

# **INTUITION - YOUR INNER COACH**

An Introductory Guide by  
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Potential Unlimited



Communication is the key to any success and probably the most important foundation block is the development of listening skills. Listening is the receiving art of communication.

This can also be applied to our inner listening, sometimes known as the still, small voice, or usually as intuition – your inner coach.

We all come into this world with the potential to be someone special. It is as though our souls decide before we are born what we are meant to do – but then we are born and no one lets us in on the arrangement!

However, if we can learn to trust a higher power and be in touch with our intuition, then the universe can guide us along the path we are meant to tread.

Intuition is something that we all have, irrespective of whether we have a religious belief or not. When we can learn to gain access to it, and to be able to trust what we hear, we can make a positive impact on our lives and the lives of those around us. We will gain valuable intuitive insights.

The key to this inner knowledge can be accessed by taking time out for meditation or contemplation – asking a question and then sitting in silence to hear what is being said to us. What we ask for in thought or prayer, we receive the answer through meditation. As we learn how to do this, our awareness is developed and heightened. We become more observant and perceptive of the world around us.

Or, we can ask a question when in meditation: Ask a question relating to your concern. This could be “What is the best course of action for me to take?” Pause for a moment to consider the options you may have. Does anyone leap out as the best decision? If not, go deeper and ask again. A new answer may emerge. Write the results down in a journal. Then choose three small steps that you can take that will move you in the direction you prefer.

Mahatma Gandhi had a rule that he would keep one day of silence every week. If anyone wanted to communicate with him they had to do so by a written note.

He held the belief that going into the silence restored his spiritual energy, to help provide clarity and strength of purpose to face whatever challenges he was going through at the time and how to resolve them in the most positive way. To quote from him: **‘WHAT IS TRUTH? A DIFFICULT QUESTION, BUT I HAVE SOLVED IT FOR MYSELF BY SAYING THAT IT IS WHAT THE VOICE WITHIN TELLS YOU.’**

Our minds can be such fertile grounds of activity, a cacophony of thoughts and images, so it can be very difficult to determine what genuine intuition is. It takes practice, discipline and time, but if you are prepared to make the commitment, you will be well rewarded for your efforts.



So how do we know when it is working? – or that we have the right answer?

**HERE ARE A FEW POINTERS:** When we flow with life and are open, the universe guides us gently towards creating synchronicities and so-called 'coincidences'. Opportunities and directions appear and we know –rather than think – that we are doing the right thing.

When we feel a warm glow for the answer, there will be no feelings of pressure, only reassurance, peace and support that what we've heard is right.

As we proceed, many reinforcements from songs, signs and strangers may repeat what we have heard. You may have had the experience of a song being played constantly over and over in your mind. If you listen to the words you may well find that a certain 'answer' is being given to you.

When in doubt, the best practice is to only listen to the still, clam voice. It is waiting patiently to be heard. If you hear worried, fearful or negative thoughts as your reply, then this is a sign that the limited voice, otherwise known as the ego, is at large. When we rely on our logic and want to be in control, we create the most problems.

The still calm voice is only concerned with your well-being and of those around you. It is never aggressive or fearful, and is only ever like a gentle guide, encouraging you to find a way through.

### **THERE ARE OTHER WAYS TO LEARN ABOUT DEVELOPING YOUR INTUITION.**

One of these is through your dreams.

Before you go to bed, write a few paragraphs about your situation.

Summarize the issue in a question and then state the question to yourself before you go to sleep.

Before you become fully awake in the morning, ask yourself "What is the answer to my question"? You may remember a specific dream, and then think about the symbolism of it.

You may not remember any actual details of the dream but may feel that you've awakened with an intuitive answer to your question.

I find a valuable way to monitor progress is to keep a journal. As you record your issues and results, do an analysis.

What outcome did you receive as a result of when you trusted your intuition – and when you didn't!



## **BLOCKS TO UNLOCKING THE POWER OF YOUR INTUITION.**

Sometimes it may be that you feel the need of the approval of others. However, more often than not their own emotions and influence will blur your ability to make accurate inner level decisions that will guide you to the right outcome for you.

You may believe that if you trust you intuition, it can make mistakes, so you won't trust it again.

By increased inner listening you will learn to 'know' when your thought is real intuition, (the still calm voice) or just a wishful thought, or even a fearful one. The last two will **never** be still or calm.

Going with your inner coach can be very valuable when you need to make decisions about what you really want from life.

However it takes time to learn to trust, because there is no actual scientific basis to confirm what you are feeling.

From my own experiences I believe that If you are prepared to go on a journey of self-discovery, and take time to learn about your true self, even if it make you feel uncomfortable initially, your intuition will never let you down, and your life will become truly empowered.

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**'YET THIS IDEA OF SUBMISSION TO DEEP INTUITION APPEARS TO BE EXACTLY WHAT MANY SUCCESSFUL PEOPLE IN A WIDE VARIETY OF FIELDS HAVE COME TO ADOPT'. WILLIS HARMAN**

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**'LISTEN TO ME; KEEP SILENT AND I WILL TEACH YOU WISDOM' JOB 33.33**

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**'BELIEVE IT IS POSSIBLE TO SOLVE YOUR PROBLEM. TREMENDOUS THINGS HAPPEN TO THE BELIEVER. BELIEVE THE ANSWER WILL COME. IT WILL.'**  
NORMAN VINCENT PEALE

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**TRY THIS EXERCISE THE NEXT TIME YOU FIND YOURSELF IN AN UPSETTING CIRCUMSTANCE<sup>1</sup>:**

1) Sit quietly and focus on your breathing for a few moments or use any other technique that allows you to quiet your mind.

2) Bring to mind the situation you find upsetting.

3) Acknowledge to yourself that your goal is to experience peace and calm about this situation. Your task is to find a loving and compassionate approach to the resolution of the conflict you are experiencing.

4) Imagine being filled and surrounded by a healing light or energy. Ask God to be present in whatever form feels right to you. Stay with this thought and image for a few moments.

5) Ask the question, “How can I find peace in this situation?” And listen again. Through focused listening the answers will unfold.

6) The next step is to ask, “Is there any action that I need to take right now regarding this situation”? Listen and repeat, as necessary in step 5.

7) Understand that you may not always receive an answer immediately. If you are feeling upset and unsettled by the situation you are asking about, your mind may not be calm enough for the response to come through effectively. Trust that the answer will emerge over the next day or so. It may come in a dream, a shift in perception about your problem, a conversation with a friend, or something you are drawn to read. Or the answer may come fully formed.

***'PEACE COMES FROM WITHIN. DO NOT SEEK IT WITHOUT' BUDDHA***

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<sup>1</sup> With permission and taken from 'Divine Intuition' by Lynn A. Robinson.

There is so much more I can show you about how to develop and refine your intuition. To continue to learn about how you can empower your life, and achieve self-realisation, please contact me.

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