

John Niland

# Emotional energy: empowering your intuition



I confess to an insatiable appetite for variety: for mental stimulation, in particular. So I need several fields of endeavour; I cannot just focus on one thing for weeks on end.

Needless to say, this need for variety brings its own share of problems. The more I study the field of energy, the more I notice the hidden tensions that sometimes operate between energy sources. For example:

- most of us need social energy (not just the extroverts) yet many of us reach a "tipping point" where too much interaction can become overwhelming, distracting and depleting of energy.
- indulging our mental energy can lead us too much into our heads, cutting us off from our own feelings, constantly chasing the next idea or project to a degree where we become emotionally (and even physically) drained and disconnected from current reality and the people around us.
- a sense of passion and purpose, wonderful as that may be, can be so inspiring that we forget to care for our physical bodies (much as happened to me last year).
- occasional distraction can be good for emotional energy, but is often detrimental to our mental energy. This is just one of the reasons that many people cannot leave the Inbox

alone, even when they know they "should"; they need that distraction for their emotional energy even when they know it's diluting their mental focus.

So we need a "regulator": an internal voice that guides us towards what we need. That's a job for our intuition: our "gut-feel", if you like. Our heads will just give us another To Do list. But there is a catch: many of us have been trained to work analytically and not trust our intuition. Furthermore, intuition is often confused with blind habit: e.g. "I intuitively started talking about my experience with...". So how exactly do we empower our intuition?

My experience is that there is no short cut: we just have to let intuition out to play. Like learning to cycle, sometimes we will get it right and sometimes we get it wrong. We might even collect a few bruises along the way. But we cannot empower anything or anyone by keeping it locked up safe.

In our efforts to protect ourselves (and get it right), intuition is often suppressed. The logical To Do list becomes dominant, even tyrannical. Try letting intuition guide a little part of your work... you may be pleasantly surprised by what that does for your energy.

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## About the Author

John Niland is best-known as a conference speaker on doing higher value work and creating more opportunity via better conversations. His passion is energising people: boosting growth through higher energy levels, that in turn leads to better dialogue and business growth.

Since 2000, John has been coaching others to achieve success, with a particular passion for supporting professionals "who wish to contribute rather than just to win, and hence do higher value work via better conversations with clients and colleagues".

In parallel, John is one of the co-founders of the European Forum of Independent Professionals, following twelve years of coaching >550 professionals to create more value in their work. Author of *The Courage to Ask* (together with Kate Daly), *Hidden Value* and *100 Tips to Find Time*.

## Co-ordinates

Tel:  
Belgium (0032) 32 2 201 1121  
London: +44 (0) 845 644 3407  
Email: [john@vco-global.com](mailto:john@vco-global.com)  
Web:  
<http://www.johnniland.com/about/>



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