The ability to access and benefit from our Intuitive Intelligence is a natural skill we all possess. Understanding a few simple but important details about its subtle but powerful nature can assist you in learning to access this First Intelligence at will and to use it to guide, support and inspire you in any situation you may need it.

**Understanding #1 - Intuitive Intelligence is a natural skill – for everyone.**

There are many misconceptions surrounding the power of Intuitive intelligence, but the most common one and the one that stands most prominently in the way of everyone being able to use it, is the erroneous belief that it is a supernatural or paranormal power that some people possess and other people do not.

Intuition is a natural intelligence that is inherent in each one of us from the moment we are born. Each cell and system in our body possesses powerful ways of gathering and interpreting information from the environment that surrounds us and communicating that information back to us in any given moment.

If you accept and acknowledge that **Intuition is a natural and normal intelligence**, that you already possess, you will begin to notice it becoming more active within you and recognizing its subtle yet powerful ways of communication.

**Understanding #2 – Intuitions true superpowers are practical, not magical.**

Many people think of Intuition as being a mystical skill set that has very little practical application in life. While there may be some metaphysical applications, the true powers of intuitive intelligence are found in the attributes of **Innovation, Imagination, Inspiration, Improvisation and Inspired Idea generation.**

The practical application of Intuitive intelligence allows us to discover empowered new ideas, imaginative solutions and perhaps never before considered options to guide us towards success. Our intuition empowers us to be agile and effective in every situation we encounter and supports us in bringing the highest good and best outcome in any given situation.

Pay attention to moments of inspired thought, creative new ideas and sensations of expanded possibility. These are the fingerprints of your Intuitive intelligence operating at its best.
**Understanding #3 – There is always an intuitive solution to every problem.**

One of the most powerful natural laws to understand is that inherent in every problem is the energetic making of the solution. This is a concept known as ‘polarity’. There can be no hot without cold. No up without down. No abundance without lack. No light without dark. Each of these aspects are elements of measure, they only differ in scale and rates of vibration.

Whatever problem you are seeking intuitive direction for HAS a solution. Whatever goal you are trying to achieve HAS a path to its fruition. This is not a cliché, but a law of nature.

When we convince ourselves that there is no solution, answer or immediate path to success, we literally lock the door to any potential wisdom finding its way to our awareness.

Remind yourself as often as possible, ‘There is always a solution (or answer) and my intuitive mind is providing it for me now.” Once you build some momentum with this understanding, you will begin to notice your intuitive intelligence communicating with insights that hold the key to unlocking your situation and guiding you to a solution.

**Understanding #4 – Intuition communicates through a relaxed and coherent mind.**

Einstein got his most revolutionary ideas while sailing his boat. My big ideas and intuitive hits often come when I am driving. (Call me crazy, but I love to drive)

Stress, anxiety and information overload limit our ability to gain access to intuitive communication. Thinking, analyzing, focusing and processing information create limitation on access to our highest level of wisdom.

Take a few minutes every day to calm and relax your mind. A meditative practice can assist in this, but your intuitive intelligence can also connect with you while you participate in any activity you enjoy. That may be exercising, gardening, painting, hiking, and listening to music, baking, swimming or building model airplanes.

Find a pastime you appreciate and make the most of the relaxed and enjoyable state of mind you experience while participating. When you are in this state of mind, you become more open and receptive to the intuitive information you desire and can more readily recognize and appreciate it.

**Understanding #5 – Intuition is NOT based in emotion.**

One of the most common misconceptions about intuition is that it is based in emotion. And because for most of us, emotions can be considered irrational or unpredictable, intuition gets a bad rap as unreliable.
The truth of the matter is that when your Intuitive intelligence communicates with you – the physical sensation you will experience when noticing the ‘intuitive hit’ will be neutral in emotion and lacking in any sort of energetic charge. Because intuition is sourced from a higher level of intelligence it lacks the emotional charge that most intellectual or programmed thought carries.

Intuition is a very SUBTLE intelligence. Its information is carried in impressions and impulses that are solid, simple, calm and direct. This neutrality serves us in learning to recognize true intuitive guidance – because once identified it stands as a clear and recognizable impulse that is very different from regular thought.

Recall times in the past when you thought you felt an intuitive hit – try to identify how that impression feels different from your every day thought process. Learning to identify this subtle yet powerful difference will assist you in being able to tell the difference between a true intuitive communication and fear, wishful thinking or past programming.

**Understanding #6 – You gotta know where you want to go.**

Think of your intuitive intelligence as a GPS system. It is guidance that will lead you from where you are, to where you want to go. But in order for it to work correctly you need to provide it with a goal or final destination.

Many people believe that it is more spiritual or evolved to simply let ‘The Universe decide’ on outcome ... this leaves us open to experiencing outcomes that are based in the law of averages, or the expectations of the group or collective mind.

**Destiny is not random, nor is it fate. It is determined by CHOICE. Choice guided by wisdom, trust and courage.**

Decide on a goal or outcome and commit to that choice. This goal can be applied to any aspect or situation in life, health, relationships, money, business or anything else that has meaning or importance to you.

The action of making one simple decision and imbuing it with meaning for yourself, gives your intuitive intelligence a point on which to focus. From that point, it can provide you with direction, impulses and ideas that will, step by step, lead you towards your goal.

**Understanding #7 – Want empowered direction? Start by asking empowered questions.**

In order to receive the information that is most applicable to our circumstance, we must ask questions that are mentally structured to align with the goal at hand, but they must also be appropriately energetically structured as well.

There are potent and impotent ways to engage your intuition and link with the field of information that will direct us to the outcome we are looking for.
Avoid asking questions that begin with WHY, SHOULD I or WILL I? These types of questions are not empowered, because they relinquish our ability to CHOOSE the direction we desire.

I encourage you to ask questions that begin with WHAT? or HOW? These requests will provide you with DIRECTION that will lead to INSPIRED ACTION. Questions such as ‘What is the wisest choice for me to make at this time?’ or ‘How can I begin to generate greater income at this time?’ These questions set the tone for the intuitive mind to generate direction, so we can benefit from its wisdom and expanded perspective.

**Understanding #8— Recognizing What Your Intuition DOESN’T feel like.**

One of the easiest ways to begin to recognize what your intuitive voice sounds and feels like is to become crystal clear about what it doesn’t feel like. As mentioned before, intuitive intelligence will communicate in a calm, neutral, non-emotional manner.

Other feelings or impressions that may be driven by fear, wishful thinking or past programming will feel very different. Recall past situations in your life when you experienced the feelings of fear, paranoia, anxiety, anger, worry or frustration. Identify how these past situations FELT inside your body. For most people these sensations are uncomfortable, restrictive, even painful – but that shouldn’t be considered a bad thing.

These sensations indicate that we are thinking, feeling or interpreting information that is NOT sourced from our Higher/Intuitive intelligence. The more you become aware of these restricted energies, the more powerfully you will be able to recognize the subtle but powerful NEUTRAL sensations that accompany our true intuitive wisdom.

**Understanding #9 — Intuition uses the entire body to communicate.**

Your intuitive intelligence will use every sense you possess (taste, touch, smell, sound, and sight) and every function of your nervous system to process, receive and perceive information.

It is true, sometimes intuition does show up like ‘a voice in your head’, but just as often it will communicate through a song on the radio, a billboard on the side of the road, a flash of imagery in your minds eye, a dream, or a bolt of inspiration or clarity that is undeniable.

The error many people make when these flashes of insight connect with them is to disregard them as whimsy (or even indigestion, in the case of gut instinct) and so they miss out on the powerful guidance held within the impression.

Often times we will notice an intuitive hit when we least expect it, when we are most at ease, most peaceful and often times when we are focused on something completely unrelated to the situation we are seeking to change. Be prepared for these spontaneous moments of insight and inspiration to strike at any moment. Often times these flashes of wisdom will happen in the shower or just before drifting off to sleep.
Begin to ‘notice what you notice’. Pay attention to the thoughts, ideas and flashes that capture your attention. I encourage you to write these impressions down and acknowledge them as the guidance that they are by saying Thank you when you recognize them.

**Understanding #10 – Taking Inspired Action**

We do not have to work hard at being wildly, amazingly, successfully intuitive. The information and guidance we seek is always available to us, but the guidance we gain is useless unless we take action.

The moment you recognize an intuitive impulse or impression, take action as soon as possible on the direction. Do not think about, process, rationalize or justify what you have interpreted, just follow through. Make the call, sign up for the class, book the plane ticket, send the email and if your guidance tells you to turn left ... then for pete’s sake ... turn left.

Realize as well, that intuitively speaking, you can not miss out on your goal, dream or desire – there is always a doorway, pathway or solution available for you – so let go of any fear you may have, that you have missed out on your dreams because of fear, hesitation or bad timing.

Then let it go. Have faith in and FUN throughout the process, travel lightly through the journey and eventually you will begin seeing results and gaining positive outcomes that are in alignment with your intuitive goal.

I hope these Intuitive Understandings help you connect a bit more elegantly with your intuitive intelligence. Remember that your intuition is a natural skill that you were born with, and it is already active within you. All you need to truly connect with and use it in a powerful way, is the desire to do so and the belief that it is possible ... and a wish to have a bit of fun along the way.

**Thanks so much for joining my email list.** I look forward to connecting with you with regular videos and blog updates that will assist you with continuing to develop your Intuitive intelligence.

**My book – First Intelligence: Using the Science and Spirit of Intuition** – will assist you in taking your intuitive intelligence to even greater heights and teach you how to reconnect with your deepest power and highest wisdom. It is available at Amazon.com, BarnesandNoble.com and fine book stores everywhere.

Feel free to join me on Facebook (SimoneWright/First Intelligence), Twitter (@simonewright) and on Youtube ... and feel free to email me at contact@simonewright.com to let me know how your intuitive intelligence is guiding and supporting you in life, love and all things that matter to you.

“When you learn how to see with your eyes closed,
You will know how to dream with your eyes open.”

~ Simone