

An excerpt from **God, Please Fix Me!**
By Nancy Nichols
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Chapter 13
Intuition: A Woman's Supernatural Knowing

**“God gave women intuition and femininity. Used properly,
the combination easily jumbles the brain of any man I’ve ever met.”**

—Farrah Fawcett

Where do life's worst mistakes come from? You know, the ones we look back on, we regret, we grieve over, and we say:

If only I had done things differently.

If only I had taken a different path.

If only I had asked more questions and thought things through.

If only I had listened to my heart and followed my gut instincts.

If only I had just said—NO!

Intuition is knowing without thinking.

Intuition is a powerful, supernatural, subconscious process which senses the truth without thought, knowledge or rationale. It is the divine ability to discern the underlying nature of people: if they are genuine or phony. If they are honest or dishonest. If they have concealed self-serving motives. Sometimes it is the uneasy vibes of our sub-conscious telling us something is wrong. *“I felt it in my bones,”* you say.

Tracie Dean drove 300 miles out of her way to follow up on a gut feeling she had about a little girl she encountered in a convenience store while traveling in rural Alabama. The little girl seemed frightened by the man in whose care she was. The look on the child's face told Dean that something wasn't right. Dean took down the man's license plate number. Four days later, back home in Georgia, Dean was unable to find the girl's picture on any of the missing children's databases on the Internet. Dean then got in her car and drove 300-hundred miles back to Alabama. She persuaded the convenience store owner to let her view the surveillance tapes of the day she met the little girl. While viewing the tapes, a sheriff's deputy walked into the store. Dean convinced him to view the tapes with her and to look into the matter. He did. Clues led the deputy to a mobile home in Alabama where the horror story of extensive child abuse at the hand of a convicted sex offender began to unfold. When asked what made her drive back down to Alabama, Dean said: “It was a God thing. It was in my heart just to keep driving.”—NBC News Atlanta

Intuition Is Our Glimpse Into The Future.

Intuition is the secret weapon of many successful entrepreneurs. Business pioneers will tell you their unparalleled decisions came from a “hunch.” It is how Bill Gates founded Microsoft, how Jack Canfield created the *Chicken Soup for the Soul*, how Oprah built her media empire and how Fred

Smith envisioned FedEx. It is how the Google guys conquered the Internet, how Mark Zuckerberg imagined Facebook, and how Walt Disney created a fantasy kingdom. Steve Jobs, one of the most renowned innovators of our time, followed his gut instincts. Despite his tough life of being put up for adoption as an infant, dropping out of college after six months, sleeping on friends' floors and returning coke bottles for five-cent deposits to buy food, he trusted his instincts and went on to pioneer Apple Computers and Pixar Animation Studios.

“Have the courage to follow your heart and intuition,” said Steve Jobs. “They somehow already know what you truly want to become. Everything else is secondary.”

If only women could be so discerning when it comes to men!

Women Who Lack Discernment

Everyone has intuition—*it's just that some have never developed it.*

When I was growing up I heard statements like, “You shouldn't feel that way. You're over-reacting,” and, “You're being too sensitive, Nancy.” While these statements seemed harmless and insignificant, it was put-down phrases like these which told me my feelings were incorrect and taught me to doubt, deny and stuff my feelings. Consequently, I grew up with a weak sense of self. I doubted my self-worth. I questioned my understanding of a difficult relationship.

The awful truth is: as women, we are typically slaves to our emotions. We choose feelings and attraction over logic. We ignore our internal compass. We mistrust our judgment about men.

When I dated a new guy I was always on my girlfriend's doorstep crying and begging her for advice. “Do you think he likes me?” I whined. “What should I say or do next?” “Do you think he'll call me again?” And, of course, “Why did he stop calling me?” and “What did I do wrong?”

The problem was: I lacked common sense, and I doubted my ability to understand people or a difficult situation. I repeatedly made bad relationship choices. I got my heart broken frequently, and I became jaded about men and dating.

Mind Games That Undermine a Woman's Intuition

When I was with a man, I was afraid of saying or doing the wrong things. I was afraid to ask for the things I wanted and needed in a relationship for fear of a man's rejection. I was scared to stand up to a man's criticisms and controlling actions because I might provoke him. I was afraid to accuse him of drinking too much because I might offend him and push him away. I was afraid if I exposed his lies and deceit he would blame and penalize me with his punishing behavior.

I was accustomed to the accusing, confusing, disparaging statements that a man would hurl at me during an argument. He'd say, “That's not what I said,” or “You heard that wrong,” or “I don't remember saying that,” or, “Lighten up, will ya? I was just kidding.” When those digs failed to squelch my spirit he'd use his well-honed jab, “You're over-reacting”—code for: “*What's wrong with you?*”

I began to wonder, was I crazy like he said I was? Was I being overly sensitive to his seemingly spiteful, wounding remarks? Could I have misheard or misinterpreted what felt like a hard slap in the face? Am I the one who is unknowingly destroying our relationship—*like he says I am?*

And then I began to ask myself: If I misunderstood what he said, or if he didn't say it, as he claimed, or if I heard something completely different from what he did say: ***Why then did I hurt so bad inside?***

A man's discounting, dismissive, blaming statements are designed to make a woman doubt her ability to reason and understand a difficult situation.

Am I that much out of touch with reality?
My Intuitive Woman Within's resounding answer was: ***NO! I'm not wrong! I DID NOT misconstrue what he said. I am NOT over-reacting to his manipulative, disparaging comments. I DID interpret his demeaning remarks correctly.***

Dr. Dirtbag insulted, berated and wounded me to boost his self-gratifying ego. He blamed me to avoid responsibility for his insensitive, malicious behavior. And then he had the balls to tell me I'm the one who is crazy!

He Could Fool My Heart—But He Couldn't Fool My Gut

It was on my second date with Dr. Dirtbag that I had an intuitive warning moment.

Dr. Dirtbag and I had enjoyed a lovely evening of dinner, wine and conversation. It was late and he was driving me home, when suddenly he pulled off a two-lane residential road into a vacant church parking lot, stopped the car and turned off his car lights—and then I saw a police car zoom by.

"What's wrong?" I questioned him, thinking he was dodging a certain DUI.

"There's a drug raid going down tonight," he said, "and I don't want to get in the way of those guys [the police]."

"What?" I snickered. "How do you know there's a drug raid going down?"

Dr. Dirtbag, clearly insulted, threw back his bald head, puffed out his chest and babbled something about his covert dealings with the police and the CIA—and then he turned the car around, punched the accelerator, and sped off down the street.

CIA, I thought. How utterly absurd!

Malcolm Gladwell presents the power of first impressions in his book, *Blink*. He states, "There is a wonderful phrase in psychology—'the power of thin slicing'—which says that as human beings we are capable of making sense of situations based on the thinnest slice of experience." He says "thin slicing," that is, our first sub-conscious, split-second, knee-jerk reaction, is our most intellectual and accurate observation, and that it is the feeling we should trust. He refers to thin slicing as "rapid cognition." It's making very quick decisions with small amounts of information in the "blink of an eye."

Persons who have benefited from thin-slicing are: firemen making life-threatening, split-second decisions about a burning building. Policemen who have a "gut feeling" something is wrong. Stock traders on the exchange floor get a feeling about the market. A retired soldier's thin-slicing intuition reportedly outwitted the supercomputers of the US Armed Forces.

Gladwell gives an intriguing example of thin slicing and snap judgments in his book.

A sixteenth century BC art sculpture, called a *kouro*, was brought to the J. Paul Getty Museum. The art dealer's asking price was \$10 million. Experts examined the sculpture for hours and deemed it as real, while several art experts looked at the sculpture and immediately decided there was something wrong with it. Test results proved the statue was, in fact, a fake. The thin slicers were correct, based on a gut feeling.

Gladwell states that one must practice and perfect the skill of rapid cognition. Taking in a very thin slice of information and making an accurate prediction or assessment, requires "knowledge,

experience and skill that instinctively excludes confusing and unimportant incoming data that can lead to a bad decision.” E.g.; Dr. Dirtbag’s charm, braggadocio and exciting personality caused me to discount the obvious fact that he was, in fact, a flagrant, lying douchebag.

A year later I realized that my knee-jerk, unconscious reaction to Dr. Dirtbag’s “CIA” comment was a flash of insight, or “thin slicing.” His claim to have inside information on a drug raid caused a split-second pause in my thinking and a distinct thud in my heart. The problem was, I was already smitten with Dr. Dirtbag, and I was unwilling to look at reality. I told myself, “Oh, he’s been drinking. He didn’t mean it. It was just his little inner boy boasting a tale. Forget about it.” I discounted his bizarre behavior, telling myself, “Well, it could be possible ... he is a well-connected doctor. He could have had a trivial interaction with the CIA.” And then I made the worst self-deceiving mistake of my life. I gave Dr. Dirtbag the benefit of the doubt because I wanted to date him. I wanted to be in love. I wanted to marry a doctor, who was also falling in love with me.

A woman’s foolish, reckless decisions damage her confidence and self-esteem.

Somewhere just below our consciousness, our intuitive voice pleads to be heard. She tries earnestly to warn you. She murmurs, *You know the truth. You suspect he’s lying. You sense he is shifting the blame to conceal his own bad behavior.* But you want him. You love him. And you don’t want to give him up. So you tune out your knowing voice. You disregard the truth. You reject your intrinsic need for self-preservation. And you stay in a relationship that promises to break your heart.

So Powerful is Our Intuition—It is Called the Sixth Sense

**Do not forsake wisdom, and she will protect you;
love her, and she will watch over you.**

—Proverbs 4:6

Within each newborn baby girl, God implants a small spiritual voice known as “Intuition.” Intuition’s sole purpose in life is to guide you, protect you, and influence you to make decisions that are in your best interest. As a woman matures, hopefully so does her intuition. But a woman who repeatedly ignores, compromises and suppresses that part of her spirituality will be governed by her illogical emotions. She will have a weak sense of judgment. She will be naïve, gullible and vulnerable.

A woman who mistrusts her intuition turns control of her life over to another.

A woman who is controlled by her emotions will struggle to understand life’s problematic people and difficult situations. She does not trust her assessment of men. She buys into a man’s deceptive nature. She gets involved with the wrong man, and she struggles to expose his deceit and defend herself against his manipulative, blaming remarks. She is unable to understand the ugly truth about her relationship, that it is unhealthy and destructive, because her emotions rule her reality.

A woman who trusts her intuition enriches her self-worth.

Intuition is a feeling, an impression, a clairvoyant understanding of the unknown. It is uncanny insight into the complexities of people and circumstances which seem to have no easy solution.

A woman who listens to, honors and follows the direction of her intuition—her gut feeling—will trust her ability to make sound judgments. A self-trusting woman will recognize the silent signals of someone who tries to deceive, manipulate and control her.



**When others may mislead, exploit or betray you,
your intuitive spirit knows only to influence decisions
that are in your best interest.**

After 11 years of marriage, Trudy's husband was still doting, reliable and active in their relationship, but her instincts told her something was amiss in their camp.

Trudy was a 34-year-old international flight attendant. Lonnie was a handsome, 6-ft-2, New Jersey, Irish-Catholic lawyer. Trudy and Lonnie met at a singles golf tournament, dated on and off for two years, and then they married.

Life was good with Lonnie. They had plenty of money. He was attentive, outgoing and stable. He managed their checking account and he paid their bills. He loved to cook and he prepared elaborate dinners for them. He orchestrated their social life and golf vacations. Although their sex life was plain vanilla and infrequent, Trudy believed her marriage to be practical and worthwhile.

Trudy's career was exciting; she flew almost every week to Europe, with layovers in Paris, Rome and London. Lonnie was supportive of her career. He always insisted on driving Trudy to the airport for her departure, and he picked her up on her return flight. He always made Trudy write down her travel itinerary. Trudy's previous boyfriends never bothered to ask where she would be or what hotel she would be staying when she traveled. Lonnie's concern made Trudy feel valued and special.

Four years passed and Trudy and Lonnie had not had sex. It was the unmentionable elephant in the room. Trudy knew that Lonnie was not that interested in sex before they married. She concluded that he had a low libido or erectile dysfunction. But he was affectionate; he held her hand in public, he hugged and kissed her and he cuddled with her on the sofa while watching TV. He told Trudy regularly that he loved her, but her core couldn't shake the gnawing feeling that Lonnie might be up to something.

Lonnie kept his desk drawers locked at home. He kept his cell phone on silent in his pocket and he took it with him everywhere he went, even to the bathroom. Trudy convinced herself he was entitled to his privacy. Then one day she got the mail first and she pried into his phone bill. His statement listed a number Lonnie had called repeatedly. Trudy told herself she had an overactive imagination, but her instinct told her to write the phone number down.

There was a 6-hour time difference between Trudy's New York City home and her overseas flight destinations. Lonnie always called Trudy the minute she walked into her hotel room. He would say, "*Hi, sweetie! How was your trip? I miss you. I love you. Had a long day; going to bed early. I'll call you tomorrow.*" After they hung up Trudy would have dinner at the hotel with the flight crew and then go to bed around 10 o'clock so she could fly out early the next morning.

Trudy flew to Paris, and as always Lonnie called her on her arrival, telling her he would call her the following morning. But this night Trudy decided to check up on Lonnie. She set her alarm to call him at 11 p.m. New York time. She called Lonnie repeatedly, but he never answered his phone. When she got home she confronted him. Lonnie got angry, he accused Trudy of checking up on him,

and he told her he turned his phone off when he went to bed because the email and Facebook alerts kept him awake at night.

Trudy's Woman Within screwed her face.

The following week Trudy faked a trip, telling Lonnie she had picked up a last minute overnight flight to London. She woke at daybreak, she packed her flight bag, put on her uniform, and Lonnie drove her to the airport. In the car he held her hand and he toyed affectionately with her wedding ring. He told Trudy to write down her travel itinerary, and he talked enthusiastically about going out to dinner and attending an art show when she returned home. Lonnie pulled up to the departure curbside, jumped out of the car, handed Trudy her luggage, hugged and kissed her and said, "Love you, babe. I'll be right here to scoop you up when you get back."

Trudy walked into the airport, hopped onto a terminal train to car rentals, she rented a car and she drove to a Brooklyn coffee shop. Sitting at a table, sipping an espresso, she pulled out a piece of paper and she stared at the phone number she had written down from Lonnie's phone bill.

"Hello." The woman's voice was deep and gruff.

"You don't know me, but your phone number showed up repeatedly in my husband's phone activity," Trudy said nervously.

Deafening silence permeated the phone receiver. Trudy felt nauseous.

"What's his name," the deep voice asked.

"Lonnie."

Silence.

"I'm a flight attendant. I've felt he's been cheating on me for some time. I won't be mad at you. I just need to know the truth," Trudy whimpered.

The woman told Trudy that she met Lonnie in a B&D (bondage and discipline) chat room, and that Lonnie claimed he was single. She said they dated for nearly two years. She was Lonnie's dominatrix, or *Domme*, and he was her submissive partner, or *sub*. She punished and dominated Lonnie during sex, and he submitted. She said that was how Lonnie got sexually aroused: she would restrain him with a dog collar and handcuffs, he would lie at her feet handcuffed to her chair, and she would whip, demean and power over him.

Trudy drove around in a trance for hours, and then late that night she drove to her house, parked her car in the driveway, unlocked the front door, walked into the house, opened the partially closed bedroom door and she saw Lonnie lying on the bed naked, tied to the bedposts with a man, dressed in fiendish black leather attire, standing over him doing 50 Shades of nasty.

It's amazing what a cheater will do to cover-up his (or her) infidelity. For 11 years Lonnie took and picked Trudy up from the airport so she wouldn't unexpectedly show up at their home and catch him with one of his masochist lovers.

Gut check!

If your boyfriend's or husband's penis is working, and he's not trying to have sex with you—trust your gut instincts that he's having sex with someone.



Louise met Victor at a San Antonio bar and grill, where singles gathered to listen to local musicians jam to old tunes. Victor, a Chicagoan, was working in San Antonio on a six-month consulting assignment. Victor was charming, worldly and generous. Louise went to dinner with Victor. He was open about the details of his past life and his divorce. He told Louise that he divorced his wife because he caught her in bed with another man. He talked candidly about his single life. He cooked Louise dinner in his temporary apartment, and he spoke of Louise in his future. Louise slept with Victor and they became a twosome. They played house in Louise's 2-bedroom condo, he cleaned her

hot tub, and they grocery shopped together. Everything seemed peachy—until Louise had an intuitive moment.

Louise tells her story:

The first week of dating Victor I asked to see a photo of his two grown children. He pulled a worn snapshot out of his wallet of his son and daughter. They were youngsters wearing matching swimsuits standing next to their mom (his ex-wife). I asked him, “Why do you still carry a photo of your ex-wife?”

Victor ruffled his banty feathers and exclaimed, “It’s my favorite photo of my kids. I’m not going to cut their mother out of the photo just because we’re divorced!”

I had a skeptical gut reaction—but it sounded logical—and so I believed him.

Weeks passed and Victor’s behavior was unpredictable and questionable. He disappeared for a weekend. He didn’t call me, and he didn’t answer his phone. I became suspicious so I Googled him. His Chicago past and current business checked out. I did a people search; a 56-year-old woman named Arlene was repeatedly listed as a possible relative. I did an internet search for Arlene, and she popped up as a Chicago real estate agent, complete with her photo, cell phone and business contact information. I stared in disbelief at Arlene’s photo, realizing it was the woman in Victor’s photograph with his children—only older. I confronted Victor about Arlene and he shamelessly confessed that he was married.

Victor was a master liar. He created the façade of a successful single man working out-of-town on a temporary consulting assignment. He haunted San Antonio’s known singles hangouts, and he actively dated single woman. Victor wooed Louise’s heart with his charm and ardent pursuit, but her intuition “blinked” at Victor’s explanation of why he had his ex-wife’s photo in his wallet. Had Louise acknowledged her discerning voice, she could have avoided intimate involvement with a married scumbag.



What’s the no. 1 rule about dating a man with unreliable, suspicious behavior? *Trust your gut!* What rule no. 2? *Do your frikkin, frackin homework!*

When I stopped listening to the biased, self-serving, manipulating statements of others, and I looked inward for my answers: I found wisdom. I ceased to be a constant slave to my emotions. I began to see people as they were, not as I imagined or hoped they would be. I was no longer victim to a man’s charm, deceiving words and empty promises.

7 Steps to Develop Your Intuition

1. Intuition is like a muscle; the more you exercise it, the stronger it gets. The more you listen to your internal voice, the more audible becomes the message, the wiser becomes the counsel, and the more significant is the advice. Soon it will become second nature.
2. Listen to your internal conversations. Pay attention to your feelings of anger, fear and resentment; examine the root cause of these feelings. Is the culprit your negative mindset, or the damaging influence of someone else? Discard the negative comments of others and follow your gut.

3. Trust your first instincts about a man's (or anyone's) questionable or inconsiderate behavior. Pause in your thinking. Be cognizant and silently question his words and actions. Don't be swayed by his flimsy excuses or his boasting, flattering words.
4. Reserve emotional and intimate involvement during the early stages of dating. Sexual intimacy can drug your internal knowing, causing you to play down a man's undesirable behavior and character flaws.
5. Intuition is no good without the courage to act on your gut instincts. When you think a man is lying, twisting your words and manipulating you, step out on faith and expose his hurtful behavior. Each time you realize you were right, your confidence and self-esteem will increase.
6. If you feel in your heart, and you think in your head that something about a man doesn't sound or feel right, stop immediately and ask yourself, "Why?"
7. True personal power comes when you can depend on yourself to make the important decisions in your life. Apply intuition to your decision-making process and exert that power.



**Trust your hunches. They're usually based on facts filed
Away just below the conscious level. —Joyce Brothers**

Nancy Nichols is a best-selling author, motivational speaker and TV and radio personality. She is the notorious Know-It-All Nancy Blogger. She presents empowerment seminars nationwide. Her self-esteem trilogy includes *Secrets of the Ultimate Husband Hunter*, *Never Date a Dead Animal* and *God, Please Fix Me!* available at www.knowitallnancy.com or wherever paperback or ebooks are sold. Publisher is Epiphany Imprint. To connect with Nancy visit her website www.knowitallnancy.com or email her at info@knowitallnancy.com.

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