

(The Gender Centre advise that this article may not be current and as such certain content, including but not limited to persons, contact details and dates may not apply. Where legal authority or medical related matters are cited, responsibility lies with the reader to obtain the most current relevant legal authority and/or medical publication.)

Intuition

Health to Healing, Dependency to Autonomy

by Linda Darling

Article appeared in Polare magazine: June 1996 Last Update: October 2013 Last Reviewed: September 2015



Without intuition I believe we live a "half-life", unable to relate harmoniously to ourselves, others or the earth.

What is intuition? It is often only experienced in flashes. These can be a realisation, perhaps while looking at a painting, a cloud form or into the heart of a fire. It can also come through a dream, a fantasy, boring everyday activity when the mind's attention begins to wander. It may come in the form of a sudden insight into a person or situation, in a solution to a problem, an inspiration from a poem or a mystical experience.

... a feeling experienced by many transys I've met is one of helplessness, powerlessness, a state of waiting to be told what to do.

In a situation which seemed complex, a simple "truth" emerges. Something that was not explained verbally is understood. Clear, immediate information, uncoloured by emotion, often with no obvious means to arrive at this knowing. When considered rationally this information may initially appear illogical or absurd. It is a connection with the unconscious. A kind of knowing.

When a hostile world around us downplays creativity, imagination, fantasy and the possibility of being different to the "faith" it embodies, how then can we create ourselves?

The connection of apparently unconnected phenomena and the knowing they give rise to, have no place or value in the linear rational world. Daydreaming, flashes of "understanding", creativity are seen as distractions, not real. They are seen just as obstacles in the way of earning a living and family life.

I believe a feeling experienced by many transys I've met is one of helplessness, powerlessness, a state of waiting to be told what to do. Not to be, not to hear, read, show, hide, pretend, enjoy, think and feel. We respond to what is expected. Deep down however there is a sense of anger and frustration. This is one way of being cancelled, the potential other stillborn.

There is a feeling of unreality that comes from floating free of the familiar. Who are we anyway? No one encourages us to find out. The underlying message from society is "remain locked in our definitions of reality, you don't have the power to change". To know what we need for ourselves, to become who we truly are, to find a place in the world, the power to live our own lives, seems denied to us.

Intuition is a key to who we are; what we need, how to integrate the rational. For intuition to flourish, there needs to be an atmosphere where meditation, contemplation or spending quiet moments alone can take place. There is a need to encourage non-verbal, (poetry excepted) forms of expression. Expression such as music, dance, arts and crafts - opportunities for imagination and visualisation. We need to develop awareness of our mental control and our physical and emotional tensions, find the best ways for us of relaxing there. We need to learn to listen, to tune in to our own inner voice, to allow ourselves to experience deeper levels of being, to follow our own course, to recognise and then to trust intuition.

Without intuition I believe we live a "half-life", unable to relate harmoniously to ourselves, others or the earth. I can't conceive a true and successful therapist who has not developed and used intuition. I can't think of a better space to begin this process than in a tranny community/cultural/healing centre, where individuals could move from "health" to healing, from dependency to autonomy.

Polare Magazine is published quarterly in Australia by The Gender Centre Inc. which is funded by the Department of Family & Community Services under the S.A.A.P. program and supported by the N.S.W. Health Department through the AIDS and Infectious Diseases Branch. Polare provides a forum for discussion and debate on gender issues. Unsolicited contributions are welcome, the editor reserves the right to edit such contributions without notification. Any submission which appears in Polare may be published on our internet site. Opinions expressed in this publication do not necessarily reflect those of the Editor, The Gender Centre Inc., the Department of Family & Community Services or the N.S.W. Department of Health.

The Gender Centre is committed to developing and providing services and activities, which enhance the ability of people with gender issues to make informed choices. We offer a wide range of services to people with gender issues, their partners, family members and friends in New South Wales. We are an accommodation service and also act as an education, support, training and referral resource centre to other organisations and

service providers. The Gender Centre is committed to educating the public and service providers about the needs of people with gender issues. We specifically aim to provide a high quality service, which acknowledges human rights and ensures respect and confidentiality.