

FOLLOW YOUR INTUITION

By William Becker, Paranormal Insights

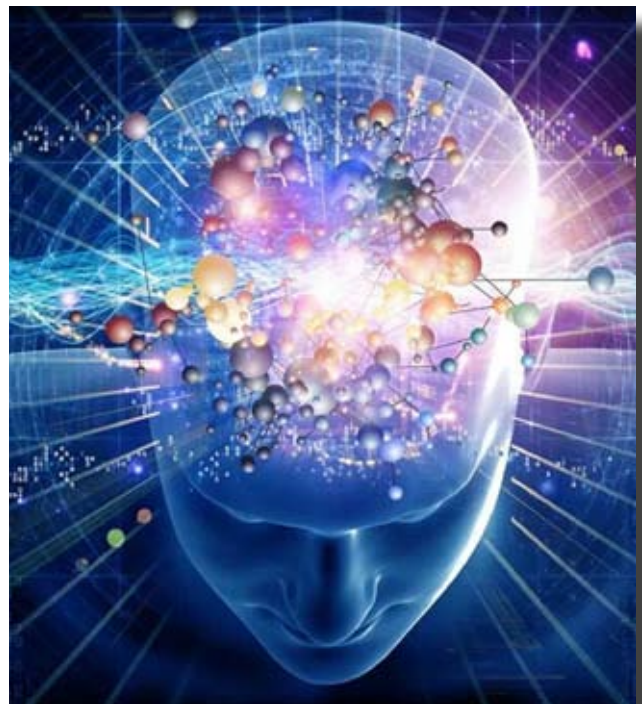
I think one of the most overlooked and underestimated senses we have is intuition. Several events in the last couple of years have proven to me the importance of listening to this surprisingly accurate built-in radar we have within us.

Several years ago, I started to work on deliberately developing my intuition to a higher level of functionality. Like everything else, the more we work with it, practice, and learn, the better it works. We don't become skilled artists, musicians, architects, psychics, or anything else over night. We have to actively develop our abilities in anything, including intuition. This is especially true in the case of senses and skills that come from a deeper place within and are not so much intellectually based but, in some ways, more spiritually based.

In my experience, intuition comes from a place deep within me. It isn't an emotional place; it's the place that I go during meditation. It's the same area that my psychic work comes from. Intuition seems to come from that place deep within that is in contact with the universal, the place of oneness of being in the universe.

It was while I was working with someone on developing my intuition that my psychic abilities started to come more strongly to the forefront and develop into what they have become today. I wanted to be able to make wiser decisions on many fronts that intuition can be a big help in. Though different in many ways, the two are strongly connected and overlap.

Fortunately, I followed and continually worked with developing the psychic. But I got a bit sidetracked on the intuition at times. Especially when dealing with people. I tend to be a nice guy who likes to give the benefit of the doubt and listen too much to people I trust with their positive thoughts about others. Every time I do this and override my intuition about someone, it comes back to bite me!



This has happened a few times in the past few years.

I've had several occasions in my personal and professional life where my intuition and instinct told me to either stay clear of someone or to maybe let them in to a degree, even do some work with them, but hold them at arm's length. I've listened to the words they say, and the words of a few others I liked, and in my desire to want to think that these people were what they said they were, I let my brain take charge. Every time, my intuition proved itself to have been correct. I should have listened!

I want to go over a bit of what intuition isn't. It is not an emotion. It is not an emotional reaction to someone or something. It's not a call for vengeance to a wrong. It's not an intellectual process either. It is other. For me, it comes

in a part of the brain where I go that is an unlimited universe within me. It's something like going into a different dimension. And the information from intuition comes pretty quickly, and it can register as a physical reaction or a "knowing" that something is wrong or off.

Like most of life, I find that intuition and its messages are not usually yes and no, black and white, but Technicolor and shades of grey. Sometimes it is a loud no, stay far away. But often it's more subtle and can often be something to the affect that yes, this person has some good qualities, but a huge amount of baggage that makes them not a stable or safe person to be very involved with.

I sometimes work with the person at arm's length, or keeping a distant cordial relationship — even friendly is fine — just with the realization that too much involvement might have consequences of a variety of types. In my case, the latter are more usual than the former, and also harder to listen to. It's easier to stay away from someone who our intuition gives a strong negative reaction to than one who our intuition says some interaction is great but proceed with caution.

Intuition is valuable in all areas of our lives, not just as to

how we can interact with those around us. A finely tuned intuition can help us make healthier decisions that are more in our own holistic interest than listening purely to emotion, or intellect. Intuition can help us know when to make major or

minor changes, or when to stay where we are. A well-developed intuition is a valuable tool in all areas of our lives.

As with all the senses I talk about, intuition is not to be used in isolation from our

other senses. Our intelligence is a vital guide and can help us to recognize what is intuition, what is emotion, and what is wishful thinking. Our emotions can also be guides with this. We have a variety of senses, intellectual talents, and emotions. All of these must be blended for a healthy and joyous approach to life. And key here is a well-developed intuition, along with mature intellect and healthy emotions. No one is perfect in any of these at all times!

No one is going to get it all right at all times. We are beings in process, and some work more diligently on becoming their full and true selves than do others. We live in a culture that devalues most of what we need to be fully integrated and fully living beings. We each learn and live the best we can. ♦

**A finely tuned intuition
can help us make
healthier decisions.**



The
**Paranormal
Guide**

**Ashley Hall explores the strange,
macabre, and paranormal in
*The Paranormal Guide***

**To Join the
Conversation, visit
Facebook at:**

<http://www.facebook.com/theparanormalguide>

The Paranormal Guide features topics on Ghosts and Hauntings, UFOs and Aliens, Cryptozoology, Unsolved Mysteries, Conspiracy Theories, Earth Mysteries, Psychics and Mediums, and Unusual Crimes, among other strange and unusual topics.