

## You Know Best Go With Your Gut

**"You have to trust your inner knowing. If you have a clear mind...you won't have to search for direction. Direction will come to you."**

- Phil Jackson

Have you ever been so sure about something only to share it with someone who makes you doubt yourself or even talks you out of your decision? Welcome to the ranks of humankind. It happens to all of us and maybe more than we would like to admit .

A couple of weeks ago this happened to me. Although this time, I was the one guilty of doubting myself and my decision. Luckily, the next day I was blessed with a small yet powerful lesson that reminded me, I do know what is best and to continue to go with my gut.

I was driving into Boston to meet a friend for lunch. It was one of those cold rainy days, which can make parking quite an ordeal. I needed all the help I could get, so before I left the house I started visualizing and talking to my 'parking angels' to help me secure a spot. Yes, thank you! I found an open spot pretty quickly. I had some time to kill so I pulled out my book and read for a bit. Out of the blue, I had this random thought, what if the parking meter is out of order? I thought, that is ridiculous, and kept on reading. It kept weighing on my mind though and I started to think more on this. What if it is true? After all, no car had been parked there. Ahh, can't be, I thought again. I found myself going back and forth in a no-win debate between my logical side and gut instincts. I was exhausted! Then I noticed the woman parked in front of me was leaving her space. I felt strongly that I pull my car up one more spot and just be done with this! Feeling like a freak, I followed my gut anyway, pulled up my car and went about reading my book until it was time to go. When I got out of the car to put money in the meter, low and behold, the meter from the spot I had just moved from was out of order!! I could not believe it, and started laughing out loud!! I felt I had just been tested and taught a lesson I needed to learn. I exclaimed to myself, I've got it! Thank you!

Walking down the street, I noticed I had more spring in my step even though I had just doubted the NOW wonderful ways of my mind and gut. Sound familiar? Phew, I thought. I wasn't so bad after all. In fact, I was pretty darn good! What's next? I'm ready! Then I thought, how many times a day do these things happen to all of us? Do we tune into these happenings easily ? Are we too busy to even notice? Or do we discredit them altogether because they defy logic?

Did you know that 80% of your immune system is in your gut, and that your gut has more nerve endings than your spinal cord. Maybe there is something to this gut feeling that we all experience!

We live in such a fast-paced society that there is no time to slow down and sometimes 'get' these moments. As a result, we have gotten out of touch with our gut instinct or inner compass that is always guiding and showing us the way.

The bottom line is, we do know what is best for ourselves, and nobody else knows better! If we can slow down our minds, get closer to our core and see what we feel, we can start to recognize and act more on these moments. They come to us in an instant and are as small as a whisper, a feeling or strong desire to follow-through on something big or small. Yet, if we are not in a clear state of mind or don't trust ourselves enough to act, they come and they go. And most times come back to haunt us in form of regrets: I wish I had done ...., I should have, would have, could have, etc.

For total well-being, we need to be more in touch with our gut. The more you learn to act on and make decisions from this place, the more authentic you and your life will be. Because your gut, that core place, is the REAL you without ego, and always knows what is best!

As Steve Jobs says, "Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

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