



In gut, we trust

AUTHOR, TEACHER AND VISIONARY, LYNN ROBINSON SAYS TRUSTING THE SIXTH SENSE, OR THE GUT, CAN GO A LONG WAY IN HELPING ONE ACHIEVE SUCCESS IN DEALING WITH LIFE'S BIGGEST CHALLENGES

by Deepti Rawat Paikray

In a material candyfloss world of receding dreams and fleeting relations, author, teacher and visionary, Lynn Robinson, assures her clients and readers something concrete – success in life through intuition. Besides intuitively peering into people's futures, she helps them onwards in life, past fate's prescribed blockages. I am in the chilly suburbs of Boston, Massachusetts, on my way to meet the woman who is described as 'accurate', 'gifted', 'reassuring' and 'inspirational' by her clients. Stepping out from the elevator, I pause a moment imagining dimmed interiors and a domineering woman peering into a crystal ball. The door opens to reveal a sundrenched office, abundant with plush sofas and

beaming plants. Standing before me is the woman who has been voted Best Psychic by *Boston* magazine.

Lynn loves to cook for her husband Gary, enjoys meditative walks during which she mostly thinks 'God thoughts' and gives herself regular intuitive cardio workouts.

The strapping, attractive psychic is as normal and refreshing as the crisp air outdoors. However, her talents are far from ordinary. America's leading intuition expert for 25 years, she is a motivational speaker, and popular business counsellor who has penned five international bestsellers on intuition that have been translated into 12 languages. She has been featured in leading publications, including *USA Today*, *Chicago Tribune*,

radio and television programmes like ABC and Fox News and quoted in publications like *The New York Times*, *Investor's Business Daily*, *Woman's Day*, *Redbook*, *Glamour* and *Good Housekeeping*. A believer in creating one's life experiences through positive thoughts, Lynn frequently intersperses our conversations with her 'I am fortunate' chant. Her book, *Divine Intuition: Your Guide to Creating a Life You Love*, is considered a classic in the field of intuition studies.

Such a long journey

Starting as an operations manager of a software company, Robinson attempted to come to terms with her interest in spiritual psychology and helping people. In the family

tree the gift could be traced to her English grandfather, a policeman by profession and a psychic at large. At a career fork in life, she opted for a class in intuitive development, visualisation and self-affirmation. The universe decided to scoop her up. *Boston Globe* profiled her unusual talent and her life work took off from there. Clients are amazed by her extraordinary 'sightings' and are galvanised out of situation-inflicted stupors through her pragmatic insights and life-directing psychosomatic exercises. People come to her in the middle of transitions like layoffs, divorce and difficult relationships. She tunes into how people's attitudes and feelings are serving them, helping them discover their passions and getting limitations out of the way. Her reading combines intuitive prowess and insightful questioning driven by her knowledge of psychology and metaphysics. She prefers to help clients use their inner hunches to make life decisions.

Gift of intuition

The word intuition is derived from the Latin word *intueri* meaning to see within. According to Lynn, "It is a way of sensing the truth without explanations." It can exist in people without a spiritual tuning. Accessing intuition doesn't require meditating until the moon drops out of her inky home. Her book, *Trust Your Gut*, entails using intuition as a primal instinct in the territory of businesses. Men, she says, defined intuition as a

knowledge residing within their subconscious rather than a wisdom spouting from the universe. She admits women intuit through feelings and emotions and men from a gut primordial base. Logic and analysis provide partial answers and thus she counsels people to trust their inner CEO to add to the bottom line and resolve vital issues within organisations.

The intangibility of intuition makes it hard to access amidst the rubble and shingle of daily life, but we are 'hardwired' to contact the divine gift especially in times of change and tribulation. Intuition can often become a tool of karma. "At times, intuition will lead us into difficult situations, necessitating stepping out of comfort zones. Developing an optimistic attitude will help us walk through the furnace," she said, adding that fatalistic predictions often run the danger of turning into self-fulfilling prophecies. Her anthem: when in a tunnel take small steps towards the light.

Intuition in daily lives

Einstein called it a sacred gift. Lynn believes intuition is about getting directions from God. Here is how she advises us to use intuition in our daily lives.

- Find pockets of quietude of as little as 30 seconds that enable us to listen to the still, inner voice
- Develop the intuitive muscle on a daily basis by doing three things we feel enthusiastic

about every day. Enthusiasm is derived from the Greek word *entheos* meaning God within

- Ask yourself what is the best thing to do when challenged
- Ask kind questions to self. For example, replace an angry 'Why can't I make more money?' with the open query 'What do I need to do to attract more abundance?'
- Delve into past experiences to find how we used intuition to navigate through crisis
- Repeat above steps daily trusting a supporting universe.

Crunch times

Lynn visualised three essentials for her work: a schedule book full of appointments, a gracious office and a full voicemail. Today she has all this and more as she goes international with her workshops and seminars.

But it isn't always a case of climbing the tree to find the fruit. Her latest book, *Listen: Trusting Your Inner Voice in Times of Crisis*, explores intuition as a trusting friend, guiding us amidst painful life transitions.

It talks about the dark times Lynn herself has weathered such as financial problems, emotional setbacks and work upsets. Intuition gently nudged her out of these troubling times till she emerged into the life circle of a loving family and a fruitful life purpose. "People assume their life purpose to be a job or a career, but a purpose may be a quality we need to develop in order

CLOSE ENCOUNTER

for our soul to unfold and grow to the next level," she explains.

Intuitive nudges

Becoming affirmative and grateful clears the plaque of self-defeating thoughts within the intuitive artery. Checking in with our intuition helps us strengthen our intuitive muscle. Intuition communicates to us through dreams, images, symbols, recurring patterns and emotions. Owing to its subtlety, Lynn has over the last two decades devised potent psychosomatic exercises and tools. Termed do-able life homework, routines like mind mapping, surrender box technique, dream interpretation and journal writing help people realise their potential using their inner compass.

Directed writing

One effective technique created by Lynn involves writing a few sentences about a current life challenge, followed by writing a one-sentence question summarising the concern. Close eyes, ask your question and wait in silence for your intuition to communicate

itself through a physical feeling (like elation or heaviness), word, fleeting image or answer. Begin to write down the information and review how your sixth sense is navigating the ship of your life. The answer may come later in the day. It is helpful to keep a journal of directed writings and evaluate it frequently. Another technique – dream interpretation – involves writing the problem before sleeping in a dream journal, condensing the concern in a one-sentence question, stating the concern before drifting to sleep expecting answers in dreams, waking up slowly, writing the dream or images as best as you can recall and interpreting it to look for the solution.

Initially, it may be difficult to tell whether it is intuition or fear that is actually directing our steps. "Accurate intuition always gives guidance that is clear, kind and direct. Fear evokes uncomfortable body reaction or emotions. A percentage of fear is prevalent in all situations; it's the strangulating fear that needs to be bypassed," she says.

Lynn's gut trusters

- Building the intuitive muscle is equivalent to the ability to listen, the desire to change and the ability to take action
- A good decision is a 60/40 ratio, meaning if you are more than 50 per cent sure, go ahead
- A good decision is taken while praying for everyone's highest good
- Follow soul yearnings, and day and night dreams
- Touch the deep sanctuary with in you for answers to life's challenges
- Fear, and not accessing the wisdom are the biggest obstructions
- During failure, surrender concerns to God and ask help in redirecting dreams

Lynn reflects that early in her life she would get upset when she would witness people's ordeals. Now, with greater empathy, she knows that in such troublesome junctures, the Spirit enters one's life to begin healing and growth.

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Amongst 100 achievers of Rajasthan as published in "KARMAYOGI Rajasthan" by Shubdha Publications, Jodhpur



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