



red dandelion
COACHING

INTUITION & INNER WISDOM

Last month I went to Glastonbury and spent a long weekend on an amazing course called "*Accelerated Enlightenment*". I'm guessing quite a few of you will instantly have an uneasy reaction to the word 'enlightenment' – and that's OK. Three years ago, so would I! My family are atheists and I've lived in countries where religion belittles women and increases the suffering of their people. So, yes, I understand if you feel uncomfortable with a word that conjures up religious ideas, and yet 'enlightenment' is really more about spirituality, intuition and inner wisdom. For just now, may I ask you to simply step into my world of 'wonderment' for awhile? Just be curious, nothing more. Let me tell you what I know and understand (so far) about intuition and inner wisdom, then you can decide whether or not it is useful to you.

Let me show you first how it's showed up in my life. In my 20s I worked in the accounts department at the London Hilton. I had been asked to reconcile the sales ledger 'down to the last penny' so we could put the accounts onto the new computer. As the ledger had been 'out of balance' by thousands of pounds for months, the task was somewhat daunting. After 2 days, I had the balance down to a tantalising £32. But at the end of the day 3 it was still out by £32! I had gone through 100's of ledger cards and had clocked up 8 hours of work, and nothing had been achieved. Worried my new boss would think I was stupid, my frustration was intense. That evening I ran a hot bath, and threw in half a bottle of bubble bath for good measure. Soaking in very hot water with the heady scent of the bubbles, I started to drift off. Then suddenly I was wide awake. I 'saw' a ledger card with a wrong entry of £16, and knew I had found the error. And so it was. Of course, back then, I thought this was just a luck.

When I started my design company, I started to 'sense' things more and more. A client would ask me to design something, but often I received a different message too. When this happened I would create 2 designs. One they had asked for and another which I 'sensed' they were looking for. Nearly always they chose the one I had 'sensed'.

As I began studying to become a coach, one of the biggest lessons to I had to learn, was how to listen. Initially I found out I wasn't very good at it! I had to really focus my

Red Dandelion • 33 blithe place • bicester • oxon • OX26 2GH • UK
telephone 44 0 1869 321188 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk



red dandelion
COACHING

attention. After awhile, I began to 'hear' not just the words, but also intonation, pitch and energy. I started to 'sense' the real emotions beyond the obvious, as well as hearing 'gaps' – things that weren't being said. Now I sometimes I suddenly find myself saying something that I 'sense' needs to be said. Often it goes right to the heart of the matter. Some of my clients have asked: "How did you know?": and honestly I don't have a logical answer for them, other than this 'sensing' I get.

But I do know this. As I trust my 'sensing' – my intuition – my life has become increasingly magical. Wonderful 'co-incidences' are piling up in my life and more and more I'm in the right place at the right time. My share of 'luck' has also dramatically increased. Wanting to understand this (and more) led me to the course in Glastonbury.

Is it just me? No, I think we all have intuitive powers, but society ridicules the notion of its very existence (there are some very interesting reasons why this might be the case – but for now, let's continue). To start openly believing that you have access to information beyond your conscious world would mean taking on-board new ideas about humanity, spirituality and evolution – which is, for most people, is an uncomfortable concept. So when intuitive messages penetrate your conscious mind – perhaps as a voice in your head, or in a vision, or in a dream or, perhaps like me, in a sensing, you put it down to something else. Let me give you a few examples of intuition happening without you realising it. Have you ever experienced something like this?

- Driving home you suddenly decide to take a different route. Later you hear there was a lengthy traffic jam on your 'normal' route. Is this just chance?
- You suddenly think about an old friend you've not seen for ages, and then later that day, you bump into them, or they telephone you. Is this just co-incidence?
- You are about to do something and a nagging inner voice says: "No, don't do it!" But you do it anyway, but everything goes badly wrong. Is this just bad luck?
- You visit a town you've never been to before, yet it 'feels' like you know it already. You convince yourself you must have seen it in a film or have read about it..
- A stranger suddenly makes you feel anxious. You hurry away then later laugh at yourself for being so silly.

Red Dandelion 33 blythe place • bicester • oxon • OX26 2GH • UK

telephone 44 0 1869 321188 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk



red dandelion
COACHING

And if none of these ring a bell with you, then I willing to bet at least once in your life, you have uttered something along the lines of: "I get a bad feeling about this" or "It smells fishy to me" or "I don't know why, but I just don't trust him(her)".

These are your intuitive messages. Sometimes you heed them because they are so strong (even if you call it by another name). What would happen though if you received these messages on a more regular basis? And then started paying attention to them? I'm willing to bet that your life would become much easier, richer and more delightful!

How do you start to get in touch with your intuition and inner wisdom? Do you remember that £32 that was driving me nuts? On that occasion my intuition helped me 'see' that ledger card when I was totally relaxed (from soaking in the bath). I had spent 8 hours stressing over my inability to find this error, yet when I relaxed, it simply 'came to me'. And so relaxation is key to becoming more intuitive. You need to stop being a human *doing* for a while and start being a human *being*. Taking a hot bath, taking some time to meditate, or simply being still for while (how long ago was it since you just sat and did nothing but 'be'?) will help you get in touch with your intuition.

When I 'sensed' things for my design clients, although my listening skills were not as good as they are now, I was at some level 'hearing' more than I was being told. Your intuition will become much stronger if you really tune in to what someone is saying. Stephen Covey (*The 7 Habits of Highly Effective People*) states: "Most people do not listen with the intent to understand; they listen with the intent to reply". I think this is true: I know I'm often guilty of this too. If we *really* listen we will *get* what the other person is saying, then we will 'hear' what the other person needs or what we need to do. Listening intently is then another key to becoming more intuitive. Give it a go today. Actively listen to everyone who speaks to you. What did you really 'hear'?

To take it a step further, start a journal. Record the co-incidences that happen in your life, strange dreams and 'messages' – even if they don't make sense to you just now. If you do this regularly, you will start to see patterns occurring that do start to make sense to you. You will also begin to recognise your own 'state of truth'. This is when you know for sure that this is the truth of the matter – even if to all outward purposes, it doesn't make 'logical' sense. People have different ways of 'knowing'. For me it is a feeling of

Red Dandelion 33 blythe place • bicester • oxon • OX26 2GH • UK

telephone 44 0 1869 321188 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk



red dandelion
COACHING

peaceful calm and acceptance. It contrasts with messages that I'm trying to 'figure out', question or even make 'fit' into some desired outcome. If I don't feel this peaceful calm about something, then at least part of the message isn't right.

I hope this has got you thinking. And if you still think it's 'pie-in-the-sky-nonsense' that's OK too. I promise that next month's tip will be more down-to-earth – although exactly what that might be I haven't figured out. I guess my intuition will let me know in due course!!

Steve Saunders runs "*Accelerated Enlightenment*" courses in Glastonbury. The next one is on May 20-22. See www.holigral.co.uk or email steve@holigral.co.uk

I'm currently reading "*The Intuitive Way: A Guide to Living from Inner Wisdom*" by Penney Peirce ISBN 1-840135-11-5. The content of the book is really great: but the graphic designer needs shooting – although I suspect this is just me, being me!

Red Dandelion 33 blythe place • bicester • oxon • OX26 2GH • UK
telephone 44 0 1869 321188 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk

Tips for a Tiptop Life may be distributed freely as long as there are NO CHANGES in anyway to the format or content.