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-Charles Fillmore

Cofounder of Unity

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The Intuitive Heart

Henry Reed and Brenda English

These days, the idea of turning to your intuition for guidance has become trendy. There is a growing interest in intuition, not just in the self-help section of the bookstores, but also in corporations and boardrooms. The International Institute of Management in Geneva, Switzerland, for example, concluded after a major investigation that intuition will be the most important management resource of the next decade. Why?

The answer is a combination of the information explosion and the rapidly increasing pace of changes in that information. There will be, in fact may already be, too much information to process through conventional analytical means. Even if you have time to analyze the information, by the time you've completed the analysis, the information will have changed. How can you keep your eye on the ball when you can't even find the ball? The management institute's answer? Intuition.

You also might be interested in knowing what role the institute sees for intuition. First, these experts say, intuition is useful in getting a vision of where you want to go, in deciding which "mountain" is worth climbing. Second, intuition is useful in deciding the best place to start. Finally, intuition comes in handy along the way, at each crossroad where you have to make a decision.

Many Nobel-winning scientists apparently agree with the management institute. When they were interviewed after receiving the coveted prize, most of the winning scientists agreed that they used intuition in their work. The most common use was to decide which problem would be most interesting to study and which approach to the problem would yield the best results.

Could the intuition illustrated in these management and science examples apply as well to you and me in our everyday lives? In this journey called life, we all have to make decisions about where we want to go and how we are going to get there. When we come up against obstacles or have important decisions to make, how are we going to proceed, particularly when we can't see the future or access all the relevant information? Such major crossroads in our lives would seem to be excellent opportunities for using intuition.

The truth is that, in spite of all the increased interest in intuition and in spite of those times when our intuition has steered us right, most of us still hesitate to follow something that we can't pin down to a set of facts or rules. And we often regret it later.

Just about everyone understands what a hunch is. It's that feeling that seemingly comes from somewhere inside and that says you should or should not do something. Regret over not following a hunch is almost a universal experience. Because it is so common, it's a subject in which nearly everyone is interested, and I have found it to be a useful way of introducing the broader subject of intuition. Many people have found that it was their regret over not following a hunch that proved to be their initiation into a greater respect for their intuition. We can learn a lot from those experiences.

To an outside observer, intuition seems to be an intangible, internal, private event. There's nothing you can offer to enable others to share your intuition. There's nothing you can point to outside yourself to justify or explain your intuition.

These negatives show up even in defining intuition. People often use negatives in describing what intuition is. They will say that intuition is knowing without knowing how you know. Or that it is knowing something without any reason

for knowing it. Or perhaps, that it's knowing without using any outside information. All these definitions of intuition involve negatives. They emphasize what intuition lacks. They focus on the mysterious quality of intuition, on how little we know about it, and thus on how little we feel we can trust it.

When we approach intuition in this way, we are especially unable to answer the logical question: How do we know? The lack of a concrete, easily identifiable answer to the question of how

intuition works has proven to be a liability for intuition's reputation. In our scientific, technological society, intuition has had little public status. If you can't show it to someone else, produce it on demand, ensure reproducible results, or pinpoint exactly where the information comes from, then it isn't real or valid.

To make matters worse, intuition often presents its messages in personal symbols and inner feelings that lack the status of outward signs on whose meaning we all can agree. While even successful businessmen and scientists may use intuition, they often keep that fact to themselves. Intuition remains a private matter

and thus doesn't benefit from the kinds of education and development that sharing would encourage. This private aspect of intuition has made it difficult for it to achieve any respectable stature in our society.

The result is that many of us learn not to trust our intuition. When we get an intuition, we have no training for how to deal with it. Alone with our intuition, we have nothing at which we can point to back it up. There are no facts to show, no logic for others to follow, just an inner feeling. So we are apt to question its validity, to second-guess it with logic or contrary information. Only later, when we come to regret not listening to our intuition, do we despair over this unfortunate state of affairs, this feeling that we don't know how to

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trust intuition's messages. Isn't there a better way to learn to respect intuition we wonder, than through regret over having ignored it?

I think I have found a way that each of us can use to demonstrate to our own satisfaction that intuition is real, that it works, and that we *can* trust it.

First, let's do something different. Let's define intuition in a positive, straightforward manner. Let's say simply that intuition means knowing from within. It is an inner knowing. Period. And although it is knowing from within, I think there are ways we can share this inner knowing with others in such a way that we can learn more about intuition. There's a way we can share with others the experience of learning about how intuition operates and what it has to offer.

I have made an important discovery about intuition that will be very helpful to you. In fact, there is a way you can learn to recognize and trust your intuition. It took me twenty-plus years of research into dreams, creativity, and expanded consciousness to make this discovery. When you realize what it is, you may say, "I already knew that!" If so, you'll receive some confirmation of your own natural intuition. On the other hand, if you aren't familiar with your intuition, you'll learn something new, as I have, something that, with some time and practice, you can make a practical part of your life. In either case, I believe that what I've discovered is important enough in order to make the idea public and explicit.

My discovery is that love and caring are a natural source of intuition. Intuition is most effective when it comes from caring, from a sincere wish to make a heart connection, either with your own inner self or with another. I call my discovery the Intuitive Heart.

People always have known, at an intuitive level, that the heart is naturally intuitive. Just look at the English language. We regularly use phrases such as knowing something in our hearts, feeling that someone or something touched our hearts, our hearts being joined, finding it in our hearts to do one thing or another, speaking from the heart. The list of examples goes on and on. What all these phrases illustrate is that we already

know the truth: that the heart holds the key to intuition.

The foundation of my discovery of the Intuitive Heart is that caring about someone creates a natural bridge of intuitive understanding of that person. We sometimes say that we take someone into our hearts. This common phrase means that

The
intuitive heart
is willing to listen
to the higher
guidance of love
and to the direction
that love might
suggest

we come to have empathy and compassion for that other person. Those two qualities, empathy and compassion, come together as a natural intuitive team. Compassion and caring create a means of understanding by helping us empathize in a particularly sensitive and imaginative way.

Intuition also has an important connection with love, whether it is love for a person, a situation, or even a subject in which we are interested. Intuition comes about as a result of having embraced that person, situation, or subject with love. Love has its own gift of intelligence. As you will see, when the foundation is love, intuition has the potential to improve our lives in varied and significant ways.

When we care enough to offer something of ourselves, our intuition guides our giving. Many of us are naturally intuitive when we care about someone or something outside ourselves. It is the commonality of this type of other-directed intuitive experience that tells me I have discovered something important. People often believe

that they can be intuitive some of the time, especially when they aren't thinking about it, when it happens naturally. It is those natural, spontaneous moments of intuition that tells me the importance of my insight into the heart's role in intuition.

This heart-centered approach is based on where you physically focus your attention when you look for an intuition. In fact, when many people look for inner guidance and for connections with those around them, they seem to focus naturally and instinctively on the chest area—on the heart. If you search for wisdom there, within your own heart, you will find it.

Learning to access your intuition brings up the issue of trust. How can you learn to trust your intuition? How can you learn to trust your inner knowing, trust yourself? If, when you look to your intuition for an answer, you often doubt that you are getting pure intuition uncontaminated by your hopes and fears, how can you know that you are getting the best guidance possible?

Once again, working with intuition from a heart-centered perspective provides a very useful answer to the problem of trust. Integrity and honesty are very important in making intuition reliable. And what better way to achieve these qualities than through love, which the heart so intelligently provides? The intuitive heart asks, in love, what is the best for all concerned. It is willing to listen to the higher guidance of love and to the direction that love might suggest. *Love gives your intuition the integrity it needs to become trustworthy.*

You may be skeptical. For many of us, love carries connotations that have more to do with romance than with intuition. But I have some things to share with you that will change your mind.

In the "research laboratory" I use today—seminars, teaching college classes, counseling sessions, and training programs in office settings—I have

seen repeated demonstrations of heart-centered intuition producing uncanny connections, even between people who are strangers to each other, and even in people who never have thought of themselves as psychic, telepathic, or intuitive, or as anything more than just average people. My observations demonstrate clearly that intuition is available to all of us. It is a normal, natural ability that we all have and that we all can access—when we experience it from the heart.

Another advantage to the heart-centered approach is that intuition is not simply the ability to guess what lottery number a computer will create. It is about much more than facts; it also includes values, possibilities, relationships. Intuition is a dimension of emotional intelligence that gives you insights into people, into their potential. As emotional intelligence, it also helps you see your relationships with people, with unseen dimensions, and with future possibilities. So, intuition

provides creative perspectives on people and situations. At its best, it provides wisdom and guidance. Moreover, heart-centered intuition is not simply a once-in-a-while thing, a "flash" of intuition. It is a continually-operative connection with the world around you, guiding you in your affairs as you "feel" your way into situations. It is readily available to speak directly to you when you need it. By approaching intuition from the heart, you can come to experience it, recognize it, and, above all, trust it.



Henry Reed, Ph.D., is an internationally known expert in human consciousness, dreams, intuition, and ESP who teaches his Intuitive Heart method to groups around the world. Brenda English is a senior editor for the A.R.E. Press and staff member of the Association for Research and Enlightenment, Virginia Beach, Virginia. She is the author of three mystery novels in the Sutton McPhee series.

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