

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Anxiety versus Intuition

I know many of you will have the question of how does one differentiate between ones intuition and ones anxiety.

The thing about anxiety is it often overrides our intuition. It makes us ungrounded and our anxious thoughts become very loud, to the point where we can't hear or notice the intuitive impressions coming through. Or the anxiety muddles the intuitive impressions, our fears twisting them into something completely different.

I myself have anxiety and PTSD, and I will go through periods where my anxiety is much worse than normal, and periods where I barely notice it. If I am going through a period where my anxiety is bad, like if my ptsd was triggered, then I will often have obsessive thoughts, and also intrusive thoughts. Obsessive thoughts is essentially where my brain obsesses over something almost all day and night and I can't for the life of me let it go. Intrusive thoughts is where my brain will interject my normal thinking or normal day-to-day existence with very disturbing thoughts out of the blue. These are often disturbing thoughts about harm happening to myself, harm happening to my loved ones, or about myself harming others. Now, I want to mention these things because I know there are many people out there who have anxiety, and I want to distinguish between what I mentioned before with the intuitive out-of-the-blue thoughts and non-intuitive intrusive thoughts., and distinguish between the intuitive repeating thoughts and non-intuitive obsessive thoughts. Because these are not at all the same.



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Anxiety puts us on high alert for things that aren't there. Anxiety likes to be graphic and disturbing, while intuition is straight to the point. Anxiety is often frantic in its energy, while intuition is grounded.

If we struggle with anxiety and want to distinguish between the anxious thoughts and intuitive thoughts, we need to be very mindful of where we are at mentally and emotionally, and energetically that day, and take that into account. Are we feeling grounded and centered that day? Or not so much?

If you struggle with anxiety, doing things that help you feel grounded and centered and mindful is how you'll best be able to hear your intuition through the noise of anxiety. You might need to up your self-care strategies when you're feeling anxious. You might need to carve out time for some grounding meditations to help you get centered.

If you haven't already, then you might consider finding a therapist who can help you work through the anxiety. I myself have a therapist who has been very helpful for my own understanding of how my brain works. My therapist happens to have a background in shamanism while also being a legit therapist, so I can speak freely about being a psychic medium and animal communicator, while also getting help for the anxiety disorders that I have that affect my daily life. Even if you can't find one who is well-versed in things like intuition, then it's still worth finding one who



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can be a good fit in other ways to help you understand your anxiety. The more you can understand the ways your own brain works and the ways in which it isn't working as great, the more you can understand how to support yourself, and the more your intuition can come to the foreground in your day-to-day life.

Please note that finding a therapist can be a bit like dating. You aren't necessarily going to find the best fit for you the first try. You might need to try a few different ones to find a good fit. The key is to not give up if you don't like the first therapist you try. There are many different types of therapists out there, and many of them have certain specialties that might work better for you.

And also another note I want to add, about meditation, is that there are going to be some who feel like their anxiety gets worse with meditation. So meditation isn't necessarily a one-size-fits-all situation either. This is another reason why working with a therapist might be helpful, to work through that stuff, and help you feel generally much more mentally healthy and grounded and understand your anxiety better as well as understand what triggers it and why, and heal through those things.