

INTUITION

Feeling

BY RITA RIVERA FOX

Learning to trust your intuition is the process of allowing your inner wisdom to be the source of guidance in your life. With awareness you can choose between placing your attention on a chatter-filled mind or on the sensations and subtle messages coming from deep within you. When your vision turns inward and you allow your intuition to be the source of your guidance, you begin to choose another way of perceiving what we call “reality.”

This source has been called “silent knowledge,” “innate wisdom,” or “the authentic self.” No matter the name, the idea is the same: The rich world of the soul is sending us messages from underneath all of the outer distractions of everyday life. To learn to trust yourself at this level is



just one of the many gifts that the journey of self-discovery can bring you.

This gift is entirely accessible to each one of us. In order to access it, first you must start to quiet your mind. This involves letting go of the need to agree with and invest meaning in everything it says. As you know, your mind is constantly sharing with you its interpretations of everything you see and every encounter you have. Often, without awareness, we assume that the sum of these thoughts is who we are, and consequently we give them our full attention. When your attention is focused entirely on your mind chatter, there is little of it left to focus on the more subtle and valuable information that is coming from a deeper, truer source.

You are not your thoughts. You are not your mind. You are infinitely so much more! Learning to identify which thoughts contain beliefs that no longer reflect who you are or do not create the kind of life experience you want is the first

step in making your intuition the new messaging center that informs all your life choices. Challenging your thoughts and the meanings that you have assigned to them and consciously and deliberately making a choice to no longer agree with them will empower you to recognize your true essence. Withdrawing agreement from outdated and false beliefs will allow them to fall away, no longer consuming your energy and attention. For it is true that whatever receives your attention is what increases.

As your obsolete beliefs fall away, your true nature is revealed. It is right there, within your silent knowledge, exactly where it has always been! Your intuition has been the voice of your true nature trying to reach you, carrying messages to you through your feeling body. You simply must begin to trust the unknown and the infinite being that you are. It awaits you there, ready to lead you home and to the fulfillment of your heart’s desires.

But how do you do this? Feeling and intuition have a close relationship. Intuition partners with the sensations in your body to carry its message from the unconscious depths up to the surface where it can receive your attention. When you have the ability to feel the sensations in the body fully, you have access to other information—often a higher quality of information—since it is generated from within your internal source, rather than from interpretations you have adopted from external sources.

Often you don’t allow yourself to feel fully what the body is experiencing. You may have many erroneous beliefs about what it means to feel, and if you don’t take a good, hard look at those beliefs, they might be working against you in accessing your intuitive nature. The easiest way to know if you still agree with any of your erroneous beliefs is to observe what happens when you have an emotional reaction: for example, when you get angry or something saddens you. What do you do, or more importantly, what does your internal voice say to you about these emotions? If you believe that there is something wrong with a particular emotion, or you have any other judgment about it, you will contract your body energy. In other words, you close down the flow of energy through your body with a judgment like, “It’s not good to get angry” or “It shows weakness to cry.”

After many years of shutting down your energy flow, you also have closed down the flow on which intuition travels—that is, sensation. The process of awakening your awareness brings your attention to what the body is experiencing whenever the mind makes interpretations or tells a story. When you can be present and conscious of the content of this story, you can begin to practice making a choice about what you will believe about yourself. As you do this more and more, you deepen into a relationship with your body and you allow it to become the true guidance system that it is. Erroneous beliefs create uncomfortable emotions that cause you to close down the energy channels in your body. When your thoughts are aligned with your divine nature, your body experiences an expansive and open energy moving through it, which then opens all the channels of information it has access to. You can more easily trust your intuition as you notice the evidence that proves it has messages you can’t access from any other source.

Developing the most important relationship of your life, the one with yourself, is the foundation for growing your intuition. Practicing and mastering awareness will guide you to the truth of who you are: divine presence in a human form.

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Have you ever felt guilty when you do well and have more than someone else? If you feel bad about what you have, you will never receive what you truly deserve...no matter how hard you work.

c. The World owes me – Those who feel justified in being idle and not working for what they want in life and simply take from others what does not belong to them, either literally or figuratively. This includes taking credit for other people's ideas and/or work.

d. Blessed and don't know it – Oh, and what of those who are blessed with good fortune? Be it money, health, happiness, etc. (and perhaps blessings that were earned in previous lifetimes). They misuse these blessings by not understanding what they have truly been given in this lifetime, thereby generating another go on the Karmic wheel of life. Have you ever met someone who has it all and does not appreciate it or even know it?

e. Scrooge – Those who have it all, know it, and keep it to themselves. We know the expression, "penny wise and pound foolish." This miserly existence defines them.

f. Attached – What about those who become overly attached to an idea or way of life, you know, who "can't see the forest for the trees." I once had a client who came to me and told me that a psychic told her she would meet a new man in her life and that he would be blond. She became so fixated on looking for that man, when the Universe sent her a man and he was tall, dark

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You are at your essence not separate from what created you. You are connected to all life in its many forms. Because of this truth about who you are, you have access to all kinds of information that resides in the unseen world. In order for this unseen world to make itself known to you, with all its creative and helpful information, you will need to make new agreements with the feeling nature of your body. Bring your full awareness to your feelings and the doors of your intuition will open wide for you.

Blessings on your journey of self-discovery!

Rita Rivera Fox inspires individuals in their quest for creating a life of true authenticity and emotional well-being by demonstrating how to create a supportive and life-affirming relationship between mind and body. By revealing how illusory and limiting thoughts affect the quality of daily experiences, Rita guides people to create fulfilling, centered lives. Using her unique approach, Rita helps students practice a deeper state of peace and awareness that leads to real and sustained transformation. As one of don Miguel Ruiz's (author of The Four Agreements) original apprentices, Rita has worked closely with him co-facilitating workshops, teacher trainings, and sacred journeys.

and handsome, she let him go. What a shame!

g. The self-fulfilling prophecy – Those poor souls who believe they have been cursed in this life or feel unworthy. They truly manifest their beliefs.

h. The Victim – The person who is a victim of collective Karma, being born into poverty or into an impoverished nation, for example.

i. The Shadow Knows – Those whose subconscious has buried guilt and shame so deeply that the person cannot find their way out of their poverty without additional help. If you are in poverty and do not see yourself on the list, this is most likely your root cause.

j. Looking in all the wrong places – And finally there are those who feel that prosperity is external and look for it outside of themselves and do not realize the shift they must make within.

9. THE LAW OF TENFOLD RETURN

Ah...now this is a good one and one of the best reasons for living within the Law. This Law states that when you give (of your time, money, love, etc.) with spiritually pure intentions, the Universe will return to you a fortune equal to or greater than ten fold the original gift. This Law works beautifully with the Law of the Vacuum and is the foundation of high magic. Ever wonder why some people have all the luck?

10. THE LAW OF CO-CREATION

And finally we come to the Law of Co-Creation, which states the power of exponential return. Where two work together, they have the power of four, and hence 10 have the power of 100. You get the picture.

For a complete schedule of Co-creation and other healing services and classes at the School of Inner Wisdom, contact Rose Siple by visiting www.healingthroughspirit.com.