

# Intuition:

Your inner success coach



By Lynn A. Robinson

**Y**ou've seen it mentioned in just about every personal development book you've ever read. "Trust your intuition." It sounds so easy. Just "Go with your instincts," "Listen to your inner voice." It's as if there's a magic switch called "INSIGHT NOW."

## Understanding Intuition

The dictionary defines intuition as "quick and ready insight." It comes from the Latin word "intueri" which means to "look within." Intuition tells you what you need to know, when you need to know it, providing valuable insight into yourself, your coaching clients and your business. It's a connection to your soul. When you ask your

intuition for insight, you're tapping into your Spirit and seeking wise guidance.

How do you receive intuitive information? Intuition communicates in different ways to each of us. Following are some of the ways it makes itself known.

**Inner Voice** – Many people report a "still, quiet, inner voice." Your intuition will always communicate with you in a compassionate, loving manner that is perceptibly different from your normal inner chatter.

**Dreams** – Keep a pad of paper and pen beside your bed. Before you drift off to sleep, state simply, "I need information about..." Write down your dream when you awaken to discern the guidance you've received.

**Emotions** – You may simply "feel right" about a certain course of action. Or you might experience a sense of distrust about an individual or situation. Get in the habit of checking in with your emotions before making a decision. "How am I feeling about this choice?"

**Physical sensations** – You may have heard of it referred to as a 'gut feeling.' However, there are many ways your body can communicate with you. Think back on when you've made a good or bad decision. How did you experience it in your body?

**Instant knowing** – You may receive a sudden flash of understanding. People often report that these knowings come when they least expect them – taking a



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## Feature

### Test Your “Intuition Quotient”

Are you using your “IQ” to help you succeed?

Are you someone whose intuition can guide them to success in life? To find out, author Lynn A. Robinson suggests you consider the following questions:

#### YES

- I frequently get a flash of insight that leads to a creative idea or insight.
- I often act on hunches that turn out to be right.
- I tune in to how I’m feeling before I make a decision.
- I’ve argued against an “obvious” or “logical” decision because I just “knew” it wasn’t right.
- I do a “gut check” before moving in a new direction.
- I act on the intuitive information I receive.
- I pay attention to my first impression of a new person or situation.
- My intuitive insights help me solve problems at work as well as in my personal life.
- My friends and colleagues often call on me to mediate a disagreement because I’m able to “see all sides.”
- I’ve had a dream that helped me resolve a problem or come up with a creative solution.
- Intuition enables me to have insight into other’s behavior that allows me to resolve difficulties more quickly.

#### Scoring

**10 or more “yes” answers...**

Congratulations! You have a very high “IQ” (Intuition Quotient.) Increase your conscious use of it and it will serve you even better.

**4 to 9 “yes” answers...**

Begin to pay attention to all the ways you receive intuitive impressions and you’ll raise your “IQ” in no time.

**3 or less “yes” answers...**

Time to get out of your head! There is more to life than logic and rationality. Be willing to experiment with using intuition in low risk situations. You’ll build your “intuition muscles” and be rewarded with quick and ready insight in no time.

shower, walking the dog, doing the dishes.

**Symbols** – It’s often said that “A picture is worth a thousand words.” You might receive a symbolic impression of a rocky road if you choose “Path A.” If you choose “Path B,” you may see a clear, well-paved road in your mind’s eye.

**Accessing Intuition**

Let’s say you have a choice to make and it must be made now. You’ve researched, asked questions and have all the facts in front of you. But you still don’t know what to do. Your next step requires intuitive input. Here are three questions to stimulate that guidance.

**1. What am I ready to act on right now?**

Your decision may require a small step, not a huge leap. Quite often when you take a step forward, more information becomes available to you. Many people report that as they make an intuitive choice toward what proves to be a correct decision, events begin flowing more easily and effortlessly.

**2. Which of my choices has the most ‘vitality?’**

Think of the options you have before you. Which one are you drawn to? Is there one that leaps to your attention and captures your interest? You may experience a visceral charge about pursuing this course of action. Remember, kinesthetic or physical sensations are one of the ways intuition communicates.

**3. How do I feel about the choices before me?**

Do you feel excited or passionate about one of your choices? This is one of the ways that intuition will point you in the right direction.

Conversely, if a choice makes you feel depressed or discouraged, or you feel a great deal of resistance, you’re ignoring a strong intuitive message if you continue on this path.

Like any skill, the more you practice, the better you’ll get. Make the

time to routinely check in with your intuition and you’ll be rewarded with faster, stronger and more accurate insight. The benefit? You’ll notice positive things begin to happen – in your life, and not so incidentally, in your coaching business.



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