

Honoring Your Intuition

Today's leading executives and athletes listen to their intuition and follow it. So have scientists like Einstein and artists like Beethoven. Intuition is one of the keys to their success. It's a doorway to creativity, insight and wise decisions.

Intuition is your inner sense of what is true or what is best to do. It's your conscience. It's a deep down feeling that informs or guides you. Intuition demands a quiet, receptive mind and an open heart.

Pay attention to your gut feelings and your hunches. Pay attention to those ideas that just "pop" into your mind. Listen to the whisperings of your heart.

Within you is a wellspring of wisdom and creativity. Begin to deeply trust your inner sense of what is best to do in any situation.

Sense what your intuition is telling you. In small ways act on its signals. At first this is a trial-and-error process. It will probably involve making some mistakes and learning from them. Gradually, your intuition will strengthen and become more sure. Then you can use its guidance to help you in making more important decisions.

Honoring your intuition is a skill. The more you practice, the more skillful you become. Work with the following "skill builders." Then come up with additional specific ways to strengthen your intuition—ideas designed just for you. Write these new skill builders on the back of this sheet. And put them into action!

◆ Skill Builders ◆

- ◆ *Build in a daily period of unhurried quiet time. Let your mind become still, receptive, open. Listen well as your mind and heart speak to you. Take good notes.*
- ◆ *Pause several times a day: Intuitively tune into your body, mind and spirit.*
- ◆ *Can you think of a time when you intuitively knew you should do something or that a particular event was about to happen, and your intuition was right? What feelings or signs did you receive?*
- ◆ *Has your intuition ever given you a message and you ignored it? What happened?*
- ◆ *What hinders your intuition? How can you overcome these barriers?*
- ◆ *Discuss the above questions with an open-minded, supportive friend.*

QuickSkills # 5, by Sam Quick, Human Development & Family Relations Specialist. (1997) FAM-QS.105

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