

Close your eyes and see, intuition will lead the way

By Ruth Ostrow

A FRIEND was worried recently about a rumour that was being spread about her. The story was untrue and cast her in a bad light.

I reassured her with my belief: it doesn't matter what stories circulate about us and it doesn't matter what people say, those who meet us or know us will always be able to see the truth behind it all.

Even more relevant, it doesn't matter what facade we ourselves put up, or what we pretend to be the case, people will always feel and intuit the truth behind our behaviour.

For instance, when we try to look tough or over-confident the chances are that people around us will tune into the fear and insecurity beneath it all, and see the trembling child who is forced to cloak himself or herself in a sheath of arrogance.

In times of my greatest sorrow, I have dressed myself up like a peacock and smiled to the world, only to be greeted by sad nods as friends have seen through the brave front.

In other words, we are known at a deeper level than we would care to admit, despite our stellar performances and the image we think we have sold to others. Those around us know our foibles, know whether we are mean or generous, trustworthy or sneaky, know what we are capable of, and know what we are feeling, often more accurately than we do.

Some of this "knowing" boils down to body language. It is said that 80 per cent of all communication is non-verbal and we do pick up cues both consciously and unconsciously. When we are angry, our skin changes colour; when we are attracted to someone we bare our teeth, and point our feet in the direction of certain body parts in a tell-tale way; when we are insecure, we scratch our faces and fiddle with our hair; and when we are frightened we give off a certain scent.

But there is also another level of knowing and being known that is not discussed in polite society.

I recently attended a lecture on intuition. The lecture reflected a similar view to mine -- that even without body language, we know a great deal more about people than we could ever imagine possible. But we don't allow ourselves to believe the wisdom we flash on, largely because we are trained to believe only what we can see or hear.

Without looking around the room, we were asked to walk up to a total stranger and sit in front of him or her. I ended up with a plainly-dressed, average fellow. I had not met the man before, knew nothing about him, and I did not get many visual clues from him as we were asked to close our eyes immediately.

For a short while we were guided through a relaxation exercise which included deep breathing and a technique to help us tune into the person in front of us. Then we were told to say what we intuited about the other person.

For no reason, absolutely no reason, I opened my mouth and told the guy that he was frustrated in his job and that he was going to end up working in the area of architecture and specialising in interior design.

I said I didn't know much about that field but that I saw those words written in front of my eyes, and I saw him walking around a large inner-city apartment which he had designed.

Then I sat there feeling silly and waiting to be discredited.

The answer surprised me. Yes, he was unhappy, and yes he was about to enrol in a college that offered interior design in his home town of Sydney, and yes he was at present working on designing an inner-city apartment.

The exercise was repeated several times, with complete strangers, to demonstrate the accuracy of what happens when we vibe into people, or let ourselves know things about them. I was told many accurate things.

For instance, I've been searching for a chi gung master to study with these past few months -- yearning for the peace of mind I find only when doing moving meditation. A 16-year-old girl I teamed up with, who didn't even know my first name, said: "You will find inner peace by doing tai chi or chi gung, then opened her eyes and asked me what that all meant." Whilst I'm as dubious as anyone about so-called "psychics" who see the bleeding obvious -- a broken heart, a new love -- such words as interior designer, architecture, or chi gung seem too specific to be coincidental. And it has become clear to me, listening to results from around the room, that we do intuit or mind read instinctively.

I think we need to trust what we know about others and what they know about us. Of course, there is no scientific proof behind what happened to me, and sceptics would have a field day reading this. Except I say this -- my pets have always sensed things well before they have happened. Are we humans not animals?

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