



Awakening Intuition: Using Your Mind-Body Network for Insight and Healing

Mona Lisa Schulz, Christiane Northrup (Foreword by)

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In this groundbreaking, major work on intuition, well-being, and brain science, Dr. Mona Lisa Schulz reveals innovative, fresh, and exciting ways to tap into intuitions that have the power to improve your health and save your life.

Like *Spontaneous Healing* and *Anatomy of the Spirit*, this book gives new insights into the intimate connections between the mind, body, and emotions. Like *The Man Who Mistook His Wife for a Hat*, it provides astonishing new perspectives on what science has uncovered about the powers of the mind and cellular memories. Dr. Schulz relates how her clients have used intuition to gain insight into the underlying meaning of their life challenges, stories that will inspire you to learn your own body's unique perceptive language. By learning to read your sensations, memories, and the signals of distress and disease, you can strengthen your mind-body consciousness and empower yourself to create a healthier, happier life.

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From Reader Review Awakening Intuition: Using Your Mind-Body Network for Insight and Healing for online ebook

Amy says

What I loved about this book: It was a balance of physical and metaphysical science and how imbalances in your chakras or emotional centers, as the author calls them, can influence your physical health. Very well written, funny and entertaining yet intelligent and informative.

Shayna says

Great book for learning about mind+body health. She walks you through each chakra, the organs related to that chakra, and the balance needed to maintain health in each area. Filled with examples of her patients/clients, which really helps to illustrate.

I wouldn't say it has been helpful with intuition, I read this to learn about health. Although it outlines the importance of listening to your body as the intuition shines through with physical symptoms. It is not a guide to develop intuitive abilities. Great book though! I recommend for anyone interested in holistic health, mind+body medicine, chiropracting, etc.

Grace Dadoyan says

This book discusses the ways that our bodies communicate to us through the illnesses we manifest. The more in touch we can be with our intuition, the sooner we can hear the messages. The more we choose to ignore them, the louder the messages will get to get our attention. There's a chapter for each chakra and what illnesses are related to weakness or disturbance at each chakra. Everyone has intuition that comes to them in different ways. The book is less about how to awaken and develop your intuition and more about what intuition looks like, how to recognize it and work with it.

D. says

Read and take what speaks to you. Peruse the remainder.

Websterdavid3 says

Reading this book to learn how better to teach intuition (see "Practical Intuition" Laura Day, for one good way).

Turns out to be a very dense book linking chakras, body systems, and different ways of intuiting. E.g. your stomach might clench when you apprehend a certain illness in someone else; your hands tremble as you try to force yourself to do something that maybe is best left alone. INtuition as language of the body. Memory in

body.

i can't judge how well Mona Lisa integrates broad knowledge systems, in fact i skimmed.

Mona Lisa works as a medical intuitive over the phone, she also has a MD and collaborates w Christine Northrup.

Normalizes intuition as all do, "we all have" She says, "Sixth sense" in a literal way, makes sense. Mentions using intuition when intelligence does not work well. and says something very helpful "Wise mind" is combo of cognitive analytics plus intuition; neither alone is as powerful as both.

Says Mystical DOES NOT equal intuition. Dreams as intuition often.

Int-- visual, auditory, somatic

Deals, limitedly with crucial-- Resistance to one's own intuition.

Enmeshed family= family that feels each other's pain; bad? boundaries? Children as more powerful and frank observers; more open usually to intuition.

Also, tracks women's intuition cycles, based on menstrual. Menopause as unleashing intuition as direct current, rather than alternating. Interesting. Notes that men have similar, just less understood.

All in all, i found it a good book, with skimming. Not a teaching to do book.

Ho?i B?ng says

I like the idea and concepts of this book but not the way it was written.

Paulina says

I am a strong believer of tuning in to one's intuition thus my interest in books on the subject. The author of this book is an internationally known medical intuitive and even though she admits she can't flat out heal people through her intuitive practice, she does point out ways one can increase awareness to increase the healing process.

Brian Sturtz says

This is an interesting book. The author offers up evidence that human bodies (emotionally, spiritually, physically) are more connected then often considered. The author suggests that when we don't pay attention to our emotions then that emotional energy will go to one of seven areas in the body. Thus paying attention to our bodies (headaches, backaches, digestive issues, blood disorders, heart failure, cancer and so forth) can be an indication of being spiritually and emotionally out of balance.

Shanna says

Awakening Intuition is an incredible book that brings a scientific approach to intuition and opens doors for anyone to get in touch with their own intuition network. Mona Lisa took my breath away and this book helped me access parts of my intuition that has aided me immensely on my journey as a Reiki Master/Practitioner. One of the best books I have ever read on intuition. Five out of Five Gold Stars.

Dana says

Hmm. . . interesting ... This book is not as hokey as one might expect it to be. Just to keep your mind open and/or to open it more, it is worth considering if and how our bodies store emotions and memories. Could certain kinds of emotions/memories cause certain health problems? By the time you read this book, you will likely strengthen your belief that our bodies speak to us if/when we take the time to listen. The author is an MD and a PhD who is also able to read people's bodies via a phone call. I am not quite sure how she does that; the explanation for that is that she is gifted in medical intuition. Is it possible? Maybe. Read and see what you think.

T J says

This is a very technical book on mind-body by a medical intuitive. If you have a chance also catch her radio program on Hay house internet radio, she knows her stuff.

Robin Reichert says

TEN stars! One of my all-time favorite books for understanding how our minds affect our bodies and health! I've recommended this book to so many friends and clients I've lost count. Great personal stories from the author to introduce the concept. She then breaks into stories from others. Each chapter covers a different chakra (energetic centers of emotion) and the organs and parts of the body that are affected when that chakra is out of balance. When I first read the book it sounded hard to believe but I've since had many experiences that prove how important the body/mind connection truly is. Read it! It will change the way you look at life and how you deal with the difficulties.

Samantha says

Both personal and scientific, this is a compelling treatise on how to remediate and strengthen one's right cerebral hemisphere functions --and soulful centeredness --for purposes of preventing, and helping to cure, our physical and emotional ailments.

Lisa says

Intuition is the ability to make a correct determination on the basis of inadequate data

We are all intuitive

Our dreams tell us things

Need both Left and right parts of our brain to tap into intuition most effectively

Right brain is intuitive and left brain needs to piece information together and articulate it.

we need a balance between them

memories are stored in the brain and the body

Memories we retain have an emotional charge to them

If you want to get a sense of intuition and how to recognize it this is a good intro. she gives a lot of case studies and details on emotional centers.

Kristin says

How many stars to give? Did I "really like" this book or was it just "okay"? I really liked the information in it, outlining the chakras, or emotional centers of the body, and how they can influence physical health. I also really liked the idea that the author is a medical intuitive and can sense imbalance in the body or chakras. However, sometimes this book was just okay. I found the writing style a bit self-conscious at points and the author was overbearing and drove me a little crazy. So I "liked" it.
