

## **Your internal guidance system... Developing your intuition to make better choices**

**By Siobhan Murphy, MCC**

We are all born with a magical internal guidance system. It knows more than our rational mind can know about us and our priorities. It sees into the future and knows all about the past.

Remember the movie "The Wizard of Oz?" Dorothy went out to fight the flying monkeys and tackle lions and tigers and bears in order to find a way home to Kansas-- but she had the power with her all the time in the form of her ruby slippers. The magical system inside you is like that.

What is this magical system? It's known as *intuition*. Long thought of as a woman's gift, smart men also trust their "gut feeling" or "hunch". To access this guidance, you just have to learn how. It's a skill that can be developed like working a muscle.

With all the information bombarding us on a daily basis, we can't afford to rely on having *all* the facts in order to make decisions in a "rational" manner anymore.

Daniel Goleman in his book, *Working with Emotional Intelligence*, calls intuition "the Inner Rudder." This emotional competence is essential to leadership and business success. Penny Pierce, author of *The Intuitive Way*, describes an exercise I've used with success with many clients.

- ◆ First, get quiet. Close your eyes, put your feet on the floor, and pay attention to your breathing.
- ◆ Formulate the two choices -- Choice A and Choice B -- on the issue you are wrestling with.
- ◆ Ask yourself: What does Choice A **look** like? Be open to whatever your body-mind may offer.
- ◆ Continue asking about Choice A: What does it sound like? What does it smell like? What does it taste like? What does it feel like?
- ◆ Next, consider Choice B.
- ◆ Again, ask yourself: What does Choice B look like? Sound like? Smell like? Etc...
- ◆ Consider your choices. What information did your intuition offer you?

Bob faced an opportunity to take a new job after wrestling with his current position for several years.

The new job offered more money and training and new technology, but it involved a long commute. The other option: he could continue in his current job where he was a star performer and only 10 miles from home. Unsure, Bob called his coach.

Bob's coach walked him through the process of getting quiet, formulating the choices, and asking the questions.

Bob's answer came in the form of a sound-- one like chalk on a blackboard, the other like Mozart. He knew which choice would give him more peace.

Your intuition may speak to you in pictures, sounds, smells or tastes. Most often, clients report having a "feeling". As you exercise your intuition, it will speak throughout your body.

What decision are you facing? Try accessing your intuition the next time you face a choice.

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