



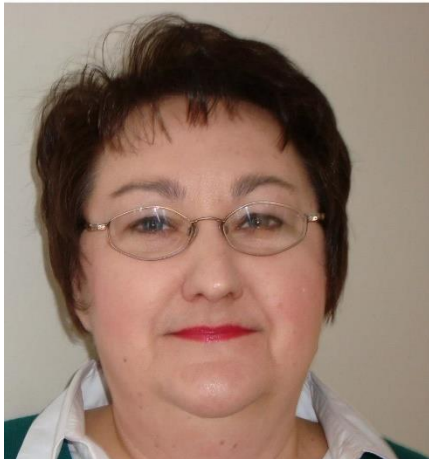
## **7 Ways to Receive Inner Guidance**

By Reverend Barbara Marie Babish, Ph.D.

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## About Barbara Marie



Hi I'm Barbara Marie. I have been receiving Inner guidance for many years and have become an expert in this area. It is my pleasure to share with you some of the knowledge that I have gained from my own experiences and from my university studies.

I enjoy the life purpose of assisting others in deepening and strengthening their own spiritual connection. All of my products and services and offerings have been divinely inspired, so I am hopeful that my offerings will touch your heart and your spirit.

I have learned over the years, that sharing my knowledge of Inner guidance with others fulfills part of my life purpose, and it has also helped many in a powerful way to fulfill their life purpose as well.

My hope for this short e-book is to give you some insight into seven of the ways that you may tap into your own "inner guidance." To me, this is the most important gift a person can have to grow spiritually. Tapping into your own inner guidance is the key to living a life of joy and magic! I wish that for YOU.

**Reverend Barbara Marie Babish, Ph.D.**

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## 7 Ways to Receive Inner Guidance

### Introduction- What is Inner Guidance?

I believe inner guidance comes from our inner spiritual gifts, as well as from what I call metaphysical tools. This all comes to us, in combination with God, the Universe, the Holy Spirit or Angels, Guides, or even the dearly departed. We can receive information from one source, or from many sources all at once. The bottom line is that we are getting help and guidance that is for our highest good. If we intend to receive it, it will come to us.

Receiving inner guidance is important because it is the best and most accurate way to receive guidance for your life. It helps you make decisions. It bypasses the brain and reasoning which is how we usually make decisions. When you are guided by your Highest Self and your inner guidance, you can fully trust in the answers you receive. You can go about your day without worry, knowing that what you do is for the best.

Learning to tap into your inner guidance can help you make decisions in regards to your life purpose, your home life, your business life, who to marry, which job to take or which house to buy and even which clothes to wear and which foods to eat! Your inner guidance can help you make all the decisions you need to make whether they are big or small decisions.

In this eBook, I am going to share with you three easy tools, that you can use today to receive inner guidance. This will help you make clear decisions for yourself and your family. After that, I will explain the four natural gifts that we all have and that can be expanded on and grown to a greater degree.

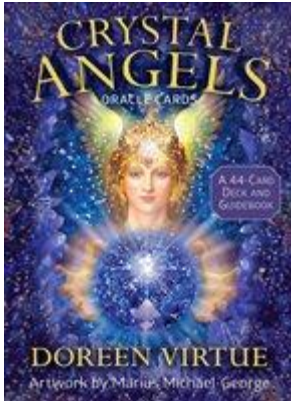
### Using Card Decks

There are many types of decks of cards that can be used to receive inner guidance.

When using the various cards like Angel Cards, Rune Cards, Animals Cards, Ascended Master Cards or other cards, the key to success, is in asking questions in the right way. If you do not ask the questions properly and accurately, the answers will not make sense. Many of today's professional "card readers" have extra gifts that help them interpret the cards for you, but just using the cards yourself can be extremely helpful.

The best and most accurate way to use cards for guidance is to take yourself to a quiet place. I believe it is very important to be well hydrated, so it will help you to drink a glass of water before you start.

Have the intention of receiving the highest guidance possible. Read the instructions that you have in the box with the deck of cards you are using. Each deck will have their own instructions, but they are all basically the same. Shuffle the deck to start.



You might wonder what to say next. For example, when using angel cards, you might say “Please give me an angel to help me today.” Whichever card you draw, is your angel of the day. Read the card about that particular angel and you will see how it fits into your life right now.

You might want to know your life purpose but in the case of using angel cards that is not the proper question to ask. You might ask “Which Angel can help me find my life purpose?” In this way you are asking the question properly when using the cards as a method to receive guidance.

In another example, you might ask a question where the answer is either a “yes” or “no”. In this case you would put half of the card’s upside down, or reverse some of them top to bottom, and then shuffle the full deck. You would then have the intention that the cards that are top side up will be “yes” and the cards that are bottom side up would be “no.”

So, to continue with this example you might say “I really don’t like my boss, is it in my highest good that I apply for a new job somewhere else?” Then you would proceed to pull one of the cards to get your answer.

You might want to ask the question, “Is it for my highest good to wear the yellow dress to my important meeting today?” After asking the question have the cards face down and pick one. You will receive your “yes” or “no” answer.

You can see that some of your questions will be very serious ones and other questions will be lighthearted. The accuracy of your answers will partially depend on how you ask the question and how well hydrated you are.

Many people use cards for their guidance and are very successful in using this one method.

## Using a Pendulum

A pendulum according to Wikipedia, is a weight suspended from a pivot so it can swing freely. You can use it for many things, but in this case, you will use it as a tool to tap into your inner guidance system. Anyone can use a pendulum as long as they are willing to trust the answers. We can also use it to verify answers that we receive in other ways.



A good way to use a pendulum and get accurate answers is to ask the right questions. They must be questions where the answer is “yes” or “no” or “maybe.” Once you get into the rhythm of using a pendulum it can be a great way to receive inner guidance.

Once again it is very important to be well hydrated before you start this process by drinking a full glass of water. The only thing that you will need is your pendulum. If you do not have one you can check online and find how to make one. It is very easy to do if you are using a piece of thread or a chain and a piece of your jewelry.

You would start out by holding out your pendulum in front of you by the thread or the chain and asking a “yes or no” question. It is always best to ask if it is for your highest good when you ask these questions.

Ask your pendulum to show you what a “yes” answer would look like. As you hold the pendulum up it will start to sway in a left or right fashion, or a forward and backward fashion or a clockwise circle or a counter clockwise circle. Then you would ask for your pendulum to show you what a “no” answer would look like. Take note of both of these because this is very important you need to know how your pendulum will speak to you.

If your pendulum does not move when you ask to be shown what a “yes” or “no” looks like, it could mean one of two things. It could mean in the answer is “maybe”, or it could mean that this is not a good time to ask that question. If the answer is a “maybe”, then you should rephrase your question to get the answer. If the pendulum does not cooperate then you know that this is not a good time to ask. You can confirm that by asking the pendulum “Is this a good time to ask that question?” You might then be given the “no” answer.

It takes some time to learn how to ask questions accurately and properly for this method of inner guidance to work for you. The pendulum can also be used with various charts to ask many different questions but that would be too detailed to give you here. Those charts will be available in my program called "How to Tap into Your Inner Guidance System".

Many people use the pendulum for their guidance and are very successful in using this one method.

## Muscle Testing

This is another way to get answers to your "yes or no" questions. You do need to be well hydrated for this method to work accurately.

There are several forms of muscle testing. One method is what I call the "swaying" method. It is best to be standing up with your back straight, for this method. You ask a question and then your body will either sway forward or backward depending if the answer is a "yes" or a "no." It might be wise to ask your body to show you a "yes" answer or "no" answer. In this way you will be clear on your answers.



Another way is to use certain fingers on your hands to create a circle that join each other. See the picture for a better explanation of this method.

I use my thumb and middle fingers on each hand. I join them to make what looks like two links in a chain. (In the picture they use two different fingers.) I ask to be shown what is a "yes." When the chain is joined, I try to pull my fingers apart as in breaking the chain. If the chain stays strong that is usually a "yes" for me. If the chain breaks easily that usually means a "no" for me. It is important once again to ask your own body to show you which is a "yes" and which is a "no".

An example of using muscle testing would be if you want to know something quick that can be answered "yes" or "no." If you want to know what to wear that day, you can ask "Is it for my highest good to wear the red dress today?" This can be answered "yes" or "no." You would not ask, "What should I wear today?" because this cannot be answered with a "yes" or a "no." You would keep asking about each specific piece of clothing until you got a "yes."



In all three of the above methods there is a proper sequence to follow to receive accurate answers. I give those in the full program that I offer.

Many people use muscle testing for their guidance and are very successful in using this one method. It can be very valuable to use one of these methods in order to test another to see if your answers are the same using two different methods.

I do this often myself to confirm an answer I received. For instance, if I used muscle testing to find an answer to one of my questions and I doubted that answer, I would use the pendulum to confirm it.

Now I will tell you about the natural gifts we have to receive our own inner guidance.

There are more than 6 ways, but only 4 of them are the most known. I will be giving you the four most popular ways here.

## Clairsentience

Clairsentience or “clear feeling” is the most known of the “clair” gifts. Some know it as “gut feeling” but many do not feel the guidance in their gut or stomach area. It can be feelings that you feel when you meet someone, or when you walk into a room or when you are looking for answers. You might feel happy, sad, or upset. You might feel that something feels good or bad. This all comes from your inner guidance.

I will use the example of when you walk into a room and you lose your energy or you just don't feel good. This is your inner guidance telling you that something is out of alignment with you. This does not make anything right or wrong. It just means it is not for you at this time. It may mean that there is a person there that you do not resonate with or it could mean that you are not to be there at that moment. It could just mean for you to pay attention to your surroundings.

At certain times under certain circumstances you may feel very hot or you may feel cold. This could be throughout your whole body or it could be just one part of your body. For example, your right hand might feel cold or hot. This is your inner guidance giving you a message.

Sometimes when a person is receiving a massage or an energy healing modality, they feel a great peace, over them. This might be a message that you are in the right place at the right time.

Sometimes the feeling we might get is what we call “goosebumps.” This could be a sign that something is in great alignment with you. It is a special message just for you that “this is good”.

There are many feelings that we can have and if we pay attention to those feelings, they will guide us.

## Clairaudience

Clairaudience or “clear hearing” is when you actually hear a voice, within you or within your head or even just outside of you. This is a great gift to have because it is the easiest to receive and interpret. This voice could be from your own Higher Self, your angels and guides or others who were in the spirit world.

There are ways for you to be sure that the voice speaking is someone that means you no harm. I show those methods in my full program.

An example of this would be if an angel is talking to you. You will hear a voice telling you something. It is wise to listen and then ask who it is, before you proceed talking to them. They can usually tell you many things, but you can also ask them questions, depending on who is there to guide you. If they speak to you often, you will be able to develop a close relationship with them.

I find it very helpful to have a pen and paper handy to write down everything they say. Sometimes it’s hard to believe and hard to remember, so by writing it down you can read it later. If this happens regularly it is wise to keep a special journal specifically for receiving messages.

## Clairvoyance

Clairvoyance or “clear seeing” is seeing pictures, or movies, or colors within you or just outside of you. Some see pictures that are projected from their third eye so the picture shows up on the small screen in front of their face. This type of Inner guidance usually needs some type of interpretation because you don’t always know immediately what the pictures mean.

Sometimes the pictures can be in colour or in black and white. Sometimes they might show up as the “negative” that was used in the past for developing film.

When seeing pictures, they can sometimes show as a single picture or a series of pictures or as scenes from a movie. These can sometimes be taken literally and other times they are symbols which need interpreting.

For example, sometimes when I work with clients, I close my eyes and the pictures come to me. Sometimes I know what the pictures mean and sometimes I don't. At times, I tell the client about the picture I see and they know themselves what it means to them.

Personally, seeing colours is one of my gifts. I usually know what the different colours mean for me. I know that when I see a green flowing cloud it means that I have tapped into love and personal power. I know that when I see violet I am connected to the Divine and what I call "the zone of creation."

When I see colours during the client session, I don't always know what the colour means for them. As I share with them what I see, they always seem to know exactly why I am seeing that colour for them.

When I see various pictures for my clients, sometimes I know exactly what it means and other times I don't. As I share what I see with my clients they usually know exactly what that picture means.

For instance, many years ago, I saw a blue rose. I knew in reality they did not exist so I let that picture go by, waiting for something else to be shown to me for this client. The blue rose persisted and stayed with me. So, I said to my client "I don't know why, but I keep seeing a blue rose. I have no idea what it means." The client started crying and crying because she knew exactly what it meant. Before her mother had died, she had written a poem about a blue rose. So, to this client it meant to her that her mother was here with us during that session.

## Claircognizance

Claircognizance or "clear knowing", is a bit tougher to recognize. It is when you just know something and you don't know how you know. You did not hear it from someone or you did not learn it anywhere. You just know that something is true. Usually one would have this gift in combination with some of the others.

Once when I had a vision of a man and a woman, that were back in the 1800's, I just knew it was my current husband and me being married in that life time, long ago. I just somehow knew it was us, even though it did not look like us, at all.

Another example might be was while I was in Los Angeles recently. I walked into an area of one of the hallways and there was a table and chairs there. I just knew that I was to sit there and wait for someone. I don't know how I knew that I just knew it. Someone came by and said hello and kept on going. Then I looked up and saw a young man walking towards me and I just knew he was the one I was waiting for. It turns out he was looking for me to ask me for a language of light session.

These "knowing" moments" may start sporadically, but if you have that gift you will experience it more and more often, if you give it your awareness.

## Conclusion

So, as you can see, the three metaphysical tools, muscle testing, decks of cards, and the pendulum can be very useful in receiving inner guidance. The four spiritual gifts of clairsentience, clairaudience, clairvoyance and clair cognizance, can be spiritually requested and you will receive them. It just takes attention and intention. We just need to ask for these gifts to grow and they will.

This is exactly what happened to me. When I first started "hearing voices" and talking to angels and guides, I learned that this was clairaudience. I took a program to help me develop this gift and all the other clair gifts were included in the program. Michel Green, my teacher and mentor told me that all I had to do was ask for more gifts. I did receive all of them, over the next year.

I have to laugh now, because at that time, having all of the gifts come into me, was very confusing when working with clients. I was hearing voices, seeing pictures, feeling things in my body and also had "knowing's," all at the same time! I changed my mind and did not want all the gifts! It was too confusing! Over time though, I was able to integrate all of the gifts and was able to really give my clients a much deeper level of assistance. I am happy now that I have all of those gifts, but I was not, when they first came in.

Note: If you found this eBook helpful you might also like my online self study program for finding your life purpose. You may find it here: [www.ReverendBarbaraMarie.com/Lpprogram](http://www.ReverendBarbaraMarie.com/Lpprogram)

If you would like to be on the waiting list for the full home study program called How to Tap into Your Inner Guidance, just email me and let me know. I will contact you when it is available.

You may use [revbarb@gmail.com](mailto:revbarb@gmail.com) to do that.

Blessings, Barbara Marie

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