



RETURNING

*with Rebecca Campbell*

A PODCAST TO RETURN  
TO THE WISDOM WITHIN

*Available on*



# THE KEY TO TRUSTING YOUR INTUITION

## *Episode Transcript*

Hey, it's Rebecca. Welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, we are exploring one of my favorite topics, which is intuition. And I am going to be sharing with you what I see as one of the keys to trusting your intuition. I've seen firsthand how this has really helped thousands of people really understand and deepen their intuition, even some people who might identify as skeptical. As always at the end of this episode, you'll find a guided Soul Inquiry for you to explore what your intuition has to say on the matter as well.

I know how precious your time is, so let's jump right into opening Sacred Space together now. In the center of your heart, imagine a beautiful flower with your breath, invite it to open petal by petal, revealing a light in the middle of your heart. This light is your essence, your wise, intuitive self. Invite it to step forward now. Beautiful and acknowledging the keepers and custodians of the land where you are, where I am known and unknown. Great. Let's begin.

So I believe that we are all naturally, innately intuitive. And while many of us have probably been raised in ways which might have caused us to disconnect from trusting our intuition, perhaps we have been taught to doubt our intuition, we can all still tap into it. I see intuition as being similar to, like, a muscle that we can work out. And so the more we use it, the more we end up trusting it, and then the more we trust it, the easier it is to follow it because we believe it. But yeah, the more we do work on our intuition and tune in to it, the clearer and clearer it becomes.

For anyone doubting their intuition or anyone who is unsure whether or not to trust it or you're doubting it, this is my biggest tip. So I believe that the key to trusting your intuition is understanding how you actually receive your intuition. And so let me explain what I mean by that. So I believe that the soul speaks to us through our intuition and that our intuition speaks to us through our body's senses. So it's actually our body that is intuitive, and it's through our intuition, through our body's senses that we connect in with our deepest desires. I call it the call of our soul. But there are many

different ways that our intuition may communicate to us through our senses. And it's important to acknowledge that we're all different. And so I'm going to be talking about the different intuitive senses. And with your intuitive senses, I want you to stay open to the fact that they may be similar to the actual senses that you have, like, hear and sight and etc. But they're also like an inner sense as well. And I believe that the best way to recognize and trust your intuition is to understand these different intuitive senses that I believe are constantly communicating with us.

For those who are new to the intuitive senses of the body, I want to give you a brief overview of the main ones. There is a lot but I'm just going to go the main ones now. And in my experience of working with people and also with myself, I believe that we tend to have, like, a primary intuitive sense and probably a secondary. But it's important to know that we all have access to all of these senses in an inner sense way and can work on strengthening every single one.

Okay. So probably the most well known intuitive sense is clairvoyance, which is clear seeing. This is probably the most well-known intuitive sense. Generally, our clairvoyance will manifest when we can, when we see through our mind's eye or through our visions. So it's about an inner vision rather than necessarily seeing something physically in real life in front of you. If clairvoyance is your primary intuitive sense, you'll likely use language such as, oh my gosh, I really see what you mean. Or I'm really getting a vision for where you're going with that. So yeah, clairvoyance, clairvoyant people are big vision people. It's all about painting the vision of things and what you see. So, you know, if you close your eyes right now and you imagine a polka dot dress, maybe it's a pink polka dot dress and then now it's a gold polka dot dress. You're using your clairvoyance, your inner vision for that. So that is the first intuitive sense, clairvoyance.

The second most popular intuitive sense is clairaudience, which is clear hearing. Clairaudience really is our ability to sense things through hearing. Again, this could be through actually hearing something in reality, or it could be, more likely, or it's more likely to be through listening through our inner ear. People who have a heightened clairaudient ability may find that they're really hypersensitive when it comes to the sounds around them and may need to spend a lot of time on their own or in a quiet place because their ears pick up on everything. When I'm doing my writing, I often walk in nature because I find that the motion really helps. And as I'm walking, it's as if I'm being led by my inner ear to hear the whispers of my soul. If you've read my books, you probably know, I've told the story about how through walking in nature, it's, like, I started receiving, like, this thread of words which I would write down, and that's how I've written all my books as well. I definitely write through my clairaudience. And so, but it doesn't come in fully formed. It's, like, word after word after word, like I'm collecting little pearls and threading them on a necklace.

The third well-known intuitive sense is claircognizance, which is clear knowing. Claircognizance is the intuition that comes through the sudden, like, oh my gosh, I knew that would happen. So it's the inner knowing. Creative concepts and ideas often land within us, like, fully formed, and that's

through our claircognizance. So, you know, one second there was no idea, and then the next second, all of a sudden I've got a whole concept or an idea of exactly what I'm going to do in full. You can't explain how you know it, but you just do. So claircognizance can be one of the hardest senses to trust. Because it's a knowing it's easy to confuse it with your mind. So the difference between intuitive knowing and logical knowing or thinking. So claircognizance is all about the inner knowing that comes. It's like a gentle, deep, inner knowing. And, yeah, often people who are claircognizance, like, just had that, like, knowing that something would happen. Like they knew that we were about to bump into someone or that this person was going to call or that something would happen.

So the next intuitive sense is clairsentience, which is clear feeling. This really is a very common one for people who consider themselves highly sensitives or empaths. Essentially it's people who are able to pick up if there's just been an argument in the room. And I know if you've had that feeling before, if you've, like, walked into a room and you're like, ooh, what's happened here? Or the same thing can happen, like, if you go into, like, a sacred place, you can really feel and sense the feeling that has been in that room before. Clairsentience tend to really be aware of other people's energies and, yeah, as a result will likely need to, they're more likely to be introverted, more likely to need to spend a little bit of time on their own or in nature to just get back grounded in their own physical energy body.

So they tend to be the four main intuitive senses, but want to express that there are other intuitive senses as well, like clear touching, clear smelling, clear tasting, even. And so, yeah, just stay open to how you feel you receive your intuition.

While we all have access to all of these senses, in my experience, people tend to have one or two senses that are the strongest, that they receive their information, their intuitive information. And I do also find with myself, I tend to receive my intuition through one sense first and then the other senses, kind of, come in. As if, like, the senses are communicating with each other. Like helping to paint a fuller picture. So for example, I often receive my intuition through clairsentience first. So it's almost, like, this is particularly when I'm writing, so I'll, like, receive the whisper. Like, picking up those little pearls and stringing them on a necklace. And then I'll receive clairvoyance. I tend to do that a lot when I'm creating Oracle Decks. Sometimes the vision comes first and then I hear the words. And sometimes the words come first, and then I have the vision for it. Same thing with, like, book titles. I might get a knowing first and then the words come one after the other.

And so you may already be clear on how your intuition and inner wisdom speaks to you. Or maybe you're completely new to this. As always, know that there's no right or wrong way. We're all completely different. But yeah, I do find that understanding how you receive your intuition is such a big milestone in trusting it.

Soul Inquiry is a practice where we enter into a direct dialog with our intuition. Today's Soul Inquiry prompt is - what do you think is your strongest intuitive sense? And what is one baby step you can take to embrace that intuition, that intuitive sense a little bit more today.

Let's share a deep breath together as we close this Sacred Space we've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you love this podcast, leaving a review or a five-star rating really helps others to find it too. You can find the show notes from today's episode over [rebeccacampbell.me/podcast](https://rebeccacampbell.me/podcast). Thanks for returning.