

# Listen to your inner intuition



We all have it, but many don't know how to use it. Dana Mrkich explains how to tap into your intuition and let it guide you on the right path.

I remember my first experience with a GPS (global positioning system). A friend and I had embarked on a road trip down the south coast of NSW and decided to take the windy roads less travelled. The scenery was more beautiful and the drive much more pleasurable. Her parents had lent us their GPS “just in case” but we threw it into the glove compartment because we thought we didn't need it and, besides, we had no idea how to use it!

A couple of hours passed and after seeing signs for Canberra we realised we were more off the beaten track than we thought. We could either head back the way we came, get on the highway and go the more traditional route, thereby losing most of the day, or we could succumb to technology and get out the GPS. We somehow managed to work out how to input our current location and desired end location, and hey presto! Directions appeared on the screen and the GPS lady was speaking to us: “Go straight for seven kilometres. Turn right on Smith Street.” It was like a miracle – the GPS knew the short way there from where we were – and before too long we were driving up to our destination.

I joked that it would be great if we all had an inner GPS telling us which way to go at every moment, and all we had to do was input where we wanted to go! Mid-laughter, I realised that of course we do, only we call it our intuition, which really is our inner guidance system. And just like my initial experience with the GPS, intuition is a strange and new concept for lots of people. Most of us have never been taught how to use it and don't realise (until we experience it) how much more simple life is when we use it.

The word ‘intuition’ can seem scary and intangible, yet it truly is as simple a concept as this: imagine that inside you have your very

own GPS. It is connected to what I like to call your soul manual, which states exactly who you really are, why you are here and what you came here to do and experience. Your soul manual is constantly being updated, with new desires born as a result of living life and realising all the choices and ever-expanding options on offer.

Your soul manual regularly sends you reminders of what it holds via your feelings and desires. That eternal longing for a soul mate, the yearning to travel or live in Paris, the urge to have children, the calling to write a book – these are all parts of your soul manual and they are the ‘desired destinations’ programmed into your inner GPS.

Your inner guidance system is the most accurate navigational life tool available because it is uniquely tailored to suit you and only you. When you follow it, you get to where you want to go via the best possible route. You attract to yourself all that you need and live life in a magical, ‘follow the signs’ kind of way.

When we focus on our desired destinations without connecting to our inner GPS, we have a tendency to feel overwhelmed. Other people's opinions, old beliefs, fears that don't serve us and the sheer enormity of the desire ahead can leave us feeling lost and confused, wondering which path or decision is the right one, wondering how on earth we will ever get to where we want to go or whether we even have the ability to do so.

Here's a quick guide showing you how to recognise, connect to and follow your inner GPS:

- Your connection can only be clear and strong when your thoughts are positive – negative thoughts literally bend your ‘antennas’, clouding the messages you receive. They also create feelings and body symptoms that don't feel good, which is a sure sign you need to get your antennas straightened up! Train yourself

to look at the positive aspects of all situations in your life and if that is challenging, focus on something positive. If it makes you feel good, that's the sign your antennae is straight and strong, and good guidance can flow through!

- Your GPS is speaking to you in every moment and communicates to you in a way that is similar to the ‘hot/cold’ game you may have played as a child where the closer you get, the hotter you are and colder is when you're further away. If you have a decision in front of you, imagine doing one thing, then another. Which feels better? One will feel more expansive, liberating, energising or exciting (even if it's challenging your comfort zone, it will still feel essentially good). The other will feel less so or even downright restrictive, draining your energy. Or you may get a gut feeling of it not being the right path or choice for you, even if you have no idea why. Always go with the option that feels best as it will always lead you to your desired destination in the best possible way, even if from your current standpoint you can't see how.

Your intuition may not seem to be logical or rational. You will be guided in ways that may make no sense immediately. Sometimes your mind will be screaming, ‘You can't afford it’, ‘You'll end up alone’, ‘You'll never find another job!’ Meanwhile something feels inexplicably right about what you are about to do. So trust your inner GPS and let this amazing part of your self guide you. **em**

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**Dana Mrkich** is a spiritual intuitive, radio host, author of *A New Chapter* (Zeus Publications), and creator/teacher of *Walking the Rainbow Path*, an online chakra course. She offers soul sessions via email to clients all around the world. For more information email [dana@danamrkich.com](mailto:dana@danamrkich.com) or visit [www.danamrkich.com](http://www.danamrkich.com)  
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