

The Inner Advisor

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"...there is guidance available to us when we appeal to it and are receptive to it."¹

The intuitive voice is often referred to as the friend, the higher self, the guide, the inner healer, the voice of God, the sub-conscious, the inner advisor and so on. Sometimes it is a mere whisper and sometimes it is an urgent plea or warning. It can communicate through many channels such as mental, emotional, spiritual, or physical. It can communicate in both the waking and dreaming states. Without it, we would be rudderless. It is becoming an accepted practice in all occupations from business to medicine. It is the birthright of every individual. Learning to listen is the first step and deciphering it, (as it sometimes communicates in riddles), is the next. However, it is always waiting for a welcome.

There are many schools of thought that offer a variety of paths to achieve this goal: Meditation, hypnosis, some martial arts, yoga, to name a few. In the field of psychology there are two examples I know of that are based on this premise. One is

¹ (Rossman, 2000); (Guided Imagery for Self Healing), p.87

Hakomi Psychotherapy and the other is Psychology of Mind. Hakomi uses mindfulness as its main tool for accessing the inner wisdom in the client's mind as well as the body. By directing the client to slow down, and focus on their here and now experience, the truth bubbles up on its own. Of course, it is understood that the primary duty of the therapist is to create a safe environment for this to happen. The Hakomi therapist must know how to be in "loving presence" with the client and free of agendas, hidden or overt. Often, the body is the first to give out information. I once asked a new client to notice the way he was shaking his foot when he talked. Once he became curious about it, I asked him a question that he could only answer by going deeper into the experience. (Many times questions bring the client out of the experience.) I asked him that if his foot could talk what would it say? The answer was quick and concise. "I just want to be free." His voice sounded like a three year old and instantly we were deep in a process that might have taken months to achieve some other way. It is so obvious that the answers are all inside and yet we look everywhere else first. "To notice what arises inside, without judgment, is the essence of Hakomi and a pathway to deep and abiding healing."²

In Psychology of Mind, often referred to as Health Realization, the inner guide or voice is described as a bright light at the very center of a person's reality. Thoughts are like cloud formations that cover over the light until it is out of reach to ourselves or to others. As thoughts descend, into negativity, they speed up and as they rise in positivity, they slow down. If our thoughts become too negative, obsessive or fast, they become a thought storm that completely covers over the light. "Negative thoughts are like scratches

² Kurtz R. Hakomi Education Network. Retrieved March 2, 2010 from http://www.hakomiway.ca/whatishakomi_text.htm

on a window; they stop you from seeing life with clarity. When the negative thoughts cease, the scratches disappear, and the window becomes crystal clear. Then the beauty And positive aspects of life can be seen."³

Health Realization teaches how to let go of the attachment to thoughts and get back in touch with our inner reality. Both of these methods are useful and handy depending on the situation but with some people, including myself at times, they can be just too abstract. It can be intimidating to face the void for some and these methods can feel like that at times. Other methods like meditation, bodywork etc., are invaluable but they take time and skill. What I find very interesting in this course are the visualization and imagery methods that can achieve the same goals without years of practice. They are easy to do and fun. I think the method is a very good tool for getting around the busy mind. In all of the examples above, it seems that the busy mind, the ego, the monkey mind, sometimes described as the logical mind, is the problem. It is the bridge we must cross over or the veil between our consciousness and inner wisdom we must tear down. What I like about imagery is that we are giving the active mind a job to do which keeps it busy. It is a perfect arrangement allowing the two parts to work together in harmony without having to banish the active mind to another room like a naughty puppy. If resistance is met either during, or after, it does not need to be banished either. Welcoming it in and finding out what information it wants to share is the wisest approach. This is reflected in both in Hakomi and the material in this course. Every part is invited to the party and each part has a contribution to make once understood. "If you encounter resistance, take the time to explore it respectfully, and find out why it's there."⁴

³ (Banks S.), (The Missing Link), p. 103

⁴ (Rossman, 2000); (Guided Imagery for Self Healing), p. 155

Sometimes there is a big gap between the inner guidance and the action or follow-up. Fear and wishful thinking can get in the way as well as the traps of ego. Once the message is clear, now the logical mind can help to lay out the plan of action necessary. After the incubation and interpreting stages, the solution is ready to be activated. By using intuition in the here and now, the opportunity is always there to self-correct. If the answer is not quite right, our intuition is ready to guide the next step. What an amazing tool this is! Imagine a world where everyone is consciously using it. Imagine how this could be the healing tool we need as it never guides us to wrongdoing or harmful behavior.

The inner advisor is the built in radar, the quiet voice, prompter, and insight that connects us directly to a higher source of wisdom. It is a subtle, gentle messenger that can be lost if there is no receptivity or welcome. Unlike the noisy chatter of the monkey mind, intuition does not demand or force attention. It comes with compassion and wisdom in its wings but it is not forceful or rude. With practice in turning down the noise so the signals are detectable, intuition becomes more discernable and clear. By welcoming it, it visits more often and becomes a trustworthy friend that can be relied on.

When both intuition and logic work together as a team, the journey is enriched and no matter what situation we find ourselves, or where we are, we are not alone, or lost. We are intimately connected to our higher self and the Great Mystery who created us.