

Praise for Inna Segal's

THE SECRET OF LIFE WELLNESS

“The great sages have been telling us what Inna Segal shares in her new book, *The Secret of Life Wellness*. What is on your mind, [and] in your heart and soul matters, and relates to your health and life experience. Inna shares universal truths we can all learn from, as she presents them in a way that is practical, inspiring and powerful. Our lives, past and present, are stored within us, and must be confronted and healed.”

Bernie Siegel, MD, author of *A Book of Miracles* and *Faith, Hope & Healing*

“*The Secret of Life Wellness* offers fresh insights and powerful techniques that will impact every area of your life. Inna Segal is a true visionary who shares important wisdom for our times.

If you want to create a life filled with happiness, love, and prosperity,
I highly recommend this book.”

Marci Shimoff, author of *Happy for No Reason* and *Love for No Reason*

“Inna Segal has written a clarified and inclusive guide to wellness. *The Secret of Life Wellness* is a wonderful invitation to wholeness. Highly recommended!”

Jeff Brown, author of *Soulshaping: A Journey of Self-Creation*

“Inna Segal is a powerful visionary and healer whose work is only surpassed by the heart she brings to it. *The Secret of Life Wellness* outlines the divine elixir for bringing one's experience into a state of grace-filled well-being. This book is a ‘must have’ for your journey.”

Simran Singh, publisher of *11:11 Magazine*, author of *Conversations with the Universe*

“To truly understand the secrets to Life's Big Questions, read Inna's book,
The Secret of Life Wellness. It's sensational!”

Thom Hartmann, author of *Rebooting the American Dream*

“If you want to find easy, effective intuitive methods that apply to a wide range of life's tasks and undertakings, this is the book for you! In *The Secret of Life Wellness*, Inna Segal gives many tips and techniques that can strengthen your intuition and turn your life into a spiritual practise. She shows you how powerful your imagination can be!”

Penney Peirce, author of *Leap of Perception*, *Frequency* and *The Intuitive Way*

“Inna has done it again. *The Secret of Life Wellness* is insightful, and her methods are simple yet highly effective. I love her work and the personal changes it brings. Highly recommended!”

Marvin Oka, executive director of Behavioural Modelling Research Pty. Ltd.,
co-author of *mBraining*

“*The Secret of Life Wellness* is a must-read for everyone who desires optimal health, wants to be a healer, is looking to integrate mind, body & spirit into a whole way of being, and wants to be on the leading edge of evolutionary living.”

Rev. Nirvana Reginald Gayle, minister and spiritual director of
Guidance Church and author of *God Sings My Soul*

“*The Secret of Life Wellness* is an interactive guide for the ‘now generation’ of mobile meditators and social networkers. Inna literally puts herself into the book through interactive video practices that makes it easy for the beginner and intriguing for the seasoned student. Learn from a modern prophet who points the way to true health care—‘a life of wellness.’

Inna’s fresh eyes, gifted intuition, and balanced approach are sure to inspire and empower people to design and live the lives of their dreams.”

Kevin Kitrell Ross, spiritual director at Unity of Sacramento and
author of *The Designer Life*

“*The Secret of Life Wellness* is a fantastic life tool, filled with constructive, helpful information to improve your state of being and outlook, in practical, simple ways. I recommend it to all readers who are looking for a practical means to ignite the power of their own intention, and get proactive about co-creating their own reality. Inna Segal has written a truly fabulous, heartwarming, life-affirming book. It’s going to have a great impact on all who read it.”

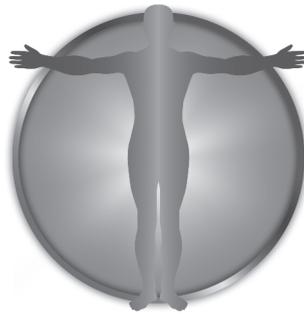
Traci Harding, author of *The Ancient Future Trilogy*

“In *The Secret of Life Wellness*, Inna Segal provides you with real tools to awaken your inner power to shine. This book is a spectacular, groundbreaking roadmap for transforming your life and inducing change out in the world. I loved it and I am confident you will as well!”

Dr. Darren R. Weissman, developer of The LifeLine Technique® and
author of *The Power of Infinite Love & Gratitude*

THE
SECRET
OF
LIFE
WELLNESS

THE ESSENTIAL GUIDE TO LIFE'S BIG QUESTIONS



INNA SEGAL

FOREWORD BY MICHAEL BERNARD BECKWITH

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CONTENTS

Foreword	ix
Preface	xi
Introduction	xiii
I. Developing Your Intuition and Reclaiming Your Inner Power	1
1. <i>How You Can Strengthen Your Intuition</i>	3
2. <i>How You Can Love Yourself</i>	21
3. <i>How You Can Embrace Your Shadow and Work with Your Inner Child</i>	35
4. <i>How You Can Understand and Work with Your Major Archetypes</i>	49
5. <i>How You Can Use Your Energy Centres to Heal and Spiritually Evolve</i>	61
6. <i>How You Can Use Your Thoughts and Emotions to Improve Your Health</i>	87
II. Mastering Your Soul's Journey	99
7. <i>How You Can Connect and Communicate with Your Soul</i>	101
8. <i>How You Can Connect to Divine Energy and Protect Yourself</i>	111
9. <i>How You Can Experience Unconditional Love</i>	117
10. <i>How You Can Recognise and Attract Soul Mates and Twin Souls</i>	125
11. <i>How You Can Discover and Heal Past Lives</i>	143
12. <i>How You Can Discover Your Soul Purpose</i>	155

CONTENTS

III. Transforming Your Life's Relationships	167
13. <i>How You Can Attract a Loving Partner into Your Life</i>	169
14. <i>How You Can Create Harmony in Your Relationship</i>	181
15. <i>How You Can Prepare Your Body for Pregnancy</i>	191
16. <i>How You Can Raise Healthy, Confident Children</i>	201
17. <i>How You Can Clear Your Space and House</i>	213
18. <i>How You Can Create More Money and Success in Your Life</i>	219
IV. Letting Go	233
19. <i>How You Can Love Your Body and Attain Your Ideal Weight</i>	235
20. <i>How You Can Heal a Broken Heart</i>	247
21. <i>How You Can Deal with Grief, Death, and Loss</i>	255
Conclusion	271
Acknowledgments	273
Appendix	277
Notes	281
About the Author	283
Resources Available from the Author	284

INTRODUCTION

The Secret of Life Wellness is not only a guidebook of accessible solutions for some of life's most prevalent questions, but it is also part of a growing world movement encouraging and teaching people to be visionaries—to tune in to their own wisdom and transform their lives. It is an interactive experience containing powerful processes and healing frequencies that lead people to a greater life experience. More of us than ever before are ready for an epic shift of consciousness, both individually and as a people. We are ready to find new ways of living, which work in practical, loving, peaceful, united, and healthy ways. We are ready to have more soulful, spiritual, conscious solutions to both personal and global challenges. We need a new way!

My aim throughout this book (just as in my other books, audio programs, card decks, videos, and workshops) is to gently and persistently encourage you to trust your intuitive guidance and lead you toward an inspired, courageous, and meaningful life.

Over the years, countless students have asked me where they could learn more about the topics I have written about in the chapters that lie ahead. While at times I could

INTRODUCTION

direct them to important works I had read, they often complained that the books were difficult to find or didn't exist in their particular language, or that they simply did not have time to read the quantity of books I suggested. Also many of my discoveries did not exist in other people's books and came from my ability to see into people's bodies and energy fields, as well as through my own experiences, visions, and voice of inner guidance.

Thus, I am thrilled to offer such a delicious diversity of subjects to you, all in one book. These include topics as sensitive and varied as attracting a loving partner, preparing for pregnancy, raising more confident and happier children, and many others. While some subjects may only touch you during certain periods of your life, they are all important, so I urge you to read each chapter, as it may contain significant knowledge and processes for your healing and evolution.

The information in this book is part of a movement that is encouraging us to be softer with ourselves; to listen to our body's intuitive messages; to live a more peaceful, soulful, healthier life; to relax; and to connect to and look after nature.

How to Use This Book

In this book, I discuss the various ways you can connect to your intuition, open your heart, listen to your soul, and create a life of wellness. Although you don't necessarily have to read this book in the order it is written, you may find this helpful, as there are many important threads that link each subject. Even if you think you understand a topic deeply, I encourage you to read about it, as you may either be reminded of what you already know or discover another piece of life's puzzle.

The book's first section is focused on developing your intuition and reclaiming your inner power. Here, you are encouraged to hone your intuitive skills, familiarise yourself with various aspects of your shadow, work with your energy centres, release challenging emotions and stresses from your life, and become self-empowered.

The second section urges you to master your soul's journey. You will learn to connect to your soul, access Divine Energy, open yourself to unconditional love, understand more about soul mates, work on past lives, and discover your soul purpose.

INTRODUCTION

The third section is all about attracting, healing, and transforming your relationships with romantic partners, children, money, and your environment. I believe that through understanding your life, loving yourself, and embracing your soul's journey, you can live in the present moment and have a greater ability to practically handle challenges.

Finally, the last section looks at various ways of letting go of excess weight, healing heartbreak, and moving forward after loss. Here, I also encourage you to make new, empowering decisions and contemplate the possibility that death is not the end of your soul's journey.

I share many of my own experiences and stories from my clients, students, friends, and family, as I believe a story can inspire and demonstrate real-life situations in a way that theory alone cannot. Furthermore, a story can emphasise important points and stretch your mind to envision what is possible.

I would suggest that once you have read the entire book, you can feel free to work primarily with those sections that are drawing your attention.

Working with the Processes

Just as in my previous book, *The Secret Language of Your Body*, I have created processes that utilise all your senses and many aspects of your being. Feel free to combine the processes in this book with the processes from *The Secret Language of Your Body*, *The Secret Language of Colour Cards*, any of my audio programs, and/or any other remedies or modalities you already utilise. I have combined a mixture of Divine connection, intention, visualisation, colour healing, meditation, breathing, touch, pressure-point therapy, mudras, movement, vibrational healing, sound, intention, and emotional release in the processes.

I tried to make all the processes in this book easily accessible so that you only need to spend a short time on them. As you work with the exercises, you will start to experience deep changes in yourself as well as in your life experience.

I also encourage you to keep a journal as you read the book, writing down any sections that jump out as needing work. It is also valuable to keep a record of your progress in different areas of your life.

INTRODUCTION

Most processes include a clearing statement, which usually starts with a reference to Divine Intelligence. What I mean by this is Higher Wisdom, Divinity, Source, Soul, or anything that you associate with our soulful nature. If you are uncomfortable with any particular words in the processes, feel free to use your own.

At the end of each clearing statement, I ask you to repeat the word “CLEAR” to release and purify any stuck energy. In the English language, *clear* also relates to *clarity*. So the idea is to release stuckness and create clarity. For the best results, it is important that you repeat the word “CLEAR” several times, which can take between thirty seconds to a minute. Think of this as vacuum cleaning your internal house. In other languages, it is important to find an appropriate word or words that reflect this intention.

Feel free to also make up your own clearing word. And if you do, make sure the word is positive and makes you feel good when repeating it. In certain processes, I have used the words *peace*, *light*, or *surrender*. The most important thing is that you feel comfortable and can relax fully while doing the process.

How Do I Know that the Process Is Working?

When you let go of stagnation, your body might give you one of the following signs that things are releasing: tingling, yawning, slight aching, increased tension; feeling relieved, coldness, heat, more body awareness; having important insights; coughing; thirst; sleepiness; hunger; feeling more irritated or more peaceful; feeling heavier or lighter; seeing colours or bright rays; feeling warmth like a ray of sunshine; smelling a perfume; itching; sneezing; shaking; feeling dizziness, emptiness, and so forth.

Your body may also find its own unique way to give you a message that a release is occurring. You will recognise what it is when you slow down and pay attention. If you have never done any kind of healing work before, it might take you some time to release any numbness or protective barriers that you may have built up before you feel things strongly. Please be persistent and patient with yourself.

Once you do the deep work required, you will experience a huge leap in your life wellness.

INTRODUCTION

Maintaining an Ongoing Practise

The greatest benefit of working with this book can be derived from practising the processes I have included in each chapter. I have spent many years working with people, tuning in to their bodies and energy fields in order to better understand how to help them release pain, deal with distressing emotions, open their hearts, experience miraculous physical healing from disease, change their limited points of view about money, forgive their family, intensify their intuitive abilities, and connect to the Divine Source.

The processes I have included in *The Secret of Life Wellness* have been tested and refined and are now in your hands to heal, transform, and empower your life. I give you several suggestions for creating an ongoing practise. Please examine them carefully and apply them in a way that will work effectively in your life.

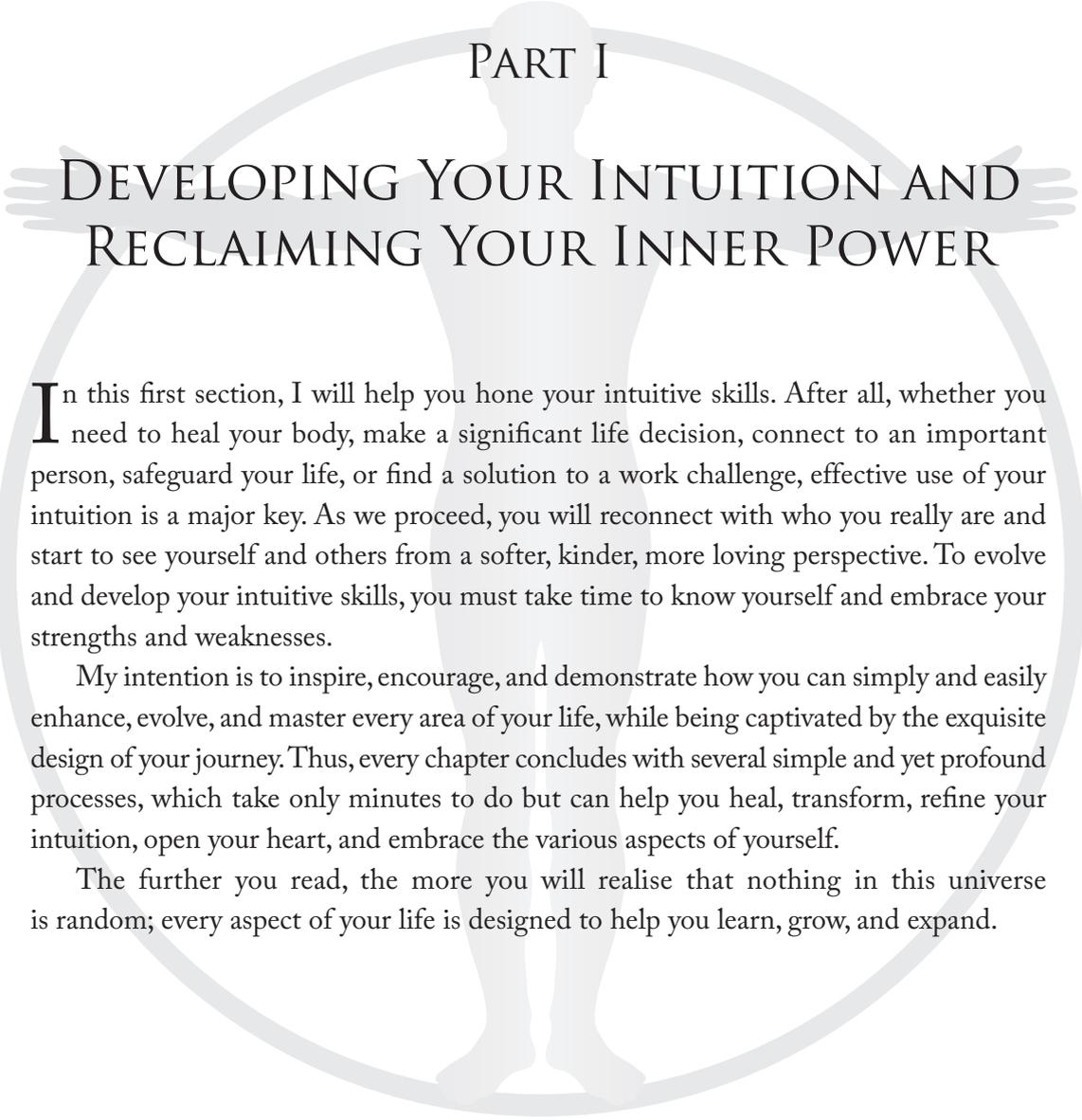
Through your exploration of this book and regular practise of the processes, you will intensify your intuition, connect to and work with Divine Energy, learn to clear your space, and protect yourself from dense and heavy energy. You will discover how to heal a broken heart, attract a loving partner, and experience harmony in a present relationship.

Whether you are dealing with difficult emotions, learning how to release stress, clearing your energy centres, connecting to your soul's wisdom, or in need of hope and inspiration, I encourage you to use this book as an interactive resource to help you heal, transform, and enjoy your life.

An Interactive Experience

This is not an ordinary book but an interactive experience. By using your smartphone to scan the QR codes included throughout this book, you will connect to audio links on my website where I explain certain ideas and philosophies in more detail, as well as guide you through some processes. You can discover inspiring stories, wisdom, and experiences from many people around the world who have utilised processes from this book and Visionary Intuitive Healing® seminars.

Please keep checking my website, InnaSegal.com, as I regularly add new and important information updates.



PART I

DEVELOPING YOUR INTUITION AND RECLAIMING YOUR INNER POWER

In this first section, I will help you hone your intuitive skills. After all, whether you need to heal your body, make a significant life decision, connect to an important person, safeguard your life, or find a solution to a work challenge, effective use of your intuition is a major key. As we proceed, you will reconnect with who you really are and start to see yourself and others from a softer, kinder, more loving perspective. To evolve and develop your intuitive skills, you must take time to know yourself and embrace your strengths and weaknesses.

My intention is to inspire, encourage, and demonstrate how you can simply and easily enhance, evolve, and master every area of your life, while being captivated by the exquisite design of your journey. Thus, every chapter concludes with several simple and yet profound processes, which take only minutes to do but can help you heal, transform, refine your intuition, open your heart, and embrace the various aspects of yourself.

The further you read, the more you will realise that nothing in this universe is random; every aspect of your life is designed to help you learn, grow, and expand.

HOW YOU CAN STRENGTHEN YOUR INTUITION

*I have heard a lot about intuition and that everybody has it.
How can I strengthen my intuition and understand the difference between
my intuition and my general thoughts?*

Intuition can be your guiding mechanism—your connection to the invisible, subtle, and Divine realms of existence. To be intuitive means to be able to tune in to your body, soul, or Higher Self for spiritual guidance, to decipher the messages you receive and make empowering choices. Intuitive insights can come to you when you are awake, meditating, dreaming, taking a shower, exercising, connecting to your body, or just relaxing. While you may be more likely to access your intuition when you are in a meditative state, it can arise at any point, including a time of crisis.

Mona Lisa Schulz, in her book *Awakening Intuition*, writes, “Intuition is an internal form of perception of things that are not directly in front of us in the world. It’s an inner sight, a form of hearing, body sense, and emotion. It’s actually common to all the other senses and an enhancement of them. What differentiates intuition from other senses is the unique form of expression it takes in each individual.”¹

The Difference between Regular Thought and Intuition

The difference between regular thoughts and intuition is the quality of information you receive. Thoughts come and go while intuition is usually a persistent feeling. Thoughts are changeable; intuition is more profound—an inner knowing. Thoughts are typically based on linear thinking; intuition is spontaneous and natural. Thoughts are fleeting, but intuition is often accompanied by bodily sensations and unexplained occurrences.

Your intuition will not necessarily give you the message you want to receive. This is one of the reasons you may tend to ignore it.

Intuition develops when you are willing to pay attention to your feelings and follow your hunches. Like exercising a muscle, the more you use your intuition, the more confidence you instill in yourself and the stronger your instincts become. The greatest power of intuitive insights is their ability to change the course of your actions and hence your life.

Your intuition awakens when you allow yourself to embrace your sensitivity, feel your emotions, and connect with nature. As you relax and allow yourself to get in touch with your body, you start to see the world around and within you from a different perspective. You begin to pay attention to messages from your body as well as the intelligence of the universe and your soul. Intuition increases when you let go of your protective barriers and open to the hidden world of wonders, where anything is possible. This is a timeless realm of guides and angelic helpers where things can transform instantly. In this nonlinear reality of Divine possibilities, nothing is bound by the rules of time, space, and gravity.

How to Recognise Intuition

Whenever I have asked my workshop participants how they recognise an intuitive insight, most have said they experience a feeling of certainty—a knowing that is often sudden, emotional, and not necessarily based on logic or prior knowledge of the details involved. They may receive an unexpected understanding, a vision, the cause of a particular issue, or the answer for what they have to do. Some also talk of feeling tingling sensations or changes in temperature, smelling scents, or experiencing a particular taste in their mouth. Others hear sounds; receive guidance through signs; or use cards, channelling, astrology,

THE SECRET OF LIFE WELLNESS

numerology, dreams, and other methods. Everyone is different and receives information in his or her unique way.

Your intuition becomes your compass, a navigating device that enhances your flexibility, adjusting your course based on internal wisdom as well as the external circumstances of your life. While I encourage you to hone your intuition throughout this book, I also believe that you need to use your intelligence, especially when making important decisions.

Most people have experienced intuitive guidance in their lives that led them to a place where they needed to be—a knowing that someone they cared about was in trouble and needed help, a sense that someone they were close to was about to pass away, or a certainty that they would get the job they wanted before they even applied. One of the greatest challenges people experience with intuition is their accurate interpretation of the information they receive.

Your Body Is Constantly Giving You Messages

In my bestselling book, *The Secret Language of Your Body*, I explore how your body intuitively communicates with you through sensations, physical pain, emotions, specific thought patterns, memories, symbols, colours, visions, tastes, smells, sounds, movements, and dreams.

Your body is constantly giving you messages about what is and is not working in your life. I have had countless friends and clients who were stuck in a difficult relationship and developed serious neck problems. Even though I would tune in to their bodies and share that it appeared that there were unresolved issues in a past or a present relationship that were affecting their neck, they would grit their teeth and tell me that all was well. Of course, as the pain became unbearable and no amount of chiropractic care helped, some were willing to start listening to their bodies, work on their emotional issues, and make life changes. It is no wonder that we have a famous saying in English that a person is a “pain in the neck.” This intuitive insight has become part of our cultural way of expressing ourselves when we are having an unresolved issue with a particular person.

Intuitive Methods of Diagnosing Illness

There are many intuitive diagnostic methods. Some people can see images and cellular memories inside a person's body, tune in to energy centres, or feel other people's emotions and pain. There are also various muscle testing techniques that can assess physical, mental, energetic, and emotional issues.

I have met several art therapists and doctors who can pinpoint illnesses people have by asking patients to draw how they see themselves and how they feel about their life. Folding a sheet of paper twice to make four quarters, these doctors and therapists have the patients use coloured pencils to draw and colour in their face, body, family, and anything else they feel is relevant on different parts of the page. This can give an experienced health practitioner information about their patients' lives, what emotions they are dealing with, their possible ailments, and what tests may need to be done, as well as the possible causes of a patient's "dis-ease." The different quarters can also relay information about the patient's past, present, and future. This kind of intuitive drawing technique is particularly powerful with children, as it also gives them an opportunity to express themselves and understand what is going on in their lives.

Sound healing, aromatherapy, and different touch and movement treatments can pinpoint physical, emotional, and energetic problems. There are also people who use crystals, pendulums, runes, cards, or colours as tools to intuit physical, emotional, and energetic conditions. Both internal and external guidance helps to show you that you are on the right track in relation to your life purpose, as well as keeping you healthy and giving you courage to heal, evolve, and move forward.

It's important to find an intuitive system that works for you. It is also essential to remember that while intuition can help you in many areas of your life, you still need to use your common sense, have a balanced point of view, and make practical, realistic choices. Combining your intuition with wisdom and experience usually bears the greatest results.

Be careful not to become overexcited about schemes that promise magical solutions to longstanding problems. When people want an instant result, most of the time it's because they feel lost, desperate, or disempowered. From years of experience, study, and

THE SECRET OF LIFE WELLNESS

being told about people who guarantee miraculous healings, instant enlightenment, or methods to get rich quick, I have found that these solutions only work for a very low percentage of people who naturally fit the system or are able to adapt. However, most people who get involved eventually lose their power, money, time, and faith.

I always advise my clients, family, and friends to not only trust the advice that someone gives them but to also do a substantial amount of research on any conditions that they are challenged by to make informed decisions about what actions to pursue. This is particularly relevant when they have been pressured to do something that they don't understand or feel comfortable with by a doctor, health practitioner, or even an intuitive healer. For instance, I have met people who have spent a substantial amount of time doing certain breathing techniques and saying mantras without properly understanding them, literally becoming incapacitated and bedridden as they shattered different circuits in their body and nervous system. I have also known people who have spent tens of thousands of dollars on their healing, always searching for the next miracle, only to end up sicker than ever. Make sure that you research whatever system of healing you work with, ask a lot of questions, and have a profound understanding of what you are doing.

It is also important to note that healing does not always mean curing. For example, you may release an emotional issue and change your internal experience, but the physical condition will remain due to other factors. On the other hand, you may have a physical healing without changing your internal reality, in which case the problem or ailment is likely to return. If the real cause of the issue has not been dealt with, the unhealthy energy can simply move to another area of your body that is weak. Obviously, the intention is to heal on all levels and enjoy long-term well-being.

Where Intuitive Insights Come From: Internal vs. External

I believe that you have internal insights and external guidance. Internal insights occur when you become conscious of important messages or wisdom your body and soul are trying to impart about a physical problem you are dealing with, a relationship you are in, a past experience or decision that you have been hesitant about, and so forth.

You can access internal guidance through meditation or by consciously connecting to your body, or it can appear in your dreams. Pay particular attention to repetitive dreams, as the subconscious mind, soul, and intuition are trying to get your attention.

External guidance can come from the universe in the form of synchronicities, unexplained occurrences, repetitive signs, card readings, unexpected meetings, appearances of angelic beings, visions, channelling, miracles, and symbols.

Both internal and external ways give people an intuitive insight into themselves and what they need to focus on to enjoy life wellness.

Internal Guidance: Awakening Your Intuition while Meditating

When you meditate, you have the capacity to slow down your mind and connect to your body, emotions, and soul. A relaxed state is often ideal for receiving important insights. In my workshops, I always encourage people to soften their bodies, place their hands on the part of their body that has pain or discomfort, and begin their exploration by asking empowering questions, such as:

- If there were a thought pattern or a belief stored in this part of my body, what would it be?
- If there were a feeling stored here, what would it be and what situations would it relate to?
- If my body had a message for me about the actions I need to take next in order to feel better, what would it be?

You can ask any question you like. Then simply relax and allow an answer to float into your mind. The more open you are, while maintaining a clear intention of what you are asking for, the more likely you will receive an answer. When an answer is unexpected, it usually means it has come from your intuition and Higher Self rather than your conscious mind.

Internal Guidance: The Intuition of Dreams

Often, dreams can show you what you are trying to ignore, bury, and suppress. When you recognise and start to deal with hidden, shadow aspects and difficulties you are facing, your dreams usually change. Many dream analysts believe that dreams can help release unacknowledged emotions into your consciousness so that you can face a challenging issue without creating a physical ailment.

I encourage people to keep a journal of impactful dreams and intuitive insights, give themselves time to understand the dreams' meanings, acknowledge the areas they need to transform, and then take steps toward making empowering choices. In order to fully grasp what your intuition is trying to tell you, make sure you explore the shadow and the light meanings of your dreams.

Kerry's Story: A Powerful Series of Dreams

I have a friend, Kerry, who kept dreaming that her teeth were falling out. While this dream is common, it is important to interpret it based on the person's particular experience. In Kerry's case, the dream mirrored her anxiety about a long-distance relationship she was having, where she was doing all the sacrificing. Each tooth she lost in her dream represented the personal cost of her compromise. In order to be with her boyfriend, she had to put her own dreams, career, and responsibilities on hold and follow him around the world. This put an incredible financial and emotional strain on her life. She also felt like she could not be completely honest with him, thus her dream was demonstrating her loss of power, stuckness, and lack of choice.

On a physical level, teeth help you chew food and communicate. The emotional aspect of losing teeth can demonstrate feeling powerless, as well as a fear of ageing and not being able to process your current experiences. Symbolically, this kind of dream shows a loss of your voice and your lack of belief in your capacity to cocreate your life experiences. It's as if you are trapped in a situation and unable to move forward. Interestingly, Kerry also dreamt of being stuck in a prison that she kept trying to escape from.

INNA SEGAL

Although Kerry's intuition was clearly speaking through her dreams, demonstrating that her mind, body, and spirit felt trapped in her situation and that she was losing her strength and had to be honest with herself and her partner, she interpreted her dream to be communicating that things were getting better and that she was making positive changes. Yet from an outside perspective, she seemed to be struggling in several areas of her life, and it appeared like her soul was asking her to pay attention to what was not working in her life, be truthful, ask for support, make practical decisions, and take responsibility for her financial situation.

Through a substantial amount of self-examination and honesty, Kerry finally understood the message, shared her true feelings with her partner, made new plans for the future, felt more confident in herself, and began taking care of her financial responsibilities. Thus she really did make positive changes.

External Guidance: The Intuition of Colour

Since I love colour healing, I encourage people to become conscious of the role colours can play in their lives. For instance, we can tell a lot about a person's internal state by observing the colours they wear and the colours of the food they choose to eat.

At times in my seminars, I ask people to connect to a part of their body and then ask a question such as, "If there were a colour in this part of your body, what would it be?" After a few moments, I inquire, "Is this a healthy colour for your body? If not, what would be a healthy colour?" The intention is that the message they receive will come directly from the innate wisdom of their body. The colours they see give an insight into the internal state of their body and how they can improve their well-being. I then give them a quick interpretation of the meaning of the colours and encourage them to learn about the colours they saw.

I also ask people to pick a card from my card deck, *The Secret Language of Colour Cards*, which can show them what aspects of their lives they have to work on. Since everyone chooses their card without knowing what colour they are picking, it is always