

INTUITION

The Voice of Inner Guidance

There are many ways to think about intuition and many definitions for it, depending on the particular perspective from which it is viewed. We will take a spiritual viewpoint here.

The Indian philosopher and teacher, Jiddu Krishnamurti is often quoted as having said that *“Intuition is the whisper of the soul.”*

Penney Pierce, author and pioneer in the field of intuition development says it is *“the immediate knowing of what is real and appropriate in any situation, without the need for proof.”*

Sam Quick, Ph.D., says, *“The intuitive heart – working with the brain – can take a wide range of information from a variety of sources and instantly synthesize this complex data into a simple and reliable form of inner guidance that is specifically tailored to your moment-to-moment needs.”*

A dictionary might say that intuition is the ability to understand something without the need for external verification or conscious reasoning. We could say very simply that it’s knowing something without knowing how you know it.

I like to think of this amazing power as God’s Wisdom-Voice within us. As such it is a natural and holy component of your being. It’s an inner intelligence that is not limited to nor restricted by our personality, education, or life experience.

Out intuition can *only* serve our higher good and can never impede our progress. It is our constant companion and not just an infrequent visitor, and its work is to inform us of something we need to know.

HOW INTUITION INFORMS US

There are countless ways in which our intuition gets our attention. Here are a few that can be important to take notice of:

A sudden awareness
An urgent nudge
A physical sensation
A lingering longing

A compelling sense of curiosity
A quick sense of heightened focus
A sudden slowing down or speeding up of time

There's a laser-like quality to intuition that allows it to shine right through the darkest confusion or deepest river of emotion. And like a laser beam that is used in a medical procedure, intuitive nudges or thoughts are often given in very short bursts.

We may find ourselves startled or surprised by that burst of clear information and unfortunately if we have not honed our inner listening skills, we may tend to too quickly dismiss it as nothing.

Intuition doesn't have to answer to our rational mind and the messages we get through it may appear to go against what the logical part of the mind says.

WHAT INTUITION DOES FOR US

- It is given for our protection and sometimes for the protection of our property.
- It calls us to act or to cease acting; to pay attention in an urgent, immediate, and heightened way.
- It connects us seamlessly to a yet unknowable future, even if that future is just a few seconds ahead.
- It can help us make better decisions because it acts like both a laser beam of clarity and a wide-angle camera lens. It sees both the bigger picture and what is needed directly in front of us in the present moment.
- It can save us time; it can save the emotional entanglement of poor choices; it can even save our life or help us save someone else's life.

WHAT INTUITION REQUIRES OF US

As part of our inner guidance system, intuition can be a superpower. But in order for it to function within us at that level, three things are required. Each one of these elements builds on the others and are non-negotiable for high intuitive insight.

1. Intuitive nudges are sometimes so obvious that we can't miss them. Yet they can also be much more subtle. No matter where on the scale of strength and persuasiveness these messages come to us though, they *always* require that we give them our **attention**.
2. Beyond our attention, intuition requires **trust**. Put very simply, *trust builds signal strength*. When we learn to trust what we are sensing we give permission for more of this type of guidance to inform us.
3. **Action** or follow-through on any intuitive message is essential for us to be able to learn the difference between our inner guidance and impulsiveness. It's also confirmation that we are growing in our trust of these messages that come to us out of the blue for our good.

HINT

Need to make a quick decision? Want to be sure that decision is the right one for you? **UNPLUG** from your thinking mind for a few minutes. **TUNE IN** to your inner guidance system; **TRUST YOUR GUT**.