

Chapter Five

THE FIFTH SACRED RESPONSIBILITY: HONOUR YOUR INTUITION

A strong woman understands that the gifts such as logic, decisiveness, and strength are just as feminine as intuition and emotional connection. She values and uses all of her gifts.

—Nancy Rathburn

For goodness sake, rip the Band-Aid off, ladies! It is time to honour our intuition for the incredible inner compass that it is. Call it what you will but we have a keen inner knowing that can be continuously traced back to the start of something that was fabulous for us, *and* the start of something that totally sucked. I have ignored my intuition many times in my life and doing that set me back a few steps each time. But at this stage of my game I find it exhilarating to follow my intuition! Intuition can be extremely subtle as well as it can blast your heart or mind wide open.

Everything you need you already have inside of you. Signals, feelings, knowings and inner voice are all aspects of intuition, and taking Sacred Responsibility for Honouring your Intuition is your brilliant roadmap to your life well lived.

Respecting the inner wisdom keeper

When experiencing an emotional expression of intuition, we can feel our own intuition or even someone else's feelings. It is essential to respect our own inner wisdom keeper as well as another's inner knowing. It is our sacred responsibility never to block someone else's intuition from being expressed. When someone tells you something doesn't feel right, they are actually trusting you with their vulnerability. It is a vulnerable act of courage when we listen to and act from our intuitive sense. As a woman who takes sacred responsibility to honour her intuition she also models that to others. And, when trusted with someone's vulnerable sharing of their intuitive sense, we receive that as a sacred responsibility to be loyal not only to the person trusting us enough to share, but also our loyalty to the sacredness of the intuitive knowing of all of us. We stand with each other empowered by the gift of human intuition.

The Intellect, Data and Intuition

Understand this, ladies, we don't just sit around and wonder if we are "tuned into" our intuition. We don't wait for our intuition to reveal itself to us. We gently and regularly cultivate our connection to the way we feel intuitive messages in our bodies. The same way we develop our muscles, we develop our intuition. I would love to issue a blanket statement that, "intuition is a natural part of the human

experience” and that is very true, but so is being physically strong and emotionally balanced. Yet we still must put effort into keeping these things in fine form.

When intellect and intuition intersect, we find ourselves in places of curiosity, questioning, and learning. We build up our data banks of understanding and experiences through our own lives and the lives of others who mentor us. We listen to each other’s life stories, we do research, we read, observe, and we lean into our lives. All the information we actively collect by living our lives as interested and interesting women is part of creating our own personal data base from which to pull. The more data we have in our personal data banks, the easier it is to distinguish between our reactions to things (like our idea of how things “should be” or our judgements about things we don’t understand) and our actual intuitive sense.

Our intellectual interests in life are a big part of cultivating our connection to our intuition. We can watch documentaries, read great books, visit new places, learn about different cultures, and look up random subjects on the internet once in a while. We become open to all the many ways we can enjoy new and interesting information for our data base.

In this way of digging into life, we become more well-rounded in our approach to life, more accepting, and our lack of understanding others no longer clouds us. All of this allows our intuitive sense to sharpen and guide us.

The Voice of Intuition

Intuition speaks like the blink of lighthouse, a flash of insight. The message is brief, clear, and registers in the body and mind at once, “go” or “don’t go”. Its sleight of hand essence makes it easy to ignore especially when we are not fully present in the moment. Because the intuitive message touches both our body and mind, it resonates strongly. We typically describe intuition as a “gut feeling”. A message may seem to come and go, but if it is an intuitive message we find it still sitting in our gut.

Intuition can be a part of a general good or bad feeling we have about something. But, beware! The quick voice of intuition can get drowned out by louder voices coming from the mental mind. A clue we are in the mental mind is if there is a lot of uncertainty going on in our head around an issue. “Should I go, I should, it will look good if I do, and mom will be happy if I do it because she was last time.”

This kind of mental chatter is the mind distracting us from intuition and presenting us with the evidence of our stored data. While our evidence can be convincing, sometimes it is distorted by a “nervous ego” which will be working hard at putting forward all the evidence it can so that it can stay alive in its opinion. Good evidence is made of wisdom and true knowledge, yet the difficulty is that we often can’t discern the difference between ego evidence and true knowledge.

Intuition is a unique guidance system. It is a flash of information that resonates in the body. Go. Don’t go. You feel it. You got it. And you know that not listening and acting in your best and sacred interest will bring an outcome with, let’s say... “lots of learning opportunity.”

Intuition and Intimate Relationships

Our intimate relationships are the most amazing places to honour our intuition. In our intimate relationships, we have the blessing of being the closest we can be with another person. We get to be 100% our authentic selves, allowing us a safe place to experiment with our own intimate life experiences and our intuitive senses.

Recently, I was catching up with a good friend and it included a bit of a check-in on where I was at since the recent parting of ways with the “man of my dreams”. As we dissected the bitter truths about how he and I jumped from a place of happily-ever-after to heartbreak overnight, she asked me a simple question, “Did you see any red flags at the beginning?”

Well, there you have it. When her question reached my ears I just knew, in all of my cells, I knew. Yes, I did see red flags. Actually, I heard red flags, and that was even worse for me to reconcile.

It was in that moment that I had to face the sobering fact that I had abandoned my intuition in some spiritual attempt to accept someone fully because that is what a kind, spiritual person would do, right? I was protecting someone else’s hurtful behaviour in the name of some overt kindness that actually didn’t include being kind to me.

I gotta tell you, sisters, I am so over ignoring my intuition. If you feel something is “off” in the relationship, chances are it is. *That* is your intuition talking.

When we ignore those intuitive pangs that something is out of alignment for us, we actually do a disservice to the other person and the relationship as a whole. If we ignore our intuition in our intimate relationships, we will give our partner a false sense that there are no concerns, and that is unfair to them, to you, and all of the family and friends who support your relationship together.

Sometimes we just love someone so much that we can’t bear to tell them we are not in alignment with their words or actions. But love yourself equally and be brave. People are amazing and most times they will surprise you and love you up. They will be grateful that you trusted them so much that you shared your sense something was off.

As sovereign sacred women, we are the ones who will likely take the lead in the open-hearted conversations when our intuitive sense has risen to the surface in our most intimate relationships. Even when feeling hurt, we discern the information from our data banks and we communicate from an empowered place of vulnerable knowing, and we always communicate with love because that’s how we roll!

Treat Yourself Like Someone You Love

I take responsibility for my past choices of ignoring my intuition, my instinctive knowing, my gut, and those red flags. I take full responsibility and I will pass on the wisdom that came from doing that.

There is nothing more spiritual than accepting others exactly as they choose to be, and in that philosophy being true to your own happiness. Go ahead and make the space between you and someone treating you in ways out of sync with your intuitive senses. But while you make that space please continue to advocate for kindness and growth in your relationships and use your skills of sacred responsibility when your intuitive sense tells you something doesn’t feel right.

Learn the difference between a real intuitive sense in your body, and your mind trying to make sense of something you are unsure of, or cannot relate to, and do it from a place of non-attachment and as an observer.

Choosing to spend less time with people who don't lift you up is perfectly fine. You may need to release some people from your life altogether if they are abusive. That is not only perfectly fine, it is our sacred responsibility to have people in our lives who respect our hearts. Either find ways to grow in kindness together or create a wide berth.

The truth is, your life is made up of your own choices; follow your intuition, choose respect, choose kindness and always choose compassion.

Beware of the Change-back Monster

For those of you hearing about the Change-back Monster for the first time, welcome to the reality that when we change, someone will inevitably want to point it out as a bad thing, something wrong, or even laugh at us and our efforts to change.

We are social creatures and our social system is designed to stay the way it is. Whenever you try to make changes in your life there are going to be people around you who are either consciously or unconsciously threatened by the “new you.”

Change-back Monsters come in all forms with all the tricks and angles to get us to “change back” to the exact way they are comfortable with us being. And when we were younger and less determined to take sacred responsibility for our happiness, they may have been able to pull us back into their comfort zone.

My dear friend, and the editor of this book, Kirsten, and I created a workbook-supported program called *Making Wealthy Choices* and right in the middle of the program we address the Change-back Monster in detail. I share some of it here so that we can continue to rise up and not be held back by people who, for the most part, just need to know that they are safe and loved even when you change. Change-back Monsters can have a detrimental effect on how we trust our intuition, as they can be very convincing, mostly because we love the “old us” too. But now in our third act, we are changing things up!

My Mini Monster Example

One Saturday night I got an email from a friend who asked me how my day had been. I sent back an enthusiastic message about how I had spent the whole afternoon and into the evening writing and recording content for the programs and I was thrilled with everything.

The response I got was, “That’s all fine and good Cath, but there is a whole world out there to explore, do you think you are going to leave your apartment tomorrow and get some fresh air?”

Now *that* was a sneak attack on the positive changes that I was making in my life. And what do you think happened when I read that email? Yeah, that’s right. Someone burst my bubble. And for a millisecond I doubted the use of my time.

Oh, I wanted to send back a big email back, defending my use of time, and how what I was doing was going to help so many people; instead I only wrote one line.

“Have you ever heard of the Change-back Monster?”

And actually, what I experienced was pretty mild; the most surprising Change-back attacks come from those who are closest to us—intimate partners and family members. And it can sting when our closest people don't celebrate our change right out of the gate.

Mostly, people mean well but that doesn't mean we have to change back. But it does mean that we don't get an automatic pass to joy and happiness either. We have to actively engage in it, using our intuitive wisdom and continue to walk towards our life well-lived. We are thriving in our third act because we work at it, we make it happen. We have made a commitment to sacred responsibility in our lives and Change-back Monsters, we see you! And we love you, and you are safe even though we have changed.

The bottom line is that at some point you will meet resistance. One of the reasons we aren't living our most authentic lives is that our families and communities have taught us to behave in ways that aren't right for us anymore. Many times they were not right for us from the start, *but* we hadn't made the time *yet* to get to know ourselves.

A big part of what makes our third act strong is the unflinching commitment to taking responsibility for the way we live. Taking responsibility for the care of our particular thread in the tapestry of our wisdom-filled lives. Let's face it, sisters, we have a lot of years of experience on our side and we know exactly what happiness feels like. We will not stand down when it comes to our lives well-lived, our legacy.

If you have ever pondered what your legacy will be once you leave this gorgeous green planet, know that your legacy will be the example you set by taking sacred responsibility for your happiness.

Honouring where others are

All of the people in our lives deserve compassion and love, as do you. Find your balance, actively engage your intuition and be honest about how others are affecting your energy levels and your happiness. You are meant to live your life, not theirs.

It is your Sacred Responsibility to Honour Your Intuition. You will know in your body and your heart when someone close to you is unable to have your best interest at heart. You have the wisdom and the kindness to shift that so that everyone understands the direction that will best serve a well-lived life. The more we put good data into the bank, the more we write-over that less empowering data.

What data am I referring to? Remember that nervous ego that controls behavior? That ego is like a terrified creature constructed from moments when we were precious girls who didn't feel safe, loved and validated. Bad data is conscious and unconscious programming from when we were little. We never chose this data. It was put into us so we could manage the lives we were given. As adult women we now get to choose the shiny and empowering data that goes into our personal data bank. And the more good stuff we pack in, the less room there is for that old outdated stuff.

Are you aware when you are running off old data? It looks like "triggered", "jealous", "bitchy", "anxious", or any of those other heavy descriptive words, and talks with words like "should" and "can't. The more good data we give ourselves, the more we develop the courage to become an observer willing to stand tall and put on the brakes when old data is running our show. And in those

moments when we are caught off-guard and the old data takes hold, no big deal—own it sisters. “Sorry, I acted like such a jerk yesterday, I’ll be honest— I was feeling left out—oops old data.”

Let’s own these ridiculous moments. By owning them we bring them into the light. In the light we are given the capacity to hit delete—bye bye old data. The more we follow our passions and interests, the more it becomes intolerable and impossible to live scared and small from that moldy programming. Filling ourselves with good data is fun and exciting.

Our Fifth Sacred Practice

Our Daily Statement

Today I open myself fully to living a sacred life, I call in now the people, places and things that lift me up, light me up and hold me up as the accountable, responsible and authentic woman I am here to be. And so it is.

The Honour Your Intuition Imagination Practice (Imagining/Thoughts)

Relax your body, now take a nice deep breath in, and fully exhale.

Relax your jaw, relax the muscles behind your eyes, soften your brow and continue to breathe deeply. Let your cheekbones relax, let the roof of your mouth relax, let all the muscles of your scalp relax. Deepen your breathing.

Continue to relax your body from top to bottom, relaxing all of your muscles, bones, organs, and fluids.

Imagine yourself in the deepest state of full body conscious relaxation you have ever been in.

Now use your imagination and your detective skills to search each cell in your body until you find the one that holds the highest vibration of intuition.

Locate that one cell that seems like it’s the brightest cell, the most vibrant cell, the most intuitive cell.

Gently scan your body for that one cell. It will reveal itself to you.

Breathe, imagine, and let this process unfold naturally and easily.

When you have located this single vibrant cell in your body, honour it, for its light and high vibration of intuition.

Take a few breaths and really honour this spark in your body, this original spark of your intuitive knowing.

Honour this light in you.

Imagine now as you focus on this one bright cell that you see how its light shines brightly on all of the cells around it.

In your imagination, you can see that those cells around that one cell are just as bright.

These cells are just as vibrant and fully vibrating with your incredible intuition.

As your focus expands, you see the cells around the second group also brightly lit with the highest vibration of your intuition.

You continue to see this bright light, an intuitive flow expanding through all of your cells originating from that first spark cell, the original seed of your intuition.

Imagining now, every cell in your body, fully lit up with the sacred light of your wise woman's intuition.

Remain here, relaxed and continue to connect with this full body imagination experience for as long as you like.

Breathing with the light and the intuitive force within you.

And so it is, you have restored your connection to the all-knowing light within you, your intuition.

The Honour Your Intuition Breathing Practice (Breathing/Words)

Return to your Magical Moment breath.

Breathe, inhale, retain, exhale, and pause.

This breathing practice combines breath and imagination as we connect deeply to where our intuition resides in our body.

Imagine now, that as you inhale you are inhaling from the space between your eyebrows, your third eye.

Imagine drawing your breath from the third eye, right down into your solar plexus.

Use your imagination and follow your breath, follow it from your third eye as you inhale, all the way to your solar plexus.

Each exhale acts as a gentle exhaust system, relaxing you and releasing all that no longer serves your greater good.

Trust that your exhale is taking care of any tension, any holdings, any stress in your body. Trust your exhale and focus on your inhale.

Imagine inhaling from the third eye, pulling your breath right down into the solar plexus, into your gut, into the place in your body where you can feel your intuition resides.

Keep breathing in this pattern of inhale from your third eye chakra into your gut, and exhale tension and holdings from the body.

I imagine this breath in the shape of half of a circle or a banana, one end at my third eye the other in my solar plexus.

The inhale comes in and follows the curve right to your gut, to the place your instinct lies, to the place of "knowing" in your body. The physical expression of intuition where you feel what is right for you in your gut.

The exhale follows the curve back up and out, carrying with it any tension especially from your solar plexus.

Really focus on the flow of your breath and the imagination of the movement of your breath back and forth between the brow and the gut.

Continue to breathe and imagine this as a cleansing breath.

Imagine that as you allow yourself to exhale tension from the body, the exhale also takes with it any limiting beliefs that are clouding your pure connection to the divine intuition within you.

Imagine that this pattern of breathing is not only creating a deeper connection between your head and gut intuition, but also a deeper understanding of the flow of that intuition throughout your entire body.

Your body always tells the truth.

The Honour Your Intuition Physical Practice

(Physical/Actions)

Our physical practice is a series of eye exercises. It is said in yoga that we have our physical eyes and our spiritual eye. The third eye chakra is located between our eyes just slightly above our eyebrows. We honour our eyes, in connection to intuition, connecting to the flow of energy in this area of our body as well as giving our eyes and sight as much care as any other area of our body.

Rub your palms together, generating heat from the friction of rubbing your hands together, and when your palms are nice and warm, lay them over your eyes and allow your eyes to rest back in the darkness. Leave your palms over your eyes until the heat dissipates and fire them up again. Lay them over your eyes until the heat dissipates again. Do this one more time.

Close your eyes, then open and look up, look down, look up, look down, look up, look down. Close your eyes.

Open and look left, look right, look left, look right, look left, look right. Close your eyes.

Open and look top left, bottom right, top left, bottom right, top left, bottom right, top left, bottom right. Close your eyes.

Open and look top right, bottom left, top right, bottom left, top right, bottom left, top right, bottom left. Close your eyes.

Open and look top left, top right, bottom right, bottom left, top left, top right, bottom right, bottom left, top left, top right, bottom right, bottom left, top left, top right, bottom right, bottom left. Close your eyes.

Open and look top right, top left, bottom left, bottom right, top right, top left, bottom left, bottom right, top right, top left, bottom left, bottom right, top right, top left, bottom left, bottom right. Close your eyes.

Do each direction for 10–15 seconds to start and once you get the pattern down, do them for as long or as short as you feel is good for you.