



# Grow Your Intuition

*Free Sample*

**BASIC** Spiritual Tools e-book



Written by Karla Christine

[www.GrowYourIntuition.com](http://www.GrowYourIntuition.com)



BASIC Spiritual Tools

Table Of Contents

1.0 Introduction to Basic Spiritual Tools.....Page 2

1.1 Center of Your Head.....Page 4

1.2 Present Time/Creating & Destroying Roses.....Page 6



End of Free Sample

For the complete Basic Spiritual Tools e-book  
and accompanying mp3 voice files

[Please Click Here](#)

1.3 Reading Screen.....Page 8

1.4 Saying Hello to Yourself on the Reading Screen.....Page 11

1.5 Grounding Your Body.....Page 13

1.6 Your Aura.....Page 16

1.7 Your Chakra Body.....Page 19

1.8 Golden Suns.....Page 22

1.9 Your Energy Gauge.....Page 25

1.10 Yawning/Checking Out/Releasing.....Page 28

# INTRODUCTION

## BASIC Spiritual Tools

Hello! and welcome to your Basic Spiritual Tools. This Basic Spiritual Tools e-book will include written material for Basic Spiritual Tools #1.1 through #1.10 and detailed instructions on how to use both the e-book and the audio files.

Please use this Basic Spiritual Tools e-book as a reference and companion to the audio files for Basic Spiritual Tools #1.1 through #1.10. If you have not downloaded the audio files for Basic Spiritual Tools #1.1 through #1.10 from the website ([www.GrowYourIntuition.com](http://www.GrowYourIntuition.com)), please do so now as you will need them moving forward.

There is a 15-20 minute Basic Spiritual Tools “clean out” audio guide you may use AFTER you have completed the detailed instructions for each of the Basic Spiritual Tools #1.1 through #1.10 as part of your daily practice. There is no e-book to use as a reference for this clean out. All the audio material used in the Basic Spiritual Tools clean out is taken directly from the audio files and corresponding written material for Basic Spiritual Tools #1.1 through #1.10 provided for you in this e-book.

The ultimate goal is to learn to use these spiritual tools on your own without the help of the audio, e-book, or the 15-20 minute clean out. Learning to do them on your own will prepare you for moving on to the more advanced levels.

The ideal location to practice your spiritual tools is in a quiet place, undisturbed for the duration of your practice, sitting in a comfortable chair, your back supported, feet flat on the ground, legs and arms uncrossed, with your palms facing up in your lap. If you like, you may place a medium-sized, flat pillow on your lap, underneath your forearms, and use it to support your arms.

You will need to use a headset or the speaker phone option on your listening device to listen to the audio portion of these spiritual tools instruction.

I recommend you set aside the same time every day to practice your spiritual tools on your own without the use of the audio guide. In my own practice, I find the best time is right when I wake up. I also find it very helpful to set a timer for 15 minutes. If my timer goes off before I am finished, I start it again for another 15 minutes. I find this a very useful tool in keeping me honest and committed to practicing my spiritual tools on a daily basis.

For a more detailed description of the words or phrases you may not be familiar with used throughout the description of these spiritual tools, please refer to the Glossary of Terms page under the Resources tab on the GYI website ([www.GrowYourIntuition.com](http://www.GrowYourIntuition.com)) for a more finite definition of words like “energy”, “space”, “clean out”, “aura”, “chakras”, “reading screen”, etc.

Each of the individual audio files and the written instructions in the Basic Spiritual Tools e-book will contain detailed information on how to use each spiritual tool. After each new spiritual had been introduced and explained in detail, an abbreviated version of that tool will be continued in the following consecutive sections.

To begin our first session, please start listening to the audio file for Basic Spiritual Tools 1.1: Center of Your Head. You may also refer to this e-book for guidance and visual support while listening to the audio for all the Basic Spiritual Tools.

# CENTER OF YOUR HEAD

## BASIC Spiritual Tools

I would like you to situate yourself in a quiet place where you will be undisturbed for the duration of our session, sitting in a comfortable chair, your back supported, your legs and arms uncrossed, your palms facing up in your lap, with both feet flat on the ground. If you like, you may place a medium-sized pillow on your lap, underneath your forearms, and use it to support your arms.



In our time together in this session you will learn how to get into the center of your head and what it feels like to be there, centered and grounded, in present time, right here, right now, which is one of the most powerful places you can be.

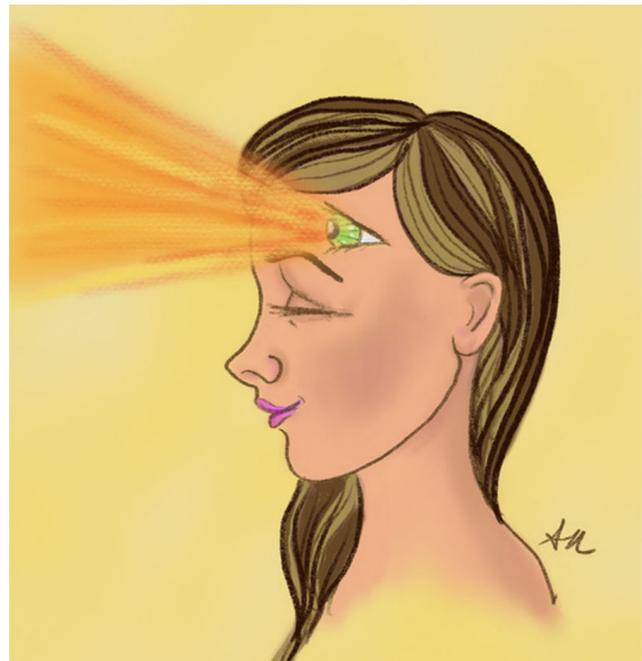
I would like you to take a deep breath in and out (breathe in and out) and close your eyes. Bring your attention to the center of your head. Ask yourself to be in the center of your head, behind your physical eyes. Feel yourself coming all the way back into your body, relaxed.

I would like you to take another deep breath in and out (breathe in and out), and I would like you to open your “inside eyes” while keeping your physical eyes closed. Your “inside eyes” are the eyes in the center of your head used to visualize and allow yourself to see around you, sensing AND seeing at the same time.

Visualizing is a technique used by many Olympic athletes and very successful and abundant creators to see themselves achieving their goals, like watching movies in your mind of what you wish to create. You will use your “inside eyes” from here on out to visualize the spiritual tools.

I would like you to use your “inside eyes” now and imagine you are sitting in a comfortable chair in the center of your head. Imagine that this is your control tower, that the center of your head is your command center, the place from which you can direct and guide yourself to be in control of the energy around you and within you.

After you feel settled in your body, your attention focused in the center of your head, behind your physical eyes, with your “inside eyes” open, I would like you to be still for a few moments, noticing your breath as you take long, deep breaths in and out (breathe in and out; and, again, breathe in and out).



Being in the center of your head, balanced and grounded, is the most

important first step in learning these spiritual tools. It is also good to get into the habit of checking in with yourself when you are not in a meditative state to see if you ARE in the center of your head. If you are feeling off-balance and out of sorts, you are most probably not grounded in the center of your being. So, stop what you are doing and take a moment to ask yourself to readjust and realign.

When you are balanced and grounded in the center of your being, calm and peaceful, you are generally better able to hear your own little voice within, your own unique and special intuition, guiding you to your highest good, helping you to make wise choices and good decisions.

How do you feel now that you know how to get into the center of your head? Do you feel more balanced and grounded? Do you feel more centered and clear?

Being centered and grounded like this, behind your physical eyes with your “inside eyes” open, is how we will learn, together, the remainder of the Basic Spiritual Tools, using your senses to feel and your “inside eyes” to see.

Now that we are at the end of this session, I would like you to come out of this light trance you have been in by opening your physical eyes, wiggling your fingers and toes, stretching your arms above your head, patting your body with your hands, and taking a deep breath in and out (breath in and out).

If you would like to do this session again, please feel free to do so. As we move forward, each OLD tool will be repeated more concisely and each NEW tool will be introduced and explained in greater detail.

**Next, we will move on to the 2nd spiritual tool of the Basic Spiritual Tools #1.2: Present Time/Creating & Destroying Roses.**

# PRESENT TIME/CREATING & DESTROYING ROSES

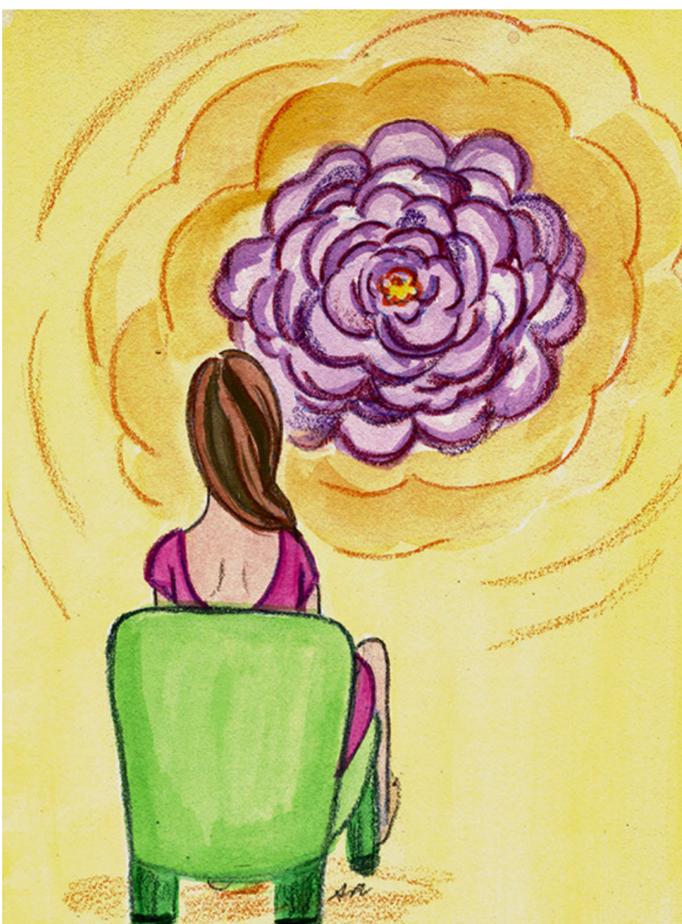
## BASIC Spiritual Tools

I would like you to be in a quiet place, sitting in a comfortable chair, your back supported, your arms and legs uncrossed with both feet flat on the floor.

We will review the spiritual tool you already know, being in the center of your head, using your “inside eyes”, and we will learn your new spiritual tool, bringing yourself into present time, creating and destroying roses and clearing unwanted energy out of the space around you.

I would like you to take a deep breath in and out (breathe in and out) and close your eyes. Ask yourself to be in the center of your head, behind your eyes, balanced and grounded in the center of your being. Ask yourself to come all the way back into your body and open your “inside eyes”. See yourself sitting in a comfortable chair in the center of your head with your “inside eyes” open, relaxing in your control tower, your command center.

We have finished our review of the spiritual tool you already know, and we will now move on to our new spiritual tool for this session, #1.2, Present Time/Creating & Destroying Roses.



I would like you to take another deep breath in and out (breathe in and out) and use your “inside eyes” to imagine a window in the center of your forehead that stretches across your entire forehead.

Using your “inside eyes”, looking out past this window in your forehead, I would like you to create a big rose in the space in front of you, on the other side of this window. Make it a bright, light, sparkly color like lavender, tangerine orange, lemon yellow, aqua blue, emerald green, or soft pink, a light color. No dark colors,

no white, and no black. See the color of that rose, see the rose facing you, fully open, filling up the entire field of your vision.

I would like you to ask this rose to absorb all you have experienced in this day so far. Ask for all you have experienced in the last week to be absorbed into that rose. Ask for all that you have experienced in the last year, the last 2 years, 5 years, your entire life time to be absorbed into that rose, bringing you into present time, right here, right now, the most powerful place you can be.

Ask for any energy you might have out in the future to come back and be absorbed by this rose, bringing even more of yourself into present time. Also, ask for any lower vibration entities or energies that are around you to be absorbed into that rose, clearing out the space around you.

I would like you to take another deep breath in and out (breathe in and out), and, when you feel complete, move this rose outside your space, way far away from you into the Universe, put a bomb under it, and blow it up. Watch it disintegrate into the ethers completely, noticing where in your body you feel the sensation of energy releasing.



You will be using roses for many things along your journey of learning and using these spiritual tools. You will use them to clean things off. You will use them to ground and clean out objects like your home and your car. You will use them to collect unwanted energy and separate yourself from negative energy.

We are at the end of this session, and I would like you to come out of this light trance you have been in by opening your physical eyes, wiggling your fingers and toes, stretching your arms above your head, and taking a deep breath in and out (breathe in and out).

Congratulations! Now you know 2 of the Basic Spiritual Tools.

**Next, we will move on to the 3rd spiritual tool of the Basic Spiritual Tools #1.3, Your Reading Screen.**



**For the complete Basic Spiritual Tools e-book and accompanying mp3 voice files**

● [Please Click Here](#) ●