

Soul Senses

How to be intuitively present

By Melanie DewBerry-Jones

We live in a world full of beauty. Beauty is erupting all around and through us. We are also imbued with the sanction of beauty within. One of the ways beauty emerges from within is in intuitive communication. Intuition is a gateway of deep connection to one another. We not only hear from this place; we are also listening energetically.

Clients want to be seen, but not just by our eyes. Seeing one another means leaving the world of the five senses to enter the sacred world of divine connection, where an esoteric relation lives. In this world we hear from the

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intimacy of love, embracing the client’s soul and thus seeing them at their deepest core. We can adulate and champion our clients all day long, but their hunger will not be satiated because the ego that accepts this kind of transaction knows no completion.

Your intuition is such a precious gift. When we see each other with divine eyes we give life an energetic nod that acknowledges the beauty – the being of another.

What is it to be intuitively activated? It is walking in a non-intellectual knowing, a recognition of each other. It is hearing into what is wanted or needed by another, and then coaching them into experiencing the fulfillment of attaining what was absent.

Of course, you know that what was missing and attained was always there. It is never something outside our

client that we will hear, nor is it something outside of themselves that they want. Even when a client is pursuing a goal, the action that will assist them in reaching that goal is compassed by a soul directive. The five-sensory world is about experiencing the external and



then applying judgment to it (does it make me look masterful or not, what will others think of me, do I like it or not, do I want it or not, will it make me feel powerful or not).

Actions pursuant to goals from the five-sensory world are pride-associative; that is, motivated by what makes us feel proud and good as opposed to actions that are aligned (in integrity), aware (conscious of impact) and wholly sustained (evolving and expansive).

Cultivating Intuition

Real intuition is not a skill to use like a tool in the garden or a technique we master. It is something we cultivate like compassion. Like compassion, intuitive listening softens our rough edges and smoothes our anxious ways, readying us for a union that is untouchable through traditional conversation and earful listening. Intuition brightens the coach’s sight. You begin to see each person, client or not, as the being they truly are. You

Practicing With Self

Practice your intuitive listening with your Self first:

- Put on some music that takes you to that place of sacred union, (the Beatles, Deva Premal, Marvin Gaye, Dolly Parton) and listen from your heart chakra.
- Feel the presences of the unified, indivisible Self. Picture in your mind a painful situation of someone you care about, and now touch in your compassion. Go to the sorrow you feel for them and then back to the compassion.
- Now listen into your own heart with compassion. What is there? What sadness or grief do you hear? Bring in your compassion and let it comfort the sorrow. Do this with yourself for 15 minutes.

Practicing With Others

- Bless your calls as they come in; bless them your way. Mine is: Let me be love. Let me be giving. Let me see them fully.
- Open your heart. Hear beyond the words down into the soul. Even before they speak, what do you hear? What is not being said that wants a voice?
- Share what you hear.
- Practice.

will hear their ego-based obstacles wailing loudly over their patient soul, which is awaiting ego's silence. Verbalizing the obstacle in relation to the soul's wanting allows, perhaps for the first time, the client to truly be at choice. No longer are we coaching mere change of habit in our clients (do something differently to move past the obstacle); we begin to help them find that sustainable something that their soul truly needs.

I knew a woman who wanted to be seen, so she would show up anywhere there was a need and fill it. Like a highway worker, there she was with her shovel, filling up holes. Have you ever paid attention to highway workers? Me neither. So we sat together to see how coaching might fit for her. As I sat, I closed my eyes so as to not be persuad-

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ed by any posturing of competency or niceness. In other words, I didn't want any visuals. Then I opened my heart to her. This is the vulnerable piece (peace) – where we open our hearts to feel another. Being open means they feel us too, if they are tuned in. And yes, I could feel the sorrow of insignificance, which was obvious without intuition; but the gold was feeling into the soul of her and *hearing* her passion speak, *seeing* her visions and *feeling* her profundity of grace. *This* is what wants to be coached. Sure, one might coach the insignificance. There could be some awareness there for her, but how much more interesting was this treasure? How often had she had this acknowledged?

Often it's time to confront the lies we hear intuitively. The lie that drives the behavior needs outing as well; just

don't forget to coach the gold. A client called today in a panic. He was having a new home renovation client over to his house for the first time. Would his client judge him, by his surroundings, as capable of remodeling her fixer-upper? He was Jewish, she Catholic; would the Star of David repel her? I found myself being caught up in the rush to find a solution to calm him.

After five minutes of that not working, I calmed myself and then opened up and listened. The real question behind the panic was: Was he good enough to take on this huge fix-it-up home and do a great job?

The problem was not the backdrop story of religion or appearances. The truth is that this particular job was about him being seen in a big way. He was putting himself on the map. His

client's friends were also potential clients who would eventually see his work. He was being called forth and it felt scary when it was misnamed as religious difference. Once we got to the truth the fear faded, as fear always does when confronted with the beauty of truth.

Listening intuitively is an invitation to intimacy, because to be able to truly listen to another requires us to be deeply vulnerable ourselves. There are no spaces between us when we are vulnerable to another. And in the space of intuitive listening and vulnerable connection we, as humans, become indivisible. •

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