

TRUST YOUR GUT

Recently, I had the incredible opportunity to be interviewed for a Canadian women's magazine for an article on "Women's Intuition". I was honoured and delighted to share my thoughts on this timely and important topic and I thought I'd share with you gals what I came up with in this September e-zine.

The whole concept of "women's intuition" may seem somewhat medieval and goofy to some of us; but I believe there's a good reason that this concept has stuck around for so long without being discarded like so many frivolous ideas of the past. And after working with so many women and hearing countless stories of "gut feelings" or an "inner knowing" usually not listened to or taken seriously, often with disastrous consequences, I think we may be able to gain something by revisiting the topic.

As I am apt to say over and over again; **WOMEN OFTEN DON'T LISTEN TO THEMSELVES AND TO THEIR OWN INTERNAL WISDOM**

This, my dear sisters, is a real shame as we are wise beyond belief! If only we could learn to trust our own thoughts and feelings about things! Can you imagine for a minute what it would be like if all the women in the world completely trusted themselves and their 'gut feelings' about things? A world wherein women never second-guessed themselves because they had complete faith that they knew what they were doing? I have a feeling that there would be a lot less of the "B.S. Factor" running the world; that's for darn sure.

How many times have you been dating someone and as you sit there with them; there are **RED FLAGS** screaming for your attention like, "He's not listening to me" or "She isn't asking me anything about myself", etc. and you consciously choose to ignore them because you really want "this one to work out, dammit."

Red flags, by the way, are a sure sign that our intuition is in fine form and is trying to tell us something; if only we would listen to it! Red flags in the relationship department are those internal "watch out" or "I don't like this" or "that didn't feel good" messages we

receive when we're getting to know someone new that are warning us that something is amiss and that we'd be smart to take the warning(s).

Goddess knows, I've deliberately made myself totally oblivious to many a red flag because I thought I knew what I wanted and I was going to get it, come hell or high water. Guess what? I got the hell AND the high water! I've since wized up and do my best to sincerely listen to what my intuitive voice is telling me before making any big decision. I'm not entirely sure how the two are related, but since I started listening to my intuition, I've managed to start an RRSP fund-go figure! I think it may have something to do with so few "impulse buys" when compared to my old self.

My intuition is telling me that I need to end this e-zine and have a cup of tea. what is your intuition telling you?

Space to ponder that question-

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Esther has over a decade of experience counselling women and their loved ones with a multitude of presenting problems. Her main focus is helping women to become free of barriers which keep them stuck so that they can become all that they dream of being.

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