

SPECIAL REPORT

How to Unlock *Your Intuition*



the second
paradigm

When most people think of “Unlocking their Intuition,” they think about deep breathing exercises, positive affirmations, and keeping their vibration high.

You won’t find that here today.

Because, frankly, none of these things actually work—at least not consistently.

Instead, we want to use this time to zero in on something far less commonly talked about:

Peace.

It’s one of our central philosophies at The Second Paradigm:

When you’re able to find your Peace, your intuitive connection to divinity is just a small request away.

We’ll get into those specifics in a bit, but first it’s important to share why we have this perspective that’s entirely different from others in our industry.

Peace is one of the biggest “secrets” in the spiritual world.

Maybe “secret” isn’t the best word for something that’s almost entirely ignored or overlooked...

But, either way, Peace is easily one of the most important spiritual concepts anyone could ever discover.

It’s the foundation for every. last. step. of the spiritual path.

Why?

Well, most people who find themselves seeking out information to “unlock their intuition” find advice that sends them in the exact opposite direction of Peace:

Excited, high energy, a little manic, and disconnected from reality.

It’s become all too obvious to us over the years that these states aren’t actually helpful.

We know from first-hand experience how destabilizing and confusing these spiritual practices can be.

We’ve lived it.

Maybe it's fun for some people to breathe until they get light headed, or say the same positive sentence hundreds of times in the mirror.

But there came a time, for us, where we couldn't help but ask, "Why are we actually doing this?"

When we took a look at how we *felt* doing these practices, and what they were actually doing for us, we were surprised at what we found.

Breathwork, mantras, astral projection, reading spiritual books, listening to spiritual teachers on YouTube—it left us feeling ungrounded, disconnected, and confused.

That's the opposite of what spirituality was *supposed* to be doing for us.

But, at the time, it was easy to think:

"Maybe I'm just doing it wrong."

These many years later, on the other side of a massive journey of self-discovery, trusting our intuition for literally every aspect of our lives, and building a body of work we could be truly proud of...

We now know we weren't "doing it wrong."

The practices themselves just weren't what they promised.

As we look around at the larger spiritual world, we see hundreds of thousands of good, well-intentioned people feeling the same way we did:

Ungrounded, Disconnected, and Confused.

It's our hope, with this Special Report, that we're able to shed some light on what's really going on here, and to offer a far cleaner and more sustainable path forward.

Let's get into it.

How to “Unlock” Your Intuition

We called this report, “How to Unlock Your Intuition,” because that’s how most people tend to think about their intuition.

It’s something you “unlock.”

“How do I get more access?”
“How do I open my third eye?”
“How do I unlock my psychic abilities?”

But, truthfully, intuition doesn’t need “unlocking.” It’s something that everyone already has access to.

Of course, there is a difference between someone who lives their entire life guided by that inner whisper, and someone who thinks “checking in” is something that only happens in a hotel lobby.

So what is it?

That difference isn’t how open someone’s third eye is, or how many “binaural beats” meditation tracks they’ve listened to..

The difference is quite simply:

Differentiation.

“Differentiation?”

Yes! The difference between the person who “checks in” for their life decisions and the person who only “checks in” at the Holiday Inn, has nothing to do with unlocking a hidden superpower.

It’s how much they’re able to distinguish which thoughts are *theirs* and which thoughts are external.

This can be a weird concept the first time hearing it, but think of it this way:

Every day, we have thoughts that we did not architect ourselves.

Most of our political opinions, for example, are just quotables from a handful of talking heads on our shiny rectangles.

Are those thoughts really our own?

Our brain is great at cataloguing our experience and picking up ideas from the world around us.

But in a world where busy is normal, and rest is lazy, it's not always great to have thoughts that are not our own masquerading as "me."

"Unlocking our Intuition" is about turning down the noise, and being able to spot the Truth, even when our body is scared, anxious, and uncertain.

That's *differentiation*.

We're sorting intuition from everything that *isn't* intuition.

Let's go back to this idea, real quick:

"Most people who find themselves seeking out information to "unlock their intuition" find advice that sends them in the exact opposite direction of Peace: excited, high energy, a little manic, and disconnected from reality."

The reason we left behind so many spiritual practices over the years is because they didn't actually help us to differentiate our inner world.

If anything, they just made it noisier up there.

Bliss and positivity *feel* good, but do they help sort out the biological noise?

Leaving our bodies *feels*... unique, but does it differentiate out that inner whisper?

All of these spiritual practices sounded great at one point, but they didn't go anywhere.

It was, frankly, disappointing.

We'd end up parroting these odd ideas like, "Spirituality isn't about the destination. It's about the journey, brah!"

But then, why start?

Why put so much time, energy, and effort into spiritual practices that didn't actually take us anywhere useful?

The more we looked at it, the clearer it became that we had to part ways from mainstream spirituality.

We certainly weren't done seeking deeper truth, and pursuing Light. We were just done pretending that mainstream spirituality would get us there.

So if not breathing 'til we pass out in the shower (been there), then what can we do to quiet the noise and hear the truth our intuition offers?

Well, it's actually quite simple.

We shift our "emotional north."

If we think we're supposed to be joyous, grateful, excited, optimistic, and blissful, and that's what's going to make us a "good spiritual person"....

Then we're going to jazz ourselves up, dance around the house, and do anything we can to get to that "emotional north."

But have you ever gotten a little too excited, and made a decision you almost immediately regretted?

We all have highs, and we all have lows—that much is inevitable.

But both the lows and the highs are equally terrible places to make decisions.

We're not emotionally stable in "bliss" states, at the "peak" of our emotional wave.

We're emotionally stable in our Peace.

Peace is the space within our being, and the pocket of our minds, where we know that nothing is nearly as urgent as we make it out to be.

It's that place we find inside where, suddenly, we don't have any problems.

That's the place where the thoughts of others, the buzzy frantic energies, and even our dramatic hopeless inner woes, simply can't get in.

In the absence of the noise, our intuition is just a small request away.

"Unlocking our intuition" is just a process of finding and *fortifying* that place of Peace inside of us.

When we learn to set our emotional "North" at Peace, and away from bliss, joy, and excitement...

Our lives slow down, smooth out, and our intuition becomes clearer than ever.

Our issue as a society is not that we've "lost our intuition." It's that we've drowned it out with overstimulation and a sea of "urgent problems."

The pathway back isn't in a \$10,000 spiritual retreat in Maui. It's in our Peace.

The Second Paradigm Meditation Protocol

As you might already be able to tell, we don't really practice breathwork, chant, ohm, repeat mantras, or do the whole "watch your thoughts pass by like clouds" kind of meditations.

We do, however, have a very simple protocol we both teach and use on a daily basis.

We pause, and take a breath—we sit, lay, or just take a moment wherever we might be, and run through this simple protocol:

"I call in my Oversoul."

"I ask to be disconnected from the collective."

"I call in my truest soul essence."

There's a LOT to unpack here.

We have an article in [The Second Paradigm Free Community](#) that goes into more depth, but here's the gist of it.

At The Second Paradigm, we teach that God/Light/divinity is a massive interconnected intelligence—one that our own personal soul is connected to and even a piece of.

The "Oversoul" is our own personal inlet to divinity. When we invoke our Oversoul, we're calling in our own unique and personalized connection to Light.

The "collective" is referencing the collective field. It's what we're disconnecting from, because it's where a lot of that "noise" comes from.

And our "truest soul essence" is the thing we're becoming.

It's the truth of who we actually are, and the person we came here to be.

This protocol is really simple, but it captures a lot of what we're doing here—how we're "unlocking our intuition."

We're acknowledging our connection to divinity, disconnecting from everything that isn't actually us, and calling in the truth of who we are as the soul.

It's our deepest belief that spirituality should have a clear purpose.

And that this purpose should be worth pursuing.

For us, learning to connect with the truth of our soul, and differentiate that truth out from the noise we have coming at us every day, is a worthwhile pursuit.

There's a lot out of practices out there that *sound good*, but don't actually help fulfill that purpose.

For that reason, we created a body of work at The Second Paradigm that's cut out what we've seen to be impractical, ungrounding, or distracting.

Instead, we focus on cultivating Peace, refining our connection to divinity, and embodying the fullest possible expressions of our souls.

There's a lot of people who simply don't like what we do. They prefer the white clothes, incense, and dramatic practices.

That's okay. We know we're not for everyone.

This work is for those who simply want more from their spiritual experience—who haven't found anything in the spiritual world to be consistently helpful or resonant.

If this is you, we hope to see more of you.

In the meantime, we hope you were able to find some moments of clarity (and maybe even a few sighs of relief) in this Special Report.

In short, the path to "unlocking our intuition" starts by embracing our Peace and leaving the old dramatic practices of mainstream spirituality in the rear-view mirror.

Chances are, if you're still here reading this, you're far more connected than you could possibly know.

Chances are, you're in a very small subset of the population we call "The Cutting Edge," and you're simply ahead of your time.

And chances are, you're here to be you and to boldly embody Light in a world that's nearly lost its connection to divinity entirely.

On that note, if you want to keep exploring with us, you know where to find us. 😊

 members.thesecondparadigm.com