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These steps can help unlock intuitive thought

No one needs a Ph.D. to know that companies are going by the wayside. Even companies that people fantasize working for have initiated layoffs for the first time in history. For example, Google, the Silicon Valley wonder, gave the ax to some of its own.

This past week, I've had multiple conversations with people who are either on the verge of a layoff or have been laid off. One of them is within my own family.

According to Anne Salisbury, a business consultant and intuitive expert who does have a Ph.D., "The ripple factor is in play. When people buy fewer products, cash flow declines for business owners. They can't pay their bills or meet payroll demands, so everyone has less to spend."

Salisbury's advice to both sides — the employee who is facing the pink slip and the employer who is issuing one — is, "Go inside and get focused. Whichever side of the fence you are on, you've got to get grounded before you can come up with good solutions. Start tapping your intuition to identify your options."

Her recently released book, "Eureka! Understanding and Using the Power of Your Intuition" (www.GoIntuition.com), identifies seven steps to tapping into your intuition — from prepping for a layoff, to

dealing with it, to refocusing on what you want to do and where you want to go.

Salisbury and her partner, Greg Meyerhoff, have created the Eureka System of ACT and LEAP for kick-starting your intuition. It includes:

Step 1. Ask the question. What do I need to do to get a new job, advance my career, save my job, save my business? You've got to ask for what you really want. It's the critical first step.

Step 2. Clarify what you want. Define it. Do you want a better job? What does a better job look like? If you just say you want "a job to pay the bills," you could end up checking returns at Wal-Mart (well, it is a job with a paycheck).

Your unconscious mind needs you to be specific. What's not so hot about the last job you had? What do you mean by better? It's essential to define and clarify what you want. Otherwise, who knows what you are going to get.

Step 3. Apply some tools. Your tools could be as simple as talking positively, engaging in mediation, reading inspirational or motivation books, visualizing yourself in a good situation, brainstorming, practicing some self-hypnosis, listening to your dreams.

You need to help yourself step away from the bad news so you can hear your intuition. Engaging in "happy hour" therapy isn't the answer.

Step 4. Let go of thinking about it. If you hold onto your goal too tightly, allowing the situation to consume you 24/7, any resolution becomes distant. You need

a break — taking a walk or run, playing with the kids, a movie marathon — anything where you don't take your problems with you.

Take a long shower, a walk or a nap. Read something with no apparent purpose. Letting go enables your creative juices to flow. You have put your intuition to work now, so you can relax.

Step 5. Eureka! The "aha moment" strikes. You wonder why you hadn't thought of the situation/solution/idea before. It usually hits suddenly; it could come from something you hear on the radio or see on TV. You could hear a phrase in a song or in the middle of a

KEY TIPS

Anne Salisbury's book "Eureka! Understanding and Using the Power of Your Intuition," lists seven steps for kick-starting your intuition.

Step 1: Ask the question.

Step 2: Clarify what you want.

Step 3: Apply some tools.

Step 4: Let go of thinking about it.

Step 5: Eureka! The "aha moment" strikes.

Step 6: Act upon your eureka moment. Take action on your "aha."

Step 7: Proof comes from actions.

conversation with a friend. Whatever the trigger is, it happens.

Salisbury calls this the "intuitive flash." It is often easy to discount because of the way it arrives. It can appear suddenly and

with little fanfare.

Step 6. Act upon your eureka moment. Take action on your "aha." Within a short period of time, you'll be able to determine if your intuition was in play or if you just falsely imagined a course of action to take.

Step 7. Proof comes from actions. Does it feel right? Are things falling into place? If so, your intuition is in play. If not, go back to Step 1. Ask your question again and continue through the process.

There are high levels of stress everywhere. When there's stress, it's common for creativity to be crimped. Fear of the unknown lurks everywhere — what's going to happen? Will I get a decent job? Can I pay my bills? Keep my house? Will my retirement funds rebound? Will I ever have any investments again?

Fear stifles your intuition. The few exceptions include life-threatening situations where your adrenalin kicks in, overriding the fear factor. At this point, your intuition surfaces, enabling you to take action.

So, don't berate yourself if you've been axed. Maybe you didn't hear the rumor mill that the company was in trouble or there was a shift in management.

You got hit by a 2-by-4. Your goal now is to not be run over by a Mack truck. Try Salisbury's seven steps. Your intuition could be your new best friend.

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Career Moves



Judith Briles