Innate (Intuitive) Wisdom

*It requires wisdom to understand wisdom; the music is nothing if the audience is deaf.* (Walter Lippmann)

Intuitive wisdom is the topic of our discussion at our Global Center for Spiritual Awakening’s Spiritual Café from 10:30 to noon on September 3, 2017 at the Millennium Hotel, 2800 Campus Walk Avenue in Durham.

Have you ever done something that had a negative consequence, and immediately thought, “I knew I shouldn’t have done that!” Or perhaps you had a feeling you should take some action, even though it made no practical sense—and the result was something powerful. What you instinctively knew came from your Core Ability of “Innate Wisdom.”

We all have that incredible ability within us, which we call on for inner guidance and discernment. As we strengthen our Core Ability of Innate Wisdom, we are able to make decisions and take actions based on “uncommon sense.” We trust that sixth sense of intuition and move forward regardless of what outer appearance may indicate. For example, one could say that knowledge is the awareness that tomato is a fruit; innate wisdom is knowing NOT to use it in a fruit salad!

Let’s look at a couple of very simple examples in everyday life. Have you ever been with a group of friends, preparing to have lunch together, and someone poses the question, “Where do you want to go to eat?” It becomes very frustrating
when everyone responds with, “Oh, I don’t care. Whatever everyone else wants to do is fine with me.” It can lead to a long decision-making period, and a short lunch time! This is an example of not allowing our Innate Wisdom to emerge!

Or how about dealing with a coworker who is difficult to get along with? Have you ever just known the right thing to say to manage the relationship, even when others couldn’t? Or maybe you have been working on a project and run into a roadblock of some kind. Even though you’d never experienced this particular type of problem before, you discovered a way to work around it and achieve a positive result.

Even with such simple situations as these, we can call on our Innate Wisdom, which is the Core Ability to apply what we know, and discern the right thing to do. We’re talking about more than book learning ... Innate Wisdom is a deep inner knowing that goes beyond the facts. In fact (to play on words), sometimes facts can interfere with WISDOM.

**Self Reflection Question:** What examples can you think of where you have experienced your “Intuitive Wisdom” at work in your life?

How many times has someone said, “Let’s look at the facts.” It sounds so simple. But wait ... what, exactly, is the truth? How do we know it when we hear it? It’s not always as simple as it seems.

For example, you would think research would confirm what is true. But we found clear, well-documented research that reported 5 cups of coffee a day may cut heart disease—and another equally well-documented study that indicated drinking five or more cups of coffee a day increases the risk of having heart problems! One study claimed coffee is good for you because it helps prevent Parkinson’s and diabetes, while another said coffee is bad for you because it contributes to osteoporosis. What’s a coffee lover to do? Choose the research that supports what you want to do, of course!

And then, there are the truths that really are accepted by everyone, but still seem so farfetched that some people wonder—who cares? For example, did you know it is true that a duck’s quack does not echo? Would you believe research has proven there are more plastic flamingos in the U.S. than real ones! And how about this? In 1939, Ernest Vincent Wright wrote a novel, Gadsby (not to be confused with the classic by F. Scott Fitzgerald, The Great Gatsby), which contains over 50,000 words—none of which contain the letter E!
A few more truths for you to ponder: The electric chair was invented by a dentist (totally believable!) ... If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee ... which may or may not be good for you, depending on which research you believe!

Okay, by now you’re probably asking, so what’s the point? So, here it is: Whether we are talking about research, personal opinions, politics, lifestyles, or the workplace, the result is the same: When we hear conflicting information, we must have the Innate Wisdom to know the difference ... the Innate Wisdom to discern the appropriate choices and decisions to make.

That’s what this Core Ability is all about! Through this Core Ability, we are able to move beyond raw emotions or different opinions, and make sound judgments about how we handle situations. We can discern the difference between the short-lived satisfaction of revenge and the long-term peacefulness of forgiveness. We are able to choose the appropriate action even when there is a part of us that wants to do something different.

With Intuitive Wisdom, we know the difference between worrying about a situation versus taking actions that bring solutions. With Intuitive Wisdom, we can know the difference between playing the victim card, versus standing firm in our authenticity and integrity. With INTUITIVE WISDOM, we can make the wise choices to live life grounded in the spiritual principles of our beliefs.

*Self Reflection Question:* How often do you trust your Intuitive wisdom? When you don’t trust it, what are the results—versus when you do trust it? How can you learn from those times you don’t trust it, but wish you had?

It’s not just us championing the Core Ability of Intuitive Wisdom. Research from Harvard Graduate School of Education has proven that sound judgment helps you:

- stay calm and centered;
- better manage uncomfortable feelings and difficult interactions;
- think more clearly and compassionately;
- discern where to direct your time and energy;
• sustain your enthusiasm; and
• achieve results.

These discernments will help you take stress in stride, make wise decisions, and savor the joy of mastering your human experience. Through guided mindfulness practices and exercises, meditation techniques, introspection, and affirmative prayer, you will become more discerning and able to renew your commitment to connecting with the Extraordinary You.

Self Reflection Question: What spiritual practices do you use that help you make the connection with your Intuitive Wisdom?

Sound discernment, which is one of the chief benefits of Intuitive Wisdom, helps you identify common patterns of overreaction, and then learn how to respond to difficulties confidently and resiliently. It helps you respond purposefully rather than react automatically, to be guided by your values rather than be derailed by outer appearance. It increases your skills of self-awareness and self-renewal so you can sustain your spiritual unfoldment.

Perhaps a closing quote by Albert Einstein can best describe the power of developing your Intuitive Wisdom. It involves the intentional process of developing the inner knowing that is at the center of your being. Here’s what Einstein says:

The most beautiful and profound emotion we can experience is the sensation of the mystical. It is the power of all true sciences. (The one) to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead. To know what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in the most primitive form – this knowledge, this feeling is at the center of our true being.
The ‘true being’ he is referring to is the Extraordinary You, the Core Essence of You, the One-of-a-kind-You—the You that possesses the highest wisdom and inner knowing.

Too often we are encouraged to seek answers to questions outside ourselves rather than explore our own inner wisdom. We are taught to find the expert, read a book, seek advice. But our journey is one of opening from the inside out, learning to look for answers, to go deep into our hearts and souls where we can connect with the inner wisdom and receive guidance from within to transform our lives.

We hope you’ll join us for a soul-deepening discussion about Intuitive Wisdom this Sunday, September 3, at the Millennium Hotel. Bring a drink and a snack and your ideas about what spiritual authentegrity means to you.