

Danielle Steel

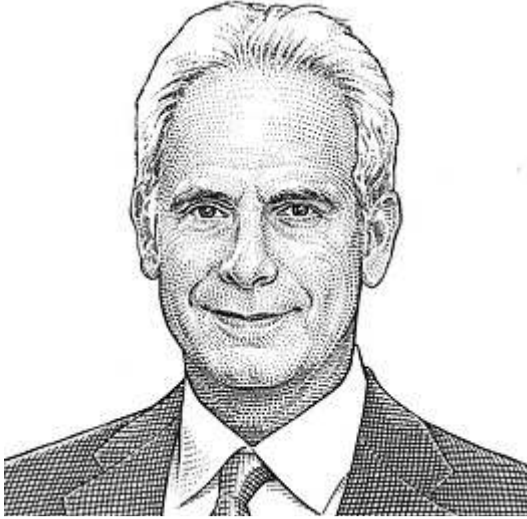
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"I think there are two very important components of intuition: listening to and hearing that intuition; and then trusting it. There is another kind of false intuition based on anxiety, fear, superstition or even panic, which can be confusing. But quietly listening to our intuition can serve us well.

My intuition has developed over time. When I was younger, I didn't listen to it and rarely trusted it. I have enough faith in myself now to trust what my instincts tell me and even to look foolish if others don't agree.

The best advice I have ever given my children is to 'listen to your gut.' Hear it, trust it. Deep in our hearts we almost always know what is right for us and what we should be doing."

—*Steel's new novel, First Sight, will be published in July.*



Christopher Guest

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"I suppose my work is where intuition is literally invaluable. In my normal life, when I'm driving my son to school, it doesn't have quite the same impact—except if I saw an alien ship landing on the freeway, my instinct would say, Maybe get off one exit earlier. But there's nothing practical about what I do for work. I guess you could say it's entirely intuition. There's no dialogue written down for the actors, so when I interview, I just talk with them for 15 minutes and then ask myself whether I imagine they can do this work. Improvisation is one of those things that you either can do or can't. It's very much an effort where everyone is playing together. It's not about soloing all the time. There's no test, but it's like sitting down with a musician and starting to play. It's instantly apparent what's going on and if that's going to be a good thing."

—*Guest is a screenwriter and director. His new show, Family Tree, airs on HBO.*



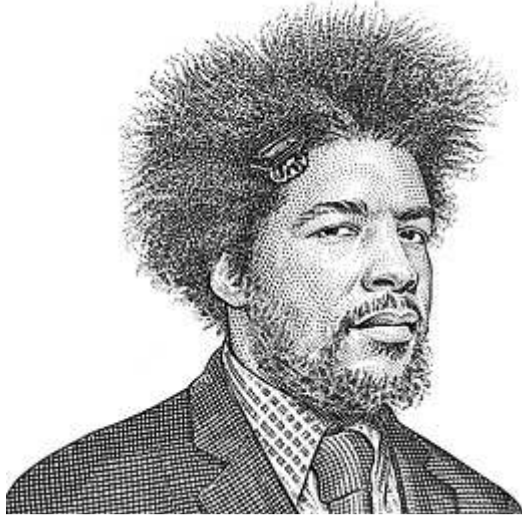
Arianna Huffington

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"Learning to trust my intuition has been a lifelong journey. We have many voices inside us, and we need to learn to distinguish between the voices of wisdom and the voices of fear. Plotinus, the third-century Roman philosopher, said that knowledge has three degrees: opinion, science and illumination. So intuition doesn't mean excluding facts and data—it means adding another powerful source of knowledge.

Steve Jobs talked about making room to hear subtle things, to be able to 'listen to the whisperings.' It takes practice: For me, it means meditating, getting enough sleep and being in nature as much as possible. We all need to experiment to find what works for each of us. The common denominator is getting away from the everyday stresses, like putting away our devices and not being connected to the world 24/7— being able to distinguish the noise from the signal."

—*Huffington is the founder of The Huffington Post.*



Questlove

Questlove

"I'm a staunch supporter of rehearsing. I know to most people that seems like killing the spirit of intuition, killing the spirit of your first reaction. But I kind of live life coloring outside the lines, and coloring very meticulously inside the lines as well. The best improvisation happens when you've mastered whatever composition you're playing. So even if I'm in a situation when it's a jam session, when we're supposed to take the song where it wants to go, I believe you can only elevate an arrangement once you know it by heart. I prefer to practice my spontaneity.

With intuition, I have a circle of five people who will actually say, 'You need to calm down a bit, you're overthinking.' That instinct has saved me. I'm smart enough to know that I will try to talk myself out of a good thing, so I have five friends whose job it is to talk me out of sabotaging myself."

—*Questlove is a record producer and drummer for The Roots.*



Francis Cholle

Francis Cholle

"I do not believe in looking at intuition as an instrument that makes black and white decisions. It's a balance between two instruments. One weighs what's heavier, lighter, taller, shorter. That's the rational mind, and it's very reliable in this way. The other goes to the depths of the ocean and comes back with information from under the radar of reason and feeds our rational process. It's like a radio that's always on. We either tune in or we don't.

The more you grow up, the more you learn that you can't control life, that not everything makes sense—and that deep down we are more irrational than rational. If you don't trust your ability to evaluate and engage the irrational part of a human being, you set yourself up for failure. If you only go by logical plans—profitability, structure, rational conversation—you remove emotion, instinct and the ability to emancipate, evolve and invent. You disconnect yourself from your best instrument for adaptability, creativity and performance."

—*Cholle is a business consultant and the author of The Intuitive Compass.*



Susan Miller

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"Our culture emphasizes the factual, rational, analytical side of the brain, but sometimes does so to our detriment. The ancient astrologers gave equal importance to both sides of the brain: the analytical and the intuitive. They felt that if we were to ignore or mistrust the intuitive side, we would not be able to access all the tools available to us to adeptly navigate life.

Relying on one's intuition requires self-confidence, for at first you have little information to confirm what it's telling you. But have faith—those facts will surface later. If you don't act on the signals of your intuition, often those messages will grow louder until they become impossible to ignore.

Some people are uncomfortable making decisions in the face of ambiguity, but others, often those who ascend to leadership positions, are very comfortable doing so. Those prescient souls know that in life we can't always have things 'just so.' "

—*Miller is an astrologer and the founder of astrologyzone.com.*