

A S S E M B L Y

I N T U I T I O N

ASSEMBLY MEMBERS COMMUNITY

“INTUITION IS LIKE
READING A WORD
WITHOUT HAVING TO
SPELL IT OUT. A CHILD
CAN'T DO THAT
BECAUSE IT HAS HAD
SO LITTLE
EXPERIENCE. A
GROWN-UP PERSON
KNOWS THE WORD
BECAUSE THEY'VE
SEEN IT OFTEN
BEFORE.”

- AGATHA CHRISTIE

ASSEMBLY MEMBERS COMMUNITY

INTUITION

I believe that intuition is a superpower that we all possess – a gift within us that is our most sacred, trustworthy, brilliant internal guidance system. A way of understanding ourselves more deeply. And yet most of us dismiss it, or forget about it or override it because we live in such a fast-paced, quick fix society where we want other people to tell us the answers to all of our problems and how we should live.

Our rational brains are absolutely brilliant in their ability to help us find logic and make sense of things, but intuition can be called on for a deeper connection to the world around us. Most of us are familiar with our inner critics, something we have been exploring together – the voice that tells us our limitations, that quashes our enthusiasm, trying to keep us safe from any risk, pulling us back in when we contemplate change or stepping outside our comfort zone.

If our inner critic is the voice of limitation, our intuition is the inner voice of wisdom. It's that instant knowing or feeling in your gut. And it's something we should all be not only paying more attention to but be learning to nurture and grow into.

Your intuition is actually the most wise, accurate, deep part of your true self and I want for us to learn some tools to hone this part of who we are, to allow it to have a stronger presence or prominence in our lives and see how amazing, calming and discerning we can feel when we give ourselves space to understand it more.

HERE ARE FIVE WAYS WE CAN CULTIVATE OUR INTUITION:

1. IDENTIFY WHICH VOICES ARE NOT YOURS.

What voices do you find tend to drown out your sense of knowing? Is it social media? Is it family? Is it a wider cultural voice of expectation or shoulds? Try to separate these voices out so that you can clearly know when you are hearing your own creativity, opinion or sense of knowing speaking to you.

2. GET REALLY CLEAR ON YOUR VALUES.

Having a real sense of clarity and alignment with your values is going to steer you well in the long term. It might be worth spending some time writing down 5-7 values that are most important to you in life or work. What do you want to anchor your intuition? When you know what your values are, your intuition is more able to function - you can discern more easily what is for you and what is not.

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3. COMMIT TO REGULAR JOURNALLING.

Journaling is a brilliant self-care practice that helps to build our ability to tune in and hear what our inner voice has to say. To get the most out of journaling, the focus must be on self-expression through sustainable practice. So, how it feels rather than how it looks, and realistic consistency determined by you. There is immense power in habitually making time to listen to your thoughts, which only serves to strengthen the connection with our intuition.

4. FIND REGULAR QUIET SPACE OR TRY MEDITATION.

Finding a few moments a day for quiet space, allows for an opportunity to quieten our mind and what's going on around us. These pockets of quiet can bring us back to the present and keep us focused on what we can do in that specific moment, which is so often all we have control of anyway. Attentive breathing, meditation or quiet space brings new perspective, and encourages self-awareness and headspace for intuition to make itself known.

5. CHANGE THE "WHY" QUESTIONS TO "WHAT" QUESTIONS.

When you come to the point of struggle or resistance or feel the urge to shame yourself (Hello, inner critic!) you can begin to return back to your intuition by reframing your inner dialogue. So instead of asking "Why am I struggling with this? Why do I always do this? Why can I never get this together?" a more intuitive way to approach yourself might be to ask "What is it about this task that I'm struggling with? What is it that is keeping me stuck in this situation? What am I worried about here?"

“PRACTICE LISTENING TO
YOUR INTUITION, YOUR
INNER VOICE; ASK
QUESTIONS; BE CURIOUS;
SEE WHAT YOU SEE; HEAR
WHAT YOU HEAR; AND
THEN ACT UPON WHAT
YOU KNOW TO BE TRUE.
THESE INTUITIVE
POWERS WERE GIVEN TO
YOUR SOUL AT BIRTH.”

— CLARISSA PINKOLA
ESTÉS