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Lifestyle > Wholeness

How to Develop Your Intuition

Your internal GPS is talking to you all the time. An expert explains how to tune in and translate what you hear.

By Rima Sujal Published: Feb 2, 2024

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MAGGIE CHIANG

A few months ago, I found myself at an “intuitive immersion” workshop at Miraval, the legendary wellness resort in Tucson. It was led by renowned intuitive and medium Tina Powers. A former news anchor and reporter, Powers has worked as a professional medium for over two decades and has a seven-month waitlist for a reading. She uses clairaudience (“clear hearing”) and clairvoyance (“clear seeing”) to receive messages from those who have passed away, and jokingly refers to her gift as “reporting for the other side,” which is also the name of her autobiography; an updated edition will be published this year. A Tucson native, Powers has been a fixture at Miraval—long considered a safe, even sacred, space for people exploring their spiritual sides—since 2007. While she is on site several days every month offering readings for Miraval guests, the workshop I attended happens only a few times a year.

I was lucky, and excited, to snag a seat. I’ve had several readings with Powers since my first trip to Miraval in 2007 and written a profile of her. In the process of interviewing her and, over the years, becoming friends with her, I’ve come to realize that some things that had happened in my life were not coincidences or my imagination. Like the man I used to see in my room as a child, who showed up in my New York City apartment over 30 years later just as my dad was about to be taken off life support. Or my father’s heavily accented voice in my ear several hours after he died, asking about my then-teenage sister, who had been holding his hand as he passed. Or the waiter who appeared at my table at a hotel in Hawaii, a year to the exact day after we buried my dad, sporting a name tag that said “Salim,” which was my father’s name. The waiter was Asian (“My grandfather liked the name,” he noted when asked). Salim is an Arabic name. Waiters named Salim also showed up at resorts in Anguilla and Mexico; neither was Middle Eastern. I love it when this happens—here’s Dad checking in again! I also laugh at the irony, because as kids we never traveled, but now Dad, wherever he is, clearly likes beach resorts.

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“ I’VE COME TO REALIZE THAT SOME THINGS THAT HAD HAPPENED IN MY LIFE WERE NOT COINCIDENCES OR MY IMAGINATION. ”

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Oprah has often noted that there are no coincidences. I’m now a believer. So was almost everyone else in the room that day: 26 women and one man, ranging in age from 19 to mid-70s, with some traveling from as far as Alaska. Among us were students, an interior designer, a public relations pro, a real estate agent, a salon owner, a lawyer, several writers, and a Disney exec. Most had previously met or had readings with Powers and did not need to be convinced of her talents or abilities. Many had unexplained experiences and visions and were incredibly open about sharing personal stories of receiving messages or signs. Miraval and Powers provided a refuge for many who felt they couldn’t have these conversations with friends, relatives, or even spouses or partners. The weekend offered the opportunity to become more aware of our intuitive gifts, tune in to what Powers called our “internal GPS,” and learn to trust that we all can and do receive external signs and messages. “When you’re on the right frequency, and tuned in, the messages are clearer,” she said. “My intention is to help people learn to trust themselves and the innate information they are receiving, and to use this information to move forward in the world, especially at times that seem full of fear.”

There are several ways to tune in, and they all involve clairs. Clair is the French word for “clear,” and the root of the words clairvoyance (or clear seeing), clairaudience (clear hearing), claircognizance (clear knowing), clairsentience (clear feeling), and clairolfaction (clear smelling). Perhaps you’ve seen an apparition, heard a voice or a song you associate with someone, found yourself enveloped in a scent that has special meaning, or gotten a very clear vibe from someone you’ve just met. These are all sensed through your clairs, and learning to recognize these messages will open the door to everything else. It is much easier than you’d think; in fact, the hardest part is committing to a practice and being patient.

Here are Powers’s top four tips for developing your intuitive gifts:

Be open and trust

If you feel you’re not “getting” anything, chances are you’re all up in your head about it, trying to make something happen. The key is to try to put aside your ego, think with your heart versus your head, and allow and trust whatever comes. Rather than shoo away what you “get” because it may seem silly or not make sense at the time, open up to it, accept it, say thank you, and ask for more. “The more you ask, the more you receive,” says Powers, who led us through guided meditations and automatic writing exercises.

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Ask for signs

“Ask your guides to help you not be afraid,” says Powers, who describes guides as benevolent energies that help shepherd us through this lifetime. “The key is letting go and seeing what comes up.” And then keep asking—for help, for direction, for messages—either out loud, silently during meditation, or in a journal. “The quieter we can get, the more we can receive,” she explains. Messages come all the time and can come in many forms, including but not limited to: a seemingly random billboard or other sign, an animal crossing your path (it’s very common at Miraval to spot an owl, a javelina, a snake, a cow, or some other critter), a vivid dream, an unexpected image in a photo you’ve taken, or an interaction with a complete stranger.

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Tune in early

First thing in the morning, when you’re sort of still asleep but sort of awake, is a good time to tune in. “Sometimes people don’t seize that opportunity when they are in between states. Rather than hitting the snooze button, ask if there’s anything you need to know for the day. What’s important? Is it to call somebody? Is it to write something? Pay attention to what you feel, what you see, or what you hear—it might be a voice inside your head that says, *Call so-and-so.*”

Accept what comes

Your intuition is an internal voice that is always speaking to you in an encouraging, positive way. It is succinct and clear; it doesn’t ramble. Ultimately, it is our choice whether to accept or ignore it. Powers hopes more trust expression and acting in accordance leads to living “our truest expression of ourselves, and the truest expression of ourselves is always going to be the happiest one.”

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To book a session with Powers, visit [TinaPowers.com](https://www.tinapowers.com).

The next intuitive immersion workshops will take place at Miraval in August and November of this year. Check [TinaPowers.com](https://www.tinapowers.com) for dates and book at [miravalresorts.com](https://www.miravalresorts.com).

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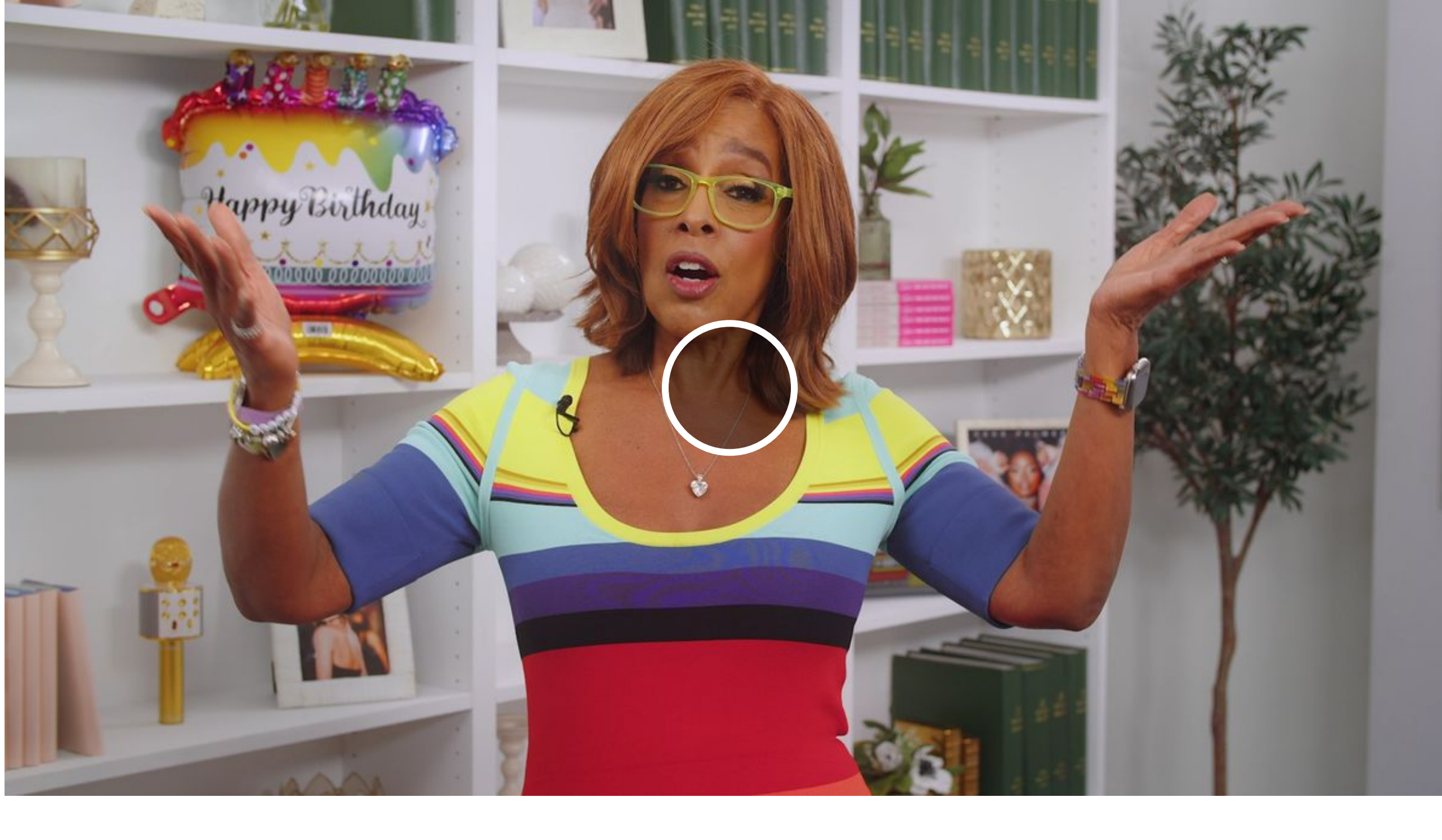
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