

Exploring the Intelligence of Intuition

By

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The Mind's Inner Wisdom

Have you had the experience of knowing something important would happen before it happened? Or perhaps you have known who was calling when the phone rang at a time when you were not expecting a call. Have you been guided to a difficult decision by a "gut-feeling" that your choice was the right one? Events such as these are part of an experience of intelligent intuition, an aspect of the deeper mind that some refer to as the "psychic dimension;" and I often call "soul wisdom." By whatever terminology or conceptualization, intelligent wisdom is the inner knowing that can inform your choices and guide your directions in life.

We've virtually all had the experience of using Intuition in our lives. It can be as simple as answering the phone and knowing who is calling; having a hunch that comes true; or being able to predict an event that we "just knew" would happen.

However we define it, intuition seems best identified by each individual as his or her own way to access and apply the mind's inner wisdom, what I call soul wisdom to life's events. Intuition can be experienced as if everything has come together allowing you to know what you need to know to make a certain choice, to think about something more clearly and in some cases, to heal. More than just an idea, intuition can be a guide to understand ourselves more fully, to know what to do in a certain situation, and to bring more meaning into life.

But what really is intuition? Often when people think of intuition, they think it something beyond them that only certain lucky people have. However, we all have this powerful tool of the mind, and with a little practice, intuition can become a key that can unlock the deeper knowing inside all of us.

Although we live in a western culture where traditionally we have not been encouraged to accept or use intuition, it is possible to learn to validate this deeper knowing that

speaks through images and perceptions in our own mind. We can learn to recognize the signals that emerge when the mind is quiet; and to accept and follow the guidelines that intuition offers. We may actually hear, see, or feel things inside of us that can give us insight.

Intuition makes it more possible to recognize and pursue our hunches; to make difficult decisions; and to believe in the rightness of the choices we make

Stepping into the Intelligence of Intuition

Practice utilizing intuition is simple; you can employ these four easy steps.

1. Still the Mind

In order to be receptive to the inner Self, you must be relaxed. When we are tense, our senses become dulled. Relaxation is easy and can be done quickly, helping you to become more alert and focused. Simple ways of relaxing include sitting still, closing your eyes, and counting from one to ten slowly. This can be done anywhere and if you practice doing this, it will become easier over time. Meditation, progressive relaxation techniques, prayer and self-hypnosis all involve the quieting of the mind in order to enter a state of inner awareness, that is also akin to hypnotic “trance.”

2. Use Gentle Breaths

Tension leaves the body when you employ one or two gentle breaths after which you can return to normal rhythmic breathing. Some recommend what is called “deep breathing;” however, this does not require that you fully empty the lungs; rather as some experts say, use a 70% breath. Gentle breathing is an effective way to still the mind.

Now, you might try this: Find a comfortable position, close your eyes and inhale gently and smoothly, as you exhale, you can elongate the breath a little bit and notice how various parts of your body feel, how they begin to settle and relax. If you notice that there is tension in some part of your body, you can imagine releasing it right through the pores of your skin as you continue to breath. With practice, you will notice how easily you will be able to still your mind. A still mind does not necessarily mean an empty mind; rather it is a mindful mind that allows thoughts to come in and go out without trying to push them away or focus more intensely on one or another. Clearing

the mind can be like a conveyor belt on which thoughts travel through and you have only to notice what comes through and how you feel.

3. Focus Attention

When the mind is stilled, you are in a state of receptivity to your psychic mind and to the wisdom of intuition. In this deeper state of mind you can more easily focus attention on a problem, dilemma or some situation in need of resolution or healing. To make this process even more effective, you can choose a word or an internal picture (a visualization) that can allow you to come back to being focused when your mind drifts. However, the drifting mind can also hold wisdom and the images that come up can be explored later as metaphors that may have meaning for your situation.

4. Affirm Intuitive Intelligence

While you are relaxed and focused, remind yourself that you are in state of receptivity to intuitive intelligence. Pay attention to what comes to you. Sometimes it helps to use an inner mental screen on which you can see imagined choices and consequences, noticing what you are thinking and feeling as you watch these movies. Affirm that this wise psychic intelligence can assist you in making effective decisions. Allow self-judgments to drift away and continue to affirm the wise guidance of intuition. Later you can discuss and verify your insights and ideas with people whom you trust.

With these four basic steps, you will find that the confusion, scattered thinking or anxiety that can cloud your clarity when comes making decisions can be minimized. Practice these techniques a little bit each day and you will notice that your intuition will guide you through work and life with greater ease and increased confidence.

Bette Freedson is a clinical social worker, Certified Group Psychotherapist, speaker and writer. Bette's specialties include stress management, parenting issues, recovery from trauma and the development of intuitive insight. Bette is professionally trained in clinical hypnosis.

*Bette's years of professional experience as a psychotherapist and her personal experiences with the Psychic Dimension come together to offer wisdom and practical tips in her book, **Soul Mothers' Wisdom/Seven Insights for the Single Mother** published by Pearlsong Press.*

Bette Freedson, LCSW, LICSW, CGP maintains a private practice in South Berwick, ME.