

## ***ACCESSING INTUITION TO CREATE OPPORTUNITIES***

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Life today presents us with unprecedented challenges and unexpected events around every corner. It just isn't business as usual. On a regular basis we are being required to adjust, adapt, let go, and rise above. How far can we stretch?

We may feel that the harder we work and the more intensely we try, it will enable us to hang on to the familiar but overly materialistic and competitive and unsustainable life styles and patterns that we may see so much around us. It may seem scary to sense things changing. We've always been told that extra hard work and intense competition is the way to succeed and achieve the mythical "perfect" life we crave. The truth is perhaps a little different.

We are magnificent human beings with unbelievable potential. It's within us waiting to be acknowledged and awakened. We are created in the image of the Creator. When we constantly push ourselves to the point of stress, our higher creative potentials and intuition tend to shut down. When our adrenalin and stress mode activates, our body "thinks" it is in a struggle for survival. Then only the most basic human capacities of repeating the familiar routine harder and faster seem possible.

The call for great change is now constantly in the news. This is a time in history of tremendous transformation and opportunity for our country, planet, and for ourselves as humans. What we have always done may not seem to be working as well now. Our institutions are being forced to change drastically and rapidly before our eyes. We may need new solutions for issues we haven't perhaps confronted before. To come up with new ideas, we need to activate and trust our intuition. How do we do this?

A car or a bicycle can be operated in different gears. We humans can function in different "gears," too. Each of these has its valuable purpose and gifts for our life. In the "first gear" we are mainly functioning physically, such as eating, sleeping, walking, and physical labor. To accomplish a project in this gear, we need to work hard physically. In the "second gear" we are experiencing life through our emotions. This definitely adds color to life, as long as we keep our emotions in balance.

In the "third gear" we are thinking and working with ideas. Much can be accomplished with an active mind applied industriously. Next, in the fourth "gear" of life you can activate your intuition and your connection to your Higher Power and Soul. This is when the magic can really start, and life can begin to truly work for you in ways that you would perhaps never before have believed possible.

To activate intuition, the important thing is to take time to lift your mind out of the everyday routine into a place of peace and a sense of expansive freedom. One way to facilitate this is by focusing on your breath, and simply being aware of your breath gently flowing in and out. Ten minutes would be very good for a start. Play some peaceful instrumental music. As you breathe in, imagine that you are breathing in light into your mind and body. Sense yourself filled with light and peace.

Bring your consciousness to as uplifted a place as possible and say a brief prayer asking for Divine blessings and guidance. Visualize yourself in a ball of light. Then ask God, your Soul, and your intuition what would be the best approach to whatever issue you want to solve in your life. Allow your consciousness to be quietly receptive to what comes into your awareness. You may "sense" an image of yourself doing something, or you may simply get an idea that hadn't occurred to you before. You may sense a word - - or you may get a hunch of a person, place, book, or web site where you could get valuable information to help you solve the issue. A helpful insight may come to you the next day, or in a dream. The possibilities are vast. The important thing is to be open to allow a new idea to present itself to you. Use your common sense, of course, too. But don't allow your common sense to drag you down and hold you back. Explore, research, and expand on your hunch or insight. This may help you come up with a plan of action that may be somewhat different than you would have anticipated.



An example of a possible plan might be that someone decides to really pursue a long-held dream of developing a talent he or she had been ignoring but longing for. An out of work person may decide to offer carpentry or sewing (or other skill) to do for barter/exchange or for pay for acquaintances. Notices could also be put on bulletin boards. Another possible plan is to organize a neighborhood or church group to develop special programs that would be creative and positive opportunities for local teens - such as nature outings or amateur musical presentations.

The next step once you have your new plan is to visualize it happening. The power of visualization is real. Daily imagine a picture of what you wish to manifest, affirm it silently in words,

and emotionally feel thankful joy that it is happening. Be sure that what you are seeking to manifest is positive and would not hurt or control anyone else. Always manifest for the highest good of everyone. What we send out to the Universe always comes back to us in some form - - and amplified. In the meanwhile, start taking physical action steadily to realize your plan in physical reality.

May we trust ourselves, believe in ourselves. May we allow positive transformative things to evolve in our life. May we think in terms of cooperation rather than competition with each other. Healing for our society and planet won't necessarily come from working harder and harder at what we have been doing. We need to open our minds and hearts to our higher intuition and allow whole new cooperative sustainable ecological solutions to manifest through us.

**BIO: JOYCE GERRISH** has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She has extensive training and decades of experience teaching numerous natural healing modalities including Reiki. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You" and is publisher/editor of the Natural Living Journal. She is a Holistic Life Coach, Counselor, and Energy Therapist. Louisville Office. [www.joycegerrish.com](http://www.joycegerrish.com). 812-566-1799

