

How to Develop the Habit of Intuition

By Arupa L. Tesolin

Beyond emotional intelligence lies the ability of intuitive intelligence, closely aligned with common sense. Though emotional intelligence involves a wide realm of people skills, communication, and creativity, intuition involves a deep level of self-knowledge.

Intuition involves deep listening, irrespective of reality or social and cultural conditioning. Through intuition we learn what is right by us, how to live and work with integrity, and how to express our truest selves. The fulfillment and freedom are beyond measure.

Geniuses, shamans, mystics, and visionaries throughout the ages have been able to access nonordinary states of consciousness for direction, power, and wisdom. Such states have been connected with reverence for life, healing, continuity, extraordinary skills and feats, quantum leaps of thought, inventions, breakthrough ideas, and bursts of creative power.

As our lives become more filled with information, the value of how it is used—and for what purpose—becomes more important than the information itself. Information is getting cheaper and having a shorter and shorter life cycle. Consequently, self-knowledge becomes all the more valuable—the new gold standard.

We need new explanations of the new mind skills required for our current age. In the last century, people became accustomed to using their logic habits more than their intuition. The 21st-century mind needs to operate on a multidimensional front. We need to regain balance in order to reduce our anxiety and unproductive, unfulfilling busyness. We can be more productive, more creative, and happier when we relax and let our intuition flow.

Perhaps the best way to describe the value of intuitive intelligence is what a physicist said recently: “A deeper level of self-knowledge creates an energy reservoir that is capable of producing a desired outcome almost instantly by directing one’s desire and intention.” That can mean real power in today’s world, where anything can happen and almost

everything is unprecedented.

For most of us, not following our intuition has been at times expensive and regrettable. We can usually look with hindsight and see that all of “those feelings” or “early warning signs” were there, but we dismissed them—too touchy-feely. Now, we realize that learning to work with intuition isn’t only necessary but is vital to business and personal success.

People who are more in touch with their intuitive skills are better listeners. They hear the whole story—the part you’re telling and the part you’re not telling. They’re better able to discern



when the pieces don’t fit because information is missing or conflicting, or when to ask more questions because the underlying agenda is speaking louder than the words. Intuitive people tend to have more energy and synchronicity because they’re able to maintain a flow state that sustains the body and creative spirit.

The good news is that you can train yourself to use your intuition better, and it’s not that difficult. It does, however, require the discipline of practice. Even five to 10 minutes a day of meditative or self-awareness training can make a difference. Just turn off the information, and close your eyes for a bit.

Here are some ways to tap into your intuition:

Meditate. Watch your breath for five to

10 minutes. See the inhale, see the exhale. Imagine inhaling pure essence and exhaling all negativity. Choose a meditative approach that suits you. Even a power walk can be a meditation.

Catch yourself with awareness. During the day, become aware of your thoughts and feelings. Watch a video, let thoughts pass.

Make a decision based on “intuitive facts.” We all have certain ways of getting information, solving problems, thinking, and behaving. The next time you have to make a decision, turn your attention within and listen to what your intuition is telling you—beyond any facts. Notice

whether there is unresolved energy.

You may need to ask questions, clarify another person’s intention, or change your approach. Look at possible paths: Good ones fill you with energy and a sense of power; bad ones raise doubts and other negative feelings.

Keep an intuition journal. Capture dreams, insights, and ideas that come to you without effort. Reread them after a few weeks to see how they relate to what has been going on in your life.

Use mini intuitive exercises. Teach yourself how to get a quick yes or no answer. I visualize a speedometer, with a needle and one side green for yes and one side red

for no. Practice asking clear yes or no questions. Then, ask questions with unknown answers. When you become good at that, you can use the exercise effectively even in a pressure situation.

It doesn’t matter how you start, just so you start!

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