

Trust your gut

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Opportunity may knock, but intuition speaks. Here's how to listen...

Do you ever just know something? When someone asks, "How do you know?" and the only answer you can say is "I just know" that's intuition for you. There's something strangely mysterious, almost spooky, about it.

But there must be something to it. Albert Einstein called intuition "the highest form of knowing." Well, *Complete Woman* has the answers, and maybe just maybe, it was your intuition that led you to this page to read this article. See, you're on the path to higher knowledge already. Just keep reading...

Getting Down to Reason

This invisible, somewhat mystifying element called intuition has been defined as the immediate knowing of something without conscious reasoning. It can be as simple as having a hunch you didn't turn off the iron this morning. It's a feeling or a thought that inexplicably and without warning pops into the heard. Sometimes words surface in the mind's eye. More often than not, intuition follows the popular idiom: "It comes from out of nowhere." Other people say intuition is just plain common sense.

The different meanings make a single consensus difficult, if not impossible. But intuition can be deductive reasoning that unlocks prior knowledge of a situation. For instance, have you ever received a phone call informing you that a relative passed away? You were not surprised, because you knew that had been health problems or the person was elderly.

Translating the Inner Voice

Intuition speaks several languages. Some of us feel our intuition talking to us as it speaks through tingling sensations, knots in the stomach or chills up the spine or at the back of the neck. Others hear words as if they were being whispered into their ear during an intimate conversation. Many people see images. For

example, inventors may envision the final product. Many inventions have been born from hunches and visions/inspirations, including the desktop Post-It (3M) notes.

Intuition can also communicate in a sort of "knowing" that's similar to looking through a camera zoom lens and seeing a crystal clear image. When, and only when, the image is clear do you have your answer. Although it is not a physical response or thought, it's usually accompanied by a peaceful feeling.

Suppose you are shopping for a gift for a close friend. As you scan the shelves, something catches your eye. "That's it," you say, and a peaceful feeling comes over you. That's intuition.

A Woman's Intuition

It may be called women's intuition, but that's just because women, more than men, are comfortable talking about using intuition. Women tend to use words like "my gut" or "feelings." Men, on the other hand, vocalize their insights with "my impression," "my suggestion," "my recommendation" and "I know."

Linguistics aside, we can't deny the impact of how intuition plays out in people's lives. We've all heard the hair-raising tales of mothers awakening from a deep sleep to

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check on a child who is in danger. Like one mother who “out of the blue” for no apparent reason walked into her son’s room just in time to see a candle flame almost ignite his bed mattress.

Think for a moment. Do you get goose bumps on your arm or a knot in your stomach that beckons you to stay away or hear sirens warning? This “women’s intuition can be a valuable positioning tool when it kicks in at the workplace. One manager of a retailing chain says she doesn’t hire people who arrive late for interviews. Her intuition tells her that people who are late make poor employees. And her experience proves her intuition right.

Nonverbal Communication

Although research does not show that women are more intuitive, there is some evidence that women are better at interpreting peoples’ nonverbal communication. Intuition is intimately connected to effectively understand and translating the unspoken language and behavior of the people around us. Research also shows that nonverbal communication (gestures, eye contact, posture, tone of voice, clothes) accounts for more than 90 percent of all communication.

People rely on this nonverbal intangible information all the time. Even babies quickly learn to read body language to make sense of their world. Children at a young age become expert “intuiters” and quickly learn how to communicate with those around them.

Ever wonder how children know which grown-up to approach when they want something? It’s intuition that directs them on the path of least resistance!

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These clues of unspoken communication help identify just when and how intuition pops up in our lives. Getting attuned to our inner voice will help you know how to explain when you just know.

Tips To Tune-Up Your Intuition

Want to lasso that raw, gut feeling and rein it in for making everyday decisions? Here are some ways to try:

- Know how your intuition speaks to you. Do you hear an inner voice, do you receive a visual image or do you just know the answer?
- Practice listening and dialoguing with this inner friend. Ask it what it wants to share with you. Pretend that you are talking with a confidant.
- Keep your stress levels down. When you’re stressed out, you’re not paying attention to much else, especially not your quiet inner voice. As a result, poor decisions are often made during stressful times.
- Have quiet or reflective time regularly. This kind of meditation blocks outside noise and crystallizes your intuitive nature.
- Be willing to take chances and follow through on your intuition . If a thought pops into your head to call someone, do so. Remember the more you practice this skill, the stronger this intuitive muscle becomes.