

Ali Schultz:

Hi, Miriam Meima. Let's talk about intuition. I think it's one of our favorite topics.

Miriam Meima:

Hi, Ali. It's a hundred percent is one of our favorite topics because what I learned, and I think this is true for you, that when we learned about intuition, it truly changed everything in my life. When I actually was able to not only use the word in my vocabulary, but to truly access intuition as a different source of information outside of my head, it was, it changed everything in my life.

Ali Schultz:

Mm, I love that. I think for me, recognizing or coming to understand that it is a source of information that I can trust was pivotal.

Miriam Meima:

Mm-hmm. Yes. Okay, do you remember how you learned to trust it?

Ali Schultz:

I mean, working with you was a big moment, but I know I had been like, it's just kind of part of how I roll through life in a way. And like there were always like these nudges or these bits of information. There was always this inner knowing that was loud and clear for me. But then when I would...interact with the world outside of me, right, everything outside of my skin sack, so to speak, it...I would get muddled, right, I would start to doubt that inner something. But those, those nudges or knowings or feelings that were like, oh, I think this choice is the way to go.

Miriam Meima:

Mm-hmm.

Ali Schultz:

I mean, those never left. Even though when I tried to then apply sometimes my rational thinking to it, it would not hold up or if I was to have a conversation about what my choice or preference or something was based on what I felt or sensed, I would easily, I could easily be swayed, right, in a conversation or from something from outside of me. And yet, there's always that initial hit, and it was more often than not correct.

Miriam Meima:

Mm-hmm. You know, what you're saying is so important is that we have these different signals. We have the signal from our brain of what to do. We have signals from external, whether it's humans, or other people, and what they think we should do or what should happen. And then there's our gut. And so it's essentially learning to prioritize or even tune into what is, what's true would be outside of our head in our intuition beyond what other people are saying, that takes a bit of practice, especially for people who are more empathic by nature or more attuned to what's true for others and situationally aware. It can get essentially really loud and harder and harder to understand what is the signal that's coming from my gut. And yeah, that practice of wanting to

and believing that there's wisdom there and that would be helpful to me to be able to tune into my gut. It usually takes a while to convince our rational brain to get out of the way and make space.

Ali Schultz:

Yeah, and man, once we do, once we can let that happen, I think we begin to resource this great depth of wisdom that's as you were saying, it's like always there.

Miriam Meima:

It's always there.

Ali:

And in service of us. And it's like, you know, if you've ever been like lost or confused or just feeling really muddled like stuck in life and you're like, I just wish I had like a compass or something to just like tell me where I wanted to go or I always think of Captain Jack Sparrow's compass, right, which is a little like wonky and crazy and it doesn't point to true north, it points to the direction of what you want most. The thing is we have that, it's like innate and as you were saying, what does it take for us to discern our own location of that, right, inside of us, and then begin to resource that and build that pathway?

Miriam Meima:

Mm hmm. Yes. For me, it was...and we've talked about this in other podcasts. So this is, it's perfect sequencing. And I think we were building on everything we've talked about, but for me, I had to learn to track my thoughts and be able to observe them. So separate myself a bit from them rather than be overly identified or consumed by my thoughts. So that was step one for me of like, Oh, these are thoughts passing through my mind. These thoughts are not me, they're thoughts and that was step one.

And step two was learning about emotions and realizing I needed to feel my feelings before I even went into my head to track the thoughts because otherwise they were getting conflated and that can be very confusing.

So first it's, okay, there's thoughts, there's feelings. And then only once I was able to develop relationships with both of those separately, was I able to drop below those into my gut, what we call, I don't think it's a mistake that we call what's your gut tell you or what does your intuition tell you. For me, my intuition, I do locate that in, literally in my body, I think of it as being in my gut.

And so I have to drop below both my thoughts and my emotions, or maybe move through my thoughts and emotions in order to access my intuition, which I believe comes from all the millions or trillions of data points that I've experienced in my life that I can't process with my conscious mind. So they are in me. I just can't track all of them consciously.

And those are everything I've ever experienced, it's everything I've ever seen, it's everything I've

ever read that my mind can't analyze in real time, but my intuition can. And from there, and I think anyone who has spiritual practice, they'll say that their intuition is also informed by something bigger than themselves. And that's it's a combination of everything that they've experienced and more. It's like, who wouldn't want to access that in major decisions that they're making or even the little decisions that they're making each day? Yeah.

And so that was for me the journey one, two, three of being able to access my intuition. And often when I'm working with especially first-time founders, but I would say anybody who feels like they're out over their skis a bit, it's really essential to get them out of their heads and able to access their intuition for making decisions because when they're in their head, they will be making more short-sighted decisions, which ultimately creates more of an unnecessary, I guess, pivoting or creates a bit of whiplash for the individual or for the team or for the company because they aren't able to see beyond their own experience. They're really limiting the data set that they're accessing when making a decision.

Ali Schultz:

Yeah, I love that. You know, when we were kind of preparing for this, we ran into the phrase, or you may have mentioned, you know, the ability to see around corners. And it's not like we, it's not like you could actually visually see around a corner, but the sense inside of you is so strong. It's like, man, I don't know what's around that next corner, but I think this is what we need to do now.

And so, you know, it is, it's been referred to as the sixth sense. But it's such a valuable other way of knowing. And I say that meaning, you know, we've put so much value on the rational mind and for good reason, like we need to navigate through streets and we need to like pay our bills and we need to like, you know, do basic adulting in life and have structure and, you know, we need that. I'm not saying just like, you know, run free and wild without some form of rationality and logic, but all of that without, you know, this other giant part of how we can like resource information for navigating life. It would just be, we would be remiss if we forgot about that.

It's almost like I'm getting the image of an iceberg, right? And so like if we navigate life just with a rational mind only, or just in our mind only thinking things, thinking our way through life. Like we're really just operating at, like, every part of the iceberg is sticking out of the water. But the moment we can dip into everything below the surface, there's so much more there that we can access. And that supports us.

Miriam Meima:

Hmm. Exactly. Yes. Yeah. For me, it creates a much richer experience of things. I'm able to feel more solid in my decisions when I've gone through the process of accessing my intuition. I think that took practice though. I think at first I would discount my intuition and only if I could back it up with facts and figures, I feel solid in it. So it's taken a bit of practice and maybe positive reinforcement of honoring my intuition and then seeing that it played out okay. And that helped

me now strengthen my internal trust in my intuition. Yeah, take some take some practice.

Ali Schultz:

Yeah. Yeah, definitely. Definitely.

Miriam Meima:

I know this might not sound like intuition, but when someone's really just starting out with figuring out what is my brain versus my intuition, I like to start with something as simple as, am I thirsty right now? And how would I know? And most people are like, oh, I haven't had water in a while, so therefore I am thirsty versus, no, really tune in to, is your tongue dry? Or is there some part of you that is asking for hydration?

You know, it might seem so small, but if we start checking in with our body on those kinds of things, it's usually a pathway to therefore being able to access different sources of information that will serve us really well when it comes time to make a key decision of should we build a new feature? Should we shift our business model, should I fire this senior leader? Should I hire this new consultant, whatever it is that they were faced with? Being able to tune into different pieces comes from something as simple as am I thirsty? And how would I know?

Ali Schultz:

Mm-hmm. I think being embodied is a huge part of that. And so that question, it's like this sneaky, subtle way to get people to begin to check in with their body, like the rest of the iceberg, right? And we can, like, because of various reasons and forces in our childhoods and early imprinting, like there are reasons for which the majority of us possibly like navigate life from the neck up, right? But to access life from the neck down in an embodied way. I think there is so much more magic that's just available to you in the day to day, including in our leadership roles and in our building and executing within these organizations that we're building.

Miriam Meima:

Yeah.

Ali Schultz:

One of the exercises that I very distinctly remember from working with you well over a decade ago was, uh, which was, it's just, to me, it was so clear, like what is, um, it kind of goes back to the kind of the full body yes type way of feeling into your body. But you know, when you explained it to me, it was a little bit more than that. And it was, you know, you just said, if you just tune into the space, like from your chin to your sternum, almost to your heart, your chin to your heart, and you ask yourself a question, what happens in that space? Does it contract or does it expand? And the contraction is more of a fear response. And then the expansion was, this feels like more like a yes, right?

And if that was, if the question you had asked yourself was one in which, "God, I really don't know what to do. I can't think my way out of this one. I'm just thinking myself in a tangle of

knots.” Yet you ask the body and the body responds. That’s another way, I think another in to trusting the body, trusting the self, trusting something more than just your brain to figure out everything in life.

Miriam Meima:

Yes. Yeah. So maybe everyone listening can practice that of actually asking themselves a question or I’ll say to you, ask yourself a question right now and tune in to that space. See what happens, whether it expands. And yeah, to me, it’s almost like there’s a sense of spaciousness and lightness or heaviness contraction, one or the other.

And that can give us all sorts of information. Yeah.

I also love to practice it when there’s no wrong answer. And sometimes we have trouble recognizing when that’s the case, but I sometimes do it when I’m just driving. I have time and I’ll get in the car and I’ll drive and I’ll say, okay, left or right.

Miriam Meima:

And there’s no wrong answer. I have nowhere to be. There’s nothing wrong. Maybe I’m hungry and I want to find somewhere to eat, but somewhere I’ve never been before. And it just start following the... And how am I making that decision? I don’t overthink it. I just think, I don’t know, left or right. And maybe I’m tuning into that part of my neck, or maybe I’m just waiting for some impulse to kind of take me over. Some people you have to, I think, be willing to wait until there’s an answer that emerges. It’s not on our timeline. That’s the other thing is learning to be guided essentially by my intuition. Just quite fun.

Ali Schultz:

Yeah, the relinquishing of control. And yeah, as you said, the willingness to be surprised. I remember going for walks, you know, no task needed to be accomplished other than like moving around, right? And so I would go for walks and I would just, at every intersection, I would just kind of feel into which direction do I want to go? Having no destination in mind, like no plans, et cetera, and really playing with that sensation and just going wherever it led. And inevitably, I would walk towards either the most amazing view of the mountains or the sunset or the moonrise or really epic full moon or maybe it was like my favorite moon, which is like that sliver, sliver of a moon. And, you know, I’d be led to something that had like, importance to me. Whether it was, you know, gorgeous flower or ripe peach hanging over someone’s fence, but, you know, or, or these things that I just loved and, and I would just kind of like be reminded in those moments of being connected to something greater than this tiny world that I thought I could control with my brain.

Miriam Meima:

Mm hmm. Yeah, it just leads me to take a big breath because as you were describing that, I think, Oh my gosh, that’s in many ways that’s why I want to be alive is to experience that level of magic and surprise. I don’t want to always be in charge. And I think of people who get through

decision fatigue and there's so much responsibility we have in life. And maybe we forget to let go of making decisions and we forget how to let go of a sense of responsibility and enjoy our intuition leading us towards the sliver moon.

Ali Schultz:

I mean, I just, I would remember those moments because I would, you know, it would happen, you know, at a time in my life when I was kind of lost, not like lost, lost entirely, but feeling kind of...Dan mentioned it in a podcast with Noah Kagan, or they talked about it, and it was almost a success. I feel like I'm doing so many things right, health-wise, and work-wise, and I'm not getting any traction. I'm not getting anywhere. And there was that striving piece, or that drive, and a bit of the confusion of like, what is happening? Why am I not getting where I think I should be right now? And so the ability to not try to force that or think my way through that through like the brute force of thinking, or rationality and to ease up a little bit and create so much more room for, more than I knew what to ask for at the time, leaving more room for exactly the things that I needed, leaving more room for space for that magic you're talking about to just show up and carry us and support us through. Whether it's moments like that where we're doubting ourselves or actually what I feel like is we're doing, we're allowing ourselves to expand and let more in. You know, or whether we're, you know trying to navigate the day-to-day of running an organization more sustainably.

Miriam Meima:

Yeah. Right. So we're expanding ourselves or we're expanding to let more information in. I think what you're saying is to underline it is when we're feeling lost, maybe we're more willing to access these different sources of wisdom. When our head isn't getting us what we want or need.

And I think that's helpful. It's very, very helpful that we will essentially come up against the limitations of the ways that we have had to make decisions or move through life. And thank goodness for that, because if we never ran up against those limitations, it would be so tempting to essentially stay in that box of a certain way of being or a certain way of thinking or a certain way of making decisions. And thank goodness.

So then in those moments, it might out of...helplessness or powerlessness or frustration, we might let go and surrender into that expansion. And that's something to celebrate. I think that most of the time when people are accessing their intuition, they might not feel as clean or clinical as the decisions that we're making that are more data-based or rationed, you know, left-brain based. And I love that. I love being in that with people, of them finding their way through intuition and how does it, how can I trust this as much as I trust the other instincts that I'm having or thoughts that I'm having? I think that's so, can be so rewarding to see people in that space.

Ali Schultz:

Mm-hmm. Yeah. And you don't have to hit that mental wall to put this into practice and exercise

it. So you really begin to experience it for yourself. Because I will say we are all such different humans. We're wired differently. Like we experience life so differently, which I think is just the magic of being human. And it's really, I feel like the trick is to figure out what is this for me. What is this in my body? And how can I trust it? And where do I want to employ this in other parts of my life?

Miriam Meima:

Mm-hmm. Yeah. I think the official definition of intuition, or not, I think. I know the official definition of intuition is the ability to understand something immediately without the need for conscious reasoning. Oh, I love it. I love that 'without the need for.' So I may have that as backup, or I might not. But either way, I understand something immediately.

The truth is that every person. There is nobody listening to this who doesn't have the ability to understand something immediately. The question is whether you're creating enough space between your thoughts to tune in to what is that signal and where is it coming from in my body or maybe you don't care. Maybe you don't need to know that. It's just a question of what's arising and letting that essentially take the mic for a moment.

Ali Schultz:

Mm hmm. Yeah. So we've kind of talked about the expansion and the contraction piece and playing with it in, you know, boring, low-risk, no-stakes situations such as like an aimless walk, a new fun pathway while driving, whatever it is. And I wonder what else we have up our sleeves that we can share with folks.

Miriam Meima:

I think we should maybe talk for a minute about the full-body "yes" versus the full-body "no." So yes, this is talked about quite a bit. I'm not sure everyone fully gets it. There are a few caveats or asterisks I would add to the full body "yes," is sometimes we, our intuition, is telling us something and we feel fear around moving in that direction or it's counter to the advice we've gotten from people we respect or it's counter to how our family lineage would have operated. And so there's a bit of give and take or resistance or so multiple essential signals are happening in our body at the same time. And so sometimes when I hear people talk about the full body, "yes," I think it's when something really matters, you probably aren't going to get to literally every cell of your being aligning and fully rallying behind it if it's not that simple. And that, and I don't think we can wait for it to be that simple.

Sometimes people say if it's not a yes, it's a no. And I'm, I do support that idea. Essentially, if you can't get behind something, it's a no. So if you need to oversimplify it into a kind of a binary decision, yes or no, tune into your body, see if it's not a yes, meaning you're not feeling that sense of expansion and calm when you think about opting into something. If you can't get there, then it's a no. Great.

And when something is, it feels like a big decision, I love to tune into what does my gut tell me

and then what else is happening so that it can start to sort through. It's like a bunch of yarn that's kind of tied up and I need to slowly loosen these different strands to understand what's happening. And I give myself the space for that. And it doesn't have to be a day. Sometimes it's 15 minutes or sometimes it's five of, okay, what is my gut telling me here? But what are those feelings that are showing up? And then what are the thoughts that are coming in? And how is this familiar? And so I just sort through that. And of course, the more practice we have with doing those things the more we can do that swiftly in the moment. And underneath all of that, my intuition is probably signaling something really clear and I might not feel great to go with it. I might be butting up against something like what I was mentioning earlier, any number of things.

And so I just need to be honest with myself at this moment, do I have, am I resourced enough to do it anyway? To be scared and do it anyway? Or to realize that this is a pretty far departure from how my parents would have operated. I'm gonna do it anyway. Or this is uncomfortable and I'm gonna do it anyway. And there are moments when the answer is yeah, I'm resourced enough, meaning there's not chaos happening in my personal life or I have enough money in the bank or I'm sleeping well and feeling healthy, and so therefore I am able to do things and I'm just gonna go for it.

Or there are moments when I can't and I'm gonna give myself grace and say I know my intuition is telling me to go for this and right now that is asking too much of me. And that's okay, I don't need to judge myself for it, I just need to essentially tend to myself so the next time an opportunity comes up that my intuition is telling me to go for. I do feel like I can follow through. That to me is closer to what I really believe is a full body yes.

Ali Schultz:

Yeah, I'm really glad you unpacked that. I agree 1000% on that. Your body's gonna say, yes, this is really true for you. And there might be other parts of you, lots of emotions, whatever that are going to be louder, and that are going to be like, no, you can't do this, or they're going to kick you out of the family tribe. Or you're going to lose your job, right? Because that's maybe what your dad or your mom or someone has said to you. And yeah. It takes a load of work as a human to sort through what are all of these signals and voices inside of me saying, and how do I leverage them and parse them out so that I can get a clear sense of what the data points are so that I know, okay, this I need to take into work with my therapist.

Miriam Meima:

Mm-hmm.

Ali Schultz:

This I need to note, like intuition says this, like this is maybe what I really wanna do and I'm struggling in these ways to move forward in that regard. So yeah, really glad you went.

Miriam Meima:

Mm hmm. Yeah. And when we can gift ourselves the experience of honoring our intuition, it is



deeply rewarding. Highly recommend it.

Ali Schultz:

I do too. I give it 10 gold stars. Yeah. Or more maybe 11.

Miriam Meima:

Whoa! 11 stars. Yeah.

Ali Schultz:

I just, I think it's, it just, it really is. It's like, once you, once you have the balance of knowing all your parts and the ways in which as a human being, you have and receive information inside of you and how the ways you can resource yourself and your knowing in the world, really relying on and including your intuition in a lot of this, to me feels like having the golden cord. Like you have the cord that is plugged into, you know, this higher sense of self, which is connected to something larger in the universe, the cosmos, whatever you call it.

Miriam Meima:

Mm-hmm. Yeah, exactly. It's either my best self or it's bigger than that, depending on your beliefs and whatever you believe, I think reinforces your reality and there's space for all, all beliefs and within the whole spectrum of beliefs, everyone has access to intuition and everything you just said completely resonates with me.

Ali Schultz:

Okay, where would you like to go next?

Miriam Meima:

I guess in closing, I would ask everyone listening to, I want to embolden everyone to go forth and practice using your intuition in the little moments at first so that it can be there for you and with you when you really need it in the bigger moments.

Ali Schultz:

Yes, I would also add, maybe think about a time in which you had a really strong intuitive hit that you either acted on or noticed because it was so intense or it was so loud and it was kind of undeniable. And if you, even if you didn't act on it, what made it memorable?

Miriam Meima:

That's a good one. Yeah. Yeah, and hopefully we can support our close friends, family members, and colleagues. And so when they say that they want it, that they have an inclination or an intuition, we can support and celebrate that rather than needing and requiring people to back that up with reason. So even in a strategy conversation, if someone has an instinct or the gut hit, a hit like you were saying, that's usually the language I have a hit that this is where we should go. Oh, great. Okay. Let's just talk about going in that direction versus feeling like we need to really force a reason to support this. So just essentially celebrating and supporting each

other and noticing our intuition and then acting on that.

Ali Schultz:

Well, if anybody has any really great stories and or fun experiences, let us know. Send us a note. We'll read the mail. And until then, I guess, thank you, Miriam Meima, for this fantastic series of conversations.

Miriam Meima:

Yeah.

Miriam Meima:

Thank you. What a delight. I'm so grateful for the opportunity to talk through these things with you. Yeah, share it with the world.

Ali Schultz:

Same. I love it. All right, onward feeling into our intuition.

Miriam Meima:

Exactly.