

Intuition and Yoga

Intuition is the ability to immediately understand something without the need for conscious reasoning. It is your brain on auto-pilot. Not always is our intuition correct, nor does it always lead us to good decisions yet, it is imperative we listen to it. Of course, in times of danger, but also while making big and small decisions and actions such as: hiring an employee and/or letting someone new into our personal lives. Intuition doesn't mean we make a snap decision or fall in love at first sight. It is simply (and significantly) another sense to add to what our mind and body are already perceiving and processing.

How do we know when our intuition is correct? We must get to know ourselves. Entrepreneur, Katrine Kjaer said there are 3 things we must have in order to trust that our intuition has validity:

1. Create clarity in our minds (release resistance, make space in our mind)
2. Be honest with ourselves (align with our values, pay attention to our spiritual body, know our dreams)
3. Train it like a muscle (learn from our past, regularly engage in repetitive movement to allow intuition to surface)

She didn't elaborate on the three principles, but in the parentheses is how my gut, experience, and research define them. In the parentheses is how yoga is useful. It is meditative and creates space in one's mind. With the dedication yoga instructors ask from us at the beginning of each practice, our dreams and values come to light with the first word or phrase that comes to mind. And, it is a repetitive movement that allows our mind to be in a God-space inducing creation, communion, and/or calm.

Yoga demands that we let go of resistance, worry, and judgement in order to allow balance to show up. Yoga is ruthless in its request that we constantly acknowledge our strengths and vulnerabilities during stretches and holds. In doing so, we have no choice but to pay attention to our body's memories and blockages, thus unearthing places we deny, close-off, or remain in fear. Finally, yoga is relentless in stripping away layers of emotion that cover the Truth of who we are and what makes us happy. Thus, propelling us into being in tune with our intuition.

Yoga doesn't allow us to live in a victim-mode for long. It can comfort and heal in the first few years of practice. However, the longer we practice yoga, the more we want to give to our practice and the more it gives to us. It is literally a link between what we know and what is shared with us in that divine space of practice. We use muscles that challenge us to be in integrity and alignment, support us by encouraging openness, and teach us with every stretch about who we are, what we want. Yoga points us toward a life that is true for ourselves and allows our intuition to work for us moment to moment.