last straw. Use that to help your friend.

Have you ever been talking to an 'upbeat' person whose smile seemed a little too bright? Or someone who said they were 'upset' but seemed to get a lot of secret joy in the retelling of their drama? I would suggest that you trust what you know to be true. Sometimes people lie to themselves. Not out of some sinister plot but because the truth is too much for their psyche to handle at the moment. In those cases, not only trust the information that you intuit about what is really going on with someone, but also take it a step farther. Ask Spirit what would be the best action for you to take or words for you to say to your friend. Use your intuition to know whether your friend needs a hand to hold or a little tough love.

Several years ago, there was some information that I felt I needed to share with some friends. It was pretty important to me, but I was unsure about sharing – whether or not I should disclose at all and if so was this the correct time? I prayed about it fervently. I asked that if I was supposed to share, that the opportunity would present itself and I would have a clear sense of doing the right thing. We found ourselves in the car together (an ideal opportunity, I thought). I started to talk, and my friend began saying something very negative about something unrelated. When we'd finished her topic, I tried again only to have her start to speak negatively about a different subject. I tried three times before I realized that

Spirit was guiding me, “now is not the time.” So I backed off and let it go.

There is great power in trusting what you “know.”

Gut Feeling

You have “trusted your gut” countless times. Oh, you may not have been aware of it at the time, but you have. 'Something' just doesn't feel right, you cannot explain just what or how. Maybe you actually feel it in your gut. Or something feels just right. *Intuition is a lot about trusting what you feel, even if you don't know how you have arrived at your conclusion.*

When I am teaching classes or speaking in public I always set my antenna so that I'm aligned with the highest good of all concerned. I find myself using examples I've never used before or bringing up a topic that was not on my agenda. This happens when I am doing guided meditations as well.

A few years ago I had a dream that my dad died. It was very real and my gut told me it was a premonition. My brother had a similar dream the same night, although our dad was in good health at the time. Since I received this information, I trusted it and acted on it. I went to see my dad in July even though I had just seen him in May. There was no rational reason to see him more often than I usually did. But there sure was this nagging feeling in my gut that I really wanted to deny but could not. Trusting my premonition resulted in my spending his last Independence Day with him, and we created wonderful memories that I will forever cherish.

Amazing Intuition

Usually, the intuition signals something less serious. A lot of people I have observed have psychic ability but call it business acumen. A friend I know worked for a loan company and he always knew which applicants would pay back their loans and which would default. He called it “good loan judgment,” but I believe it is psychic ability. The defaulters would look just as good on paper as those who would pay, but his intuition told him when it was a good idea to make the loan and when it was not. Probably you know people like this, who don’t necessarily feel safe with the label 'psychic' so they give it another name.

Parents are known for trusting their own intuition when their children's welfare is at stake. “No,” you can't go to the mall today,” you might say, feeling like a mean parent but trusting that your bad feeling about the outing is telling you something. One of my children is known for 'dodging bullets,' as I call it. The one evening he decides to stay home is the one where all of his friends get in trouble but he doesn't because he is safe at home playing X-Box. His Guardian Angel works overtime!

Which brings us to the next area of intuition that shows up just when you need it...

Sensing Danger

My first memory of this was in college late one evening while visiting another university and leaving a friend’s dorm. We had gone to some clubs earlier and locked our purses in the trunk of my car. As soon as I felt the cold night air hit my face, I had a bad feeling in the pit of my stomach. It kept getting stronger and stronger the closer we got to the parking lot where we had left the car. “Something's wrong,” I clearly remember thinking and

Chapter Three: Tuning In

don't recall if I said it aloud. When we got to the car, my instincts proved correct. The trunk had been broken into and the purses were gone.

If I had received the information in advance, while it would have been very helpful, I'm not sure I was at a point in my life where I would have trusted it. So tune in and realize that when you *avoid* danger, you may never know what might have happened if you had... gone a different way home, ...left earlier or later, ...taken a job, ...spoken up or not spoken up,

Last night, for example, was not my night to be in an auto accident. I took the back roads rather than the highway on my way home from leading a meditation at a local church. Enjoying the warm summer night with few cars on the road, I cruised along. Suddenly a minivan veered across three lanes of traffic and then stopped sideways in my lane. I slammed on the brakes and came to a stop just inches from her van. In my heart I know that what happened defied the laws of physics. There simply was not enough room for me to stop without hitting her, but I did. Thinking about it afterward, I wondered why I felt guided to take that path home, then I realized, no harm done. There was no accident. . *Kept out of harm's way.* Your guardian angels have been keeping you out of harm's way your entire life whether or not you realize it.

Once I witnessed this in my brother's dog. We were picnicking in the park when she unexpectedly stood up and looked at the road, the hair actually standing up on her back. She started slowing backing up, putting herself between the road and us. Moments later a car came flying around the corner, lost control, and stopped a short distance from our picnic table. None of us can recall

Amazing Intuition

hearing anything unusual, although her keen canine hearing may have, but she certainly knew something was up.

So when you sense danger, it can feel like the hair raising on the back of your neck or a low-level jolt of electricity or just a pang in the pit of your stomach, trust it and act accordingly. *Listen to your instincts and err on the side of caution.*

Hearing

Now we're getting to the 'stations' that correlate with your five natural senses. "I heard a voice." Sometimes we hear it as though it is spoken out loud, other times we 'hear' in our "mind's ear" ... a word, an idea, a message. Be assured, there is definitely a difference between the voices inside the minds of those who have mental illness, and the voices of your intuition. Chances are unless those voices are instructing you to commit a crime or hurt someone, they are your Spirit guides. Common sense is the key, of course.

The Out-Loud Voice

Once my brother was hooking up a car to tow it out of a snow bank on the side of the road. He was between his truck and the car. Suddenly he heard a voice yell, "Run!" He bolted across the street moments before another car came around the bend and crashed into the stuck car. If my brother had stayed, he would have been crushed between his truck and the car, which was badly damaged. When he walked back across the street to the accident scene, he asked the owner of the first car, "Who yelled 'Run'?"

“What are you talking about?” came the reply. While the voice was very loud and urgent to my brother, no one else heard it. We suspect it was my mother who had been dead for a few years, looking out for her son. To this day he insists he heard the voice out loud, and I’m sure he did.

The Inside-Your-Head Voice

Sometimes the voice sounds like that same voice we converse with when we talk to ourselves. I think this is the psychic voice most people hear. The one that says, “Shhh” when you're about to say something you might regret later. *The one that tells you to trust yourself.*

Once when I was driving cross-country, that inner voice told me to switch drivers at 2 am. I didn't see a desirable place to pull over, though, so I kept barreling through the night at 80 miles per hour. At 2:05 am, I passed a state trooper who was more than happy to collect on my transgression. If I had listened to my inner direction, it is likely that either he would have found someone else to give the ticket to, or it would have gone to the other driver in our car instead of me!

I had a conversation once with the husband of the first psychic I ever saw in Cincinnati, a woman who helped me a great deal with just a few conversations. We would go to see her in groups of two to four, and while one person was getting a reading the rest of us would have enlightening talks with the psychic's husband. He was very intuitive himself and would entertain us with stories. He knew a person, he said, whose telephone rang and when they answered, on the other end of the line was someone who had died. The two had a brief meaningful

Amazing Intuition

conversation, he continued. We were incredulous as he assured us that it had indeed happened to someone he actually knew.

Some months later I had a similar experience except instead of the phone actually ringing, it happened in my 'psychic ear.' When my second child was just 14 months old, I suspected that I was pregnant with my third. While I knew that I wanted to have another baby, the timing wasn't great. A 14-month-old, especially one who was still getting up at night and having ear infections and allergies, is still a baby in my mind and I wanted to wait a while to enjoy this little blessing before the next one came along. However, the fact that I was awake at 5:30 am had me wondering, and I got up to get a drink of water (to quench another early pregnancy symptom). As I passed the telephone, I got this sense that there was a message coming to me. In my barely awake mind, I played along. "Hello?"

"Debra," a very calm, comforting voice said. My senses heightened. I became wide-awake.

"Yes?" I answered in my mind, thinking to myself, *this is the voice of God!*

"You're pregnant." I let out an audible breath, almost a sigh. "But I'm going to take care of you," the voice continued. I looked at the phone, still in its cradle, then put my head on the kitchen counter and cried with relief and joy. I knew I could trust this voice and all would be well.

When the baby was delivered almost nine months later, the doctor said, "Wow, that was a textbook pregnancy!" I

had certainly been taken care of, as promised, and continue to be.

Smell

Psychic smell seems very real. When we smell something, it must be there, we think! Most often I have found this sense associated with loved ones who have passed away, although not always. What's fun is when several people smell something that is not there. When I lived in Albuquerque, we had moved into a brand-new house. No one had ever smoked there. One night not long after my mother, a smoker, died of emphysema, it smelled like cigarette smoke in my house. It was the first of many, many times when members of my family have smelled cigarettes in unlikely places (like church!) and known she was around. For my sister, when she smells cinnamon she knows our grandmother is around, just watching over us.

If you have a loved one who has died, think about what scent would remind you of that person. Chances are you have picked up on it when the source of the aroma was not visible, because the source was your loved one. Our loved ones do watch over us, and are invisibly around us.

Sometimes, the scent-message centers around someone who is alive. A client of mine in Albuquerque said she could smell her daughter's perfume whenever her daughter needed her. Invariably, the mother would call and the daughter would say, "How did you know I needed help?"

While I do not personally know anyone who works in the perfume industry, I am certain that when someone says,

Amazing Intuition

“They just have a nose for it,” there is more to their olfactory ability than meets the nose – a sense perhaps of the energy surrounding the scent, or its potential in the marketplace.

I think the possibility to receive insight exists even when someone asks, “Does this milk smell bad to you?” Your intuition is not reserved for only monumental events. *Pay attention. Messages are all around you.*

Taste

While psychic taste is not something I can remember experiencing, I can't rule it out. Just like the scent-testers, taste-testers most likely have an intuition regarding the bigger picture. “This product will appeal to the market we are trying to reach,” they may say although there is no logical explanation as to why they know it. And even if there are some statistics involved, I guarantee there's inner knowing as well. I also suspect that there are those who can pick up on things that supposedly have no taste, such as poisons or chemicals, although I currently have no proof. (Maybe I have read too many Agatha Christie novels!)

And then again, we have the milk example from above taken one step further. If something does not taste right, don't eat it!

Touch

Over the centuries, fortunetellers have been known to use this sense, asking to touch an object that belongs to the client, or belonged to the deceased if they wanted

Chapter Three: Tuning In

information about someone who had passed away. It is certainly fun to practice with objects that people give to you. My friend Kevin is quite good at holding an object and “telling a story” about either its owner or its history. In my work, however, this is not something I use very often to gain information, simply because my other senses work so much better.

My daughter used her sense of touch once while shopping at the age of eight. She planned to use some of her birthday money from relatives to buy herself a doll. There was a hidden prize inside some of the dolls, a free gift certificate for another “twin” doll. As she searched, she picked up one, then another. She had settled on one and then impulsively put it down and asked me to reach one high on the shelf. She held it for a moment and then said, “This is the one.” When we got home, not only did she get the gift certificate for the twin doll, but a bonus one for another doll, a triplet! Hence, “Michael, Michelle, and Melissa” were born – and she didn't even like dolls! I watched her closely while she was shopping and she was clearly relying on her sense of touch to “feel” which one had the hidden bonus inside the box.

My friend Robert says he uses a sense of touch or feeling to locate lost objects. While he doesn't actually touch something with his fingers, he instead feels a sensation in his body. He had lost his keys, which he knew were in his house somewhere. He stood in one room and asked Spirit to literally point him in the right direction. He could feel a pulling/pushing sensation in his body, which he followed down the stairs and right to where his keys had fallen out of his pocket!

Energy Work

While I devote a later chapter to energy work and healing, I want to mention that people, especially energy workers, can use their sense of touch to pick up on what is going on in other people's bodies. Energy work often involves the worker gently placing their hands on clients while they work on them. As they do so, they can actually feel dissonance in their hands, sometimes describing it like static electricity or a push-pull like you feel when you put two magnets together alternating positive-positive with positive-negative.

More often for me, I can feel it when a person really wants to accept the energy coming through me to them. Once I worked on a friend who had hepatitis C. When I placed my hands on his back, it was as though the energy was rushing through my hands and he was soaking it up like water in the desert. He remarked about it, too, "Wow! I can really feel it," he said. But the best part came a few weeks later when he got the results back from his latest liver tests and his numbers were better than they ever had been, having returned to normal levels.

When I use my psychic ability to 'diagnose,' I mentally tune in and scan the person's body in my mind. Then I feel in myself or see in my mind's eye what is going on with my client. I usually start my readings this way to allow Spirit to show us what is going on at the physical level. Since nothing is ever just physical, knowing that the person has excess energy in their chest might tell me they have a chest cold or asthma or sadness or grief in their heart. I use this often if asked how a person died. Sometimes I can feel the shortness of breath or pressure of a heart attack, which goes away as soon as I tell my

client about it. Fortunately, my guides only allow me to experience others' pain very briefly.

This technique can also be used with a photograph of a person. Lightly pass your fingertip over a photograph of a person and if you feel a change in the energy, note where it is on the body. It takes some practice to be able to interpret the information you gain, so keep at it. When I tried this with a photo of my mother, my finger felt repelled when it was above her chest, as though demonstrating the energy of the emphysema, which took her life. As I was writing this, I decided to try it out on some family photos. When I scanned my brother, I felt some static at the level of his ears. I called and asked him and he had an earache! You can also try it with photos of people at different ages, to see what was going on in their bodies at those times.

In A Nutshell

Now that you have learned about the psychic radio stations, have you begun to see which ones come in stronger than others? Perhaps your Just Knowing station provides a louder signal than your Gut Feeling. Maybe you can Sense Danger better than you can tune in to a psychic Smell. Have you begun to Hear voices – either the ones in your head or the ones that actually seem like they are spoken aloud? Maybe you have experimented with psychometry, holding an object in your hand and allowing messages to come to you. Or perhaps you have tuned in to a person's energy field and allowed yourself to pick up on whatever might be going on in their body. The photograph technique, scanning a picture with your finger, can also be helpful.

Chapter Three Exercises

1. Start taking notes of when you receive information. No need to share it with anyone, but pay attention to how you get the messages:

- Just Knowing
- Gut Feeling
- Sensing Danger
- Hearing
- Smell
- Taste
- Touch
- Vision
- Emotion

Just Knowing Here are some things I feel that have just popped into my mind:

Gut Feeling I can't explain why, but I have a sense that...

Sensing Danger What did you feel?

Hearing – Outside voice “I could swear I just heard someone say...”

Inside-Your-Head voice “What I heard in my mind was...” Ask your Spirit Guides some questions and see if you can 'hear' their answers

Smell Think about a deceased loved one and see if any phantom scents show up. Or see if you smell anything that does not seem to have a physical source

Taste Do you have any examples of when your psychic taste buds kicked in?

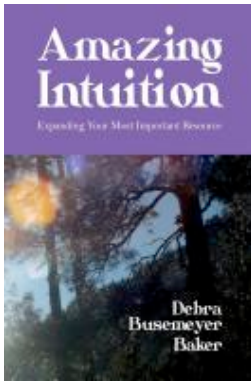
Touch If you have someone who will help you, you can test this with questions, such as... “One of my knees is hurting. Lightly place your hand on each knee and see if you can tell which one it is.”

2. Examine photographs of people you know to see if you pick up on any energy variations, then see if you can figure out what you were sensing



*I encourage you to
be persistent.*

TM



Amazing Intuition is a guide for tuning in to that 'still, small voice' within and creating a joyful life. In a step-by-step process complete with workbook pages, you will develop techniques for using intuition every day. The enlightening, entertaining stories will inspire you to glimpse the workings of your soul and find the Spirit that is your truest essence. Author Debra Baker's honest, witty style will lead you to discover that you, too, are endowed with **Amazing Intuition**.

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