

Intuition:

Learning to tune in and listen can guide you to a happier, healthier, and more energetic life

BY // CHERISE HENRY



Intuition offers a direct line to your inner being force, and to some, to a divine intelligence. Intuitive experts believe that it's important to learn to fully tune into your intuition. What is intuition? Intuition is constantly evaluating what gives you positive energy and what dissolves it.

You know ladies... it's that feeling you have when you go on a date with someone and all of a sud-

den you feel those "butterflies," or when you get a callback for a second interview for a potential dream job, and you get the chills. That's it. That's your intuition talking to you, loud and clear.

But for some people, most people actually, it's not loud and clear. Tapping into your intuition—following your gut—is something that takes practice. But you can become more and more familiar with and thus more trusting of your intuition.

"Intuition is like a muscle. The more you exercise it, the stronger it becomes," says Susan Rueppel, Ph.D., chief intuition officer. "A great beginner's technique to learn to better connect with your intuition is to keep an intuition journal. Log your moments of gut feelings and learn to identify what makes you tick. Good and bad."

Rueppel is an international business intuitive, author, speaker, and trainer who helps entrepreneurs, business owners, and corporate executives use intuition to grow their business. She assists clients in expanding their vision, gaining clarity, focus, and confidence by providing specific strategies and a prioritized path forward. She

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provides immediate, intuitive answers for tangible results in business.

She says as a business intuitive, it's similar to being a business consultant, but with the benefit of X-ray eyes—tuning into the brilliance of your business and providing a portrait of what is going on, including where you can maximize your business to move it forward quickly and easily. Including how to resolve challenges associated with moving forward. She believes that women can get practical and actionable intelligence from their business through intuition including help with direction, decision making, planning, and implementation.

Based out of an office on J Street right in the heart of downtown Sacramento, business was not always the focus for Rueppel. Early in her intuition

career, she studied medical and general intuition. She would help clients focus on the source of their medical problems and find ways to heal from within that source, rather than from the symptom zone. For example, just because you carry stress in your upper body potentially causing horrendous headaches, it doesn't mean that's where the source of the stress is. Rueppel says although she believes in the power of medical intuition, she recommends all clients continue to see a licensed physician as part of a healthy, balanced medical practice.

Similarly, local Sacramento writer and author Danae Horn believes that "everyone has an internal system that hints toward the path they should be on. Whether we listen to it or not is another story." But she assures it is there.

Horn was born with VACTERL Association – a constellation of birth disorders that impacts six

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Recognize Positive and Negative Intuitions

Here are some examples of positive and negative intuitions that can help you learn to better tune into your own intuition on a day-to-day basis.

Positive Intuition Vibes

- feelings of comforting familiarity or brightness; you may sense you've known the person before, as with the experience of déjà-vu
- you breathe easier, chest and shoulders are relaxed, gut is calm
- you find yourself leaning forward, not defensively crossing your arms or edging away to keep at a distance
- your heart opens; you feel safe, peaceful, energized, expansive, or alive
- you're at ease with a person's touch; whether a hand shake, hug, or during intimacy

Negative Intuition Vibes

- sick feelings in the pit of your stomach or increased stomach acid which may prompt an unpleasant déjà-vu
- your skin starts crawling, you're jumpy, instinctively withdraw if touched
- shoulder muscles are in knots, chest area or throat constricts; you notice aggravated aches or pains
- the hair on the back of your neck creepily stands on end
- sense of malaise, darkness, pressure, agitation, or being drained

Tune In and Act on Vibes

It's important to learn to tune in, trust your body, and make choices based on the vibes you sense. Intuition helps you act from instinct, not impulse - a look before you leap wisdom that points you to positive energy. Here are some tips to help guide you to tuning in.

- Choose a relationship or situation that needs clarification about whether or not to go forward. Perhaps a friendship, vacation or move. Begin with an easier target before you take on higher stakes. Run it by the criteria above for positive and negative intuitions—or others you find reliable. It's helpful to make a top five list of the biggest indicators of positive attraction. For some, this includes feeling energized and safe, or perhaps an increased aliveness and peaceful sense. Write your top five in a journal to keep track.
- It is so much easier to simply tune into rather than to act on vibes. Insecurity, ego, lust, stubbornness can obscure better judgment. If the vibes feel overall positive, go for it, explore possibilities. If the vibes are mixed or you're unsure, take a pass or at least wait. If there's just negative, have the courage to walk away, no matter how tempting the option seems.

Now ladies, start listening, and really tune into yourself! Intuition is a truth detector and it can help you live a happier, healthier more energetic life.



Danae Horn is a Sacramento-based writer and author who helps women cope with the unique pressures of illness.

systems in the body and causes closures at both ends of the digestive tract — and is now working to help women cope with the unique pressures of illness.

After seven years in corporate finance, Horn's kidney health began to decline and she felt the fire under her rear to do what she felt called to do. That's when Horn started www.creativeaffirmations.com part-time and eventually became a certified life coach. She started speaking to small civic groups about the theories she was exploring.

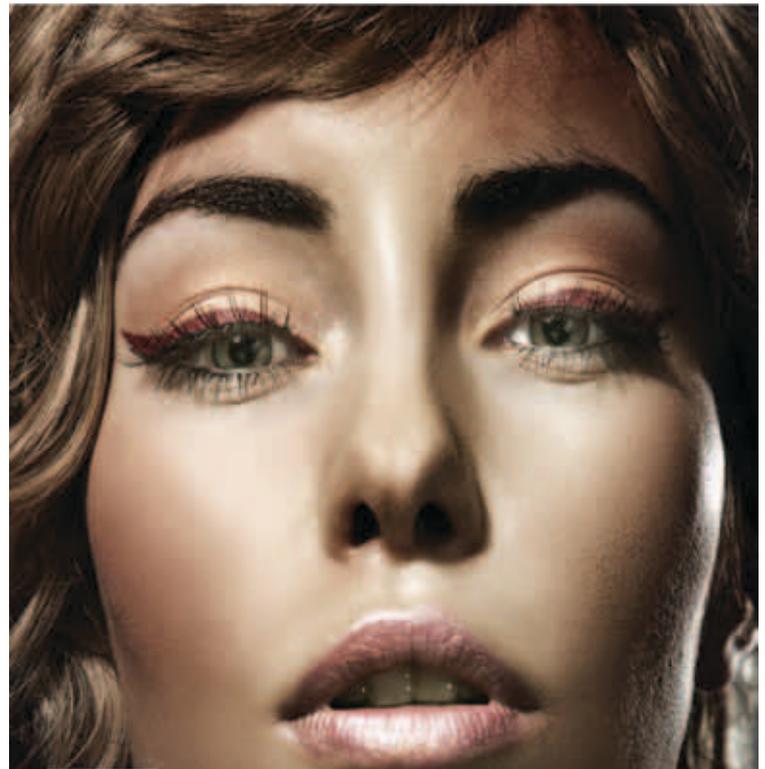
Today, Horn is a full-time writer and speaker focusing on her very important message and spending more time caring for her health. She has used her experiences and training in personal development to create a tool kit that helps manage unique challenges. Horn offers this to others through her website (www.ChronicResilience.com), guest posts, and her new book *Chronic Resilience: 10 Sanity-Saving Strategies for*

Women Coping with the Stress of Illness.

"Women believe intuition is more mysterious than it actually is. When you learn to recognize the way you receive your intuitive messages, you realize that it is always with you."

Horn guides women to follow their intuition when they feel ready to. She says it takes some women time to gain confidence in their intuition and that is perfectly okay. "Rethink your gut if your feelings change and/or if life's circumstances begin clearly pointing in a different direction. It is okay to adjust course, just be sure that it's not fear that's leading the charge."

For more information on Susan Rueppel, chief intuition officer, visit her website www.chiefintuitionofficer.com. For more information on Danae Horn and her upcoming book, visit her website www.chronicresilience.com. 



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