

INTUITION – inner knowingness that changes your external landscape

Inner wisdom -----self-----intuition-----knowingness-----gut / heart / soul You the teacher
Outer knowledge-----external source----- outtuition----- knowledge-----mind You the student

Intuition (inner wisdom) and outtuition (outer knowledge) both contribute to how the landscape of your life looks.

With inner wisdom, the onus comes down to you drawing from the learning and teachings from your own life and soul experience and also accessing that place within you that knows all. I call it your gut, heart and soul centre, rather than your brain centre. Inner wisdom invites you to be the teacher – all knowing and complete – rather than the student seeking information. Intuition can bring you the gift wrapped sometimes in what may seem “craziness” or “absurdness” or “that can’t be right” wrapping paper. That is the very nature of intuition. There is “rightness” in what logic would possibly conclude as “wrongness”, and these intuitive insights hold so much truth in them, they are often amazingly, or some would say scarily accurate. Visually speaking, intuition to me is like art that comes and flows from a space within - manifesting its colour and texture in your external landscape.

Outer knowledge (or the word I have just coined is “Outtuition”) may be gained from books, the internet, from attending courses and from what you pick up in your day to day life. Outer knowledge places you in the role of a student – with the belief that someone knows more than you do and you literally go for “tuition” outside of yourself. To me there is a sense of incompleteness or lack. In contrast to the art of intuition, outer knowledge is based more on logic and is somewhat mathematical – “When I add this to that, that equals that.” “When I gain more knowledge, then I will be able to....or that will mean....”

The danger of thinking and being a life-time student

Don’t get me wrong. I am not suggesting that you should not be a student of life – learning, growing and acquiring knowledge and information that will support you being, doing and having the best, all of which will contribute positively to your health and happiness.

In our society however, we are so pressured and driven to acquire knowledge and information, to research more things, to work things out scientifically and to prove something. There is nothing inherently wrong with this, but my belief is this. When we get too much in our head and in our logical, analytical brain, we lose touch with our intuition, which may mean we go down a different track than what we should have. Our life canvas may look very different. Not only that, when we go searching for answers rather than going within, we lose confidence in ourselves that we actually have the insights and answers already that we need.

Intuition – the body as teacher

Intuition is not just a thing for women, although did you know that intuition can be elevated at certain parts of the menstrual cycle? The cycle’s more intuitive phase is in the second half of the cycle (from ovulation to menstruation) when women tend to be more inward focussed, in contrast

to the first half of the cycle (menstruation to ovulation) when women are often more outward focussed and trying to start a new project, create something new and get the work done.

Often I find the best and most revealing time in my own cycle is just prior to menstruation. My true colours come out, I am at my most “raw” state, but I am also at a powerfully emotional time, rather than in a logical state. Full moon is also another powerful time, when things can be “illuminated” for you, when you can put our logic aside and allow your own solutions to shine through.

Do you see the connection with the intuition / “outtuition” concept and how you could use cycle awareness to your advantage? Whether you have a menstrual cycle or not, this realisation about cycles (be it daily, weekly, monthly, lunar, seasonal or annual) can help you select times and places to become more in tune with your intuitive nature and times to gather information and data to your best advantage.

Different teaching scenarios

Who do you know that was pushed into a job by his or her parents because the parents “worked out” that they would be good in a certain job for various reasons, or used logic to veer them into a career choice that did not fill that person’s soul or inner yearnings?

Who do you know who has accepted certain treatment or intervention for a certain problem or medical condition and who knew that that particular route was not necessarily the one that “felt” right for them?

Have you ever entered a relationship – armed with the knowledge and logic that he/she could be “Mr or Mrs Right” based on the criteria you have for your ideal partner, but quietly knowing, based on your gut feeling, that he/she is not the one for you? Or for that matter, you know in your knowingness it is time to leave a relationship, but your “outtuition” gives you reasons to stay.

What has served you well in the past? Going purely on your gut, purely on logical facts, figures, statistics and reasons or a combination of the two?

Being a teacher and student to change your lifescape

Imagine how the landscape of your life could look (I call it your lifescape or lifescope) if you used a combination of intuition and “outtuition” to your best advantage? Here are a few suggestions of how you can do that.

- Give your brain a rest sometimes and just sit still in quietness.
- Put your common sense aside sometimes and start using your senses more – listen (not just with your ears but with your heart), don’t just see things, notice the bigger perspective of your situation and when you get a gut feeling, feel it and act upon it.
- Trust in your higher self / the Universe / Spirit and start asking for the information, resources and people you need. Go with what “feels” right for you and your situation.
- Notice synchronicities and intuitive insights – notice who is coming into your life, the resources that are becoming available to you, the suggestions of things that will support you and ideas that are popping into your head. Notice the common threads and write them down as new “information” to use.