

# Intuition: Mind and Body Awareness:

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***Intuition is our "inner voice" that guides us. It is a culmination of past wisdom, acquired knowledge and skills, and our ability to make informed decisions.***

***Meditation can be difficult to accomplish in our culture. We are busy and committed to multiple roles-which can leave us depleted of time for self-care. We often hear about the significance of practicing "mindfulness" for improved health and productivity. The tricky part is where to start to develop this skill. This skill is not always taught by parents or educators. Our physicians may recommend we practice mindfulness, but they usually do not prescribe a specific intervention plan.***

***Our feelings and thoughts can become convoluted. How do we know what is rational and irrational? How do we know what is helpful or hurtful? We may***

*say we are listening to our inner voice, however, the messages may be coming from anxiety or triggers from our past. Anxiety can be helpful. For example, "anticipatory anxiety" is a positive feeling of excitement about something we look forward to, or a change that is beneficial to our lives. Other forms of anxiety can be hurtful-such as rumination or obsessive thinking. Negative thoughts and feelings can create physiological reactions in our bodies-in other words, warning signs we should attend to.*

*When we do not listen to physical and psychological warning signs, we can experience physical and mental health problems. One approach is to practice a structured form of mindfulness every day.*



## The following is a brief exercise that you may practice daily:

*The purpose of this exercise is not to change your thought patterns or to "fix" something, but just to gain awareness of where your thoughts and feelings may be settling.*

- ❖ **Find a quiet and comfortable place to sit**
- ❖ **Pay attention to your breathing**
- ❖ **Breathe deeply fifty times and exhale through your nose**
- ❖ **Pay attention to each part of your body**
- ❖ **Identify if you feel discomfort or heaviness in any area of your body**
- ❖ **Document in a journal or simply think about your responses**
- ❖ **Allow your thoughts to flow without reservation**

***Repeat exercise often as needed***