

7 Tips for Improving Your Intuition

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1. Learn to identify your prevailing beliefs, judgments, and attitudes about the way the world works and who you think you are, or how it "should" be—and be able to suspend those ideas temporarily. Maybe there are other ways to be! Maybe life could teach you something new if you let yourself become innocent, like a child again—with "beginner's mind." Make space for surprises.

2. Become friends with your feelings. Just as there is no such thing as failure—there's only feedback—there are no "bad" emotions. Emotions are simply energy and information coming from your body. Be willing to experience every feeling that emerges in your body, without labeling it (I'm angry) or putting a value judgment on it (anger is bad). Just notice and describe the physical sensations of expansion or contraction, hot or cold, density or lightness, and let them move through your body and evolve to their next level of expression. Intuition percolates up from the body via sensation and feeling—nonverbally. Don't block or distort that flow in any way. Eventually it will turn into an Ah-ha!

3. Remember to consciously pause between actions. Throughout the day, remind yourself to drop into the here-and-now and feel the world from your body's simple perspective. Be with what's happening in each present moment, without needing to shape, change, or vote on it. It is the way it is. Life is proceeding in harmony. There's something "just right" about each situation. Life is comprised equally of masculine (doing) and feminine (being) energy and awareness. Make sure you have a balance of both.

4. Cultivate the habit of appreciating and acknowledging yourself and others for good deeds, successes, uniqueness, and beauty. Speak words that benefit others and the world—what you're interested in rather than what you dislike, what you're actually doing instead of what you don't want to do, how you choose to be rather than how others prevent you from being. Notice what's right with the world. Intuition flows when you see the glass half full rather than half empty.

5. Develop the "warrior's attention." Like a great samurai, be alert and present 100%, in each moment, and 360 degrees around you. Be ready to act, without any biases. Practice "engaged indifference."

6. Learn to check with your body and your "reptile brain" to see what you instinctually want to do next. Don't assume that once you've decided, the choice will last forever. The currents of insight and creativity can shift and weave into new pathways in the twinkling of an eye. Check in many times throughout the day, "Now what feels right? Am I totally comfortable, at the deepest level, with this course of action?" Intuition occurs in the NOW, in the body, and what's true always has "juice."

7. Let go of needing things to be nailed down in advance. You can still have a vision and goals, you can still make plans, but let it all be fluid. Visions and plans evolve constantly. Affirm to yourself: "I know what I need to know exactly when I need to know it." In any given moment, there's just one piece of information, one urge, one action, that's a perfect fit. Develop trust in your own higher awareness to bring you pertinent and accurate insights in a timely way. Act on the information you get and thank yourself for planting the right curiosities, motivations, insights, and physical reactions in your mind, in a way that directs you effortlessly to your next step.

