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Using Your Intuition



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60 min Q&A interview with Lynn Robinson, M.Ed., President Intuitive Consulting, Inc., and expert of developing intuition skills in business



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By Jan H. Stringer and Alan Hickman

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...heart-
...business."
AN HICKMAN



A GUIDEBOOK FOR DEVELOPING
A HEART-CENTERED BUSINESS
H. Stringer and Alan Hickman
...Perfect Customers: The

BONUS # 1 RECORDING

60 min Q&A interview of Lynn Robinson by Jan H. Stringer



Guest Wizard Lynn Robinson on Intuition

Lynn Robinson is a bestselling author, speaker and leading expert on the topic of intuition. She works with businesses and individuals as an intuition consultant, offering insights into goals, decisions and strategies and teaches intuition development skills to those who want to enhance their effectiveness.



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"Intuition is a resource that, if nurtured, can lead to increased sales, profitable investments, creative inventions, successful hires, advantageous negotiations, bigger profits and increased accuracy in forecasting business trends". – Lynn Robinson

BONUS # ONE TRANSCRIPT

60 min Q&A interview of Lynn Robinson by Jan H. Stringer

Lynn Robinson: ... business today, or what could I do to attract more money, or what do I need to know about this client that I'm meeting with? Intuition often doesn't just go, "Here's the answer," but it often comes in in the really subtle ways: those images, and feelings, and words, and pictures. That just about sums up what I had talked about in a little more detail, but just to catch everybody up to speed there.

Yeah, OK. Well, I'm glad we're all here now. I didn't really introduce myself a whole bunch here to this new group. Maybe we can start off. We're doing it all backwards. You can introduce me now that I've been talking.

Jan: I know, I think I told somebody I like to read a book from the back first.

Lynn: There you go. So, that's what we're doing.

Jan: I'm just so glad that Lynn was able to be with us today, because it's a real honor. I revere Lynn, and she is known in the world, in fact throughout the world, as she's done a lot of work on a global basis as a leading expert on intuition. She

works with businesses as well as individuals, offering insight into goals and decisions, and teaching intuitive skills. She's also a successful consultant, a dynamic speaker, and has five books on intuition, where she's a best-selling author of those books. Lynn's been a professional intuitive advisor since 1987.

Lynn: Isn't that amazing? That makes me feel old.

Jan: Oh, no, that's been so long ago.

Jan: You started when you were 10!

Lynn: I know. That's right.

Jan: And, she is the founder and president of Intuitive Consulting, Inc. You can find more about her at www.lynnrobinson.com. I know personally I've had the benefit of being in some of your trainings, as well as reading some of your books. Also, you do consultations with business owners about using intuition, and consulting with them. I've found that very, very helpful.

Lynn: Yeah. Oh, great. Well, that's nice.

Jan: Thank you for being here.

Lynn: I have a new book coming out next month. I'm so excited.

Jan: Oh, good.

Lynn: It's called "Listen," and the subtitle is "Trusting Your Inner Voice in Times of Crisis."

Jan: Oh, yeah.

Lynn: I just got a copy of it on Friday. They sent me one copy to tease me here. It's sort of like getting a newborn after seeing it on the [laughs] ultrasound. It's very exciting. [laughs]

Jan: Yes, well, that's exciting.

Lynn: Congratulations.

Lynn: Thanks.

Jan: Congratulations. So, that's book number six?

Lynn: Yes, book number six.

Jan: Wow, I wonder how you do it.

Lynn: The other ones that are real popular are "Divine Intuition, " and that came out about 10 years ago. Then I did a business book called "Trust Your Gut: How the Power of Intuition Can Grow Your Business." So, that was my last book, "Trust Your Gut." That was more business oriented. But, I have a real passion for bringing spirituality into the conversation, because I think that intuition is sort of a compass of our soul, that when we pay attention to it, it really leads us in the right direction. So many times, when I'm working with a client intuitively, you kind of feel like, gosh, I just wish there was an [laughs] instruction book for what to do next.

Really, I think that's what intuition is, is when you pay attention to it, it really does point you in the right direction. Again, so many of the ways that we get that is simply through the feelings we have, and the sense of excitement about something.

I think a lot of us and the caller are probably entrepreneurs. I think a lot of us just wish that there was a big business plan that said, "This is going to be successful. Go do this." But, so often we just get the next right step. We just through our intuition think, try this, do this.

It's a way of living life, in a sense, that requires a lot of faith, because you don't necessarily have a five year plan, or a 10 year plan, or even a two year plan. Often, when you're an entrepreneur, and you're really trying to get a business off the ground, it's like all you know is what's the next right step.

That you can find through your intuition. It's what feels exciting, what feels interesting, what holds your interest, what won't go away, what's continuing to nudge you. Those are all things that your intuition is guiding you to do.

So, if that new idea, that something that you're excited about isn't going away, I think that's your inner compass, your intuition saying, yey, this direction is going to be successful for you.

I don't know about you, Jan, but I know one of the things that I have a real hard time with, with a lot of attraction stuff, is it often just seems like it's supposed to happen overnight. Like, OK, I'm visualizing it, I'm doing my meditations, and I'm writing my affirmation. How come it's not here yet?

One of the things that I found in my own work is that often it just takes time to manifest some things. I think that often the universe just kind of lines up exactly what it is: people that we need to meet, a foundation that we need to lay before that thing that we want manifests. So, kind of looking for evidence that those things are beginning to happen.

I think that's real important, and to not be discouraged that something doesn't happen immediately. I like that phrase, "God's delays are not his denials."

So, often as entrepreneurs, especially in this down market, we get so concerned. What if it doesn't happen? What if it doesn't work? You kind of need to just look for all the ways that it is starting to happen, and then it will eventually manifest for you. So, it's not a when is it going to, but how is it going to? I think that is a great attitude to have.

Jan: Yeah, some of the better questions ask how, than why, isn't it?

Lynn: Yeah, exactly, and what could I do?

Jan: A couple of questions. Some of our group had sent in some emails, and were asking some questions. We'll open it up to the group to ask more questions, too, but I thought these were great questions. How do you differentiate between intuition and wishful thinking?

Lynn: I know. It's called intuition for a reason!

Lynn: That only hit me about a year ago, that intuition and "intu-wishing."

Jan: "Intu-wishing"?

Lynn: It just never hit me, but somehow they way I said it one day was like, "Wow, that's really similar." It is very close, because when you're enthusiastic about something, you wish for it to happen, you're hoping for it to happen. What better thing to go for than what you're wishing for? So, it is very closely aligned. I think that if you're excited about it, you're wishing for it, you're enthusiastic about it, those really are all clues from your intuition that you need to move in that direction. And again, it may not happen overnight, and I think having that attitude of how can I make this happen, rather than gosh, this is just wishful thinking.

You know, it's not going to happen for me. It's really just continuing to persevere, particularly if that wish keeps coming back to you.

Jan: Like, if I had a goal, let's say I called it a goal that I wanted to win the lottery, and I feel real excited about it, it's still a lot of wishful thinking in there, isn't there?

Lynn: Well, I always try to not try to figure out the how what I want is going to happen, but I try to figure out what I want is going to happen, but I try to figure out what is it that I want. So, in this case, you might want an abundance of money. Well, I think that's what's wonderful, is just to let the universe figure out the how it's going to happen. I'll just give you an example from...I really kept wanting to have...to win the lottery or have a whole lot of money so that I could do more travel. I really am passionate about traveling. And then I realized that I wasn't practicing what I was preaching.

I said to myself, look, you know, what you really want to do is travel, and why don't you just let the universe figure out the how it's going to happen? It doesn't have to come through winning a lottery, although that would be the easiest way, thank you very much. But, it may be that there's some other wonderful way that it can happen.

Well, I ended up shortly after that...I was doing some visualizing, and I was imagining traveling with my husband and really having a lot of fun, and shortly after that, it was probably a few months, I had this Japanese guy come into my office for a session.

And he ended up...it turned out that he was a best-selling author in Japan, and as I got to know him over several months, he said, "You know, I really would love to help you publish one of your books in Japan, and then I'd love to invite you over to speak over here."

And so that's what I did. So, for the last two years, I've gone over to Tokyo and Kyoto for several weeks out of the year, and somebody else is actually paying me to do that.

So, I think so often if you can really focus on the what you want and don't try to figure out how it's going to happen, that the universe just has the most amazing ways for that money to come in, or that whatever it is that you're looking for.

I was telling the group earlier before the rest of us joined the call, that I had originally been an operations manager of a software company. Before I got that job, I was unemployed for a really long time, and I really had barely two cents to rub together.

And the new job required that I be in a business suit, which is not really the wardrobe I usually wear, and I didn't have a single suit. And I was really freaked out trying to think, what am I going to do to get this money to buy this whole wardrobe?

And so I did what I just said to you. Instead of saying, oh, I wish I could win the lottery so that I can get this money, I just kept visualizing being beautifully attired and feeling very confident. And what happened next so amazes me. A friend of mine who...I was sort of a distance friend. She actually didn't know that I'd gotten this new job.

She called me up out of the blue and said, "Lynn, I'm going to be moving from Boston to Florida, and I think you're my size. I have all these clothes, and kind of business clothes that I'm not going to wear anymore."

Jan: Ah! That's great.

Lynn: "Would you like to come over and try them on?" Well, all of a sudden, I had about a dozen beautiful designer outfits to wear to my job. And I'm still to this day kind of astounded when those kinds of things happen. So, definitely, it was a wishing, but I think the universe just has so many amazing ways to help us attract money or attract relationships that...

Jan: Which are often even better than what I could have come up with on my own.

Lynn: Yes. You bet. It's not Ed McMahon showing up at the door with a Publishers Clearing House check, although I think he'd have to do that from spirit at this point.

Jan: Well, now, yes, at this point. It would be even spookier.

Lynn: Yes, that would be even weirder, but yes, the way I shared it with the earlier group, so I won't share it again, but my business started by meeting a "Boston Globe" reporter.

Jan: Oh, I was just getting ready to ask you this, yes.

Lynn: Yes, I had shared it with you. The nutshell version...I'll just give you the nutshell version. I had gone to see a career counselor in trying to figure out what I wanted to do, and I was visualizing having a successful business and doing affirmations. And a few months later, a friend of mine died, and I went to his funeral and felt very drawn to sit in this certain chair that was next to a woman I didn't know. I kind of heard an inner voice to tell me where to sit. And the short version of the story was that this woman ended up being a "Boston Globe" reporter, and she wrote...had a reading with me and ended up writing an article that I got 500 hundred clients in the next month.

Jan: Wow.

Lynn: So, again, it wasn't winning the lottery. But when I think about how many hundreds of thousands of dollars, probably millions when you think of it over 22 years here, that has been returned to me via that one intuition. You know, it wasn't winning the lottery, but it was sure damn close [laughs].

Jan: That was the lottery in my opinion.

Alan: And the long version of that story, Lynn, we have actually available to everyone in this class in the handouts and forms on the membership.

Lynn: Oh, great! [laughs] Well, there you go.

Alan: In the last interview you really expound exactly how that happened. I recommend that everyone listen to that, because it's really one of the most inspiring stories I've ever heard about making a transition from one business to another.

Lynn: Yes. I'm still kind of amazed at how that all unfolded. And I think...really, when I recognize that, if I can get out my own way and my limited mind trying to figure out how I can achieve something, I just think that the universe has so many amazing ways for it to be manifested, and even better way. I like to say, "God has a bigger plan for me than I can even dream myself."

Jan: Right.

Jan: Well, here's a question that I was wondering as well. Sometimes someone may go through an experience of feeling like I'm blocked, or maybe the intuition doesn't seem like it's coming through or I'm feeling like I'm blocked. Do you have any recommendations or thoughts about that?

Lynn: Yes, one of my favorite techniques is when you get up in the morning is to meditate, to pray, to center yourself, and just ask yourself, "What three things could I do today to..." And I would not say to get unblocked, because you really want to have it moving towards something so it would be to be happier, to feel more joyful, to get more clients, to attract the relationship I want, whatever it is that you want to fill in the blank there.

And then you just sit for a few moments, and you think, "What comes to mind or heart or feelings that makes me feel excited." And then you just kind of ask yourself that, because so often what I find, Jan, is that when people describe themselves as being stuck or in a rut, they can't figure out how to get...well, first of all, they can't figure out what they want.

And then, if they can figure it out, they usually start talking themselves out of it. "How is it possible for me to be an intuitive and make a living, " or, "How can I be a coach?" And "the business, the economy is so bad, and I probably can't do that. And other people are coaches, and they're not making any living." You start talking yourself out of it.

So, that's why I find people get into a rut is that they start talking themselves out of their dream. So, I want people to start talking themselves into it and saying, how can I manifest that thing that I want. And it's really paying attention to the...

Jan: I like that a lot.

Lynn: Yes. It's paying attention to really subtle things sometimes to say, you know, what's feels exciting today? And sometimes it's a matter of not making a five-year plan, or one-year plan or even a one-month plan. I mean, like right now with a new book coming out, I mean, I can, to be honest, start feeling real overwhelmed about that. It's because usually I, as the author, have to do a lot of the promotion and publicity, and you know, I don't have a huge budget to hire expensive PR people, and the publisher, frankly, only does so much of that, so I do this technique every day. I sit up, and I get up in the morning, and I say, "What three things could I do today to promote my book?"

And some days I may feel very drawn to work on my website, other times I might feel drawn to write some press releases or contact reporters, and I just try to pay attention to what those things are. And they get me A) out of a rut, and they B) get me out of a sense of overwhelm that I often can get myself into.

Jan: Right.

Lynn: And sometimes the question's just, "How can I feel at peace?"

Jan: Right.

Lynn: What could I do today to feel at peace or to feel happy? Because I think when you say, how can I get out of a rut? Your mind goes to I'm in a rut.

Alan: Right.

Lynn: We don't want to keep manifesting that one.

Alan: Yes. This is Alan Hickman, and what I'm hearing you saying really is kind of answering my question around....

Lynn: I knew that. I knew your question, Alan.

Alan: You know I really can relate to the distinction what's the difference between wishful thinking and intuition? And your answer to it really drew out of me this a-ha of my aspect of wishful thinking is I think I want to know the future. OK? I want to know what the price of heating oil is going to be tomorrow. I want to know whether the stock market is going to go up or down. I want to know what's in the future. What I'm hearing you say is that I create my own future, more or less.

That intuition is by focusing...by getting clear of what it is that I want and then focusing on that, that's what shows up in the future. Whether it's Ed McMahon you know or whoever delivering the lottery ticket or some investment that increases in value or however the solution to my being happier or my being more joyful or my having more money.

Lynn: Absolutely. Because it's kind of trusting the process of life. It's like trusting that, whatever ends up happening you are going to be OK and that you have that inner compass that can point you in the right direction again. That you are not off the path in the bushes somewhere.

Alan: God, the distinction of wishful thinking really is almost a surface value of what I really want. If I look at whatever it is that I am wishfully thinking about, underneath that there is a goal that I guess, a specific tangible goal that I can set and then my intuition in terms of what action to take to fulfill on that goal. Is that kind of what I am hearing starts to show up?

Lynn: Yeah, exactly. And I think that's why I call intuition the inner compass because when you do get clear what you want, your intuition will serve up the compass directions by a sense of enthusiasm or a feeling or an inner voice or a dream or anything like that, will start saying here is the direction you need to go in.

Jan: Right.

Lynn: So absolutely. You know I think you raise a good point, you now often intuition is so closely linked to psychic abilities and it seems like yes it's all about predicting. But I think if you set that compass direction to say, I want to feel happy, and I want to be prosperous and joyful everyday, then your inner compass is always pointing you in that direction. So all of what you want starts flowing in a much more synchronistic fashion.

Jan: Right. Here is something else that I was wondering. I know this year in many, many businesses, businesses as well as personal, people have been recognizing a change in their financial situation and I was just wondering can intuition help or assist people in digging out of a financial disaster?

Lynn: Yeah, and again, I think part of it is saying, not, why did I get into this situation or oh my gosh I'm in it or visualizing all sorts of bad things happening as the result of it. It's getting you focused in a new direction and saying, "What could I do to start attracting money right now?" Or "What's the best way to manage my money?" Or some question like that.

I think in some ways that this has been a very difficult time for so many of us. Especially a lot of us who are entrepreneurs and have found our businesses very profoundly changed. But I think also there is a really big power in it and that it's stripping away a lot of illusion for people.

I can't tell you the number of people who've said, "In a way I'm really glad that I've been laid off because now I can really give myself permission to do what I've always wanted to do."

And it's making those of us who are already doing what we want to do be much more creative about it and to reach out in some new ways and to really be clear about it is that we want.

So it can be a painful time.

Part of the book that I wrote, "Listen: Trusting Your Inner Voice in Times of Crisis, " was a lot of interviews with people who had gone through a very difficult time and yet when you talk to them on the other side of it that they had felt guided to do something very different and their life, ended up turning around being even better than it was before.

Having dugged themselves out of a rut financially or in a relationship or anyway. So I think life always, or the universe is always guiding you to come back up above the surface and be happy and joyful again and so sometimes it looks like a setback but I think it can be a comeback if you let it.

Alan: Well, just listening to your voice and to what you are speaking to here is moving and inspiring for me.

Lynn: Oh, well thanks, Alan.

Jan: Alan is the world's greatest cheerleader. [laughs] Now you know why I love him.

Lynn: Let's get a tape recording of Alan saying that. You are going in the right direction.

Jan: One other question, because, I think that trust is one of the critical factors in intuition. How can people learn to trust their intuition more fully?

Lynn: Good question. Yeah. Well, one of the things that I tell people is to just take a small step towards what you think your intuition is indicating. So say you're are in a job and here we are in a down economy, and your logical mind would say, gosh, not the time to leave my job, but it keeps coming back to you that you're really tired of your job, you're bored of it, you just don't want to be there anymore.

So I think that probably be an intuitive message but you've got a practical side that says I have to pay the mortgage and put food on the table and things like that.

So I would say take a small step to honor your intuition. It's not telling your boss take this job and shove it, it might be, I've always want to do x. And so it might be reading a book on it. It might be taking a class on it. It might be doing an informational interview with somebody who does this thing that you want to do.

It might be just taking whatever small step that you can think of that is honoring your intuition. And then keep taking those small steps.

I believe that if the doors keep opening up for you, you know that you're on the right track. But it's like trying an answer on for size is one way of thinking about it and simply taking a small step that is indicated by your intuition.

Jan: Right. Well I heard a rumor I have to ask you about. I heard you actually used your intuition to lose 30 pounds.

Lynn: I did.

Jan: And this time of the year I really want to hear about that.

Lynn: Oh, I know. And I have to confess that it wasn't pure intuition it was partly water aerobics and partly Weight Watchers. But I finally had to say, because I've struggled with these darn 30 pounds for a good ten years or so, and I just finally started to practice what I preached. And I said, "What is it that I need to do?"

I mean I could probably teach a great nutrition class. But what is it that I need to do that will help me get to a healthy weight? And as soon as I started asking that question I just found little flashes of insight and little synchronicities that kept pointing me in the right direction.

Like, I've got a gym that's right down the street from me for ever since I've lived in this house which has been about 15 years but I've never gone to it. And I don't really like the gym. But then I heard somebody telling me that they had a water aerobics class. Well that got my attention. That was fun.

And it was things like...then I got drawn to reading a book about anxiety and overeating. And I think well, if I can really look at when I'm overeating, that what I need to do instead is calm myself down and maybe do some meditation or talk to myself differently, that will help me.

So it was like I was kind of feeling very intuitively guided and I just kept asking that question, "What do I need to do to be at a healthy weight?" And I just found that people and books and classes and stuff really came out at me in a very different way than when I was asking the question, "Why can't I lose this damn weight, and what's wrong with me?"

So, it really was a very big shift in the question that I was asking, and I think really helped, ultimately. But it is challenging this time of year. I have to keep asking myself that question and setting that attention.

Lynn: I know. I need a lot of intuition to help me with that right now. So, let's see if anybody in our group here has any questions they'd like to ask. Is that OK. All right. Anybody have any burning questions or comments, anything? Now's the time.

Jan: Jan, you're doing such a good job asking those questions then.

Lynn: Well, I'm happy to ask more questions. I still have more.

Woman 3: I have a question. This is kind of...and it's kind of a specific question, so I don't know if it really applies, but a lot of people go to psychics, right? And I used to...I have a friend who's a psychic, and she used to...back when my life wasn't so great as it is now, I used to go to her, because I just wanted someone to tell me, "It's going to get better, " you know? I don't go to her anymore, because I know that I've created it to be so much better, and I'm the one creating my life. I know a lot of people who go to her, and they say that she's right on every time. Sometimes she gives me un-requested information. She'll tell me things that are going to happen, and it's always dead opposite of what happens.

Woman 3: So, I have this feeling that she's a great friend, but she's not a great psychic, and yet, for so many other people, what she tells them is really right on.

Lynn: You know, it's funny. I don't call myself a psychic anymore because largely of what you're saying. I mean, I'm such a strong believer in law of attraction. While it's a psychic skill set that I do use to kind of tune into somebody and see what's going on, I really do believe like you do, that the future isn't etched in stone. It's that we do have a lot of free will via our attitude, our expectations, the actions that we take. And so, a lot of times what I do, when I'm tuning into somebody is really to see where they're stuck. What's going on, maybe a belief they have that they're holding that's preventing them from achieving something they want or some way of looking at something that might be a little askew.

And it's also just helping people get clear what they do want, because I think so much of what Jan and Alan teach is that, when you get that clarity about what you want, your intentions, your goals, it goes a long way to helping you create it. So, that's a lot of what I do, and people usually come to see me when they're in the midst of change and transition and trying to figure out those next steps.

But, I tend to stay away because for the very reasons that you've just said of making those kinds of predictions, because I think that we have an enormous amount of free will in terms of how things unfold for us, and it's so intertwined with our attitudes and our beliefs and our expectations and our actions. So, kudos to you [laughs]. That's great.

Jan: It sounds like, Karna [sp], also you were really listening to your own inner guidance...

Woman 3: Right. Yes.

Lynn: ...about that, so that's really good.

Woman 3: Yes. And you know, I'm a coach that uses NLP, so I have a lot of skills to do exactly what you're talking about, help people understand where they're stuck, what's blocking them, what are their limiting beliefs, and then processes to change them. So, a lot of times I'm using very specific processes that I've learned, and they work great. But I want to take my work to a deeper level. I know that I'm being guided, especially when I'm in a session with someone, I can sort of feel and sometimes almost hear a voice that tells me what to do next. So, how can I grow that, so I'm not so...I'm not just always so process-oriented?

And then I want to take that into other areas. I'm going to start to, for the first time, be doing workshops in this area, and I really want to grow my intuition in all areas of my life.

Lynn: Well, I mean, obviously having that intention is probably a very big first step, but I would just ask yourself, like maybe before you go into a client meeting, or even as you're sitting there with your client, "What could I do or say that would be most helpful to this person?" And a lot of times when I do workshops myself, I'll sit in, and I'll kind of tune in and see what the general energy feels like about the workshop, because sometimes I'll go in with a specific intention in my logical mind, but when I start tuning into it, it feels like it needs to be something else.

And often I'll just be standing there giving the workshop and just kind of trying to tune into myself and say, "What I do need to say here? What do I need to do?" And the information will just start coming in. I'll get a flash of insight about something. But, my sense is that you're already very good at your intuition.

Woman 3: Well, you know, so, for example, I was in my yoga class the other day, and there was someone next to me who...we started out. She checks in and says, "What do you want to work on?" There was someone next to me who was almost in tears and later in tears, and she said there was something going on that was really upsetting, and she just wanted to get centered, and did she want to share it? No. And then later on, we were just doing the class, and all of a sudden, I just got this...just like somebody kicked me in the stomach, just a heavy...it just took my breath away. And we had just been doing abs, and I thought, "Oh, something really...something happened in my abs." And the teacher saw that something happened to me, and she came over, and I said, "Wow, that must have been from the ab work."

And she kind of whispered to me, she said, "No, you're so empathic. You've taken on something from the person next to you. Protect yourself." So, how do I know for myself? Is that just coming from my abs, or is it something that I'm picking up from someone else?

Lynn: Yes, that's a great question, and I have a boring answer for it, but I'll elaborate on it. Partly it's practice, because...and I tried it. When that happens to me, and it still does occasionally, I'll just say, "Is this me, or is this a loved one, or is this something else I'm picking up on?" And you know, when it's somebody else...I mean, it's like...what I do is when I start my day, I just imagine myself filled with light and surrounded by light, and I ask and part of the prayer is, "only that which is good and needful may enter." And I think that your teacher was very accurate and very right.

I think that what happens is you start tuning in and saying, "What's happening with her? I wonder what's going on with her?" And all of a sudden the information hits you, and you're more of a kinesthetic person, so you're going to get it physically. It'll come in, you know, that feeling of getting kicked in you stomach or something will happen.

And so then you just ask yourself, "Is this something that I need to know? Is there anything that I can do about this?" And if there's not, it just may be sending light to the person, and just surrounding them with light, but also just making sure that you're protected in that light as well.

But, my belief is, when you're doing that kind of work with someone, whether you're a coach or a therapist or whatever, it's partly...it's not...understanding that it doesn't help the other person for you to take away their pain that there's something that they're learning from it that you may not know right now, and your taking away their pain is maybe not the most useful thing to do. That's a hard reality. I struggle with that a lot, because I keep wishing I could just wave a magic wand, and get somebody out of their misery.

Jan: Boy, that is something I really had to learn a lot about. [laughs] So, that's really speaking to me as well.

Lynn: Yeah, that's something I really learned in writing and interviewing people for my "Listen" book, and I've seen it in the 22 years that I've been in business. When I first started, I was like, "Oh, my gosh. I can't believe this person's having such a hard time. How are they living with it." And then I would see them a few years later again, and that they had grown, they had changed. They've gotten more confident, or they understood that that difficult relationship they were in helped

them to see that they were worthy, that they deserved more, or that they got more confidence in themselves, or through going through a difficult illness.

I started to see almost the brilliance in these difficult times that we went through. I really do believe that these difficult times will lead you to something better if you can let them. So, taking them on for somebody else is not helpful to you or them.

Jan: I know that from my own life so well.

Woman 3: That's very, very, very good advice.

Lynn: It's hard to witness someone going through it, because really, literally only God know why we go through these difficult times. It's always helpful, I guess, to say, "What am I learning here?" but so often we don't really know until we're well out of it, and sometimes we don't even know then.

Jan: So, when you're asking that question: is this my stuff, or is this a loved one, or someone else's things that I'm picking up from, then will the information just come to me? How can I trust the information?

Lynn: The way that it comes to me is it feels like if it's my stuff, it feels very qualitatively different than if it's somebody else. It just feels like, oh, yeah, I am sad, or I am going through something, and this does feel like my pain. But it's hard, because I think it's just going to feel different, and you're going to get the information differently with each person. We're all going to be individual in terms of our responses. But, it is partly practice. It's like: is this mine, or does it belong to somebody else?

Often I might get intuitive information about somebody, and I ask, "Do I need to share this? Is this mine to share?" If I am supposed to share it, what am I supposed to say? Because, I think those of us that are very empathic intuitive often have those [laughs] things popping in our minds.

I know we're just about out of time here. I could just give you a little summary of some of the things that we've talked about. Would that be helpful?

Jan: Yes, that would be very helpful.

Lynn: The first one is--maybe seven things here, seven tips--is simply to pay attention to your emotions, your images, your dreams, your hunches, because that's all the ways that your intuition communicates with you. Number two would be really to pay attention to what excites you, and what you feel enthusiastic about, because that's really a big part of the way that intuition communicates, and says these are the right endeavors to pursue.

The third one would be to get clear about your goals and intentions, even if it's simply, I want to feel happy, or I want to feel joyful, or I want to be prosperous. Even if you don't know, in fact especially if you don't know the specifics of how you're going to get there, to be clear what the intention is, because that way your intuition can focus you by virtue of the inner compass, and point you in the direction of what you're looking for.

To ask yourself your intuition questions, and I like open-ended questions, like how can I create more money, or what should I do about building my business? Something like that. Again, intuition doesn't always come immediately, but it will come in the form of a dream, or walking your dog, or blow drying your hair. It will come in as an idea for you.

Number five is to visualize and use affirmations. To focus on what you want, not what you don't want, is number six, to kind of hold those positive thoughts about achieving your goals, and will help you attract the circumstances that will help you achieve it.

Number seven is really to act on the information you receive. Intuition is like any skill: the more you use it, the better you get at it. I think that when you're acting on your intuition, that's building intuition muscle, and it helps you get more intuition, and it helps you take those small steps towards what your intuition is indicating, which ultimately helps you achieve the life you want.

So, those are my seven tips. [laughs]

Jan: Very fabulous. Thank you.

Lynn: That was very succinct. I think that was as succinct as I've ever done it.

Woman 3: I just took a peak at your website, and saw all your wonderful books. If you were to suggest, what would you consider an entry level book in a sense for a rank beginner, or should our intuition [laughs] tell us what we're going to?

Lynn: [laughs] Yeah, have your intuition guide you. The "Divine Intuition" book is so beautiful. It's got full color, beautiful pictures and quotes in it. Thus far, that's been my favorite book, but I'm pretty excited about the new book called "Listen" that's coming out in just a few weeks. I also have an "Intuition Newsletter" that you can sign up for at lynnrobinson.com.

Woman 3: I already did it.

Lynn: That will give you information about the books, and information about some of the bonus offers I have about the book that's going to be coming out. Probably in January is when a lot of those bonuses are going to be coming out.

Jan: I've trusted this.

Lynn: The "Intuition Newsletter" is a great source of information, even if I do say so myself. [laughs]

Lynn: Well, I know that they will be..

Jan: Well, Lynn, so...

Woman 3: Could you repeat your website address please?

Lynn: Sure. It's lynnrobinson.com, and my first name is Lynn, and Robinson like Robinson Crusoe, Robinson. So, lynnrobinson.com.

Woman 3: Thank you.

Lynn: If you want to email me, it's lynn@lynnrobinson.com. I try to make it all very easy.

Jan: You make it easy. Thank you for that. [laughter]

Lynn: Absolutely, just the way life should be. [laughter]

Woman 3: Well, congratulations on your new book, and thanks so much for being with us.

Lynn: Oh, thank you. And everybody have a happy Thanksgiving who's celebrating it online, and thanks for all for being here.

Jan: Yes, thank you Lynn.

Alan: Yeah, thank you.

Lynn: And thank you Alan and Jan for inviting me.

Jan: You're welcome.

Alan: You're welcome.

Jan: Thank you for being here.

Lynn: Thanks. Happy turkey day everybody.

Alan: Take care. Bye.

Lynn: Whoever's figured out about the different numbers.

Lynn: OK, bye-bye.

Jan: All right, bye-bye.

Lynn: Bye. [repeated chimes.wav type sounds]

Jan: We'll stay on the line for just a few more minutes if anybody has any questions.

Alan: Sounds like everybody's chiming off.

Jan: I think everybody's chiming off. [laughter]

Alan: Anybody home?

Jan: OK. [Indistinct]

Jan: I'm still here. This is Carna.

Jan: Hi. Those great questions.

Alan: Yeah, that was really good questions, and very, very deep insight on your part. I mean, I felt that it drew out some incredibly valuable information from Lynn.

Jan: Oh, good.

Jan: All right. Did you have anything else that we can support you in, or accomplish?

Jan: No, I just got back from a weekend. I haven't had time to look at Thursday's post, but I see a lot of emails from you. Are one of them written transcripts? That's probably not together yet.

Jan: Transcripts are not done.

Alan: They're in process. They're in the works.

Jan: Oh, great. OK.

Jan: We have trouble getting a hold of some people, I guess because of the holiday, but we're working on it. We've got several options on that right now.

Carna: Someone was telling me about someplace online where you can go, and people actually bid on doing transcripts?

Alan: Yeah, there's a couple of websites. Elance, for example, is one.

Jan: What is it called?

Alan: E-lance.

Jan: Yeah, that's what I heard of.

Jan: All right, well, thanks for being here today, and I hope you have a good turkey day.

Alan: Yeah, that's having a great Thanksgiving. And call me if you have any questions about the new module materials.

Jan: OK. Thank you so much.

Alan: OK, bye.

Jan: Bye.

Carna: You have a happy Thanksgiving too. I probably won't be on next Tuesday, because I'll be in Mexico.

Jan: OK, not a problem. All right, bye-bye.

End of Bonus One Transcript

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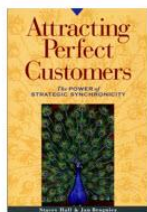
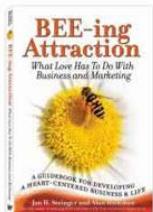


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