

Following your intuition

Your intuition is a great friend. It's like having a wise guide, mother, father, brother, sister, and comrade, all inside of you. Intuition helps you to find and recognize what you want in life..

Remember the game you played as a child, where you look for something that has been hidden? The other children who know where the item is will say, "You're getting colder," or "You're getting warmer," or if you're lucky, "You're getting *really* warm," or "You're super-hot!" Following your intuition is similar to playing this hot or cold game, except the communications are not spoken aloud, but whispered from the universal mind into your personal mind.

Consider

Even if the communication lines between your intuition and personal awareness have become blocked or ignored, you can still train yourself to open up more to intuitive guidance.

Steps you can take to improve your intuition include:

- Asking for guidance and being open to receiving it
- Trusting that the inner wisdom already guides you, whether you've been aware of it or not
- Acting in accordance with whatever intuitions come, as long as they don't seem to be wrong or harmful in any way
- Staying peaceful when some intuitions don't always appear to pan out as true, with an understanding that the spiritual journey is a learning process
- Being aware that you can't always know whether the results of an action are beneficial or harmful without seeing all its future repercussions and underlying effects
- Remembering to have gratitude and appreciation when your intuitive guidance is successful

Consider

Sensing your heart's recognition

The best way to find your spiritual path is to be guided by your heart's recognition. If you don't know what this recognition feels like, then you may not have found the right path yet. It is a sense that you are in the right place for growing in a positive way.

In the late 1970s, while attending the University of Michigan, I discovered my main spiritual path during a college field trip to a local ashram. I had almost skipped the trip because I wasn't too interested in religions after my nonreligious upbringing. I also thought the place might be some kind of strange cult because it was headed by a swami from India.

Although the ashram was somewhat exotic in appearance — with Sanskrit chanting, swirls of incense, and pictures of Indian saints along the walls — it surprisingly didn't feel strange at all. In fact, the strangest thing about the experience was that it didn't feel strange! Through this sense of comfort and recognition, my heart was gently pointing toward this path, which then rocked my world, awakened my spirit, and transformed my life. This gentle sense of familiarity is an example of what it can feel like to be guided toward a spiritual path, teaching, or teacher.