

Having Perspective

Part of the Series on *Intuition in Business*

M Kay Robinson



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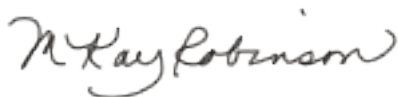
Introduction to Intuition in Business

At InSight, we believe strongly in the value of using intuition in business.

It is our goal to teach business owners and professionals ways to use their intuition along with strong foundational business knowledge and logic. This takes practice as we have learned to use only our logic.

If you would like information about our workshops and seminars for business owners and professionals please contact me.

Enjoy,



Kay Robinson
InSight Intuitive Consulting

Having Perspective: Important to Success

Having perspective means to be aware, to have a clear understanding of what is happening in the moment, to see clearly the answer in any situation and communicate the correct next step toward our vision of success.

- What does having perspective mean for you?
 - _____
- Why does it matter?
 - _____
- What happens when you do not have a clear perspective?
 - _____
- What causes you to lose perspective?
 - _____
- Are you able to recognize when you have lost it?
 - _____
- Are you able to stop and take the time to regain your perspective?
 - _____
- Do you have a way to regain your perspective? Can you do this in the moment?
 - _____

Intuitive Technique to Regain Perspective

- When you lose your perspective immediately step away.
- Take the time to meditate.
 - Find a quiet place to close your eyes & bring your attention onto yourself.
 - Be present. Bring your attention completely into the moment.
 - Notice how you are doing. What's on your mind? What energy is in your space? Who is in your space?
 - Clear your thinking
 - Meditate on what caused you to go outside yourself (lose perspective)
 - Open to your intuition. Don't think. Just be aware.
 - Imagine releasing the energy, emotions, ideas, thoughts, etc., that are in the way of having perspective.
 - Imagine (envision) how you want to be with yourself, in your work and with others.
 - Meditate on what it means for you to have perspective and be there.
 - Continue to clear & release until you feel that you have your space back and have regained your perspective.

I recommend using meditation each day as a way of having a clear perspective and creating success.

Learn more about [meditation as a business tool](#).