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RETURNING
with Rebecca Campbell

**A PODCAST TO RETURN
TO THE WISDOM WITHIN**

Available on



HOW TO MAKE AN INTUITIVE DECISION QUICKLY

Episode 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.

Today, I'm sharing with you three ways that can be really helpful to make an intuitive decision quickly. I believe that every decision we make has the possibility to take us closer to, or further away from ourselves, our soul, and our alignment. So knowing how to plug into your intuition and get a clear hit quickly can save us a lot of time and turmoil. And at the end of this episode, you'll also find a guided Soul Inquiry for you to tune in and get clear on a decision that you are being called to make.

I know how precious your time is, so let's jump right into Sacred Space together now. The center of your heart, imagine your beautiful flower and with your breath invite IT to open petal by petal, revealing a light in the middle. This light is your intuitive, wise self. Invite it to be here and to step forward now. Taking a moment as well to acknowledge the keepers and custodians of the land where I am and where you are known and unknown. Beautiful. Let's begin.

I'm a big believer that so much of life's discomfort comes when we're stuck in the in-between. So we're neither here or there. We're not quite ending and we're not quite beginning. But, yes, somewhere in the becoming space, which of course is a normal part of the human journey. And it's often where we have to straddle the intense discomfort of change. And sometimes we can keep ourselves stuck in this paralysis because we feel unable to choose or know what we truly want. From something as big as changing jobs, moving house, whether to stay or end a relationship, even down to, like, what outfit to wear or what should I eat for lunch today? Knowing how to tap into our intuition and get a clear hit on it, on what feels right and most aligned can be such a helpful tool for navigating life in general with its countless choices and endless change. But in particular,

it's super helpful if we are in that in-between moment when we're not quite sure. Having these ways to connect in and receive clear guidance is super, super helpful.

So today, I'm going to be sharing my favorite three ways. They're really tools that I reach for when I want to make an intuitive decision quickly, particularly if I'm not quite sure of the answer, like my head's getting in the way. So these are my three tools to get out of the head and get to an answer if you need one. Of course, remember that sometimes, yeah, the intuitive answer we receive is wait, it's not yet time. So stay open to that. But if you need to make a decision one way or another, these tools are great.

And before we dive right in, let's take a second to get clear on what I mean when I talk about intuition and how intuition can help us make decisions. So intuition is a source of information, essentially. And information obviously is used when making decisions. So when we say, I want to tap into my intuition, really what we're saying is we want to connect with a new source of information from within to help us make better decisions. And of course, life is full of decisions. Some we navigate without much conscious thought. Others we deliberate on for weeks or even years. And I believe that intuition is such an incredible tool that we can reach for regardless of what you do professionally. Maybe you work in the intuitive field, or perhaps you're, you run a company. I make my, I reach for these three tools in particular when it comes to running my business. In particular, when I'm making a decision that doesn't feel like it should necessarily be intuitive, but I can't quite get the, like, the information for the next step. In business intuition is so underrated. So regardless what you do for work these, or in your life, these three tools are super, super helpful when you have a decision to make.

I believe that the way that most of us have been programmed from society and culture, perhaps as we were raised, is to make rational decisions based on outcomes usually linked to money, status or time. So it's these external sources that we're plugging into. Our minds have really become focused on this decision making process, which often blocks out our inner knowing, our intuitive senses and our creative solutions, because the brain is really searching for certainty and assurance. And so my teachers always said, trust your intuition, especially if it doesn't make sense because you know it's your intuition, you know you're getting a clear vision or a clear knowing. If it doesn't necessarily make sense because of your, if your mind couldn't think it up, you know, it's your intuition. I believe that intuition and creativity come from the same place. I believe that the soul speaks to us through our intuition. And so that's why, like, when you're living a soul led life, which is really what this podcast is all about, we are living an intuitive life.

And it's important to remember that our body is actually intuitive. Our intuition speaks to us through our body's senses. I've done quite a few other podcast episodes that touch on how to connect with your intuition, so you might want to listen to them. One is, like, The Key To Trusting Your Intuition. The other one I mentioned before is Is No Guidance. Guidance. That's the one to go to if

you're asking for guidance and you're not receiving it and that has been a huge learning for me. And then there's another one called How To Stop Second Guessing Your Intuition, which is all about, like, naming and discovering your main intuitive senses. All of these episodes really touch on different aspects of what intuition is and the different ways we can receive it and trust it and deepen our connection with it.

But now let's jump into the three ways to make an intuitive decision quickly. So the first one is - what lights you up? So for this one, you really start by looking at two options for the decision. So, for example, whether it's, like, I should take this job or that job, so job A or job B, or should I go to destination A or B. Whatever it is, look at the two options, and you can write them down on a Post-it note if you want, if you want to see them separate. And then you simply ask yourself, which of these options would light me up the most? Which of these options would light me up the most? Because the thing is, the option that will light you up the most is actually the option that's going to spur you into stepping into your fullest expression. It's the option that will open your heart and your soul deep into your body. And when we follow what lights us up and we really are saying yes to the flow of life, living in the flow with the universe. It is following really the hidden path of inviting your soul to lead you, your heart to lead you, which is really what living an intuitive life is all about. When you follow what lights you up, you're essentially aligning with life force and you can feel the spirit of life present in your body.

And then as well, like, when you follow what lights you up, you will then light up the world without even trying. So that's very Light Is The New Black, which was my first book. It was one of the main principles in that. Like what lights you up and follow what lights you up and you'll light up the world without even trying. So yeah, this first one is a really simple tool, but I promise you, in the journey of actually aligning your life to your purpose, if you use this simple tool on a daily basis before you know it, in a year's time or even six months time, your life will be so different. It'll be filled up with things that really, really light you up. So it's just a great way to live as well as making decisions.

And we'll return after this short break.

Another tool I love is to flip a coin and then assume the way that the coin lands will make your decision. But it's not about letting fate decide or the coin decide, or simply going with the answer that comes up heads or tails. It's actually about noticing your intuitive gut reaction to the result. So, for example, if you feel an instant rush of delight or an instant pang of, oh my God, no, then you're going to have your answer. So it's not about the coin deciding as much as it is the coin revealing your intuitive feeling and knowing on the topic, on the decision. So you're not giving your power over to the coin or, like, you know, saying the coin will decide for me. Rather, it's about you knowing what is the right answer for you, the right decision for you by recognizing your reaction to the coin toss. The coin will really reveal to you how you really feel about the options for your decision. So that's a great one. And say, let's say you've got a decision that has like three

options and so the coin toss doesn't quite work. You can also, I often use Post-it notes or just little bits of paper. So what you can do is write the three options on three different pieces of paper, or if you got four options you could do that too, four pieces of paper, and then you scrunch them up and put them in a bowl or just, like, move them around, throw them around, and then you pick one and then it's the same thing. Let it reveal to you how you really feel about the matter and let that information help you make your decision.

Then the third tip is to speak it. Sometimes we have to hear ourselves out loud or through writing to know what we really feel about something and think about something. So speaking your answer out loud into the space around you and into your body as well, because our voice is a very powerful sound current, really can shift things out of our head and into the physical, into the inner knowing. And sometimes it's not until we hear how it sounds and feel how it sounds in our body that we can properly trust it and will trust what our answer actually is. So a tool that I use is to speak it out loud. So for example, I'll say my soul's calling me to..., or I'm being called to let go of..., and then you fill in the blank. Or the job that I'm most being called to take is... Or the book title that's most right for me is... And you're going to say it out loud. And so, yeah, if you're speaking it out loud, you're really tapping into the power of your voice. And when you use your voice, you can feel it in your body. I find that when I'm speaking from my soul, my intuition, something that's true, my voice kind of, like, drops into my belly a little bit more. The cadence slows down and there's a resonance that I can feel. And it's also a lower voice. Whereas if I'm trying to convince myself or I'm just trying to do the thing that feels right, my voice would probably go up a little bit higher and you might feel a bit stuck in my body. So, yeah, notice how it feels in your body when you speak your answer or answers and let that help you decide. I find that sometimes we can just carry so much in our head that when we speak it out loud, sometimes we can hear it and be, like, oh my gosh, yes, that's true. But sometimes we've been convincing ourselves of something for so long that we think it's right. But then when we say it out loud, we can just feel that it doesn't feel congruent in your body.

So you can do this practice on your own. You could do it by recording, like, a voice note even. Even recording a voice note to a friend, like, if you can just, kind of like, hash it out with them on a voice note. Maybe you send it, maybe you don't. Or, yeah, if you've got someone having coffee with you can say, hey, can I just try this on? I'm not quite sure how I feel about this, but can I talk it out? And pay attention to how it sounds and resonates within both of your bodies too. And the other thing that you can do is you could ask your friend to say it back to you and see what feels true in your body and their body then as well.

And then another way to do this and this is a practice I do all the time is really quick, intuitive writing. So if I've got a question and I do this so much in my business, like literally I'll go to a meeting, I've got a notebook, and if I have to have an answer or have a title for something or, yeah, make a decision, I'll very often say, hey, I need 5 minutes, I just need to journal on this. And I'll go.

And sometimes it'll literally take 30 seconds. But what I essentially do is I connect in with God or the energy that I'm working with on a particular creative project. And I ask the direct question of, like, which of these is the best one to do? Or, please guide me, help me make this decision, what should the decision be? And often it only takes, like, 30 or 60 seconds, but so often I will get the answer so quickly and it shifts really, really fast. So yes.

So these are my three tips on how to make an intuitive decision quickly. Give them a go the next time you're feeling stuck or unsure. And don't forget that intuition is a muscle that we can work out. The more we use it, the more we trust it, the clearer it gets. And as always, intuition is pointless unless you act on it. So put those baby steps into action always. I promise it can be truly life changing.

So talking about grounded action, today's Soul Inquiry prompt is - what decision are you being called to make? And from all of the options, which option would light you up the most? Let's all share a deep breath together as we close this Sacred Space. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you love this podcast, leaving a review or a five-star rating really, really helps others to find it too. And as always, you can find the show notes from today's episode over at rebeccacampbell.me/podcast. Thank you for returning.