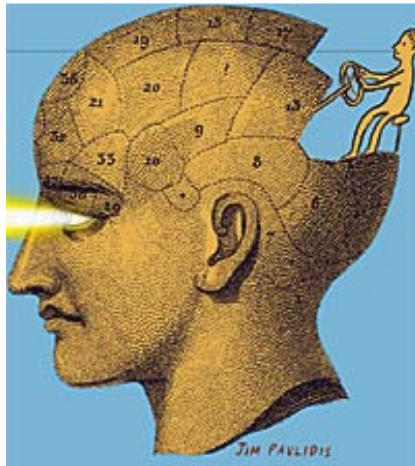


THE ANSWERS ARE INSIDE ...



Many of us are looking for the answers to our questions, our issues and our challenges somewhere outside of ourselves. We keep looking for the solutions from other people, under the right circumstances and we somehow think that it is out of our own hands. Guess what? The answers aren't out there! Instead they are tucked away in a place that is easily accessible to us all if we can simply trust ourselves. I want to tell a dumb little story that I hope may help to explain what I mean ...

It was Thursday night, a beautiful evening in Melbourne, and so I decided to take our dog Joia to the beach for a walk before going to pick Laura up from work. I left home with the dog, her ball, my sunglasses and the house keys and we walked down to beach. It was about 7:45pm, about 28 degrees and the sun was starting to set in the evening sky. We got to the beach and Joia was chasing her ball and we were having a great time. Joia is a little dog and a bit of a scaredy-dog when it comes to big dogs! Two big ones came bearing down towards her – she saw them, she tucked her tail firmly between her legs and ran towards her dad for protection! As I bent over to pick her up my sunglasses, which were on my head, slipped off into the sand. I grabbed her, then bent over to pick up my glasses. A pretty thrilling story so far!!

The big dogs passed so I put Joia down and we kept having fun for the next 10 minutes or so. We walked the length of the beach and then back and as we were about to head home, something made me stop and look down. As I looked into sand just near the water's edge I saw something that caught my attention and looked familiar. As I looked closer I noticed it was my keys! They must have slipped out of my pocket when I bent over to pick up my sunglasses. What was it that made me stop and look down at that exact moment in the exact place that I dropped my keys, when I had no conscious recollection of having dropped them?



Our intuition is working for us 24/7

When I stopped to think about the consequences of losing those keys I started to sweat. It was about 8:20pm at this stage and I had to pick Laura up from work at 9pm. My phone was at home, locked inside with the car keys and all other keys – Laura didn't have keys because I was going to pick her up! Basically I would have

been stuffed as not only couldn't I pick Laura up, but I couldn't have even contacted her to let her know. What magical force was it that stopped me at that very spot to find my keys? Actually, it was no magical force, it was a power that we all have working for us all day, everyday if we would just take notice of it – it is called **intuition**, which I have spoken about before, but it is a biggie!.

Let's revisit intuition



Intuition is our internal guidance system and it will always lead us in the right direction and give us the right answers if we will just listen to it. The problem is that intuition has an override button and often the noise of the crowd, other people or our desire to fit in will drown out what our intuition is trying to tell us. I can think of times when I have made decisions to do things and have felt very uneasy and unsettled about my decision – that is my intuition telling me that the decision I was making wasn't the best one for me.

Sometimes I listened to my intuition, but many times I didn't. In most of those cases that I ignored it I really wish that I had listened. Our intuition knows what is best for us, and will try to alert us and direct us in the best way that it can, but we need to be open to it and trust that it will steer us in the right direction. The thing that will destroy the power of intuition is being overly influenced by other people. Every person makes decisions based on their own feelings and values – no two people are the same and so what is right for one person is not necessarily right for anyone else. We need to be open and ready to listen to the voice inside of us because it holds all the answers.

We have the power, why not use it?

Listening to and acting on our intuition means that we will live a life joy and happiness because we are living in alignment with our values and with integrity. We all have this power and it will take us where ever we want to go, unless we let what others say, do and think override our intuition. We are all good enough! We all have the answers and secrets to live the life and achieve the things we want and the best news is ...



It is inside of all of us if would just trust ourselves and listen to it

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