

May 2012

The Power and Protection of Our Intuition

Recently I was given cause to consider our intuition and how we can often ignore it even though it is our truest, wisest and most loyal friend.

A close friend related to me the distressing experiences she had after inviting a colleague to stay in her home whilst the man was attending a seminar, he had told her that the only available accommodation he had been offered was to sleep on somebody's floor. She felt he deserved better and offered him her son's bedroom. It resulted in a trail of destruction to her home and possessions followed by a litany of ingratitude and denial.

When my friend related the story to me I could see that she was still deeply hurt and angry by the events and I asked about her anger. *"Oh, I have forgiven him"* she replied *"But I can't forgive myself"*. *"There was always something which had made me feel uneasy about him but it didn't make sense. As soon as I had extended the invitation something told me it was wrong. A voice was saying 'No'. But it didn't make sense so I ignored it I even had a vivid premonition of furnishings in my home being broken. If only I had listened to it"*.

If only I had listened to it!

What exactly is our intuition and how does it work?

The word *'intuition'* comes from the Latin word *'intueri'* which literally means "sight from within" or "insight". It is a way of knowing, a way of sensing the truth without logic or explanations.

Until we understand what we are doing we can

so easily ignore our intuition and instead we make our decisions based on logic, obligation, and fear. When we first become alert to our intuition it can be disturbing because it may not seem relevant or important or it may strike us as disturbing. However, there is never a good reason to not listen and follow our intuition. That which goes on in our conscious mind is mostly about survival, comfort and procreation, and little else, but we do not need to be particularly spiritual to be able to tune into and learn to hear our intuition.

Our intuition is the ability to get a sense, a vision or a feeling about someone or something. Intuition can communicate with us through symbols, feelings and emotions but it usually speaks to us in clear language. We all have intuition, we are all born with it. We use it as children as we do not know anything else but, as children, we are so often taught not to trust our intuition and to give our power away to others who appear 'to know better'.

So, as children, we go on our instinct or gut. But as we grow older and our rational and reasonable mind develops, we lose touch with our intuition. We ignore it, cast it aside forget about it. But, like an out-of-shape muscle, intuition can be strengthened and exercised back into shape.

These are 9 ways to know that we are listening to our intuition and not our ego:

1. We still feel a certain way despite everybody else disagreeing with it.
2. We still feel that way after sleeping on it.
3. We still feel that way when we are happy.

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4. We have a sense of relief once having taken that action.
5. When our decision doesn't make sense.
6. When the decision is not convenient.
7. When it scares us.
8. If it does not result in immediate gratifications.
9. If it is hard to justify.

Our intuition is an original, independent source of knowledge that no other source can provide. Therefore, when we listen to our intuition it connects us with a greater knowledge. That part of us which has an overview of our life, which truly loves us and will always protect us. When we hear it clearly it will be an oasis of peace in the midst of chaos, it will bring us harmony, help us to release negativity, and gives us confidence to take action and welcome changes in our life.

When we experience our intuition, there is always a feeling of simplicity, clarity and peace that comes along with the knowledge, even if it's about an outcome we don't want.

Intuition will only address the present moment; it tells us what we are dealing with and how to make the right choice. There is always a strength, a clarity and a conciseness behind our intuitive voice.

When we are listening and following our intuition our bodies respond differently. We will feel calmer, stronger, there will be no tension and we will breathe more easily.

No matter where our thoughts or beliefs take us, our bodies are always in the present, never in the past or ever in the future. When we understand and accept this we make ourselves open to hear our intuition rather than our fears.

There are three main reasons why we ignore our intuition:

Our lives are too hectic. Our intuition talks in a quiet re-assuring voice, it will never shout at us. It is there for when we want to listen but it is always there whether we chose to listen or

or not. So, when we are surrounded by noise or activity it is difficult to listen.

A lack of confidence. When we start to learn to listen to our intuition our ego becomes threatened. Our ego needs us much more than we need it and so it will clamour for our attention. When we become aware of this we need to remember that all our ego knows is the past and if we continue doing things the same way we will continue getting the same result. If we remember this our ego shouldn't stand a chance!

The fear of change. Our ego's number one weapon against our intuition is fear. When our intuition tells us something is not right we are the only one person who can make it right. We have to make a conscious decision and commitment to change which can be very frightening. We will sometimes tolerate amazing hardship, pain and trauma to avoid change.

When we experience fearful, ego based thoughts, we often feel confused, upset, jumbled, agitated and feel we have to know more. If there is an emotional charge with our thoughts, it is probably not intuition, but fear. Fear limits our perceptions and our sense of being centered.

Fear always comes from the past. As children we know no fear because we have no memories associated with it. Our reactions are always fear based, they come from a mind in confusion not clarity. Fear can often appear logical. Our mind is a great tool but not our best guide. It is full of reliving the past and projecting in to the future.

Our fears are ego based and will often speak in a loud voice and can scream at us demanding attention whilst our intuition speaks in a quiet, still voice until we choose to listen to it and not to the our fears. The wonderful thing is that when we focus on listening to our intuition that quiet voice will grow in clarity and we will quickly learn to distinguish between the two.

Intuition enables us to decide what is right, not what is necessarily good or easy. It is concerned with what we gain from our choice rather than what comes out as a result of that choice.

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Have you ever noticed a time when you made a quick decision and acted upon it immediately? Being in tune with our intuition and not even allowing our other voices to come and try to cause confusion.

This is a most beautiful and powerful quotation about the importance of our intuition as it comes from the world's greatest scientist and physicist, Albert Einstein. *"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift."*



"Sustainable Empowerment" is a new approach to psychotherapy and counselling developed by Richard Gosling that can help in building a stronger and more loving You.

Richard specialises in "Trauma Therapy" and "Crisis Counselling", is a member of the UK Association of Humanistic Psychology Practitioners and is offering his help and services in West London.

For more information on "Sustainable Empowerment" please visit www.sustainable-empowerment.co.uk or get in touch with Richard via the following email address: richard@sustainable-empowerment.co.uk