

Intuition, Intention, Inspiration

What do you think about when you see these three words?

What strikes me about them is that they all begin with 'in' – inside us.

Below are some of the definitions I found in online dictionaries:

Intuition:

- direct perception of truth, fact, etc., independent of any reasoning process
- immediate apprehension

Intention:

- an act or instance of determining mentally upon some action or result
- what one intends to do or bring about; a determination to act in a certain way

Inspiration:

- an inspiring or animating action or influence
- a result of inspired activity
- a divine influence directly and immediately exerted upon the mind or soul
- a divine influence or action on a person believed to qualify him or her to receive and communicate sacred revelation

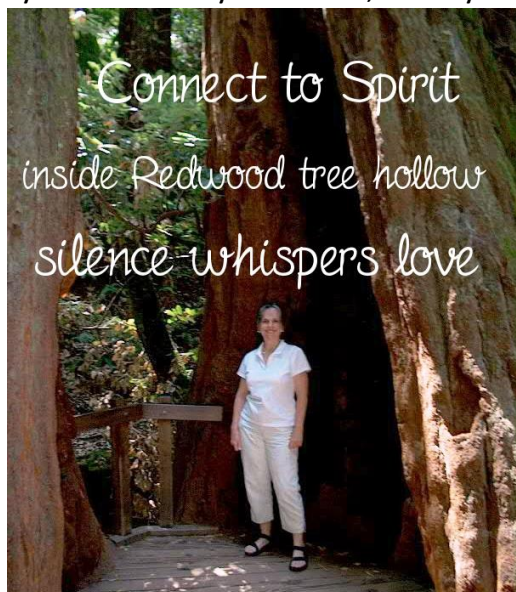


We can use Internal Guidance to answer the most challenging questions we have.

Have you had the experience of KNOWING what you need to do next, or what is the truth about a situation? Have you had the experience of calling someone and they were expecting your call? A couple years ago I was in pain and writing a message to the Universe, asking for help. Just as I was ready to stop my writing and listen for an answer to my question, my sister called. She was in Florida and it was very late there, and two hours later in Arizona where I was. She said she had the strong urge and decided to call even though it was so late. We had a conversation that was important for both of us.

Where in your body do you feel that sense of KNOWING, of TRUTH -- your heart, gut, third eye, top or back of your head? If you are not sure, see if you can get a sense right now of something that seems 'right' and determine where in your body that you feel it. You might try saying, "My name is [your name]." That is true and you may feel the truth of it somewhere in your body.

Let us try another exercise. The heart is a place where many people get intuition. I learned this exercise from Institute of HeartMath and Gregg Braden. Make sure you are in a safe place when you do this. **Step 1:** Close your eyes and allow your awareness to move from your mind to your heart, from your outer world to your inner world. Touch your heart



center in a way that is comfortable for you; you might put your hand over your heart, or simply touch one or two of your fingers gently to the heart area.

Step 2: Breathe slowly, about 5 or 6 seconds inhale and 5 or 6 seconds exhale, while you focus on the area of your heart. I like to imagine my breath flowing into my heart. When you slow your breath you are saying to your body, "I AM SAFE." Do this for several slow breaths. **Step 3:** Feel gratitude for someone or something, appreciation, care, or compassion, to the best of your ability. It might help to think of someone you deeply care about, or a pet, or somewhere you feel good. As you hold that feeling of one or a combination

of these, hold the focus in your heart, as if the feeling is coming from the heart, as if the breath is coming from the heart, while you are touching your heart center, for about 3 minutes. This will begin the process for what comes next. This is called heart-brain coherence, or heart-brain harmony. This is how you can improve your immune system, reduce stress in your body, and tap into the deeper levels of intuition.

In this place you can communicate with your subconscious; you can use affirmations more effectively. You can have a powerful dialog with your heart. You could ask your heart some

questions. It works best to do this directly and concisely, with a short phrase or single sentence. When your heart answers it will do so in a similar way, directly, concisely, with a short phrase or single sentence. Examples: “My heart, what do you want me to know right now?” “My heart, what is most important in my life right now?” “My heart, what do you need from me right now?” “My heart, what is the next best step for me to take?”

If the answer you get is a long rambling answer it may not be your heart responding. Go back, touch your heart, breathe slowly and ask again. If you don’t seem to be getting answers, try this again at a later time when you may be able to get a stronger connection.

Many times we are getting advice from others, family, friends, society. It can be confusing. I like to use the question, “My heart, what is true for me in this moment?” I’m learning to trust my Inner Guidance.

Being aware is one of the most important things we can do. Taking time to listen internally supports us in stressful situations.

HeartMath Institute has been studying the power of heart intelligence for years. Currently they are offering The HeartMath Experience free heartmath.org

