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*“Your intuition
can serve as your
“inner doctor”.”*



Accepting that you
do have the ability
to tap into your
intuition helps you
to LEARN HOW
TO TRUST
YOURSELF

Fun Quote:

“There are things
known, and there
are things unknown,
and in between are
the doors.”
~ Jim Morrison

YOUR INNER DOCTOR

It's not purely optometric training that helps me understand a child's behavior in relation to their visual abilities and/or inabilities. Each time a child steps into my exam room and sits on my chair, I sense much more about them than just what and how he or she sees. Often, after examining an anxious/troubled child I will typically turn to their mother and ask how long her child has had difficulty with issues of defiance (for instance) and their subsequent behavior. It wasn't just what they said in the exam, but more about how I felt about their child and their child's responses. The mother's response is usually, "how did you know that in just 15 minutes"?

When we suddenly have insight without knowing how we have gotten it, we've tapped into our intuition. It's that sixth sense that appears to be sending us clues about the world around us and quite often directions for what we need to do. Intuition is a particular style of processing information, trying to make sense of the world around us. If we are willing to take information from all our sources i.e. sensory, motor, intellectual, emotional, and intuitive, we get a much fuller picture of what's going on in front of us.

Intuition is recognizable by therapists, doctors, business people and especially parents. It guides us about love, health and work. Parents quite often have feelings about their children that they may not be able to explain or even at times express. Recognize that these feelings can potentially bring you information that you won't receive from any other source. These messages are sent to us, yet we often dismiss these signals because we have been taught to think in only logical and rational ways.

Now here is the issue, your intuition can serve as your **“inner doctor”** when you seek advice, especially when it comes to your child; what their aches and pains really mean, which doctor to take them to see, whether or not to have a particular medical or therapeutic procedure done or medication taken and more. It can have an everlasting effect on your child's health.

So what does intuition feel like? Different people experience intuition in many different ways. You may feel a “knowing” – “gut instinct”. Or, the sensation may be at the level of your heart, a sudden sensation you can't precisely place. It may be a slightly queasy feeling, hairs stand on end, heart beat quickens, a chill, a burning or tingling sensation. In any event you have the opportunity to open up to what you're feeling and consider what your intuition is saying to you.

Don't expect your intuition to totally relieve you of your decision-making responsibilities. Active intuition provides greater options not absolute answers. Intuition is something that adds to your intellect. Because your intuition tends to be strongest in those areas of your life where you are highly motivated or deeply involved, it can be an ideal partner for creating optimum health for your children.

Success in awakening your intuition is usually difficult for every person. Here are some ways that you can stimulate that awakening.

1. Create a distraction – occupy your logical mind with a simple task.
2. Ask and you shall receive – pose a clear and relevant question.
3. Take it all in – collect images and feelings you receive in response to our question.
4. Get the facts – scrutinize your intuitive impressions and check them with reality.

Beyond all else, know that the feelings you have about your child are usually real. Don't give up to the response that you worry too much or that you need to see the facts.

The real fact is that parents, especially mothers, know more about their children than anyone else. Follow your gut, follow your inner doctor, and follow your intuition.

Reference:

Cameron, Elizabeth. *Mind/Body, Natural Health*; July-August 1997, pp54-58.

Q & A

Q: I'm not quite sure if something is going on with my daughter's vision. I have read about symptoms that can point to visual issues but there isn't anything solid that I can relate to. Would it be silly for me to have her vision examined anyway?

P. Stern, New Jersey

A: No, when you feel that something is going on with your child the likelihood that there could be an issue is strong. What we need to find out is what? A Pediatric Behavioral Optometrist will identify whether her symptoms relate to her visual function. Go!

Dr. W