



3. So You Want to Be More Intuitive?

People often ask me, “How can I be more intuitive?” I have many answers to this question, but one important one is: Practice presence!

The practice of presence helps us tap into the intuitive because we discover the true essence, or ground of our being. We find out who we are beyond what we do or say and connect to the stream of intelligence that guides our vast universe in its unfolding. It is the same intelligence that keeps the galaxies spinning and our feet glued to the earth. It is the intelligence that exists within a seed that knows how to turn itself into a tree. And within humans it is the intuitive insight that guides and illuminates our life’s path. We call this intuition.

To quote Eckhart Tolle in his book Stillness Speaks,

When you step into the Now, you step out of the content of your mind. The incessant stream of thinking slows down. Thoughts don’t absorb all your attention anymore, don’t draw you in totally. Gaps arise in between thoughts – spaciousness, stillness. You begin to realize how much vaster and deeper you are than your thoughts.

It is in this spaciousness that intuition and insight arise.

When I give this answer the question that follows is: How do I practice presence when I am overwhelmed with the busy-ness of life? The answer lies in starting with little steps that deal with a very large, but very real issue: reclaiming our self respect; your dignity. Think of someone you regard as dignified. What comes to mind for me is a person who walks tall through all challenges in life. People can feign dignity by looking pompous and putting on airs, but true dignity shines through despite appearances. It is a quality that emanates strength and clarity along with compassion.



Dignity is the result of self respect. Self respect is gained by following what we know to be true or right based on a sense from within. Beyond basic social standards, it emerges from the state of presence which gives us access to universal wisdom and values. This is the reason why every religion and spiritual tradition have one universally recognized common rule or law. It is the law of reciprocity: Do unto others as you would do unto yourself.

How does this translate into little steps? Every time we do not follow our intuitive guidance we lose a little self respect. Every time we follow our guidance we increase our self respect. For example, what if you had an intuitive hit from a dream, a vision, or a voice in your mind, telling you that the plane someone was about to board was going to crash? What would you do? Would you just dismiss it as one of your crazy notions? Would you be afraid of the consequences of being wrong? Would you be too shy to speak up? How many ways do you find to dismiss your intuitive knowing?

Let's take another, seemingly less dramatic example. What if you had a knowing deep within you that you are a healer? What would it take to bring that healing potential into manifestation? How many people have to tell you that you are a healer before you will take the steps to fulfill your purpose? Or do you have the confidence to develop your talent no matter what anyone else says or thinks?

These are examples of instances where self-respect are the keys to greater intuition. If you can be present and honor your self by following your inner guidance you will support the growth of your intuitive abilities. Intuition needs to be nurtured and reinforced, but the nurturing and reinforcement come first from within you. Once you have the strength to follow your intuition, the world will either support you or not---but it doesn't matter because you have the strength of your inner conviction to carry you through to success. Just remind yourself of the craggy paths that lead to success; your intuition doesn't guarantee you ease, it guarantees you inspiration, presence and purpose!