

Letter 4-I -- Intuition, Inward Looking



This picture captures an inner courtyard for a building in sunlight with different living levels and a number windows and a set of blue doors. There are stairs in the shadow that provide entry into the inner courtyard. The inner courtyard in the picture is a good representation of what your *intuition* is.

 INTUITION

Intuition is defined as “an inner sensing, inner insight to unconscious recognition of energetic patterns and the ability to understand something instinctively, without the need for conscious reasoning.”

 6th SENSE


Many mind-body-spirit practitioners consider your intuition as your “*sixth sense*” to be included with your five other senses of sight, hearing, smell, taste and touch.

 1st SENSE

Many other mind-body-spirit practitioners consider your intuition as your “*first sense*,” the sense you should rely on and use most often in your life before you use any of your other five senses.

 AH-HAH

Intuition emanates from the energy of our Creator and provides us with Divine guidance and Divine intelligence. Intuition is that gut-feeling, that ah-hah moment or something that just pops into your head, without you having been thinking about it, but is something you just know, is true and correct.

 GUIDANCE SYSTEM

Intuition is your *inner guidance system*, that operates on a vibration of truth and helps you stay authentic and in integrity with your soul plans. Thus, you can consider your *intuition* one of very your own and very important, *superpowers*.

 NOT EGO

Your *intuition* operates outside your ego. Your **ego** is defined as “your conscious mind, the part of your identity that you consider your ‘self.’ ” Your intuition and ego provide contrasting feelings. We live our lives by experiencing contrasts as we experience things we do want and contrast them to things we do not want and visa-versa.

 FEELINGS

So how do you make your *intuition* your *first sense* and take advantage of the information it is providing to you to make a positive impact in your life instead of listening to your ego instead? Look for the clear, positive *feelings* that always come from your *intuition* and not from your *ego*.

 GOOD VIBES

Just like the courtyard in the picture above, your *intuition* provides you with high vibrational energy, including the energy of the Creator, just as the light, the sunlight in the inner courtyard do, and is a step up, just like a step up on the stairs from the shadows and darkness into the light. Your intuition provides you with internal information from many different levels and dimensions, just like the many different living levels in the inner courtyard. Your intuition also provides you with information to view a life situation in a number of different way, both from the outside in and from the inside out, just like all the windows in the inner courtyard. Your intuition also provides you with information that “opens the door” to one or more new opportunities you can decide to take advantage of, just like the set of blue doors in the inner courtyard.

 INTUITION 1st SENSE

So how do you make your *intuition* your first sense and take advantage of the information it is providing to you to make a *positive impact* in your life instead of listening to your ego instead? When you have doubts about any current life situation you may be facing, turn *inward*, sit quietly and listen to your *intuition*. You will find the answers you need.

Look for the following *feelings* that always come from your *intuition*.

Peace: Your intuition always provides feelings of peace, especially in the area of your heart. In contrast, your ego provides feelings of chaos and conflict.

Clarity: Your intuition always provides feelings of clarity. In contrast, your ego provides feelings of confusion and ambiguity.



INTUITION

Confidence: Your intuition always provides feelings of confidence. In contrast, your ego provides feelings of fear and uncertainty.

Completeness: Your intuition always provides feelings of completeness. In contrast, your ego provides feelings that something is missing and absent.