

Procrastination and Intuition

Would all of you who would consider yourselves to be the great procrastinators of the world please stand up...or... maybe you want some time to think about it first and perhaps talk to a few people about it, or do some research on the internet...there's probably a lot of books out there about it as well and anyway sure what's the hurry in standing up...I mean that could be done tomorrow, or the next day...mind you, there's a lot going on this week and next week, so yeah, maybe sometime next month!

Would all you intuitive types out there please stand up...oh...you're already standing!
But of course you are!

Procrastination

In the coaching world we talk a lot about procrastination .Its a label that is easily placed on certain thought processes and behaviours. It has become easy to identify both in ourselves and in our peers, work colleagues, spouses/partners, friends, family and particularly our coaching clients. We listen and we hear the excuses loud and clear. We help the other person to listen to themselves and they can see it as well. Sometimes, particularly with clients it is received and talked about in a light hearted fashion. As coaches we know that bringing lightness into the session helps the client to deal with things easier and minimizes possible resistance to the subject matter.

Sometimes as well, the client's issues are quite emotional whether they be personal or business related, and the coach will allow the client time to gain an understanding of the emotions at play with taking action versus procrastinating generally being the context. The coach will assist the client to see where and how they are procrastinating and then help them to design action plans to deal with and move the issue forward.

But what if what looks like and even feels like procrastination isn't after all procrastination?! What if the "lame" excuses, the distractions, the confusion, the fear of taking action, or the "not yet" syndrome are not clear identifiable examples of procrastination but rather are examples of you not listening to and trusting your intuition! What if the reason you were "taking forever" to make a decision on something important was because you intuitively felt that this action or decision was wrong for you but you were afraid to believe in it, afraid to trust it, because all the logic (and the people around you) pointed to making that decision or taking that action and therefore you delayed taking the action?

Indecision or Intuition?

So is it indecision or intuition? How would we know the difference? This can be quite difficult, as the emphasis these days is nearly always on taking action. We live in a very impatient world. Everything seems to be happening at speed, and we seem to be constantly under pressure to keep up or else we will be left behind. The pace of life can

be frightening and with each passing year, time seems to be accelerating. The age we are living in is often called the Information Age. It could just as easily be called the Instant Age or the Impatient Age. Even in coaching we are helping and encouraging people to set goals and get moving with their lives! It is so easy to lose sight, sound and sense of ourselves amidst all the rush and busyness. Yet, now more than ever, we need to know ourselves. We need to hold on to who we are and our intuition is our connection and communication system to who we are.

Intuition

Intuition literally means to “teach from within”, so by listening to the self (teacher) within, we learn about ourselves and our lives. Imagine we are students in class trying to learn an important subject, in fact, the most important subject and we are being distracted by all sorts of things going on around us. We wouldn’t be able to hear the teacher and we wouldn’t learn a lot! Unfortunately, for most of us, most of the time, that’s what it is like with our intuition! If it is, we need to change it now. Being able to listen to our inner teacher and the important lessons being passed on to us all the time is crucial to us being able to live the lives that we want.

We are often inspired and motivated by great writers and great speakers. We take in everything they say and write because we trust in them and believe in them. What they are saying and writing resonates at some level with us. We listen to it and try our best to take it on board. We also keep going back for more. These people are great resources for us all. But we all have a much greater, purer and wiser resource available to us than even the wisest ones out there. It is our inner teacher, our intuition, our gut, our heart. It is great to trust in, read, and listen to, the likes of Deepak Chopra, Wayne Dyer, Don Miguel Ruiz, Eckhart Tolle etc., but let us use these wise teachers’ words as a reinforcement of the learning we can get from our own inner wise one – our intuition.

The reason we can resonate with the words of our external teachers is simply and solely because of our intuition. When we hear or read the wise words of these teachers, our intuition tells us that this is right, this is good, this is important, this is vital, because our intuition already knows. These great external teachers reflect our intuition back to ourselves and we listen because we believe in them. It is now time to believe in ourselves. It is now time to listen to ourselves. It is now time to be guided by ourselves and not just in the “important” things, but in all things.

By listening to our intuition and by committing ourselves to this process on an ongoing basis we develop as much trust and belief in our inner teacher as we do in our external ones, and the more we do this, the more fine tuned our intuition becomes and the more we can truly live the life we want. Many things of course can get in the way of this process and we need to be very vigilant to ensure we are able to access the best possible guidance in any and every given situation.

Procrastination and Intuition

Basically, procrastination happens in our absence and intuition happens in our presence. To be absent to our true selves, our spirits, we close the important communication lines of intuition, gut and heart. Those lines are still there, they are always there, but we (and only we have the power to do this) close ourselves off from them. Intuition allows the presence of flow which is of course the manifestation of the energy of spirit in the material world. Procrastination is not the opposite to intuition as many other things also happen in our absence, rather it is a mind based process which unfolds as a result of the lack of connection to spirit.

Spiritual Intelligence

We know at this stage about emotional intelligence. We know that it basically means to be aware of our emotions and to be intelligent about managing them. We know how important this is as we go about our daily lives and how being emotionally intelligent dramatically improves our lives. But what about spiritual intelligence and its importance? Ask yourself what is it within you that becomes aware of your emotions. Ask yourself where awareness comes from or even what it is. Even in our new found awareness we can take awareness for granted! Awareness is the call, the echo, the message from beyond the mind. It is filled with clarity and peace. It is pure. It is non judgemental and ever loving. It is essence. It is Spirit. So, underpinning emotional intelligence is spiritual intelligence, always.

Being aware of our Spirit is vital to us, because it is our vitality (life). We seem to have spent so much of our time in our minds and away from our spirits, but that needs to change now. We can no longer be “separate” from our spirits. In reality of course we are never separate from anything as all is one, but filtered through the mind things can appear separate. The mind has spawned many lies, but this separation from spirit is the greatest lie of them all. Perhaps this is the real original sin (sin incidentally is the Spanish word for “without”!).

How do we bring spirit more into our lives? Firstly by recognising spirit is life, and by understanding that mind and body have been created by spirit to allow spirit to manifest fully in the physical plane. The essence of spirit is lightness (both the opposite to dark and heavy) so in order to manifest fully in such a dense heavy energy field (matter), mind and body were created to act as vehicles for spirit, with the ultimate objective of complete integration, with the body and mind then falling away when it is no longer required (not that I am advocating that this happens before we pass on to the next life!). We need to allow spirit to flow into everything we do in our lives, through our thoughts, emotions, actions, behaviours and habits. We are the only ones stopping this from happening. We need to get out of our own way.

When we have a sense of peace and happiness within us about something, this is a strong indicator that we are in our presence and operating from spirit. When something feels “right”, we get that sense of peace. However when something feels “wrong”, this is a

strong indicator that whatever is going on doesn't seem to fit and our intuition is trying to alert us to change our course or do something different. As we practise listening to and trusting our inner selves, we begin to differentiate between our intuition and our procrastinating mind.

How do we deal with procrastination?

We must first and foremost learn to recognise it in action, be it our thought processes or our behaviours or our actions. We can learn to do this by checking in with ourselves a lot more and by not assuming that the way we are is the way we want to be. We need to allow our spirits to be far more active and engaged in our daily lives than we currently do. This basically means being far more present in our daily lives. If you find yourself being rushed or stressed, you are not being present. If you are bored and have nothing to do, you are not being present. If you are caught up in conflict with another person, you are not being present. If you are experiencing conflict about some issue within yourself, you are not being present. If you are for some reason not dealing with what is facing you in any given moment, you are not being present. If you are completely stuck on some issue, you are not being present. If you are reacting to someone or something, you are not being present. If you are experiencing neediness about someone or something, you are not being present. If your emotions (good or bad) are controlling you, you are not being present. If you are not at peace, you are not being present. So, how do we deal with procrastination? Yes, you've guessed it! By being present!

How can we be present?

Perhaps this is not as hard as you might imagine. Being present means presenting yourself (your spirit) to the moment, every moment. Not just presenting your mind or your body, which we normally do. That which gives life to both of these needs to be fully involved at all times. The more involved you are in your own life the more you live the life you want. Being present gets rid of effort. Your life can be lived more and more with effortless ease. This is what flow is. When there is no separation between your inner life and your outer life, there is flow. When you see that in fact, not alone can there be no separation between inner and outer life, but that what appears to be outer, is only a projection of the inner. There is in reality only your inner life being played out on a stage!

You are not living within life...life is living within you!
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If you are not present in your life, you are absent from it. When you are absent from it, things start to happen that are not good for you. These are things that you, and only you, can identify and can notice. Watch what you are doing to yourself. If what you are doing to yourself is not good for you, then stop it. If you are blaming others for what is happening, then you cannot stop it from happening. Only when you own what is happening in your life, can you truly own your life. It is only then you can start making the choices that make sense to you, that resonate within you, that you truly start living

your life. When you are not doing this, you are effectively handing yourself over as a hostage to mental and emotional energies that then use you to seek ransom for their own egocentric ends! Don't allow yourself to be a hostage! Take charge of your life now in all that you say and do.

Coaching Clients

It is important that you act as a wise guide to your clients. Sitting with them, listening to them, tuning in, picking up, giving back. Within this process you can help your clients to also differentiate between procrastination and intuition. The more you recognise it in yourself the more attuned you become to it in others. You can help them to tease out what is going on within them. Talk to them about their intuition, their gut, and their heart. Help them to focus on their feelings, and to start listening to themselves more. When they do this they will trust in themselves and believe in themselves more. Their intuition will become clearer, more tuned in. You will notice this happening as they move through their sessions with you. Make sure you reflect this back to them. Just like you, the more they take charge of their lives and own their lives the better their lives become.