

Shifting Your Business

Using Your Intuition Bonus # 2 The 4 Realms



Jan H. Stringer and Alan Hickman
Founders PerfectCustomers, Inc.



By Jan H. Stringer and Alan Hickman

is working
over a deeper
the heart-
business."
JAN HICKMAN



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

BONUS # 2 RECORDING

60 min live inter-active Tele-Conference Call Recording with Jan H.Stringer and Alan Hickman

The 4 Realms of Intuition



<http://www.byoaudio.com/play/WRqvrnvW>



<http://perfectlove.byoaudio.com/files/media/65564be5-eeb1-cad0-fd35-d91e00beb462.mp3>

Intuition is THE personal development skill to have in a time of rapid change. What do you think successful entrepreneurs like Donald Trump, Oprah Winfrey, Sam Walton, Ray Kroc, Walt Disney and Marc Victor Hansen have relied on to create their success? Yes, their intuition skills, and you can too!

Smart, successful people invest their time, energy and money in learning new skills. The cost of ignoring intuition is usually much higher. Make developing your intuition your next wise investment.

With it, you can:

- Plan your next career or business move ahead of time
- Have the uncanny ability to make the right decisions at the right time
- Have confident access to an unfailing system of internal guidance

Your personal success depends on having good intuition skills and it is a SKILL that means you can develop it. So why not now? **Have your 'Intuition' notebook ready to take notes as you listen to the recording and read the transcript. BEE-open to receive the gold nugget that will shift you and your business as you develop your skill of intuition.**

BONUS # 2 NOTES and CALL TRANSCRIPT

60 min live inter-active Tele-Conference Call Recording with Jan H. Stringer and Alan Hickman

The 4 Realms

Where Intuition May Show Up

MENTAL

- Words & Images
- Messages like a voice
- Symbols
- Signs

PHYSICAL

- Body sensations
- Listening
- Awareness
- Movement/dance, yoga, walking

SPIRITUAL

- Combination of all the other realms
- Connection to your higher self, to God, to unseen friends, angels, Devas, Elementals, nature, animals
- Meditation
- Being in nature
- Seeing the bigger picture
- Connection with like hearted people

EMOTIONAL

- Feelings
- Feeling Good
- Feeling Bad
- Daily check in
- Shifting your BEE-ing
- Energetic clearing like EFT or massage



We all have an inner guidance system which is driven by our intuitive abilities. It helps you to make choices in life, such as:

- Is that a perfect client for me?
- What is my gut telling me?
- It doesn't feel quite right
- Something is kind of off balance here
- Could be a message or a signal from your intuition saying, "Red alert. This isn't going to be a good experience for you."

I also use my intuition to determine which groups I participate in. I'm an extremely empathic person, which means I feel things on a deep feeling basis. So for me to be in particular groups, sometimes it's not in my best interest.

So I use my intuitive abilities to decide, is this a good day for me to participate in that group? Or would it be better for me not to?

When you are in energetic alignment with **what makes you tick**, what you feel good about, things that we talk about in our Wizard Training, you'll make decisions that are in congruence, or in alignment, with your highest and best source. I like to say it this way: it connects your soul to your goals. And intuition is that link that does this.



Use movement by going on an intuition walk.

In this practice, we are going to ask a question or pose a situation, and then we are going to allow our intuition to give us an answer. Before you go on a walk, we are going to use movement as kind of a walking meditation. However you decide to do this, include movement to give you some connection to your physical self to allow the intuitive inspirations to come through.

- So pose your question.
- Pose your situation
- Get clear about what it is you want guidance on
- Take yourself on a walk
- Let your intuition speak to you about this particular situation.

What we are doing is allowing ourselves to ask a question, and then we are opening up to receive. Did you know that half the time your intuition is speaking to you, you have shut it off?

We have got a stop sign up that says, "I am too busy to listen to what my inner guidance has to say.

"I have got work to do."

Well in the intuition practice, we are going to trust, and allow ourselves to take time to hear our intuition. part of the intuition walk is about opening up to receive.

- So ask for what you want
- Ask for a sign.
- Ask for a message
- Ask for a physical symptom or something that you find on the ground, a feather or a nail

Ask for what you want to give you a sign, to give you the inspiration so that you will hear your intuition speaking to you. And then open up to receive on your walk. And be sure to share about it on our BEE-ing Attraction Facebook group at:

<http://www.perfectcustomers.com/facebookgroup>

We look forward to hearing about what signs and intuitive things are coming your way, as well as anything else in this particular lesson. Be sure to use the intuition practice and share it with others what you are receiving.

Jan Stringer: And I heard a familiar little laugh, so always feel good to hear that, so welcome everybody and just -- we're just centering by taking deep breath. Relax. The hardest part about getting here is over and that was dialing the number and getting on the line. And we're just feeling everybody gather in as if we were all sitting together in a beautiful living room, a huge big living room that all of us could fit into. We're excited and happy and we're exchanging beautiful glances at one another and eyes are flashing and hearts are open and with that we're truly, truly grateful. And I just want to say thank you for being here, and you can open your eyes with the big breath. So let me say howdy.

Alan Hickman: Hi, everybody.

Jan Stringer: I'm Jan Stringer.

Alan Hickman: And Alan Hickman.

Jan Stringer: And we're here today to share some of our favorite topics, which is about business and intuition and how those two go hand in glove together. And so what we'd love to do is share with you today a little bit of information that we know about intuition and what we would like to share with you, and also to let you know that what we're sharing with you today is just a piece of value that we want to give to you and take with you and help you in your business, your relationship, and everywhere in life and that it is coming to you by -- it's actually a piece of our BEE-ing Attraction Wizard training. And so we wanted to share that as a way to give

some value and give back to all the people who were so in love with since we do have a business that attracts perfect customers and you are those. So --

Jan Stringer: All right. Well, let's go ahead and get started, and we'll have more opportunities to share our names and everything with each other. And if you would, just go ahead and mute your line. That way, just if the dog barks nobody has to hear it. It's a four star and if you do want to ask a question and me or Alan are talking at that time, just press five star and it gives us a little flag on our computer and we can respond to you as quickly as possible. So it seems that we are able to attract people like ourselves that are fascinated with the practical application of intuition in business. And I remember awhile ago when I had first heard of the concept from someone named Lyn Robinson who featured in our special gift bonus that you probably received by now, Lyn Robinson is someone who I had never heard describing himself as a business intuitive. And I was very intrigued with that when I first learned of her many years ago. And I realized that that's who I am too. I'm a business intuitive and I had been using intuition in business even though I had been talking about it, and I hadn't really become fully -- I had like really put on that that's who I am yet until probably about five or six years ago. And I came out of the woodwork and started saying, hey, I'm a business intuitive too.

Alan Hickman: She took off her cloak of invisibility.

Jan Stringer: Right. So it's all a process, isn't it? So we wanted to share with you some things that we feel will help you in your business and regardless of where your business is. I know that adding the ingredient of intuition into the mix of business makes it a lot more enjoyable. And so most of you, I probably say, probably all of you are familiar with our legendary attraction planning process that we call the BEE-ing Attraction Planning Process or some of you know it as the Strategic Attraction Planning Process, which is a four-step process that steps you through different questions or inquires, I would say, to look into what is perfect for me, what do I want. And if I could wave my magic wand, which I can, and have my business be any way I choose it to be, what would that be? What would the relationships look like? What would I be doing? How would I be serving? What would be the response that I would get from people? Where would I meet them? These are all parts of our Attraction Planning Process that you've gone through. And I don't know if you knew this but one other key ingredient in the success of that Attraction Planning Process is intuition. So let me just elaborate on that is that how would I know what's perfect for me. How would I know? You know, like, where were that information come from? Well, one, it comes from experience. I know it's not perfect for me, and so in the other side of that I would know, well, if that's not perfect this would be. But one of the places that informs us of what we really want is we work deeper into that deeper connection with ourselves, which the BEE-ing Attraction Plan is all about. It's really a roadmap, as we say, on our forum. If you read the top paragraph is that the BEE-ing Attraction Planning Process is a roadmap to gaining deeper understanding of my inner working. And what's going on with me is what's going to go on in my business. And so by virtue of getting more knowledge and understanding of myself, then I will be able to interact with clients that I really, really love.

Alan Hickman: Yeah. It's like any relationship, any good relationship, requires conscious deliberate, and consistent, clear communication. And so what I found in my experience with this four-step process over the years is that that's exactly -- it's a very powerful tool for me that I have been able to use to develop my skill of intuition, which I didn't really even know or think that I had many, many years ago. Of course now, learning with the business intuitive in Santa Fe to Mexico, I've started to notice that this process really is a very powerful tool that will give anyone. I mean if I can do it, anyone can to really develop my skill of intuition get connected with that.

Jan Stringer: Yeah. I think that's really a great point that Alan is making is that you don't have to be called a business intuitive to be intuitive. Anyone -- everyone has that gift. And so some of the things that we want to talk about today is how to increase, like how to sharpen that skill and refine it so that we'll be able to really just relax and have a better time in any endeavor because we're following what innately perfect for me. So, I see we have a few more people that are joined in. I just wanted to welcome you. And I would like to just open the floor for a few minutes to hear from folks to say, if you could have more intuition to your business, how would you like it to shift something for you? Is there something that drew you to this call when you heard there was going to be shifting your business using intuition? Was there something about your business that you wish you could shift today? And if you could shift that today, I bet that would be really, really helpful for you. So let's hear from a few people, either what area you want to shift or even just what attracted you to the call. So who would be willing to share so we can kind of get a sense of the things here? Let's see.

Patty: This is Patty. Can you hear me?

Jan Stringer: Yes, Patty. Go ahead.

Patty: Okay. Good morning. And I think the one thing I'd love to shift is more fun profitable projects.

Jan Stringer: Okay. So could you say more about that?

Patty: Well, I'm just kind of reinventing and relaunching my business around improvisation.

Jan Stringer: Okay.

Patty: And I would like more opportunity to do that either in companies or with groups and see different opportunities for that.

Jan Stringer: Okay, great. So intuition will help you do that.

Patty: Absolutely.

Jan Stringer: Okay, great. So let's see, we have a couple of people whose hands are raise. And just by the way, if you do want to get my attention, just press five star and I will get to you in a moment. Let's see someone whose area code begins 760 has their hand raised, so let's hear from you.

Linda: Hello.

Jan Stringer: Yes, hi.

Linda: Hi. I was trying to push the hand raise. Hi, this is Linda Grace. How are you?

Jan Stringer: Linda Grace, I'm great.

Alan Hickman: Linda.

Linda: Hi.

Alan Hickman: Hi.

Jan Stringer: Welcome.

Linda: So I wanted to join the call to connect with everybody and celebrate but also I have recently gotten some intuition. However, notice that I'm a little stop in implementing it. So I'd like to trust my intuition.

Jan Stringer: Okay.

Linda: And yeah that's pretty much. I want to roll out a body of work in my work around Initiations of the Goddess. I've been doing a lot of work over the last years integrating that with coaching. I found it to be a profoundly catalytic tool for my clients and expanding their business and their self-expression and their mission and purpose in life.

Jan Stringer: Okay. Well, I think you hit the nail on the head.

Linda: So I want to do that and I want to breakthrough.

Jan Stringer: Yeah. I think you hit the nail on the head when you said trust your intuition. That's like the underscore words for the whole class today is, how can I learn to trust my intuition more? So --

Alan Hickman: Yeah, and it's interesting how it relates to what Patty said. So trust my intuition and see the different opportunities that we know are there in front of me.

Jan Stringer: Right, exactly. It ties on.

Alan Hickman: That's great.

Jan Stringer: So thanks, Linda. Let's see, someone has their hand raised and the area code starts with 705. We don't all know. Okay, how about 707?

Julia: Hello, that's me.

Jan Stringer: Okay.

Julia: It's Julia. Hi.

Jan Stringer: Julia, how did I know that? That was a good guess.

Julia: Well, intuition that's a good topic for me. I'd like to help people to use their intuition in their marketing so that their customers are intuitively drawn to them and whereas my own intuition is concerned.

Jan Stringer: Right.

Julia: Sometimes my brain takes over and argues with my intuition.

Jan Stringer: Right.

Julia: Giving me tips about. Sometimes it's hard to tell because the brain is very loud, mine is at least.

Jan Stringer: Yeah.

Julia: And it has a variety of opinions that it likes to share that aren't necessarily from my intuition. They are from my upbringing.

Alan Hickman: Somewhere else.

Julia: On my training.

Jan Stringer: Right. So if you could shift that to be more in your intuition less in your brain.

Alan Hickman: And that other thing, whatever that other thing is.

Jan Stringer: That we call in that neighborhood, that would be useful for you.

Julia: That would be very useful, yes.

Jan Stringer: Okay, great.

Julia: Thanks.

Jan Stringer: All right. So let's see, someone has their hand raised is 509 area code. Okay, how about a 760 area code? How about anybody that wanted to raise their hand that I might not have called you? We have a 505, 474, 284 --

Sammy: Hi there. This is Sammy in New Mexico.

Jan Stringer: Okay. Hi, Sammy.

Sammy: I think I have -- this is the first time really hearing of intuitive business and I'm reflecting back. I have used it a lot. I think it's really how I operate, but from what I've also heard already, I have a tendency not to trust myself. I have a tendency to get to feel insecure quite a bit. So really being able to differentiate the intuition and really that voice you just want to say thank you, go sit down.

Jan Stringer: Right, the voice.

Alan Hickman: That's great.

Jan Stringer: That big voice yes. Okay, we're going to work -- we're going to give you some tips and tools everybody on that as well as you Sandy, I mean, Sammy. I think I can help clarify what it sounds like when it's the intuition and when it's that other whatever that other.

Alan Hickman: The other.

Jan Stringer: The other.

Alan Hickman: Whatever you call that. We're looking for a good name to call that other.

Jan Stringer: Right. So thank you.

Sammy: Jan, can you tell us how to mute?

Jan Stringer: Mute is four star.

Sammy: Thanks.

Jan Stringer: Anybody else who want to add their -- what they were attracted and would like to learn out of today's call or any areas they would like to shift for themselves?

Emma: I would like to share.

Jan Stringer: Okay.

Emma: My name is Emma. I'm from Detroit. I would like to just set aside to understand that intuition when it's guiding me. I need some kind of order. It's a lot of thought especially around money and making money. It's a lot of stuff that come up for me that I get caught up in, and I think I miss the message. So I need to just hear that message clearly and work out a way to move in that direction once I get the message.

Jan Stringer: Right, right. How to hear the message? I think that's the big topic today. How to hear the message?

Freda: Jan, this is Freda.

Jan Stringer: Yes, Freda.

Freda: And I wanted to clarify first how do you do the hand raise.

Jan Stringer: The hand raise is five star.

Freda: Five star, okay. So what I generally have been pretty intuitive of my life and you don't echo what other people have said about trusting that. When we might just to come on the call, I mean one just to connect because I've been out of touch for awhile. And two, I've had several times likely where I was just sharing my intuition with saying to do and starting saying, and probably it was. I feel right to do that thing. But what I was just sharing, it was going to turn out a certain way, and then it turned out completely different. And I don't know, it made me feel like maybe I'm a little off balanced or something missing that I could be

being more clear. So I just felt like this would be a great boost to get more centered and aligned with my true intuition for the outcomes that I truly am choosing. That makes sense.

Jan Stringer: It totally makes sense.

Freda: Pardon me.

Jan Stringer: That really makes sense, so I'm following you, yes.

Freda: Okay, great. And the second thing is that in my business right now, I've been kind of doing several businesses. Then, I'm at a time of evaluating or sensing the true direction for me to emphasize right now. And I'm just letting myself be kind of blank about that to get real empty about it to not prejudge and let the true direction come forth. So that's another reason I felt it would be real supportive.

Jan Stringer: Right.

Freda: To be on the call.

Jan Stringer: Yeah, the true direction.

Freda: Yes.

Alan Hickman: Yeah. That's great, Freda. I mean, everybody could just write down what you said get, more clear and aligned, which totally relates to what Emma mentioned about needing some kind of order around money, for example. We can all relate to the disorder that shows up sometimes when we start thinking about money, and so it's one of the things we're going to talk about. How to get centered and aligned around that and create order in your life on a moment-to-moment basis.

Jan Stringer: So let's see we have a question or a hand raise, someone whose area code starts with 843.

Celeste: Yes, that's me, Celeste.

Jan Stringer: Okay. Hi, Celeste.

Celeste: Hi. What attracted me to the call is I'm a passion test facilitator, so I work well with you guys. But what's happening is that I really want to work on the passion test full time and the income is not there yet, so I'm not able to. So it is my intention to intuitively know and trust that I can actually do that and just give myself a 100% to what I really love.

Jan Stringer: Right. Yes. Yes. Breathe on that one. All right.

Celeste: Yes.

Jan Stringer: Yes. Keep breathing everybody. Keep breathing. And I just really want to thank everybody for sharing, and wherever you are may be in your business, to know that everything you're saying right now is possible. So I just want to tell you that by the end of the call we're going to cover each one of these. And

I say that as a group, we're just going to raise all our consciousness such that we all have a shift in our business using our intuition.

Alan Hickman: Has anyone notice that really is an alignment with the expressions from all the people who have stepped up and said something; trusting my intuition, seeing -- being able to see the different opportunities. Sammy is saying, that's really how I operate. Just noticing that it really is how she operates already. And then wanting to create more order, getting centered and aligned, and wanting to be able to support myself financially doing what I truly love, what I'm passionate about.

Jan Stringer: So I see, we do still have some hands raised. Is there any burning before -- cause I do want to get into the topic a little bit more. So if anybody has a burning before we move on, I want to open it up for that?

Eva: This is Eva. Can you hear me?

Jan Stringer: Yes. Hi, Eva.

Eva: Oh good. I'm the one on 760. So, I just want to let you know that I first met you at the Kangen Water event. I had -- I was in Orange County and I was in San Diego and got a ticket. So I'm not with Kangen Water anymore, but I brought you home with me. So, I was very happy about that.

Alan Hickman: That's good Eva. Thank you.

Eva: I had a \$400 ticket so you were a \$400 lead.

Alan Hickman: Oh, boy.

Jan Stringer: Well.

Eva: It didn't have any -- I'm a Virgo ascendant. So the word perfect for me is my favorite word. All these years, four years, I haven't had anything to bring to the table to work with you. And now I do this Conscious Community that causes a shift of thinking for people getting out of jail, children, welfare to work, churches, businesses. So I'm very happy to be on the call. I'm very happy to be reunited with you and I'm very intuitive. I know exactly where to go, what to do and what stops me as I don't -- I don't know what to do next. I don't trust myself. I don't like to sell particularly so I'm looking for just the calm and peacefulness around -- well, the universe has brought me this person. Obviously, I'm supposed to be doing something with them. So just let's get on with it and just finding the right words to say. It's not even about the words, really because words are only 7%. So what I'm looking for is some peace and knowing that whatever I say, there's going to be a match there. They wouldn't have been brought to me if it wasn't supposed to work, and if it wasn't, and it's no big deal. So that's where I'm at.

Jan Stringer: Beautiful.

Alan Hickman: That's perfect.

Jan Stringer: Thank you. It's so good to reconnect with you.

Alan Hickman: Yeah.

Eva: Yeah, you're welcome. Beautiful couple, they are beautiful couple if you haven't seen them.

Alan Hickman: Well, thank you. [Inaudible-0:29:12].

Eva: This is before you got on stage.

Alan Hickman: Yes. That's great. Thank you.

Jan Stringer: Thank you.

Alan Hickman: Well, the point that you make about really getting on with it and having the trust is being able to not hesitate in the moment. We all know that hesitation causes an effectiveness and so being connected and clear with my intuition and having that orderliness and trust creates a situation of non-hesitation, just getting on with it, Eva. That was perfect.

Jan Stringer: Well, speaking about getting on with it.

Eva: I know.

Jan Stringer: This is the learning part I want to share with you. So if you would, take out a piece of paper and draw a cross in the middle. So in other words, we need to divide the paper into four sections from the top to the bottom, down the middle and across side to side.

Alan Hickman: Left to right.

Jan Stringer: So that you have four sections showing on your paper, and I really wanted to just say that one of the things about intuition is it can be so magical. And what I also want you to understand is that it can be magical, yes, but it can also be practical. So I like to always bring in the practical application of how you connect this magic. And for me, intuition is magic. So in your four quadrants, I want you to write one word just so we can -- that's the title of your four quadrants and the first word is mental, the second quadrant is physical, third emotional, and fourth spiritual. So I'm going to invite us to look at intuition from these four realms: Mental, physical, emotional and spiritual. And we're going to talk about each of the four realms, and the main purpose is that we're -- it's like today is the tune up. You may know a little bit about your intuition. I want you to be like a rocket scientist about it, and so what you need is more information. If you have just a tiny bit of information about something, then you don't have the full access to the use of it. So think of intuition today in terms of we're here to increase our skill and the way that we're going to increase our skills is when we increase our knowledge about how intuition takes place and also in our experience.

So in the area marked mental, intuition comes in so many ways. So like it's like ice cream, like Baskin Robbins has ice cream. You can get 32 different flavors with cherries and nuts and chocolate or vanilla and strawberry. That's where intuition is. In the mental realm, it comes to you in words, images, symbols, signs,

and messages which people talked about today that sound like a voice. So mentally, we're getting this kind of data all the time. In the mind, once to put it into a logical place which we're going to do that in a moment, we want to access the right part of our brain right now that allows us to be more free-flowing and more creative and intuitive. And that's what the right brain function is. The left brain function is to put things into action. So when we get our right brain intuitions, we do need our left brain to say, okay, now here's what you do with it, here's how you taking action. So in the mental, just write down those words -- words, images, message like a voice, symbols, and signs. Words so the intuition comes in words like you may see mentally. Like, if you close your eyes, sometimes people see a word or maybe when you're driving down the street, something catches your attention on a sign, a billboard. One word really stands out to you or you see it repeated in several places. These are ways that your intuition is trying to get your attention. And symbols, some people see symbols, some people visualize symbols. Somebody -- some people dream about it. Intuition speaks in the daytime. It also speaks in the nighttime.

Then in the physical quadrant of our page, write down body sensations. The primary place that our intuition speaks to us in the physical is through our body. Hence, you've heard trust your guts. Our organs can tell. It gives us an intuitive sign. Trust your guts. In the emotional part of the section, write down feelings. If you're an Abraham student, she says only two emotions: Feel good, feel bad. So in the emotional quadrant, we are receiving intuitive messages through our emotions. Some of them feel good. Some of them feel less good. Which one is causing me to feel good? I want to go in that direction. Which one is causing me to feel bad like fearful or scared or anxious? That's probably not the place to go.

Alan Hickman: Feel good, centered, cheerful, static, conscious, at ease, blissful.

Jan Stringer: And then, the spiritual section can be our concern. This is a combination of all four mental, physical, and emotional. Spiritual is the combination because you're connecting to your higher self. You're connecting to God. You're connecting to your unseen friends. You're connecting to angels, devas, elemental, nature, animals. Animals are one of the greatest sources of intuitive nudges. My cat speaks to me intuitively. They don't speak words, but there is no doubt in my mind that the cat is delivering a message. And sometimes they help me to derive an intuitive message through their communications.

Alan Hickman: The birds at the back, we have a great bird feeder and we'll have different bird show up. A hawk is showing up a number of days last week.

Jan Stringer: We had like three or four days in the row, a hawk came in sit on our fence on the same post about the same time of day. So yeah, birds, animal all of them are communicating in your behalf. So what there is to learn to listen to the four realms. So for example, how can I receive my intuition better mentally? Well, one of the things that are the biggest hindrance in receiving mental intuition is stress. So hence, if you want to have more mental intuitive messages coming to you or any of the other realms for that matter, you've got to eliminate your stress. If the mind is so cluttered with, I got to take the kids to soccer and then pick them up for basketball and then fix dinner and do my -- run a business and see clients and have some fun and go on a trip. That is so much mental activity. Sometimes we just got to daily step aside and allow stress

free in the mental zone and get stillness in our mind. You can get -- there's a variety of CDs available. Abraham Hicks has a wonderful new CD called Getting in the Vortex. It has four meditations that are 15 minutes each. And they say that if you just did one 15-minute meditation a day that will make a huge difference. So there's a variety of things that you can use to get stillness because the main thing that will have you be more intuitive is your awareness. And right now on the planet, all of these are really being tuned in to a new energy. There are lots and lots of information coming and lots and lots of energy coming in. In fact, I would say that the reason we came to the planet at this particular time is for this reason, which is why we showed up for the big show and this is what we signed up for. So, we're all getting new information and ways of being and ways to operate. We just got to be aware and connect with like-minded, like-hearted people, like from this call, to be able to really heighten our ability to be intuitive and be aware and know when we're receiving a message.

Alan Hickman: Yeah, that's a really important point, Jan, that being with people who are like hearted and like minded and supporting who I'm becoming is another one of those pieces of releasing stress in my life. And there's a correlation between -- Jan is talking about having that mental stillness. But when you get that mental stillness whether it's through meditation or listening to those Abraham meditations, there's a corresponding shift in the physiology which gives the body an opportunity to rest and release the stress. Stress is sort of, I guess, Hans [phonetic-0:39:21] say you're calling the word stress. He says stress is the nonspecific response of the body any the demand made upon. What happens is there's a twisting and turning of nerves, cells, and veins in the body. And when you begin to give the body an opportunity to rest, it unties those knots, if you will. And that opens the channel of the body for more full free flow of wisdom and intelligence.

Jan Stringer: So I think somebody has their hand raised. Let me just -- I see somebody has their hand raised and we'll just check and see if someone with the area code 774 has a question or a comment.

Claudia: Well, that was just me, Claudia.

Jan Stringer: Okay, Claudia. Anything --

Claudia: Everything you're saying is right on point. I'm trying to get back up here. And all I had to say, because I really shift to balance since I worked together in September when I was still in human doing mode.

Alan Hickman: Yeah.

Claudia: And I've come in to much more into baseline human being mode. So I want to use my intuition to really come into my mastery, own my power, and lighten up.

Jan Stringer: You're here.

Claudia: My practical step --

Alan Hickman: Yeah.

Claudia: -- with my intuition without fear and I release my worry habit and focus to feel that I know enough. I'm competent. I've got the piece of the puzzle that's buying to give and I don't need to know everything in the universe.

Jan Stringer: Right.

Claudia: I just need to let it flow and know that this is a 22-year, and really allow that mastery to unfold and trust it. Trust, of course, is that big word.

Jan Stringer: That big word, yeah. Thank you.

Alan Hickman: Lighten up.

Jan Stringer: Everybody write that down, lighten up. A good belly laugh will cure a lot of things. So when I stop and realize how humorous I am, that's when things start to lighten up. So in the next part of this physical, the trust your gut, body sensations, one of the ways that you can become more tuned in your body is to go dance. I'm a neo dancer. I love to go to neo. That's my exercise of choice. But whatever you like to do whether it's lifting weights or yoga or walking, everybody needs to be exercising every single day, every day no breaks, on exercise even if it was just for five minutes, even if you just walk down to the end of the block and back. You're going to increase your intuitive ability because you have a moment to yourself to be more physically aware of what your body is telling you. And when you get out of your head and into your physical body, that's when your body becomes like the most -- the best relationship you'll ever have is with your body because it will tell you things like, no, don't do that. Yes, go do this. Eat this, don't eat that. And it's a really great tool and you've got to, this earth suit, you might as well use it. So you may need to do some things like change your food. If you're drinking alcohol, you need to stop drinking because anybody that's drinking alcohol is removing themselves from the best connection they've got, one, their spiritual connection as well as their physical. You need to be working with someone like a network chiropractor or acupuncturist that people like that help you stay in touch. Massage therapists, they help you be able to listen to what your body is telling you. These are so essential and it's one way to increase your ability to be intuitive.

So let's move over to the emotional realm and how you can feel good on a more regular basis, how you can lighten up, have that light emotion every day, that happy emotion and one way is to do a daily check in. Every morning, Alan and I do a check in of our unseen friends together. And we were coached by a very fabulous coach here, Jane Bell, who helped us to connect with the deva of perfect customers. And that everybody in their business has a deva that is like your unseen board of directors that helps you to have more connection with yourself and how you can draw in the intuitive and get more trusting of what you're hearing and what you're learning. I also recommend around emotional clearing, doing something like a practice such as EFT. There are other practices that work just as well. Your joy gets to be experimenting with what works for you, even massage or deep tissue massage or [inaudible-0:44:41] can release emotions that stored in the body. So again, if you want to be more aware, you've got to be in touch with your mental, your physical and your emotional.

So, one isn't exclusive of the other. You can't say, oh, I'm really, really good over in this one area but I totally ignore that. That's an imbalance. So I'm really also saying to you today that this four square -- this four quadrants are the realms that you want to be connecting in all for realm. One is not as good without the other. So practice is what it takes in practicing four realms. And as we go through these four quadrants or four realms, you may see areas where you might need to increase your activity there. Your left brain may need to get involved to help you to get to the gym or go to a dance class. It may have to get you to sit and be still for 15 minutes. It may have to get you to someone that can help you with EFT or do some deep tissue massage. That's how the left brain really compliments the right brain which intuition is coming from. And so just keep that thought together.

And then the last quadrant of spirituality or spiritual connection, each of you probably has your own method. I just really want to encourage how important the spiritual realm is in intuition because spirit wants to talk through you. And a spirit comes to you and gives you ideas. And you can't get too many ideas. My only problem with getting too many ideas is if you are telling yourself that will never work. You can't have what you want. I can't get there from here. I don't have enough money. I have to suffer. Spirits over there are trying to give you all of this beautiful, beautiful inspiration and we're over here saying, you don't know I was closing the door. Talk to the hand. You can't get through to me.

Alan Hickman: Pushing the open and close button at the same time.

Jan Stringer: And so, the spiritual realm is where we gain that ability to believe in ourselves where we believe in something bigger than who just me, myself and I.

Alan Hickman: I'm not alone. I have a whole team, a support system there.

Jan Stringer: Right.

Alan Hickman: That I can partner with in whatever ideas that I have going on in my life of business.

Jan Stringer: So spiritual practices might look like meditation. It could look like yoga. It could look like dance. It could look like being in nature. What is my particular way that I can have my spiritual connection? The main thing in your spiritual realm is that you must know there's a bigger picture. And when you have boiled everything down to a miserable me, myself, and I conversation, you're not connecting to the bigger picture because you are just a very miniscule part, your physical body. The part you can look in the mirror and physically see is only just a very tidbit of who you really are.

Alan Hickman: Which is connected to this huge support system.

Jan Stringer: Well, everyone here has this huge energetic body that extends way out, way out beyond what you can see with your eyes. And so I want you to know that when you are considering how do I make more money, how can I trust that I can get what I want doing what I love, this is probably an area where you need some muscle built. And so just like if you wanted to run a marathon, you have to build your endurance, your

stamina, your sustainability. So these are all things that will allow you trust your intuition. So you start with where you are. You start with a baby step called I got on a phone call with this group. Kind of like as a declaration to the universe. I'm here. I want my intuition to really expand. Wouldn't it be more fun if I had more intuitive hunches that led me in that moment to act on the phone call I need to make or if I was really attuned and listening, I would know the next action that would move everything ahead so beautifully that it just effortlessly flows out, or if I wanted to write a book, in the right moment, the words just fall onto the page. It's listening to the intuitive guidance and trusting what you're hearing, that is the practice.

Alan Hickman: And so, one of the small baby steps that Jan is referring to is noticing and acknowledging yourself for being on this call because this validates that I'm ready. I'm ready and open to receive all of this that's showing up from everyone who's speaking on this call. We can borrow all the benefits from everyone who has spoken so far. And each person on this call, you can you write it down and acknowledge yourself that you're on this call and you would have been able to be on this call if you weren't ready.

Jan Stringer: See how good that was? That was great, and where did you get that information. It just came from your intuition. So one of the things we all know to be true, we've got the intellectual understanding of this and we've heard it said so many times that whatever I'm thinking, I'm manifesting. And if I would just think something better, I could manifest something more. And so we've heard it and said time and time again, but what's missing in that whole statement is a tool. And the tool is that we found to be the best tool on the planet and I'm not just biased. I have evidence. I have people who confirmed this. The best tool on the planet that I know of to increase my intuition is the four-step BEE-ing Attraction Planning Process. And everybody when you got your confirmation, you've got a form, just a one-page simple form that you can get started with in honing your intuition. And so how we like to do this around business is we use this plan around what relationships we want to attract.

Now, I wasn't as trusting of my intuition 10 years ago as I am today. So what that tells me is that by taking practical action such as using this four-step process. By using it and refining it over time, I become -- I built that muscle of trust. And so what I did is I did some things that helped me to build my trust. One is I use a pendulum. You can get pendulums everywhere. I mean they're all over you. You can go on a fun journey to attract yourself to a pendulum. What I like about pendulum, you can even make one. I've got one. Somebody gave me a beautiful crystal ball and I just attached it to a string and I use it. It's one of my favorite pendulums. But what I really love about pendulums, and by the way it doesn't have to be a crystal. It could be -- you could take a necklace off your neck and turn it into a pendulum. But what I like about it is it gives me a visual signal because I can attune this pendulum and it can give me a yes or a no or a maybe. In fact, we actually teach in our wizard -- BEE-ing Attraction Wizard training how to use a pendulum. And we include that as a tool for getting more practical use in building my trust around intuition. A lot of people have told me in our BEE-ing Attraction Plan Wizard program, we have a follow up program that we call the Wizard Super Bee program, and when I was talking to some of the people who had been in our previous program whether they wanted the new program or not, a couple of them say, well, I wasn't sure but I got my pendulum and my

pendulum said yes. And that's what I like is that it's the confirmation and it's visual. I can see where, to me, it makes intuition visible.

Alan Hickman: Right. The pendulum is confirming what's going on inside of me, so it's really one of those baby steps that you can take to begin to learn how to trust your own intuition.

Jan Stringer: So what I did to increase my muscle, build my muscle strength around my intuitive trusting muscle is I made an agreement with myself is that whatever my pendulum tell, I went with it 100%. And what that did is that it had me believe me in myself. So I would invite everybody, this is a baby step. And if you're wanting to get more trusting of your own intuition and you want to quite that other voice that tries to talk you out of everything and says no, you can't, you won't, you shouldn't, whatever the voice is telling you, I want you to experience what it's like to trust something that you made an agreement with yourself. Nobody else is telling you this. You make an agreement with you. I will trust what this pendulum says and that will build the muscle.

Alan Hickman: And that builds that muscle because you have to notice how you feel as you make that choice.

Jan Stringer: So for example, on our BEE-ing Attraction Plan, how a pendulum would relate on the part that says to specify what I want my perfect customer to expect of me, I would want my perfect customer expect me to follow my intuition. I would want my perfect customer to expect me to trust myself. This is where the tool gets very practical. And it's where I start to become what I'm saying on my plan. So whenever I'm saying that I'm not getting what I really want, it's because I'm not trusting inside of me because I get everything. I do. I get everything I want because sometimes what I want isn't really what I'm saying. So like, let's say, that I say I want abundance. I want financial abundance in my business but what I'm getting is not that or it's not enough. There is still some other part of me that I need to work with, and that's what the four-part BEE-ing Attraction Plan does. It gives me a tool to work as myself.

Alan Hickman: To access that information.

Jan Stringer: So for example, let's say that one of the things -- I think somebody mentioned is I'm not quite getting the income I want, yet I'm getting some but not enough. There's some part of me that's not believing in myself, and that intuition is telling me I have some work to do. There's a piece that I'm not quite 100% with you that would keep me from going to the place that says I'm getting all the income I want from the business that I'm in.

Alan Hickman: And the BEE-ing Attraction Planning Process is a tool that gives me access to that information. It gives a clear access to that information and a strategy of what to do about it.

Jan Stringer: Right. So I want to take a few moments to see if there are any questions since we've gone through the four parts of the four realms. If anybody is noticing anything for yourself or you have a question or you'd like to clarify something for yourself, I've got my psychic intuitive antenna on. I'm happy to answer your questions. So who has one? Let's see, somebody got their hand raised and their area code is 602. Okay, anybody else what questions or comments? What are you noticing? What questions might you have?

Alan Hickman: 602 with Arizona.

Jan Stringer: Okay, who is that?

Emma: I have a question.

Jan Stringer: Okay, go ahead.

Emma: How can we decipher the part of that is not participating in getting what we want as far as getting enough money?

Jan Stringer: Okay.

Emma: There's a part that you say is not cooperating out of the four.

Jan Stringer: All right. Well, why don't you take a moment and close your eyes.

Emma: Okay.

Jan Stringer: And when you get an intuitive notion, you've had that before haven't you?

Emma: I have a lot.

Jan Stringer: Okay. Where do you receive it most often? Do you receive it manually?

Emma: In my head, a voice talking.

Jan Stringer: Like a voice okay.

Emma: It's usually in my head.

Jan Stringer: Okay. And so, what is the challenge? When you hear that voice, what is your challenge?

Emma: It just came to me. I don't believe I can have it.

Jan Stringer: You don't believe you can have it.

Emma: When I going through my body or emotion, it goes in a different direction from the inside that come in my head.

Jan Stringer: Right, right. So the minute your intuition comes in right behind it comes a big slap that says you can't have what you want.

Emma: Right. You know, you just take too much of something to stop me from taking the action step, then I think that's emotional part.

Jan Stringer: Okay. And so, have you ever told that voice to shut up?

Emma: Never. I used to follow it. [Inaudible- 0:59:46].

Jan Stringer: Well, the voice it says that you can't have what you want after you receive an intuitive instruction. You said that right behind your intuition comes some other voice that says you don't believe you can have it.

Emma: Right.

Jan Stringer: Do you ever tell that voice just to shut up?

Emma: I haven't, no.

Jan Stringer: Okay.

Emma: I go with it more so than -- because I figure I can think anything.

Jan Stringer: Okay.

Emma: I just want this but not believe I can have it because that thought popped in my head.

Jan Stringer: So let's use one of the other four realms other than that mental to tease at that a moment. So when you have an intuitive hit, does that feel good?

Emma: When I have an intuitive thought?

Jan Stringer: Does that feel good to you?

Emma: It does. It feels good. That's a good idea in my thinking. But it get stopped some place.

Jan Stringer: Okay. So your emotion, your negative emotion, comes up and counter and just wipes it out, it negates.

Emma: Definitely. That's where it is in my emotional out of the four.

Jan Stringer: Well then, one of the two things is happening with you. One, either you're playing too small.

Emma: I'm playing too small, that's for sure. I don't ever add up the call, so it will be enough.

Jan Stringer: All right, well then --

Emma: It could be something as simple as air fare and going --

Jan Stringer: You are playing too small

Emma: Right.

Jan Stringer: All right.

Emma: Right.

Jan Stringer: And you don't have enough on the table to motivate you to play a bigger game. You need to get more but on the line. You don't have anything that you are playing for. You're just sitting around, what I call treading water. You're swimming in the sea of that, I can't have what I want anyway so why bother.

Emma: Right.

Jan Stringer: And so then, you end up just floating along with the current. I'll end up here, and then I'll go here and you just move around wherever the sea will take you. And that will never get you anywhere. So what your intuition is missing is you don't have a clear focus about the direction you need to go. You don't have a game, so in other words you've got to have a goal. Do you set goals?

Emma: I've do but they are small too.

Jan Stringer: Okay. So you need to set larger goals. You need to be in a community of people that say, that is not you. We know who you are.

Alan Hickman: Yeah.

Jan Stringer: We want more from you. We want you playing the bigger game. We want you out here on these skinny branches with us going, no, I'm going to get anywhere, but I know I'm going to make it happen. Wouldn't that be more fun than going, oh, I know that's a great idea but I'm just going to be like everything else. You can't have it.

Alan Hickman: And Emma you have --

Emma: You're singing my song.

Alan Hickman: You have the number one fundamental resource that's necessary for succeeding in all of that and that is you recognized the difference between you feel good inside of intuition versus the feel bad of I don't believe I can have that. You've distinguished the difference between what feels good and what feels bad.

Emma: Okay.

Jan Stringer: So Emma, I'm going to invite you to print out that form, the one-page form that we sent you for the BEE-ing Attraction Plan.

Emma: Right, I have it.

Jan Stringer: I want you to start working with that as a goal.

Emma: Okay.

Jan Stringer: Okay. And if you need help with that, you need to write me an e-mail.

Emma: All right.

Jan Stringer: And ask for help, I will help you with it. But one, you can get help from our book. You can look at our website. We got a lot of materials that's for free.

Emma: Okay.

Jan Stringer: That you can take advantage of. But you might want to start looking at starting with the baby step, and that would be a good baby step to start moving you forward to get what you want.

Emma: Okay, thank you.

Jan Stringer: And if you go to our BEEingAttraction.com and read our manifesto, our BEEing Attraction manifesto on there.

Emma: Okay.

Jan Stringer: There's a story and I know some of the people on this call know our friend Tony. There's a story that Tony told about how the Attraction Plan helped her move from a very desperate place to one of a great success. So, I'm just going to invite you and anybody else that feels like Emma does to take that on as an action, as a baby step to move you on a new direction.

Emma: Okay, thank you.

Jan Stringer: So, we're right at the top of our hour and I do -- I'm willing to stay on for a few more minutes if anybody wants to ask another question. And who has a question? I see somebody raised a hand.

Anita: I have a question.

Jan Stringer: Okay.

Anita: I lost my home to foreclosure almost a year ago and I seemed to always be constantly struggling with being an aged woman, 58 years old, and I've been working construction for a long time. And at this point in my life where I feel like I've hit rock bottom and I don't seem to be able to keep my focus on getting pass this and back better to where I was before what happen to me.

Jan Stringer: Well, I definitely encourage you -- what was your first name?

Anita: My name is Anita.

Jan Stringer: Anita, okay thank you for sharing that. I really appreciate that. And I can just imagine what you're been experiencing. And if you would go and read that manifesto, I just wanted you to -- I think you'll be inspired when you read it because I know that many people are experiencing similar types of thing as you are.

Anita: Yeah.

Jan Stringer: And so, what would be the --

Anita: I'll be right back. I beg your pardon?

Jan Stringer: What would be the biggest question? If I can answer it for you right now, what would be your biggest question you could ask of me right now?

Anita: To how to stop doubting my abilities and capabilities.

Jan Stringer: Okay, yeah. So you kind of have the rugs pulled out from under out from under your feet, that sounds like. Is that right?

Anita: Correct.

Jan Stringer: So, you know it's going to take an inner strength to believe in yourself and I believe you have that because you're on this call and I believe that you have an inner strength that you haven't tapped into yet. And I want you to write down this statement that I believe I'm stronger than I think I am. And I want you to say that all the time whenever you have a doubt, I want you to replace that doubt. Whatever the doubt is with I'm stronger than I think I am. I don't care if it's middle of the night. I say this all the time and that everything, no matter how devastating it looks, this happened for your highest and best interest. And you will start turning the shift of your devastation towards a new port that will help you to rebuild in the direction that you were meant to be going. And trusting your own inner strength will get you there. You got to believe it 24/7. Trust, trust, trust you're on the right path. You had to go through this other experience to get your attention to get on the right path. And there are tons and tons of inspirational books that you can print out on the Internet. There's a library. There are lots of things. There are people you can connect with, and I will just really encourage you to start connecting with those inspirational places and stay out of any relationships that bring you doubt and increase your fears, stay out of it and start working with your inner self that mental part of you that needs to still the mind and say to that other voice that is causing to feel doubt, say, shut up. I'll get through this.

Anita: Yes, ma'am.

Jan Stringer: I don't know how it's going to happen. I'm stronger that I think I am, and you don't know how. It's going to have to work out. You just don't turn it over to your spiritual team to direct you in the direction you're supposed to go. And this is a great place --

Anita: Thank you.

Jan Stringer: -- to get started today in being on this call.

Anita: Thank you.

Jan Stringer: You're welcome. All right, well, thank you everybody. We really appreciate you being here today. I hope that if you do have any other questions, you can write to me directly. My email address is jan@perfectcustomers.com or alan@perfectcustomers.com. We'll be happy to hear from you. And we are going to send you an e-mail that's going to share with you some of our programs that may be of interest to

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you. And we're just here to serve you. We have lots of gifts to give, and we appreciate that you took your time to be here today. So thank you very much. Have a blessed day and we look forward to --

Anita: Thank you.

Jan Stringer: -- to sharing with you.

Alan Hickman: Thank you everybody.

Jan Stringer: Take care.

Alan Hickman: Okay, bye.

End of Transcript

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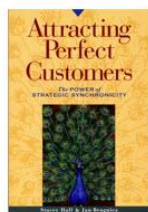
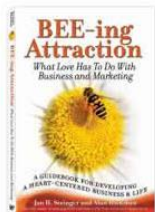
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