

***Yes my dear,
we can talk to the dead...***

By Diane Marie Ford
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***What's Intuition Got To Do With It?
Part II***

As I entered into my late teenage years during the late 1960's, drugs and alcohol beckoned me. Again, my good friend, intuition, the friend I had previously cast aside in pursuit of finding myself, cautioned me to go slow, think twice, don't do it ... however, I loved living on the edge; throwing that caution into the wind (despite the wind blowing it back in face time and time again!). The more I threw caution, the deeper I buried my intuition until I could no longer hear, yet alone receive her advice. I had sent her packing! Oh, I am certain she continued to call out, especially during my times of dark despair, but I was too busy trusting me, flying solo. I had separated myself from my soul.

Many years later, during early sobriety, a friend made a statement to me, which continues to nourish me. It went something like this; "The longer you remain sober, the brighter your intuition will shine through." I remember finding that statement to be profound; quite mystical and very inviting. I began to pay attention to the signs. I set the table hoping for a visit from my intuition. I had coffee brewing 24/7, and I left the light on to welcome my intuition back home.

I cherished the time I set aside to sit in silence, pray and meditate and before too long, she began to make herself known. I acknowledged her presence. We were silently courting one another and it stirred my soul. I poured my heart into my writing and would journal for hours on end. Intuition joined me and came through loud and clear on the pages. We were cultivating a relationship which was followed by trust.

Trust for me was, and will always remain, the key. The more I heeded her advice, the clearer the course in which my life would travel became. My life really changed course when I began to accept my intuition. I was partnering with her and in more instances than not, I was heeding her recommendations.

As my spiritual practice deepened, so too did my intuition. I began to question her less and rely on her more, thus reaping the benefits of living a life in alignment of my soul's wishes. My intuition and I experienced a 'mind melding' of sorts. We now celebrate a perfect marriage, the foundation of which is 'trust'.

Do I listen to my intuition all the time? No. I remain the curious child and continue to question everything. I do, however, have a much better relationship with my-self.

Diane Marie Ford, CHHC, AADP, Nourishment Counselor & Spirit Medium is the founder of Whole Soul Nutrition™. Diane offers lifestyle and spiritual counseling; private readings and house parties. Her spirit reading circles ~ *Calling All Souls* ~ take place on Tuesday evenings.

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