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## Deb Wilber, MBA


Coach • Author • Speaker

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Deb Wilber, MBA

# ARE YOU LISTENING TO YOUR INTUITION?

Are you listening to your intuition, your sixth sense, gut feelings and nagging thoughts? I try to listen to my intuition all the time, but sometimes it gets tricky. I would like to share a recent experience with you to illustrate.

I was spending a typical day at home; checking email, running errands and working on client files. Everything was fine but I found that I couldn't settle down. I had a weird stomach ache. I was jumpy. This doesn't happen to me often, so I noticed it, but couldn't put my finger on it. My intuition was sending me a message.

My father called in the early afternoon to advise that my mother was ill and he didn't like the way she looked. My father is a pretty carefree guy, so when he calls and asks for help, I usually run. As I drove to their home, I realized the last time I felt unsettled like this was about a year ago. At that time, I blamed it on too much news or too much coffee. It turned out, my mom was sick that day. It all starts making sense.

My father and I are seasoned in triaging my mother's health. She has a myriad of neurological disorders (dementia, Parkinson's disease and Alzheimer's) in addition to Type 2 diabetes and high blood pressure. She wasn't in any distress. She was a bit sluggish, not talking, and somewhat confused. She also had an upset stomach with some vomiting. The temperature had changed nearly 40 degrees in the past couple of days, so it was much warmer. I thought she was dehydrated. Dad was convinced it was her lunch. Now what?

I'm a problem solver, it's one of my superpowers! I started working through solutions out loud with my father. If we call 911, if we take her to the ER or to urgent care, what happens next?

We have experience here and know what happens: she will be admitted to the hospital (most likely for dehydration) and she will give up, become weak in a hospital bed then be

sent to rehab. It's not a good scenario. So we follow our intuition.

My very intuitive father and I start monitoring her in 15 minute increments. I make her walk around, we take her blood pressure, we give her small sips of water and we wait. Mom looks a little better in 15 minutes, so we do it again. Water, walk, sit up and wait. She starts perking up and talking. Then she starts getting aggravated with me because I am hovering over her. We are on the road to recovery!


Within two hours, my mother and I were in the car, running an errand and singing "Over the Rainbow" very loudly and off key but smiling and laughing all the way. Emergency diverted.

I don't recommend not calling 911 or not seeking medical attention in an emergency. Every situation is different. Mom's health is a challenge. She doesn't speak much anymore and when you need to her communicate how she is feeling to a medical professional she shuts down and they take over.

In this case, my dad and I both knew in our gut, it wasn't an emergency, though we questioned our own intuition for a few minutes and made some calls and kept waiting. If my mom had taken a turn for the worst, we would have called 911 or gone to the ER in a skinny minute. But she didn't, she got better. Our intuition was right.

Are you paying attention to those guts feelings, messages or winks from the Universe? In this case, it was medical situation but our intuition is always sending us messages for use in all situations. We need to raise our awareness and pay attention.

The most important part of using intuition is acting upon the information. Learn to trust and then act upon your intuition. Try it with simple decisions and exercise your intuitive muscles. Learn to trust your intuition in all situations. It's everyone's superpower!



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