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## Intuition and How to Cultivate Yours

By Idara Bassey

*“The greatest advances in man's understanding of the universe are made by intuitive leaps at the frontiers of know-ledge, not by intellectual walks along well-traveled paths.” – Andrew Weil, M.D.*

A cursory examination of the recent evening news will quickly demonstrate the urgent need for new thinking and perspectives to come to bear on the seemingly intractable challenges present throughout the world. With many of our tried and true institutions, as well as our historical sense of invulnerability unraveling, our post-September 11th “reality” is truly uncharted territory. It is not much of a stretch to assert that any untapped sources of information, inspiration and comfort to make sense of it all would undoubtedly be welcome at this time. It just so happens that a potent wellspring of each exists “in-house” for all of us in the form of what is known as our intuition; and more and more people—from housewives to corporate CEOs are publicly ‘fessing up to heeding (or at least considering) the dictates of this sometimes amorphous concept of the hunch – and reveling in results ranging from much-needed guidance and confirmation to enhancement of creativity.

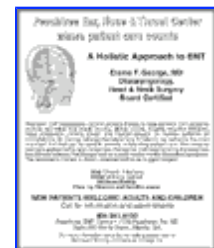


So, what is this thing called “intuition” and how can you use it in your own life? Well, have you ever had an uneasy feeling about a person or situation and ignored it to your detriment? Have you ever been uncomfortable about a course of action, but plowed ahead anyway and regretted it? These types of feelings or “knowings” which have no basis in objective fact provide valuable information and are collectively known by the term “intuition.” Heeding our intuition refers to our ability to secure information outside the usual framework of rational thought. If we choose to pay attention to these “nudges” and to consciously sharpen our ability to integrate them into our thinking, we can begin to bring more creative approaches to bear on situations that are near and dear to us as well as those that impact a greater number of people. Here are three great ways to cultivate your ability to access intuitive insights:

**1) Honor the silence** – it has been said that the only voice our inner selves have is silence. Granted, the realities of modern life may make such quiet moments hard to come by. However, in committing to take some time each



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day, even if it is only five minutes, to hear yourself think will greatly improve your ability to access your intuitive self. It is only when you commit to taking a break from your five senses that your inner senses are enhanced. Like a muscle that grows stronger each time you use it, your ability to turn within gets easier the more you do it.

**2) Follow through** – when you begin receiving intuitive guidance, make an effort to acknowledge it in some way by initiating action based on the insights you receive. Start off with situations where the stakes are comparatively lower. Say, for example, one morning you are leaving your house to go to work and you get a sudden urge to take your umbrella even though there is not a cloud in the sky. Take your umbrella and see how the day pans out meteorologically speaking. As your practice develops and strengthens, you may wish to see how applying your intuitive insights plays out in situations of more significance to you, such as with a vexing work issue or a personal situation that may have been bothering you for some time. Each time you “acknowledge” the guidance you receive, you increase your receptivity to additional insights and improve your overall level of discernment.

**Seek support** – Since September 11th, I have seen a growing interest in learning about intuition and publicly engaging in conversation on this topic. I advise my clients who wish to develop and strengthen their intuitive capabilities to consider spending more time around people of like mind to discuss and share their experiences in this arena. There are a number of public forums where such interaction is welcome – meditation circles and spiritually-oriented workshops are among the many options that are available. Professionals, such as spiritual counselors, metaphysical practitioners and intuitives of all kinds and specialties have studied and trained specifically to assist others in their quest to develop their intuitive skills. Many are also able to offer expanded interpretations of insights received.

As I alluded to earlier, people from all walks of life are looking for answers. Many are adopting a “nesting” instinct in order to cope, and becoming connected to one’s inner self and wisdom is a natural outgrowth of this phenomenon. The level of consciousness that created our present reality is not the level of consciousness that will change or improve it. In enlisting the aid of our intuition in our lives, we naturally enrich our frame of reference and open to new possibilities. Accordingly, as more of us proceed in this manner, we move that much closer to bringing forth innovative thinking to the greater whole and to ultimately moving from thinking to enlightened action.

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