

***Intuition Tools to Accelerate
Your Personal, Business and Spiritual Growth***
with Anne Salisbury, PhD, MBA & Greg Meyerhoff of GoIntuition.com
Intuition Summit • October, 2013

Handout for Talk & Free Gift Offer

Grounding Information

Grounding

- Everyone can do it.
- It is a natural ability.
- It takes practice to get better at it.

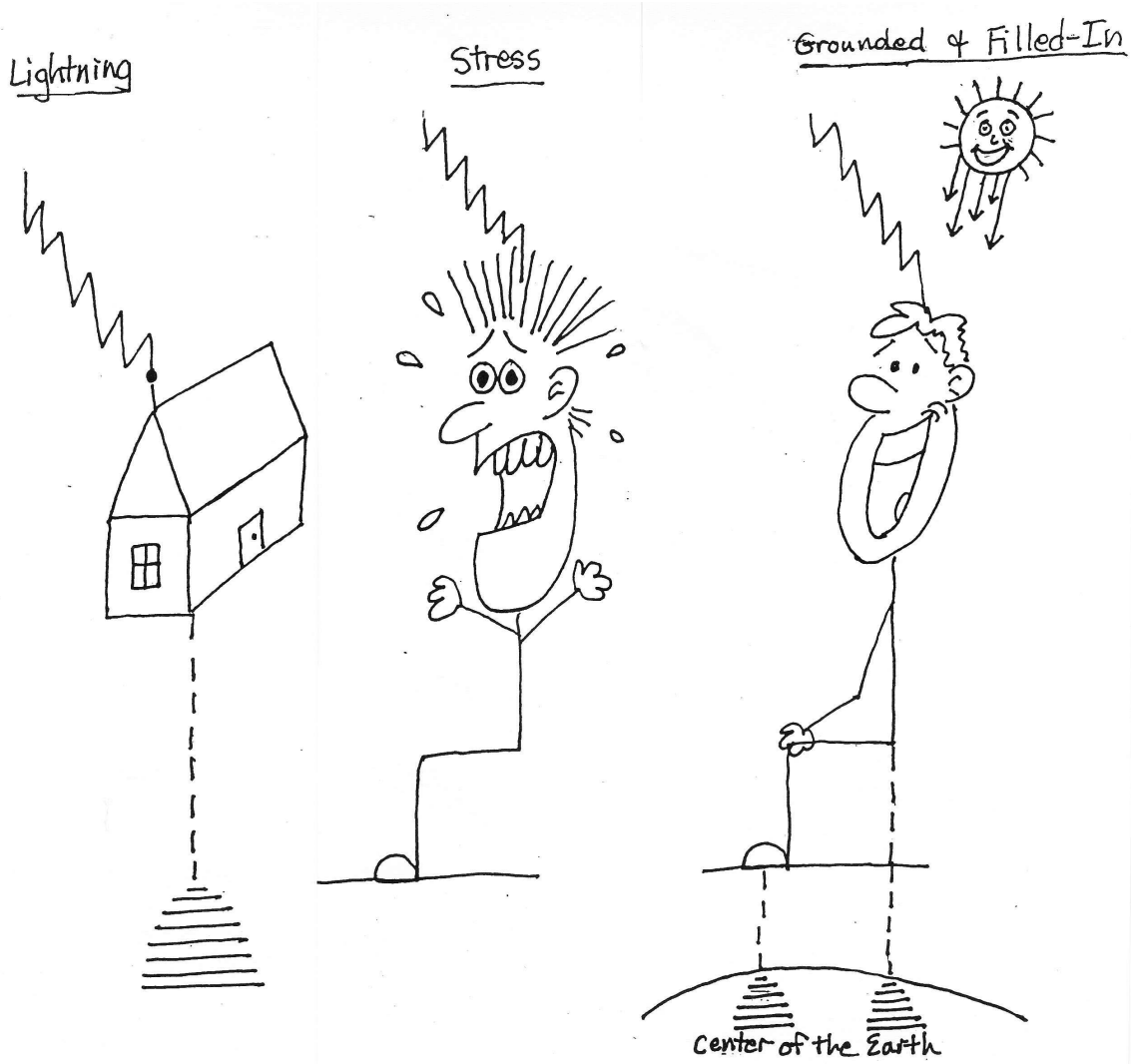
Benefits of Grounding

- You are better able to focus.
- You can lead meetings with greater ease.
- You can enjoy your life more fully.
- And even your golf game can improve!

You May Notice Yourself Becoming More

- Relaxed while Alert
- Focused
- Centered
- Self Confident
- Clear-Headed with a Heightened Sense of Awareness

The Grounding Experience



The Ground & Focus Technique

A Typical Day

1. Notice your current state.

Ground & Release

2. Attach a grounding tube from the base of your spine and the soles of your feet to the center of the earth. This stabilizes or “grounds” you.
3. Release or “flush-out” any mind chatter. Let it go down your grounding tube.
4. Notice your grounded state.

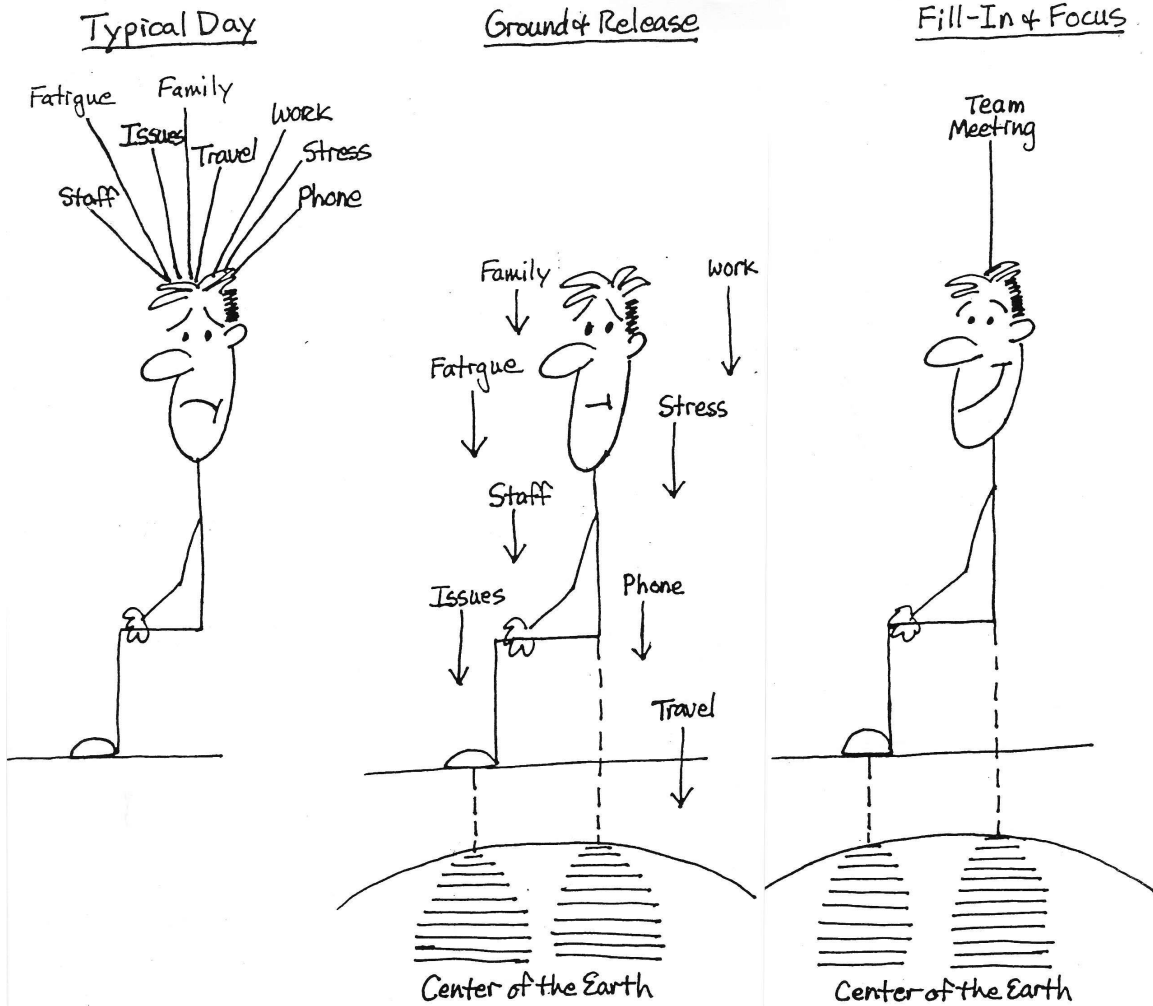
Fill-In

5. Bring the light of the sun into the top of your head. Let it fill-in your body completely. Then let it spill down your grounding tube. This refreshes you.
6. Notice your grounded and light-filled state.

Focus

7. Now focus on one thought. This is possible because you are now grounded (stabilized), have released (flushed-out) all extraneous thoughts, and have refreshed (filled-in) yourself with light.

The Ground & Focus Technique Experienced



Anne Salisbury, PhD & Greg Meyerhoff

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1. What is intuition? Gain a higher perspective from a chapter in our newest award-winning book, *The Path of Intuition: Your Guidebook for Life's Journey*.
2. What is true versus false intuition? Learn through entertaining stories in a chapter from *Eureka! Understanding and Using the Power of Your Intuition*.
3. **BONUS:** Receive a free psychic look at what might be blocking your energy and intuition from flowing freely. This is a 15-minute phone consultation with internationally known intuitive and energy healer, Greg Meyerhoff.

About Anne Salisbury, PhD & Greg Meyerhoff

Anne Salisbury, PhD (psych), ThD, MA, MBA is a clairvoyant seer who helps clients find answers to those important questions in life. She is the founder of the Transpersonal Hypnotherapy Institute, Inc. (which offers distance learning certification trainings), cofounder of Go Intuition, Inc. (offering intuitive consulting by phone and in person) author of the internationally acclaimed book, *Eureka! Understanding and Using the Power of Your Intuition*.

Greg Meyerhoff is an energy healer who breaks through the roadblocks in his clients' energy systems so they can experience success with ease. He is the cofounder of Go Intuition, Inc., which provides intuition seminars and intuitive consulting for better relationships, career advancement and spiritual development. He served as a Board Member of the Colorado Association of Psychotherapists for three years and is currently a Board Member of the All Faiths Church of Spirituality and Health of Holos University.

Together, Anne and Greg teach courses on intuition at the Transpersonal Hypnotherapy Institute (a state approved vocational school) and Holos University Graduate Seminary. They coauthored the award-winning best-selling book, *The Path of Intuition: Your Guidebook for Life's Journey*, which is a channeled conversation with All That Is.

"Anne Salisbury is an intuitive who is among the most clear visionaries I have experienced. She has a unique ability to see the heart of the issue and channel appropriate solutions. You will find rich and essential answers to your path in life working and learning with Anne Salisbury and Greg Meyerhoff."

- C. Norman Shealy, MD, PhD, Founding President, American Holistic Medical Assoc

Visit <http://GoIntuition.com> and <http://TranspersonalInstitute.com> for more information.

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