



CLARITY

*Step Four:
Trust Your Intuition*

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“Don't try to comprehend with your mind. Your minds are very limited. Use your intuition.”

— Madeleine L'Engle

Step 4: Trust Your Intuition

Really everything you do in this book is a practice in trusting your intuition. I am writing about spirit guides and intuition as two separate things although they are fully intertwined. When you open yourself up and learn to really listen, you can hear both your own intuition and your spirit guides.

I believe that your guides come from outside of you and from the divine spirit.

I believe that your own intuition is that divine source *within* you.

They are similar and yet not quite the same. However, the practices for both are essentially the same. You must practice acceptance, information detoxes, and all of the activities to come in this book in order to stay open to both your own intuition and the messages from your guides.

What happens when my intuition and my guides tell me different things?

I truly believe that your own intuition needs to be your north star. Although in general your intuition and your guides will be in alignment, it sometimes happens that you will have a guide telling you one thing while your own intuition sends you in a completely different direction.

Remember that your guides are here to help the world. There is something that needs to happen and they feel you are the right person to do it.

But you always have to act in the best interest of your highest self.

In this case, go into meditation and ask to speak with your highest self. If it turns out that you are not the person for the particular calling your guide is giving you (or that it's just not the right time), your guide will find someone else.

There is always someone else who can take on the task. Ultimately, trust your intuition.

How do I trust my intuition when I've made mistakes in the past?

Have you ever trusted your intuition and made a huge mistake?

It sucks, right? And then you get confused about whether you can even trust yourself!

You start to wonder if your intuition is broken.

The number one question I get asked about intuition is how to trust it when it's led you down the wrong path in the past.

To answer that, let's talk about what your intuition actually is and how it can get messed up.

Intuition is your ability to pick up on cues and messages, both from yourself, your guides, and from the world around you, without conscious reasoning.

Sounds awesome, right? It's like an internal compass, leading you in the right direction.

But here's the kicker.

Your intuition does not act alone.

Your intuition may pick up on something, but then it gets filtered through your conscious mind.

Guess who lives in your conscious mind?

Your EGO.

Yep, the infamous ego.

Your ego does not always act in your best interests, even though it tries to. And your ego might interpret the intuitive hits you get in the way that best serves its own desires.

Let me give you an example from my own life.

A while ago, I almost put down a deposit to host a women's retreat in Italy. All my intuitive hits told me I was supposed to be doing this. And yet logically it didn't make any sense: not for my business, my finances, or my family.

But my intuition said, "Go for it!"

Knowing that it was a huge investment for me in many ways, I did a lot of thinking... and talking to other people...and budgeting...and more thinking.

And then I did what I should have just done all along.

I meditated on it.

I assumed that when I got quiet, my inner wisdom would tell me to screw logic because this was something important I was SUPPOSED to be doing right now.

Boy, was I wrong...

My inner wisdom spoke loud and clear, and said, "Nope. Not now. This is not what you should be focusing on. Get your business foundation set. Focus on your family. That's it."

And just like that, the dream of Italy poofed. A huge knot of anxiety – that I hadn't even acknowledged until that moment – disappeared, and I realized what a huge mistake I had almost made.

I also realized that what I thought was my intuition telling me to go to Italy was actually my ego wanting to do something big and splashy.

When I actually allowed my intuition to talk to me *without* my conscious mind or ego getting in the way, Italy wasn't even on the radar. It was just a shiny object trying to distract me from my real focus.

So let me ask you something.

When you made a mistake in the past, was it because your intuition was off *or was it that your conscious mind interpreted the intuitive cues in a way that wasn't actually in your highest interest?* Was there in fact another way you could have interpreted what you were feeling that would have led to a different outcome?

Intuition + Ego = Potential for Mistakes.

In order to fully trust your intuitive hits, you have to be able to quiet the mind and put the ego aside.

Guided meditation is a very simple way to do this, but it's not the only way. Anything that helps you feel calm and centered will help you connect to your inner compass without your ego getting in the way.

This is yet another reason why your forty day information detox is so important. Your ego gets played upon when you are looking at friends' curated lives on Facebook or instagram or even watching TV and wondering why you don't look as fresh faced as everyone on your favorite show.

The answer is always: find your center.

What makes you feel calm and grounded? What makes you feel connected to your own truth? Find *that* thing and then go do it.

Let the answers come to you when they're ready.

But what about shiny objects?

Shiny objects are those ideas that flash into your mind and seem so exciting, but that are actually distractions from your real purpose (like Italy was for me). A shiny object is often your fear popping up and saying, "Hey, don't focus on that big scary thing you're meant to do. Get busy doing this fabulous thing instead!"

So how can you differentiate between a shiny object and your calling? How do you know which idea to grab and which ones to let go of?

Your Practice: Is this a shiny object?

Close your eyes and take a deep breath to center yourself. When you're thinking about something new, there is an excitement to it. That's the shiny object feeling. So as you're closing your eyes, notice where in your body you are feeling the excitement to go do this new thing. Once you have that, pay attention to another energy. That is the energy telling you to stop, which is why you're confused. There is a part of you that wants to go down

this road and there is another part that wants you to hold off. So breathe into your body and notice where in your body you're feeling that energy.

Now you've connected with two energies in your body: the energy that wants you to do something new and the energy telling you not to. Connect in again with the energy telling you to go forward with your idea. Imagine that the excited energy has a color and shape or texture. Once you have a sense of what that excited energy looks like, I want you to imagine pulling it out of your body and holding it in your hands in front of you. As you do that, I want you to notice if it's light or heavy or any other qualities about it. Now go ahead and imagine that the excited energy is a character that can talk to you. See what it wants to tell you.

Now let that excited energy sit back for a moment. Connect in with the energy in your body that tells you to stop, and do the same visualization as before, imagining it as a shape and color and then turning it into a character that can talk to you. What does it want to tell you?

Now imagine these two parts of yourself having a conversation with each other. What would they say? Can they come to an agreement, something that will feel good to both sides?

If they can't, is there one side that is stronger? Does it feel like that side represents your highest self or a part of you that is fear or ego based? If

you can't come to an agreement, then listen to the side that feels most in alignment with your highest self.

Listen to Your Body:

Your body is your greatest tool when it comes to trusting your intuition. You might feel confused but your body will always tell you the truth. Think about a time when you did something that later turned out to be a bad idea. How did your body feel when you were taking the action? Did it feel relaxed and expansive or tight and contracted?

Your Practice: Listening to Your Body

Stop whatever you're doing and notice how your body feels in this moment. Then take a deep breath and consciously relax your body. Think about a difficult situation you're dealing with and notice what happens to your body. Think about something that feels really good to you and notice how your body feels then.

The more you can notice what makes your body feel expansive and what makes it contract, the easier it will be to notice these subtleties when you are making choices in life. Although you may need to take actions that scare you sometimes - stepping outside your comfort zone - in general you

want to feel like your choices are continually leading you down the path of expansion rather than contraction.