



RETURNING

*with Rebecca Campbell*

A PODCAST TO RETURN  
TO THE WISDOM WITHIN

*Available on*



# HOW TO STOP SECOND GUESSING YOUR INTUITION

## *Episode 4 Transcript*

Hey, it's Rebecca. Welcome to "Returning" a podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning. This podcast is for anyone who is on a spiritual journey. It's for anyone who has that inkling, that knowing that perhaps they're here for a reason and anyone who wants to make the most of this precious life. But we were never meant to go through it alone. Learning on and learning from each other is such an important and underestimated part of the path. And so in this episode, I am handing the space over to you to hear your questions, your longings, your struggles, your breakthroughs, your inspiration. And we're going to really hash it out together to see if we can follow the thread and perhaps learn a little or perhaps unlearn a little.

Today, we are exploring and living into the question How do I tell the difference between my intuition and my head? I can't tell you how often I get asked this question. It's such a common struggle for us all who are committed to living in congruence with the wisdom within, with our intuition. So whether you are just starting out on your path and learning about intuition, or you're at the beginning of your journey, or perhaps you've been on the spiral journey for many years, many decades even. You know, we're continually returning to our self and deepening the connection with our inner self. And so for whatever stage, we are at and how deep our connection with our intuition is, I am going to be sharing with you nine of the ways that I've learned to discern between the voice of my head and the voice of my inner self or intuition.

And before we jump in to these nine ways and more living into this question, let's just take a moment to arrive together today and step into sacred space. So slowing down your breath, maybe placing your hand on your heart, one on your belly and closing your eyes if that feels good. And in the center of your heart imagine a beautiful flower. Invite that flower to open petal by petal revealing a light in the middle. This light is your wise, intuitive self, your soul. The part of you that's always guiding you, that's always available for you to return to it. Taking another

deep breath in now with me and really inviting this part of you to step forward. Together, taking a moment to acknowledge the keepers and custodians of the land. Where you are. Where I am. Known and unknown. Deep breath in and if your eyes are closed perhaps opening them now. Beautiful. Let's begin by listening to today's listener question.

**Listener Question:**

*Hi, Rebecca. I have a question about how do you tell the difference between your mind and your intuition? Sometimes I feel like I know. But other times I'm curious and wondering if it's my intuition or actually the voice inside of my head. Like my thoughts. I would appreciate any tips that you have or suggestions to discern between the two. Thank you so much for answering my question.*

**Rebecca:**

Thanks so much for asking this question. I suspect a lot of people resonate with this struggle. I know it's been one that I've lived into for many, many years now. So one of the best ways to recognize and and learn to trust your intuition is to, first of all, understand how your receiving your intuition, so how you receive your inner guidance. And one of the things that really I found so helpful, particularly early on in working with intuition, was understanding the different intuitive senses that are constantly communicating with us. Now, there are many, many different senses, but I'm going to be talking today about the four main senses. They're called the Claires. You may be familiar with them. These senses really are communicating with us through our the main senses of our body.

So it's through our body that our intuition speaks to us. And so for those of us who are new to the in intuitive senses of the body, I'm going to give a little overview of the four main ones. And when I flagged that obviously there's more than the four main ones, but in my experience, these four main ones seem to be ones that that are most relatable to most people. So we tend to have, in my experience, a primary intuitive sense. So by that I mean like the sense that you receive information and your intuition most strongly. It's important to note that we of course, have access to all of the senses. So it's not like you don't have all of the intuitive senses. We all do. I find that that we tend to have one or two main ones and then we can of course work on strengthening every single one.

So the first Claire, which is the first intuitive sense, is the most common one, which is clairvoyance. So this is clear seeing, generally how clairvoyance will manifest when we can see through our mind's eye. So it doesn't necessarily have to be like this external seeing, like there's the clairvoyance is the most recognizable one because that word clairvoyant it's the psychic that you go and see, the one that has the seer quality, the inner vision, the psychic. But clairvoyance is literally it's clear in a vision. And I do think that it is generally an inner vision. So it's like seeing through the third eye. While I know some people do see in the physical, it's more

common to see through the inner vision so you don't have to physically see something in real life to be clairvoyant. We all have this in a vision ourselves. So if clairvoyance is your primary intuitive sense, you may find that you use language like, I really see what you mean. So it's about seeing I can really I really got such a vision for that. So you can also always notice the language that you use.

The second common sense is clear audience. So this means clear hearing. Claire Audience is our ability to sense things through our hearing. And in most cases it's an inner hearing, our inner ear. Again, this could be through actually hearing something out loud in reality, or it could be through listening through our inner ear. And in most cases, our intuitive senses are more subtle. Our inner senses are more subtle than the outer senses. So yes paying attention to that like Claire audience, I am Claire Audient as is one of my strong senses, particularly when I write and I'll hear a word within me. And it's like I'm kind of following a thread, receiving one word after the other after the other, and then it kind of turns into a poem or a prayer or a chapter or a sentence before a chapter, that's for sure. So people who have a heightened Claire Audient ability or Claire audience sense may find that they're hypersensitive when it comes to sounds around them. They may need to have a lot of quiet time on their own or in a quiet space because their ears tend to like pick up on everything. So you may be sensitive to like background noise, birds, etc.. When I'm doing my writing, I often walk in nature because I find the motion really helps me receive the inner whispers as I call them. And so as I'm walking, it's as if I'm being led by my inner ear to hear the whispers of my soul. So perhaps you relate to that if you're a creative and a writer, who's Claire Audient.

So the next one is Claire cognizance, which is clear knowing, knowing Claire cognizance is the intuition that comes through a certain knowing. So creative concepts and ideas might come through Claire Cognizance and my experience of this is that, you know, and I'm sure you've had this experience before, that of the inner knowing where once in one moment there was no idea or no knowing, and then the very next second, just like that, a whole concept or a whole knowing has landed in your mind in full. You can't explain how you know it or how it arrived, but it is there all of a sudden. So you just have the knowing. And so I find that this sense can be one of the hardest ones to trust, because of the knowing It's easy to confuse it with the mind knowing. And so the way to differentiate between the intuitive knowing and the more logical, linear mind knowing is that the intuitive knowing is more of an inner knowing. And it often comes as a gentle, but it's like a deep whisper or a deep resonance. So it does come from within rather than it being like a logical kind of you know, this makes rational sense knowing. So, yes.

And so next up is Clairesentient, which is clear feeling. This intuitive sense really is quite a common one for anyone who resonates with being an empath, for example, a highly sensitive person. So anyone who feels like they're able to pick if for example, if you've just stepped into

a room and you can sense that an argument has just happened, or perhaps you're like me, when you go to like a secondhand store or an antique store, sometimes I can just feel so overwhelmed with all of the energy, particularly of like, there's a lot of like deceased estate items like chest of drawers and wardrobes and all of that. Yet the Clairvoyant people can pick up on the energies of objects, they can pick up on the energy of a room. And essentially it's other people's energies or emotions. And so Clairvoyant people again, will very, very likely feel like they need to spend a lot of time on their own or in nature just to kind of get grounded into their energy. So they're not losing themselves in the energy around them that they're picking up on. Clairvoyant is clear feeling. So they're obviously big feelings as well. And as a Clairvoyant things can get tricky if you're not aware of how your body absorbs and picks up information because it's easy to get confused as to whether what you're picking up is your feelings or it could be the feelings of other people. So that's that's something to watch out for with Clairvoyant.

So once you're clear on how you receive your intuition then it's easier to attune and differentiate between the voice of your head or your mind and the voice of your intuition. So I want you to just consider now which of the main intuitive senses do you feel like is your main one? Like, how do you receive your intuition? Do you have an inner vision? And in a whisper, do you have an inner feeling or do you have an inner knowing? And of course, now we receive our intuition using all of the senses, but we tend to have one or two, which is the main sense. So it's why for me, I really like the process of soul inquiry, which will be doing at the end of this episode. Like writing it down because I receive, tends to be is through many of the senses now. But, but the clear evidence that the inner hearing, I find it easier to write it down in the physical and also sometimes when it's Clairvoyant when I'm trying to kind of understand the feelings within. Then, the writing it down really helps me. But so having clarity on how you tend to receive your intuition through what sense can really, really help you to differentiate between your intuition and the rational mind.

And through working with many people and helping them to deepen their own intuitive connection. And also from my direct experience, I've learned that there's nine main differences to differentiate between the voice of our head and the voice of our intuition. And so that's what I'm going to share with you now. So the first one in my experience, intuition tends to feel deep and steady, calm and slow. So that's the intuitive voice. Whereas the head's voice can be a little bit more fast and tight, a little bit more frantic and kind of higher in frequency. Number two is, intuition rarely forces anything, so there's no ulterior motive. The head tends to have more of an ulterior motive. Whereas intuition, there is more of a calmness to it. There is no pushing and forcing it, is just it's more of a being. It just is. Number three is intuition doesn't always make sense. So it doesn't come from the linear, logical, rational mind. It's like tapping into the collective field in many ways, tapping into the great intelligence. And so it's out of time. It's like I say in my workshops, we're stepping into Kairos time, which is opposite to Chronos time.

Kairos time is where intuition resides. It's what the ancient Greeks called soul time, kairos time. And so intuition doesn't always make sense because we're tapping into that timeless time. And so it can feel mysterious sometimes it can feel a little bit cryptic and like, it doesn't quite make sense. The timelines are not exactly right. Where the voice of our head of our mind tends to speak in to do lists. It feels logical, rigid, strict, very linear. It makes perfect sentences. The very next step to take. And number four is intuition tends to arrive with its own life force. So this is a step on to what I was saying before about like timeless time.

So intuition doesn't stick to a linear schedule. Often it arrives in unexpected places. So I know that many people report having ideas or knowing or insights when they're having a shower or driving. Maybe they're walking the dog. It's when you're kind of shifted out of the the linear, rational mind and the to do lists and it kind of just drops in. And, you know, it's not always convenient when you receive your intuition, but it comes in generally fully formed. And then number five is I find that that my intuition, the voice of my soul, has a different cadence to it. It has a different tone to it as well. So my intuition tends to sound like old and wise. And often I find when I'm talking truth, when I'm talking something that is my intuitive inner voice, the voice of my soul, my authentic self, the inner wisdom, often my actual voice will drop, it will deepen, it will slow down. When I'm speaking my truth, it's like the cadence and harmony of the voice changes. Often it is a slowing down, a deepening, and there is a harmony that happens. Versus like when it's the voice of my head and it's my mind talking, it sounds like a little bit younger or a little bit faster. A little bit immature and higher pitch. Like there's that episode in Friends where Ross starts talking up here and I don't know why I'm talking up here. And yeah, verses like dropping in and saying something that's just so true. And I think that's a good point to make as well when someone else is speaking their intuition.

My teacher Sonya really taught me this to notice how it feels in your body when someone else drops in to their intuitive voice. And yet you notice the pitch of the voice, like going from up here to something that feels really true, but to also notice how it feels in your body when you hear it. When someone else says something from their intuition, it's that harmony. It's the tone and pitch of the voice. You can feel it in your body.

And number six is I find that intuition tends to feel spacious and generous, like there's there's no rush for it to arrive. There's no rush to act on it necessarily versus the heads voice. It feels like there's always rushed and hurried and tight. Like there is like a place to get to a destination to arrive at. Versus the intuition, it's just like this just IS. It's that beingness. So number seven is I find that intuition feels tapped into source itself, so it's tapped into a larger intelligence. So I often say that our intuition is tapped into that same intelligent force that tells flowers when to bloom, it tells the seasons when to come and go. You know, it tells the daffodil when to open and burst on through the soil. Same intelligence that tells the rose to Barden bloom and then turn into a rose hemp like it trusts its timing whereas the voice of our head can feel insular and

separate. So it's like I'm not working with the harmony of life, the intelligence of life, the mystery of life. I'm just talking about my separate individual self. Or you may be like people pleasing and thinking about other people, but it's not. It's not part of the overall collective intelligence. Number eight is intuition often drops in fully formed. Verses the head, the voice of the head, the mind can often feel a bit more fragmented and scattered. So it's like going from step 1 to 2 to the three is trying to work out every single step along the way, whereas intuition just comes in as a knowing fully formed. And then number nine, intuition tends to feel like a resonance in the body. So this is the physical body point that I was touching on earlier. It's like when we speak, our intuition or receive our intuition is like there is a physical yes. A physical harmony that drops into the body. Like when a crystal bowl is played or a bell is played, there's this resonance that can be felt through every single cell. And I think also when we feel that within us, there may feel like there's this inspiration within us, this inspiration of truth, you may feel inspired to share the truth that's come in, but there's no ulterior motive to do it. There's this, like inner yes. That, that plays within every cell of your body. So it's the wholeness of dropping in versus you know, squeezing, squeezing to try and get an answer. And yeah, the flipside, the voice of the mind, of the head can often leave me feeling like I'm trying to figure it out. I'm trying to decide I'm paralyzed, I'm confused, I'm unsure like there's a tightness, a brittleness to it versus that in a resonance that big Yes. And the expansion that happens when we feel the inner yes of our intuition.

Okay. So there are hopefully nine different ways that you can differentiate between your intuition and your mind. And as always I encourage you to just explore what feels true for you. Maybe you find it helpful to make your own short list of how you tell the difference between the voice of your head and the the wise voice within your intuition and to draw upon that when when things are feeling unclear or like you're trying to make a decision, you're like, Oh, is this my mind or is this my inner voice? . Obviously the tool of soul Inquiry is a great one to do, and we'll be doing that in just a moment as well. And we do that with every episode too. And also keen to hear how you resonate with the different intuitive senses. Like what do you see as your your main intuitive sense? Working with our intuition really is a life's work. I think that the more we develop a relationship with our inner self, the more we consult with our own inner wisdom, the deeper the relationship gets and the more we learn to trust it as well.

I've definitely seen the miracles that can potentially unfold when we shift our life into alignment, to deepening that relationship with the inner self and and hearing our intuition and acting on our intuition for sure, doing the work to listen deeply really can be life changing. So maybe your new to developing the relationship with the inner self the intuition. Or maybe you've been doing it for many, many decades. I think this really is a life's work and I just want to encourage you. I'm definitely always encouraging myself to find the courage to show up and listen and then act on those wise whispers. Because I really do believe that our intuition, it's one of life's greatest mysteries, but I really do believe it is tapped into a greater intelligence. And when we

do find the courage to listen to and act on it, wow. Like we really just like the daffodil, just like the rose, just like the cherry blossom. We find our own unique path and our own unique expression and purpose in the world. But it does require, the daily action. It's not a one time thing. At the end of every episode of this podcast, as always, we do a guided soul inquiry, journaling exercise, and so be I provide a soul inquiry prompt to help you to receive that wisdom within the voice of your soul, of your intuition. Soul inquiry is a practice where we enter into a direct dialog with our inner self. With the wisdom within. As I mentioned earlier, I really like to write my answers as I find I receive them more deeply that way. But feel free to do whatever works for you. You can speak it out loud or just you put your hand on your heart and tune in to the whispers within. So grabbing a pen and paper, if that is what you would like to do with me today, or if not placing your hand on your heart and tuning into today's soul inquiry prompt, which is:

If you trusted your intuition, what would you do? If you trusted your intuition, what would you do? If you trusted your intuition, what would you do? And now it's time to commit to a grounded action. Really acting on your inner wisdom, The voice within. I want you to write down a baby step you can take today to integrate it into your life. Baby steps you can take today.

It's been a great episode. I hope you have been inspired by it in some way. Let's all share a deep breath together as we close a sacred space that we've co-created. I'm so grateful for you being here with me. If you have a question that you would like me to talk through with you in another episode, then you can send us a voice note to podcast. [Rebecca.Campbell.me](mailto:Rebecca.Campbell.me) If you'd like to keep returning to yourself and returning here with me, then hit subscribe. If you'd like the show notes from today's episode or to sign up to receive each new episode directly to your inbox, head over to [Rebecca.Campbell.Me](mailto:Rebecca.Campbell.Me) forward slash podcast. Have a great day. If you connected with today's practice, you can receive many more practices like meditations, rituals, chants, workbooks, guided soul journeys, and also monthly live circles through the sanctuary. And you can learn more about the sanctuary at [Rebecca.Campbell.Me](mailto:Rebecca.Campbell.Me) forward slash membership.