INTUITION TRUSTER

"It's that thing between instinct and reason"

Learning and knowing to trust your intuition begins with understanding yourself, which comprised all of Module I with Perception, Earned Confidence and Winning the Battle Within. Our goal throughout has been to pinpoint every aspect about ourselves and our experiences in the world around us while distinguishing each from one another. Let's begin here by getting on the same page with Webster's definition: **In·tu·i·tion** (noun)

1) *The ability to understand something immediately based on instinctive feeling and without the need for conscious reasoning.*

2) *Attaining direct knowledge or cognition without evident rational thought and inference.*

The next facet to consider is the extent to which you rely on your intuition. In fact, the well-known personality assessment, called The Myers-Briggs Test, gauges psychological preferences in four categories. It distinguishes how individuals process information by either sensing or intuition.

According to the Myers-Briggs Foundation*, someone who prefers sensing pays attention to physical reality in what they see, hear, touch, taste and smell. They focus on experiences that are actual, present, current and real. They live in the now and rely on facts. Those who are more intuitive try to find the deeper meaning in things based on impressions and patterns of information. They prefer to think problems through rather than over-rely on hands-on experience.

SENSERS	INTUITIVES
The following statements generally apply to me: • I remember events as snapshots of what actually happened. • I solve problems by working through facts until I understand the problem. • I am pragmatic and look to the "bottom line." • I start with facts and then form a big picture. • I trust experience first and trust words and symbols less. • Sometimes I pay so much attention to facts, either present or past, that I miss new possibilities.	• I remember events by what I read "between the lines" about their meaning. • I solve problems by leaping between different ideas and possibilities. • I am interested in doing things that are new and different. • I like to see the big picture, then find out the facts. • I trust impressions, symbols, and metaphors more than what I actually experienced • Sometimes I think so much about new possibilities that I never look at how to make them a reality.

* https://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/sensing-or-intuition.htm

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As the core premise of his landmark book, Blink, Malcolm Gladwell made the case that those who trust their gut with decisions make at least as good, if not better decisions as those who overthink things and get caught up in the proverbial analysis paralysis. The underlying concept refers to a decision-making technique, called “thin-slicing” for which the purpose is to identify singular data points that represent all you would need to know about something on which to base a decision.

For example, if you had a decent job or a certain friendship that you value for any number of reasons, but the one seemingly avoidable constant is excessive stress that impacts your health, that is all you would need to know to be better off with a new job or relationship.

The point is that something like “thin-slicing” can provide an added advantage to validate relying on your intuition to make the right decisions.

Another facet of using your intuition is to heighten your awareness to recognize certain triggers. Certain interactions and circumstances might “make your antennae go up,” which is another way of describing “Spider Senses.”

A common indicator of going in the wrong direction is when - for whatever reason - you feel like you’ve been “banging your head against the wall,” “pushing a boulder uphill, running in place, swimming upstream - or whatever your preferred cliché.

In general, if you experience a certain level of stress and you are not entirely sure why - that’s when you need to check in with yourself. This is your alarm system. The same applies to when you find yourself in the “try and try again” mode. By the time you get to the third try, it may be time to alter the definition of what success means to you.

At what point of doing the same thing over and over again does it become apparent to not expect a different result? That’s the tricky part.

Then there are times when things trend in favorable ways. Just about everyone knows the expression, “Go with the flow.” It’s a fundamental part of what we’ve discussed about managing energy, the Elements in Motion and remains prominent in the topics still ahead.

Being in the flow is a personal experience. Hopefully, you encounter a healthy share of positive, flow-like experiences that you find meaningful and bring you joy. Even those who hone this awareness can attest that being in the flow can be difficult to sustain given all the curveballs life throws us.

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As already discussed - and still to be revisited - the key to connecting and reconnecting to that feeling is to purposefully weave gratitude into your daily life. This includes tuning into the experiences you're having and the energies that are associated with them.

Of course, it's also about staying aware and picking up on cues. When we see that something is trending - be that with external events or among our internal observations (like your inner monologue) - that may be a good opportunity to figure out which way the current flows.

Technique to Sharpen Your Intuition

FROM WITHIN	OBSERVATIONS	ACTIONS
● Quiet your mind	● Track your dreams	● Align your values
● Meditation	● Meaningful coincidences	● Spend time in nature
● Heighten your senses	● Notice energy shifts	● Get creative
● Tune into your gut	● Opportunities that knock	● Be more spontaneous
● Feel more than you think	● Sense/release resistance	● Subconscious hypnosis
● Align your inspirations	● Consult your past	● Read up on this topic

ACTIVITY 1: GUT CHECK (TIME: 15-30 MINUTES)

Make time to stop. Tune into your thoughts and feelings. Identify sources of stress and resistance. Are there events and circumstances in your life that feel like you're swimming upstream or make you feel as if you're banging your head against a wall? If you are swimming upstream in any parts of your life, what would it mean to turn around and swim with the current? Do you identify with getting caught up in Analysis Paralysis? How can you trust your gut more?

ACTIVITY 2: INTUITION HONER (TIME: 25-30 MINUTES)

Choose at least one technique from each of the three columns above to improve your intuition within, through observations and taking certain actions. Spend at least 5 minutes to give each a try. Make note of your observations and consider what you might try next.

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