

Is Intuition Our Most Important Relationship?

Introduction

I'm using the words intuition and gut interchangeably in this article. When most people refer to intuition, they talk about their intuition as a "gut feeling." Some people have a feeling in their chest and call it their intuition. I'm not saying that intuition is felt only in the gut/belly, though it seems that almost all people experience their intuition as a "gut feeling."

This article is inspired by a recent incident that a person in the group had with dental work. This incident is stirring up a lot in me; resonating with the suffering that she's experiencing and also with the great importance of listening to intuition.

There are going to be unknown times along the way to building an internal bridge to our true self as use intuition. We won't always be able to determine in the moment if it's truly our intuition that is speaking to us. And yes, there'll be times when it's very clear intuition is speaking to us.

Charles' Purpose

My teacher, Charles, said many times that his job is to act as an external bridge to help the person develop their internal bridge to their true self. By this he meant that he's going to help each person go from a state of distress, fear, anger, ego, doubt, uncertainty, mind, anxiety, etc. and help the person go in the direction of being more, and possibly fully, connected to their true nature. It's this bridge inside us (an internal bridge) that connects ourselves (who we think we are) to our true nature. This internal bridge is built primarily from listening to and following our intuition. This internal bridge is also built by residing in our heart (our true heart and not our emotional feelings) and living our life from our heart rather than from our mind, ego, fear, anxiety, doubt, and many other states (too numerous to repeatedly list throughout this article).

Charles said that as a person again and again goes from a state of disconnection, confusion, agitation, fear, anxiety, ego, etc. to a state of connection that the person is developing a stronger internal bridge to their true self. As this is done repeatedly, the person will need his assistance less and less to come to, and to stay in, a connection to their true self. Charles said that his job is to become obsolete in a person's life; where the external bridge that he provides is no longer needed.

A Pivotal Experience For Me

About fifteen years ago I made a decision in a relationship. Now it's clear to me that the decision was made from fear. I made the decision "from my gut." At that time and for the next three days I felt relieved and good about my decision. That seemed to be confirmation that I made the right decision.

I followed "my gut." And that decision ended up being what undid our relationship. My fear was up. I acted from my fear. That decision increased the pain in her and, three days later, increased the pain in me. Eckhart Tolle would say that my pain body had a big meal from this experience and was temporarily satisfied (thus I felt better for a short time).

This decision helped me experience that going from a strong feeling in the gut can have very bad consequences; even if it feels right/good in the moment. Many of our feelings are stored in our belly; along with intuition being there.

Shape-Shifting

There was a movie in the early nineties about Jesus. In that movie a sweet innocent little girl came to Jesus and spoke to him. Everyone saw the innocence of this little girl. Christ saw that Satan was disguised as this little girl and soon told Satan to go.

Similar to Satan masquerading as an innocent little girl, our fear, anger, ego, mind, desires and prejudices can masquerade as our intuition. We can become better at being able to know when our gut feeling is intuition and when the gut feeling is a shape-shifter; e.g. our fear, anger, anxiety, reactivity, ego, doubt or prejudice.

Shape-Shifters and Intuition

Let's say you decide to live your life much more by relying on your intuition and by not listening to your mind, ego or fear as much. Your mind, ego and fear will still want to make the decisions. They will still talk to you. But now, knowing that you want to live more from intuition, they can start mimicking intuition. They can shape-shift to make you think that you're listening to your intuition.

Sometimes you won't know that you were listening to a shape-shifter (like the example of me making a decision that ended up blowing up a relationship) until after everything is over. The more you practice following your intuition, the better you'll be at recognizing what is intuition and recognizing what are the voices of fear, ego and mind.

Getting Out Of Our Own Way

Charles often said to us that all we have to do is get out of our own way. What is in the way? Unprocessed emotions inside us are in our way. Unprocessed thoughts inside us are in our way.

I'm also going to add that our body is in our way. My view is that our body is the storehouse of our thoughts and emotions. I've written articles before about how some emotions and thoughts have a specific place in our body where they're stored. If we can disperse this place of holding, then we can lessen the strength of these thoughts and emotions. I call these places in our body "anchor points." (See the end of this article for links to previous articles about anchor points.)

Self Help and God's Help

We can endlessly self-help ourselves. We can self-help ourselves right to the time of our death. Self-help is trying/wanting to improve/modify/change our self. Instead of self-help, why not go direct to the greatest wisdom and follow its guidance?

This greatest wisdom is the "still small voice" (1 Kings 19:11-13). This greatest wisdom comes through our intuition. From this place of guidance, our life and our decisions will be in alignment with God.

Intuition is a direct channel to God. Instead of a dysfunctional self trying to have a deeper relationship with God, why don't we follow our intuition as a way to walk with God?

Our Body As A Reservoir Of "Stuff"

I use the word stuff to be the same as saying unprocessed emotions and unprocessed thoughts. Through my experience of forty years of deeply working into the tissues of the body, from ten years as a student of Charles and from over seven years of leading group I've found that the more entrenched stuff is lodged (for most people, in order from most to least) in their belly, chest, and neck/throat. These three areas make up the vast majority of the reservoir of where the unprocessed emotions and thoughts are in our body.

My estimate is that, in general, about 45% of the anchor points are in the belly, and that over 70% of the anchor points in the body are in the belly and chest. The neck and throat can contain from 15-25% of the unprocessed emotions and thoughts. Secondary areas are the head, across the tops of the shoulders, the legs and lastly in importance of being a storage area are the arms.

I experienced Charles helping to release anchor points in myself and in many other people. I experienced firsthand how the release of the energy in the anchor points, done many times over the years, definitely "takes the wind out of the sails" of the built-up dysfunctional patterns from my unprocessed emotions and thoughts. I've also witnessed how releasing anchor points directly releases the grip of dysfunction during the decades of work in my office.

Draining/releasing the anchor points of our stuff greatly reduces the energy and the influence that our dysfunctional and unprocessed past can have on us. The less we live from the influence of our dysfunctional past, the more we live in truth and in freedom.

Our Intuition May Be The Most Important Relationship Of Our Life

Spiritually it's said that our most important relationship is with God. This relationship can, at times, be very dysfunctional. We can come to God very needy and weak or angry or depressed, and then have a relationship with God that is mired in dysfunction.

I'm proposing that our most important relationship is with our intuition. This relationship with our intuition can be more accessible and less difficult than our relationship with God.

Luke 17:21 quotes Jesus as saying: "The kingdom of God is within you." God is within. For me, intuition is our true self speaking to us. For me, our true self is the part of ourselves that is in direct contact with God.

Charles said many times that the greatest wisdom that can guide us is within. This is why his purpose was to help us create an inner bridge to this greatest wisdom; building an intuition highway between ourselves (who we think we are) and our true nature.

Enhancing Your Intuition

There's so much dysfunction from our past that prevents a clear and open channel to intuition to be readily available for most people. It's good to start tuning more into your intuition on the smaller decisions in life. It's not good to start with the bigger parts of our life like to divorce or to not divorce.

Charles recommended to turn over every decision to our gut; to our intuition. He recommended to listen to intuition as to what clothes to wear, what foods to eat at each meal, which restaurant to go to, what movie to see, what roads to take to go somewhere, etc.

Our mind, habits, fears, and going toward what we like and going away from what we dislike run so much of every decision in our life. Charles wanted everyone to start switching over to intuition rather than listening to our mind, fear, ego, etc.. In the evening meetings, we call this way of living following GGS (God's Guidance System).

By turning over the ordinary decisions of what to wear or what food to eat to our intuition, we'll be using our intuition more often. We lift weights repeatedly to strengthen muscles. One way to strengthen our intuition is to use it repeatedly. If we keep intuition in the background and only bring it out for "the big decisions," then our relationship with intuition can be weak (because of being rarely used).

If we use our intuition repeatedly, then when the big decisions come, like what dental work is to be done and who is to do it, we'll have a lot of smaller experiences to help determine if it's intuition that is speaking to us.

Living Our Life From Surrender

Much of spiritual life is sometimes distilled down to: Are we living from a place of surrender? What does it mean to live from a place of surrender? Surrender is not living from what our mind, ego, emotions, reactivity, fear, anger, or likes and dislikes say to us. Surrender is living from a deeper place inside us than our mind and emotions.

The essence of surrender, at times, involves making decisions that our mind, ego, emotions and past are against us doing. If surrender involves, at times, going against what our mind and emotions are telling us to do, then what part is talking to us; telling us what to do? My answer is that intuition is telling me what to say or do rather than my mind, emotions and past. My view is that God uses intuition to guide me.

We can cultivate the opening of intuition by taking more time to quietly listen, by writing, by breathing more deeply into our belly, by asking our intuition more often what to do or what to say, by having the anchor points lessened and by following guidance when it comes. These ways help build the inner bridge to our true self and ultimately to a very loving and functional relationship with God.

May all beings find peace and live in Truth.

Footnote:

The following are links to previous articles that address anchor points in the body. You can read the entire article [Releasing](#). There are links to five other articles with specific page numbers about physical anchor points at the end of the Releasing article.

These five links with the specific page numbers are: [Anger Revisited](#); pages 2-3, [Moving Forward When We're In Reaction](#); pages 4-7. Also pages 4-5 in the article [Letting Go](#) has a section on anchor points. [Beyond The Thinking Mind](#) on page 2 briefly addresses physical anchor points. [Living A Life Without Armor](#); especially pages 2-4.

You can also read the article [The Protective Shell](#) to learn more about anchor points.