



Aspire

inspiration for women

INTERVIEW with
Dr. Judith Orloff

How **BRIGHT**
is Your Bulb?

You Deserve to
Rock Your Goddess

MODERN DADS and
the Women Who Love Them

RELEASE THE FEAR
*to Step into Your
Big Business Vision*

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The Courage to Stop Playing Small

By Fia Crandall

Do you get a sense that you may be playing small in your life? A sense that you may be holding yourself back from what is really possible, from stepping up to something bigger that you are meant to be and do? The truth is, smallness and fear are not even close to the Truth of your being. If you could see what you were really capable of you would be amazed.

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Body. Soul.

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By Karen Rider

Daring to defy medical taboos, Dr. Orloff's work has transformed psychiatry by synthesizing traditional medical practice with her knowledge of intuition, energy, and spirituality to promote mental, emotional, spiritual, and physical healing. On a break from the book tour for the re-release of *Second Sight*, Dr. Orloff talks about how anyone can access intuition and bring into balance intellect with intuition.

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Persist

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Persistence is the spiritual grace that allows you to continue to act with optimism even when you feel trapped in the pit of hell. It is the steadfast, continual, simple — and at times excruciatingly difficult — practice of trudging forward until the difficult present you're scared will go on forever is replaced by a future that has a new color scheme.

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Leading a joyous life, like growing your own vegetables, requires consistent daily tending to the small details. To lead a joyous life, one must be willing to see joy in every emotion and every situation. To lead a joyous life is simple. One simply starts from the premise: "Life is bliss."

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The elixir to fully enjoying life is the opposite of a tortuous hike on a frustrating and formidable path to health and well being. Instead it can seem more like a stroll by the river, because you can start wherever it feels best to you and do what you enjoy most. The key is starting off easy and finding satisfaction and enjoyment from making small and simple healthy and active choices.

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Eating for Bliss: Creating Harmony Around Your Dinner Table

By Shakaya Breeze

Think of this: Women have the power to set the tone in the home and at the dinner table. Loved-up food, enjoyable conversation and having gratitude for the bounty of love offered in the food and people surrounding you is the path to harmony around your table. In-Joy the tasty Strawberry Shortcake recipe which is quick, easy and most importantly healthy.

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An Interview with

Dr. Judith Orloff

By Karen Rider



Dr. Judith Orloff is the New York Times bestselling author of “Second Sight: An Intuitive Psychiatrist Tells Her Extraordinary Story and Show You How To Tap Your Own Inner Wisdom (Three Rivers Press, 2010)” upon which this interview is based. In the book, she describes her journey from intuitive child, with abilities she did not understand, to esteemed intuitive psychiatrist who dared to defy medical taboos. Her work has transformed psychiatry by synthesizing traditional medical practice with her knowledge of intuition, energy, and spirituality to promote mental, emotional, spiritual, and physical healing. Through her books and lecture circuit, Dr. Orloff teaches how to access intuition and balance intellect with intuition.

“As a psychiatrist, I listen with both the linear and the intuitive mind. The linear mind doesn’t allow you to see into the depths of someone’s soul.”

Judith Orloff, M.D. Intuitive Psychiatrist

Karen: How does an intuitive become a psychiatrist?

Dr. Orloff: I was born into a family of 25 classically trained physicians, including my parents. My mother, especially, was aware of my gifts but did everything she could to ignore my experiences. I was discouraged from talking about the ‘coincidences’—events I predicted—because all of it unnerved the people in my life. There were times, which I discuss in detail in *Second Sight*, when there was a safety net for exploring my experiences but this was outside of the my family life. I got caught up with the hippie culture, and rebelled. When I finally got involved with experiments that were testing psychic skills, I felt validation for my own experiences. Once I made the decision to pursue medicine, my parents were thrilled but less so about psychiatry. During her medical training, I kept a firm boundary between intuition and

medicine. I learned to trust the scientific method above all else. In the elite field of psychiatry, intuition was unfit for medical decisions affecting patient’s lives.

Karen: What happened to change all that—to set you on the course of intuitive psychiatrist?

Dr. Orloff: I ignored a premonition about one of my patients. Logically, what I sensed didn’t make sense to me. This patient was doing well. Had I chosen to validate that premonition by checking on this person, I could have prevented a suicide attempt. She survived. From that point forward, I immersed myself in understanding the symbiosis between intuition and ethical, responsible medical practice.

Karen: What is different, now, that made the release of [www.amazon.com Second Sight](http://www.amazon.com/Second-Sight) so much more timely and important now?

Orloff

Judith: The world has changed since the first edition, almost 15 years ago. [People have] become much more open to the integration of intuition in medicine, work, education and life, in general. The language has changed over the years—"psychic" "intuitive" "creative" "intuitive intelligence"-- it's all the same: It's Energy. When people have permission to access this energy, their intuition, unique solutions to complex problems can result.

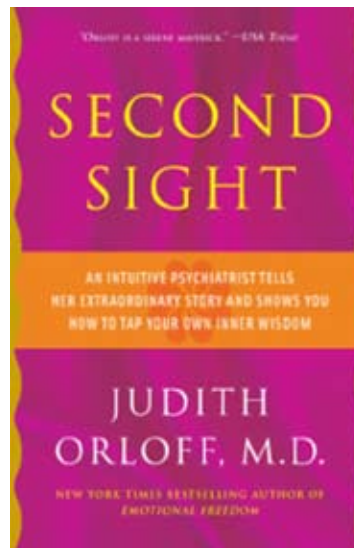
The great gift of *Second Sight* coming out now, is that the public is more receptive to the idea of extra sensory experiences and ways of knowing.

Karen: What is intuition? What is its source?

Judith: Intuition is a skill and intelligence. It is a focused ability. In the book, *Second Sight*, I teach that everyone can develop intuition. There's a spectrum of intuitive experiences-- from gut instincts to communicating with someone who has passed over. Intuitive Intelligence is more palatable, in a way more tangible, to scientific minds. Many researchers, like Einstein, who have made great discoveries departed from traditional theories on a hunch. That's intuition at work.

When you immerse yourself in a creative process of any kind, even if you don't view it as intuitive, you are placing yourself in an intuitively charged place. This can happen in any field of work in which someone is passionately engaged.

My belief is that all forms of creative/intuitive expression originate from a spiritual source. The shared challenge between an artist and an intuitive is to translate the intangible



or invisible into the material and the visible. This is true for all creative endeavors not just artistic creativity.

Karen: Intuitive Intelligence. I think that should be added to the Theory of Multiple Intelligences put forth by Howard Gardner. One of the seven intelligences he identified was Intrapersonal Intelligence, the capacity to know and understands one's feelings, fears and motivations.

Judith: Yes, I like that. That is all part of intuition, though not the whole.

Karen: How does one develop or enhance intuitive skills?

Judith: In "Second Sight" I discuss how we all possess the capacity to develop these skills. Developing intuitive intelligence or skills requires that you live in the moment and quiet the rational mind. Intuition can occur spontaneously, like a hunch or an 'a-ha' moment, but it also has to be developed.

Children are exceptionally intuitive because they don't operate with their analytical mind to the degree adults do. Playfulness is a way to engage intuition and creativity. You can't engage these in an adult mind hooked on analyzing. In *Second Sight*, I discuss five steps that anyone can use to develop intuition and use it to confront challenges in life, be it making a major decision, healing your body or mind. I live by these five steps (see side bar).

As a psychiatrist, I listen with both the linear and the intuitive mind. The linear mind doesn't allow you to see into the depths of someone's soul, their innermost desires and greatest hopes and fears. I teach my patients, my students, and through my books the average person, how to balance intellect with intuition. You don't have to make a choice: The message of *Second Sight* is that you can hold intuition and intellect simultaneously.

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Karen: How can a person differentiate between fear and intuition?

Judith: Reliable intuition conveys information neutrally, without any emotion. The impressions you sense are crystal clear, seen in your mind's eye and felt in your body. Yet, you are detached from them or any outcome related to the impressions. Fear is highly charged with negativity and it limits your ability to think and to act or respond. Some fearful feelings are authentic intuitions. Look at the quality of the emotions associated with what you're sensing.

Karen: There's a quote by Goethe about how, when we're in the moment of decision, there is always hesitation, sometimes it is fear holding us back. What do you suggest to someone who is afraid to engage his or her intuitive skills? How do we validate this skill for ourselves?

Judith: Start with a small decision, first. Test out your intuition and build successes so you can learn to trust [yourself] in this regard. Intuition is always affirming, loving compassion.

There comes a time when we must decide if we are committed to a life based on heart. If so, this means coming to compassionate terms with the light and dark forces that shape us. Nothing is excluded. Remember this when you greet all the angels and beasts on your path. Your intuition will teach you how to see and how to love. It instills in you a renewed faith to face anything. ✨

Five Steps to Accessing Your Intuition

(adopted from "Second Sight")

by Judith Orloff, M.D.

Notice Your Beliefs.

By choosing life-enhancing beliefs you can create optimal wellness. No system in the body stands apart from your thoughts. A well bodymind has a greater capacity for intuition.

Be in Your Body.

Most Westerners spend too much time in their head, ignoring the rest of the body. Shift into awareness and enjoyment of the physical body as a complex and sensitive intuitive receptor.

Sense Your Body's Subtle Energy.

We are more than flesh and blood, we are subtle energy- chi - which penetrates the body and extends beyond it. The subtle energy system has a significant effect on health and on our ability to access and develop intuitive skills. It is important to learn to sense this energy within us and to correct imbalance in order to maintain bodymind health.

Ask For Inner Guidance.

Get to know your own intuitive voice, for we all have one. To hear, you must become still, for example through meditation or spending time in nature. Spend time each day devoted to listening to this voice. It may surface as a gut feeling, a hunch, an image, sound or an "a-ha" experience (an instant "knowing" like a light bulb suddenly switched on). Learn to trust the signals you inner voice sends.

Listen to Your Dreams.

The language of dreams is intuition. Dreams reveal information about health, relationships, life choices. The key is to remember your dreams. Keep a dream journal at your bedside. Ask a single, focused question as you fall asleep. When you wake, don't rush out of bed. Write down the impressions lingering in your mind from your dream state. Repeat this, with the same question, for a few nights until you see the answer taking shape in your journal notes.

Karen M. Rider, M.A. has had conversations with many of today's visionary thinkers and pioneers in integrative medicine, energy medicine and metaphysics. She has published feature interviews, articles, columns and reviews in popular regional and national magazines. Karen provides ghostwriting and co-writing services for conscious entrepreneurs and holistic practitioners. Connect: KarenMRider@comcast.net Web: www.KarenMRider.com