



**LEADForward**  
*Insights & Inspiration for Leaders*

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**Today's Quote:**

When you let intuition have its way with you, you open up new levels of the world. Such opening-up is the most practical of all activities.

-Evelyn Underhill



Intuition is simply tapping into what is already here.

Intuition is the basis for everything you have ever done that has worked.

**Intuition**

By Ralph Simone

Intuition is often thought of as something mystical, unusual, and separate from ourselves. In fact, we sometimes refer to it as "women's intuition" to soften it or perhaps to excuse some of us from needing or being able to tap into it.

But for each one of us intuition is there, inside of us, and part of who we are. So why do so many people feel that their intuition is very limited, or in some cases not accessible? First, let's be clear – we all have intuition, it is in us and it creates our connection to the infinite. Second, intuition is always accurate; however, our interpretation of it may not be. Why is that? Why do we not hear these subtle clues from the universe? In some cases they never get to us and in others the message is inconsistent with who we think we are or what we are trying to do. The basic challenge for many of us is to begin to soften and to tap into all of our resources so that we can once again hear those subtle nudges from the universe and continue to discover who we truly are.

You may have heard of the musical group *Talking Heads*, or perhaps you have used the reference with regards to people who seem disconnected from their bodies. This disconnect, or trying to figure everything out in our little minds, creates a major block to intuition.

Intuition requires an integration between our minds (thoughts, judgments, beliefs), our hearts (emotions and feelings), and our belly (universe within each of us). The deeper we go into our bodies, the more access we have to everything. So a key to reconnecting to our intuition is to open the pathways between our heads, hearts, and bellies. The greater the integration and the flow, the clearer the messages, and the closer we move to who we really are.

So begin to nurture and nourish this innate skill by dropping inside of your body, and begin to notice and observe what you are feeling. We begin to experience intuition when something moves from our belly through our heart and to our head with no blockage from our patterned resistance.

**Leadership Practice:**

1. Tilt head to the left or right, scratch head while saying "I don't understand."
2. Opening the Pathways – trace or imagine the flow of energy up your back from the belly, through your heart, and to your head and then down the front though your heart returning to your belly.



These practices will help us move from relying just upon our minds for guidance, and will begin opening us up to the intuition that has always been - and will continue to be – a part of who we are.

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