



The Powerful Wellness Resource You're Most Likely Overlooking

The wellness tool I'm talking about is something we all possess but often let fly under the radar, and consequently, we don't tap into it. Some people are naturally more comfortable tapping into this resource while others have to work more to access it. But, it's always free and always at our disposal. So let's put it to use! The resource I'm talking about? Your intuition!

Some of you may have just felt your skin crawl when I mentioned the word intuition and are ready to click the "delete" button on your computer. I have to admit that a couple of years ago that would have probably been me too. Hold on! I'm not going to go all "new agey" on you. Well, I am to some degree, but stay with me for a few more paragraphs before deciding. I admit this is a newer concept for me to embrace too. In the past I've been a research, have proof kind of girl but I'm realizing that approach hasn't always served me well. I've made decisions based on what I "should" do rather than listening to my gut; sometimes with negative consequences. I would like to avoid that in the future, wouldn't you?

What is **intuition** you may ask? According to the Merriam-Webster dictionary it's:

a natural ability or power that makes it possible to know something without any proof or evidence: a feeling that guides a person to act a certain way without fully understanding why.

In layman's terms, it's a gut feeling or inner voice that's telling you something.

Your next question may be, **"Why is intuition important to wellness?"**

Sure, we can get away with ignoring our intuition and be well on some levels, but we may not be really thriving. Or, because we haven't honored our intuition and followed that gut feeling we make choices that end up adding tension and stressing us out. And we all know what an ugly monster stress is to our health and well-being.

Here are some examples that might suggest you aren't tapping into your intuition:

- * Your life looks great on paper but you feel like something is still missing
- * You play life obeying all the "rules" but you aren't getting the results you desire

* You constantly research and look outwardly to the “experts” when making a decision rather than checking in with yourself first

* You confuse knee-jerk reaction with intuition.

I confess to having all of the above been true at some point in my life. I wasn't tapping into my intuition and because of it, my wellness suffered.

Let me explain the last point because it can be easy to confuse a knee-jerk reaction with intuition. The way I view it, a knee-jerk reaction is our initial, spontaneous thought or action in response to an external stimulus. In contrast, **following your intuition stems from a place of mindful awareness; a pause to notice what is happening internally and what you truly need.** It might even involve tapping into connection with a higher power if that is part of your belief system.

Suppose you get offered a job that looks perfect on paper. Salary, location, hours, all at a prestigious company. Your knee-jerk reaction may be to accept the job. If, on the other hand, when the job offer came through you tuned inward and noticed your stomach clenched up, your energy felt drained, and you had a sense that the true “you” would be squashed in that job position, then you would be tuning into your intuition. Get the idea?

How do I tap into my intuition?

Now that you understand what intuition is, it's important to learn how to tap into it. Some people are more naturally intuitive than others, but that doesn't mean we can't strengthen our intuitive muscles. It just means we will have to practice and work at it a bit more. Intuition thrives under two conditions:

1. Mindful awareness in the present moment
2. Connection with your true self (strip away the façade you put up for others, the labels you have assigned to yourself, the obligations and you get to your true, divine core)

To get started, try this simple intuitive exercise:

Think of a decision that you have to make or an issue you need to address. It could be as simple as what to eat for lunch or as complex as to whether to move, take your career in a new direction, start a new relationship, etc.

Start by taking full deep breaths. Count the length of your inhalations and work towards an equal if not longer exhalation. This triggers the relaxation response in your body so you come from a place of presence, rather than fight or flight. Continue breathing deeply for at least one minute.

Now consider one possible choice for the decision you have to make or issue at hand. Close your eyes and visualize the result of that decision playing out in your life.

Notice how you feel. Scan your body. Do you feel relaxed, energized, and open? Or do you notice yourself tightening, holding your breath, a sinking feeling in your gut? What is your inner dialogue like? Do you have a strong sense of whether this feels right or wrong even if you can't put your finger on it?

Now "try on" another possible choice for the decision you have to make. Scan your body again and notice your thoughts. How do you feel compared to when you considered the first option?

Think of your body and feelings as a barometer for following your intuition. If you feel a sense of peace, calm and an inner knowing, then you're most likely connecting to your intuition. I don't know about you, but I could use more of those positive feelings in my life!

So this month experiment with tapping into your intuition and see what happens. Most of us won't experience a dramatic "ah ha" moment like is often depicted in the movies, but you may see some interesting things start to unfold in your life.

To practice some of these strategies with me in person, also consider joining me for my Spirited Woman's retreat coming up in September. You can find out more and register here:

www.wellfinity.com/events/retreats.

Have fun playing around with this concept!

A handwritten signature in cursive script that reads "Shelly".

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!