

**Handouts for Practical Medical Intuition
Healing Beyond Borders Conference 2023**

**Guidelines for Developing/Deepening Medical Intuition
By Debra Denker, CHTI**

- 1) Healers intuit energy patterns, qualified medical practitioners diagnose.
- 2) Auric field energy patterns can indicate blockages and/or areas of dis-ease and distress, including possible pathology in the physical body.
- 3) We can perceive these patterns in a variety of ways: hands-on scans/assessments; using a pendulum; looking at a person's body and field; feeling inside our own bodies for what the client is feeling (though this approach requires excellent boundaries and should be used with caution), listening for guidance; taste, smell, and inner knowing.
- 4) Everyone has the capacity to develop their intuitive faculties and apply them to Medical Intuition.
- 5) Trust your intuition, but remember that you are not infallible. You will sometimes be wrong, and sometimes miss something. Approach this work with humility, love, and a spirit of service coming from the heart.
- 6) **STAY IN INQUIRY** rather than making statements to your client. Be "care-full" of your word choices.
- 7) Use Medical Intuition as a very early detection system of perceiving imbalances in the body-mind that can manifest in the physical body, whether symptoms are currently present or not. The auric field, or biofield, often shows imbalances long before physical symptoms manifest or become obvious.
- 8) Some intuitives feel it is best to know as little as possible about the client in order to ensure objectivity, but with longtime clients, friends, and family you will need to take extra care to clear and center yourself before tuning in. If someone requests a check-in on a specific issue, take the information given as a starting point.
- 9) Listen to your client, but keep both their opinions and your own mind out of the way of your flow, objectivity, and non-attachment to outcome and information.
- 10) Remember that sometimes a stranger can be a more accurate intuitive than a friend or family member.
- 11) If you have a strong feeling that something in the client's body is just not right, urge your client to see a qualified medical practitioner for testing and diagnosis.
- 12) In the spirit of complementary and integrative medicine, healers can work closely with the medical profession in intuitively assessing energy patterns that could indicate the presence of or incipient development of pathology. In this way we can do great service as very early warning systems, perhaps even intuiting problems and imbalances that medical professionals or diagnostic tests might initially miss. Medical Intuition has the potential to speed up treatment and healing processes and even save lives when we are able to help detect health issues early.

Developing Practical Medical Intuition
Instructions for Hands-on or Distant Deep Assessment
By Debra Denker, CHTI

- 1) Ground and center; connect with your heart chakra.
- 2) Establish sacred space with the client.
- 3) Clear yourself of expectations and attachment to outcome and information.
- 4) If you are doing an in-person hand-scan, approach the edge of the biofield/aura until you feel a slight magnetic resistance. At a distance, visualize yourself doing this or use a healing doll or stuffed animal or image as proxy.
- 5) Form the intention that you are doing a Deep Assessment and proceed as you normally do with your pre-treatment assessment of the entire field. Even if you have been doing this for years, start with Beginner's Mind and notice if one hand is more sensitive than the other or if one hand picks up different perceptions than the other.
- 6) As you normally do, look for presence or absence of energy, for blockages, sensations of heat, cold, stickiness, prickliness, tingling, smoothness, roughness, etc. Let go of your habitual way of doing things as if you are a brand new student in Foundations of Healing Touch.
- 7) Look for overall energy patterns, including cultural patterns, which you will notice over time through experience, and patterns of distress.
- 8) Check the flow of energy in the chakras, either using a pendulum as you were taught, or challenging yourself to perceive direction, flow, size, and shape using only your hands or your Inner Knowing.
- 9) Now you are ready to feel into organs and systems. Often, bringing your hands in closer to the body, almost touching, yields more information. Sometimes you can perceive more when you actually put your hand on the client's body. Notice if an organ feels full of life or dull, congested, inflamed, or blocked. Notice the quality and vibrancy of the energy.
- 10) Turn the client over and scan/assess the back (or intend to do this distantly). After some experience, the healer can learn to feel energy patterns on the back, or for example which vertebrae might be out of alignment, by scanning only the front of the client and changing the intention.
- 11) STAY IN INQUIRY. Ask questions carefully. "Is there anything going on here" or "Did you ever have an injury here?" or "Do you feel a block or pain here?" are all better than specific projection statements like, "I think you have a torn ligament in your left knee."
- 12) Just because the client does not relate to what you are perceiving does not mean that you are wrong. Potential health challenges and imbalances often show up in the aura/biofield before they manifest on a physical level.
- 13) Chart your Deep Assessments in a consistent way. Journal about your experiences as you are developing your Medical Intuition. Make note of when you are validated later by the client's experience and/or diagnostic tests, and when you are not. Be open to continued learning and exploration.

Medical Intuition Resources for Further Study
Compiled by Debra Denker, 2023

Assessing the Accuracy of Medical Intuition: A Subjective and Exploratory Study, Wendie Coulter and Paul J. Mills, 202
<https://pubmed.ncbi.nlm.nih.gov/33107744/>

The Science of Medical Intuition with Caroline Myss, 2023 on YouTube
https://www.youtube.com/watch?v=_dnvgK9g6ic

Essentials of Medical Intuition: A Visionary Path to Wellness, Wendie Coulter, 2022

Be Your Own Medical Intuitive: Healing Your Body and Soul (Medical Intuition), Tina Zion, 2021