



intuitive business

WORDS: KATE FORSTER

I once spent a year where I gave myself over to the Universe and completely trusted my intuition. If an opportunity presented itself and it didn't feel right, then I didn't do it, no matter how bewitching the offer may have seemed.

It was the best year of my life so far. I really began to live my life to the fullest. I stopped wasting time chasing useless opportunities, and what I did touch and invest my time in grew, and my life began to take on a more authentic shape.

Too often I hear women wondering why they didn't trust their instinct more. They had a gut feeling, but they didn't honour it. A little voice told them something and they ignored it.

Women seem to be hardwired to notice the smallest details. It is in these small details that the body has an instant reaction, a gut level response to the clues in front of them.

Perhaps these skills come from watching and listening as we grow up. Or from looking for signs from the opposite sex, that our affection will be returned, translating codes from the smallest of children whose only skills for getting what they want are grunting and pointing and then deciphering the grunts of our teenagers and husbands.

Kate Forster, author of *Spiritual Business* (Dogma \$49.95), writes about connecting to your intuition and trusting yourself professionally and personally

Living in our current technological, cognitive-based society, it is hard for intuition to be taken seriously. Our world is currently immersed in scientific theory about the popular topics that are on the front of the papers - climate change and the economic crisis. Honouring your intuitive self is hard to do and hard to be taken seriously.

Your body receives signals that help you to instantly understand where you may have seen these signs before and it gives you an instant memory to draw on. Intuition is being able to draw on these memories quickly and trust them. In scientific circles, it is called immediate cognition.

We often undermine ourselves when it comes to our intuition. The idea that your body, or even your soul for that matter, can tell you what you need to know is in the realm of witchcraft and we all know that didn't end well for them. So we ignore it till things go to the dogs and suddenly we are hit with the lightening bolt of remorse because we didn't trust ourselves.

Trusting ourselves enough to trust our intuition takes courage and is not always applauded. There have been times when I have expressed my reticence and supported the argument with intuition. As I have become older, more trusting of myself and the fact that most times I am right, then it develops even more.

Your intuitive messages can come to you in a variety of ways. It can be a hunch or a dream that resonates with you. Or it can be when you have what Oprah calls an 'Aha!' moment.

Some people are particularly attuned to their body's response to particular people or situations. It can even go as far as connection to intuition through connecting to what seem to be coincidences, but are what Jung called synchronicity. A connection of seemingly unconnected events can often be the lead to a perfect opportunity.

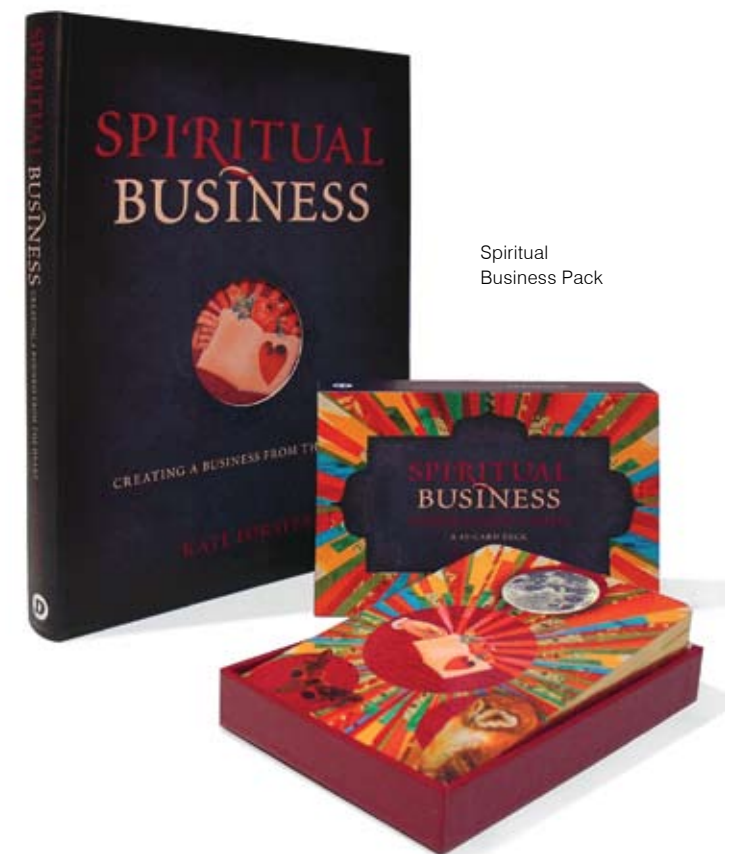
The idea of being in touch with your intuition in business is not a foreign concept to big business leaders. Sir Richard Branson, Oprah Winfrey and Walt Disney are famous users of 'gut instinct' when it came to making the big decisions for their business future.

For an even simpler and more powerful example of 'gut instinct', literally, Masaru Ibuka, founder and chairman of Japan's Sony Corporation, puts his success down to one key step for tapping into his intuition. Before big business meetings where he had to make crucial decisions, he would drink tea. If he got indigestion, he would not go ahead.

He was quoted as saying, "I trust my gut, and I know how it works. My mind is not that smart, but my body is."

It is hard to balance the rational yang side of business with the more esoteric yin idea of intuition. Intuition is best used when combined with a particular set of facts in front of you. The best workplace cultures are ones where the staff are allowed to have a gut instinct. Where the trust is strong enough for you to voice your feelings without being shouted down or laughed at.

Having a hunch but not honouring it is often how we get ourselves into trouble. Intuition requires action. If you feel it, then act on it. Intuition works wonderfully when it is combined with reason and experience. When we can look back and learn from each of our defining moments, both professionally and personally, then we are able to trust our instincts more. >



Spiritual Business Pack

experience

There are **several ways** to **grow** and **trust** your **intuition** at work:

- ✿ Track when you are right. Keep an intuition journal. When your instinct is correct, write it down. The more evidence you have, the easier it will be to face any negativity or scepticism.
- ✿ Track your coincidences. Write them down as they happen. When signs appear, write them down. You won't know right away, but the connection will eventually become clear when you start to connect the dots.
- ✿ Write down any dreams that resonate with you. We often process our subconscious in our sleep, so who know what your inner mind is telling you. It can help to think of one word which sums up the 'feeling' of the dream. Listen.
- ✿ Work on your analytical skills. You cannot rely on intuition alone. The sharper and more balanced both your yang and yin set of skills are, the more powerful you will become.
- ✿ Take a moment throughout the day to stop. Stop and take a moment to meditate, do nothing, sit quietly. Clearing the mind helps you hear your inner voice.
- ✿ Be present in your own body. Because we are so busy, we often only exist from the neck up. Listen to your body. Notice your feet when you walk. Notice your fingers as you type. Being more aware of your body helps you to trust it when it gives you instinctual signs regarding a particular situation.
- ✿ Watch how you speak to others and yourself. Notice if you use the phrases "I thought so..." or "I knew that was going to happen. It didn't feel right." Why did you not speak up earlier? Do you trust yourself?
- ✿ Get in touch with your personal beliefs. We know more than we realise, but if we have negative attitudes or speak badly to ourselves about how we are performing, then we can block any messages or connections to our intuition.
- ✿ Let go of the outcome. When you are intuitive, it can seem like you want to be right all the time. But intuition is over in a flash. It is a moment and then it must be let go. You don't always know how a particular situation is going to play out, and what may seem to be a loss may be an opportunity in disguise. ✿

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