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HOW TO SURVIVE AND THRIVE IN THIS ECONOMIC MESS **ON PAGE 90**

Trust your intuition

With relationships, that **'gut feeling'** is key to making right moves

BY SHEREE FRANKLIN

You know when someone is right (or wrong) for you. You just know it. You feel it. Most of us use logic when making a decision. We also have an internal tool to guide us in life and love—it is called intuition, that gut feeling. Learning to command your inner knowing will help you gain confidence and clarity as well as take action in your love life.

■ **Know how intuition feels.** You experience inner awareness in your dreams, by quieting the mind and by using your five senses, which act as inner compasses to help guide us. Physical signs, such as a “tightening in the stomach,” alert you that something has affected you deeply. That’s when you should listen to your inner voice.

Women are especially insightful about emotional clues. When we get overly emotional, it affects our ability to accurately perceive our intuition. After a first sexual encounter, many women already have connected deeply with their partner. Some men sense this, and if commitment is not in their plans, they know that a second horizontal two-step could have serious implications. Some men then move into the “Houdini” mode—they disappear. Slow the script and don’t rush into intimacy.

Our brain is like a computer: It stores our thoughts, feelings and emotions in the data bank of our subconscious mind. When the brain connects on all levels, our intuition develops. We can train the brain and be more intuitive and aware of what is going on around us and in our heads and hearts. Have you ever noticed right before a car accident, everything seems to slow down and you become aware of all the sights and sounds around you? This is what happens when you operate in pure consciousness. We also operate in pure consciousness when we are engaged in sex.

■ **Learn to trust (not deny) your intuition.** Many men and women tell of knowing that something was wrong in their relationship long before there was evidence. Those who trusted

that feeling and communicated their concerns early were more likely to fix their problems. When we exercise our intuitive muscle, it gets stronger. When we ignore it, it retreats. Look at your relationship patterns to determine whether you are paying attention to your inner knowing. You will become more powerful when you ask yourself from the very beginning, “Is this person right or wrong for me?” I advise clients to ask potential partners questions that can be verified—such as school, jobs, addresses. Take the time to connect deeply with your heart and look the person in the eyes and take note of their reaction.

■ **Pay attention to warning signs.** When dating, note how the person treats those in service positions. A woman recently told me about a suitor who constantly argued and insulted waiters. “I knew there were deeper issues and decided not to marry him,” she told me. She followed her inner feeling. Another woman proceeded to date a man she met at a singles bar, even though she knew he was a player. After several months of heartache and encounters with his other women, she ended it. Initially she ignored her intuition, and she paid a price for it. Remember the old adage “buyer beware.” If something or someone sounds or looks too good to be true, it probably is.

■ **Strengthen your intuition.**

Clearing the chaos—fears, worries and emotional hurts—out of your mind is important in developing intuition. As one of my spiritual teachers told me, “We must be present within our presence at all times.” Operating in a higher consciousness will allow you to believe that you are being divinely guided in all areas of your life.

Strengthening your intuition is another way of learning more about yourself. Turn off the computer, cell phone and television; write down your deepest life dreams and desires for a partner. Experience with all your senses what your life will feel like with that relationship. Inner awareness is connected with our imaging and dreaming self. Let it know that you are listening. Change comes from within.

The ability to receive and give love is one of God’s greatest gifts. Strengthening our intuitive muscle will make it easier to create the right relationship with the right partner at the right time!

—Sheree Franklin is a life coach and entrepreneur who specializes in intuitive coaching. shereefranklin.com



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