

# Intuition

## **Listen To That Inner Voice - Some call it 'intuition' by: James R. Davis**

Advice like 'listen to that inner voice and ACT accordingly' is not just vacuous new-age meta-physics crystal-gazing stuff. This rider is deadly serious about it.

If you are behind a truck and 'feel' like you should change lanes - change lanes. You may not be aware of why, you may not be aware that you have noticed something wrong, but when part of its load bounces out of its bed and lands on the ground where you would have been had you not changed lanes, you will then appreciate that your subconscious mind plays with details that your conscious mind tends to ignore.

If for any reason whatever you feel like you should not ride before you start, don't. If for any reason whatever you feel like you would rather end your ride early, end your ride early. If for any reason whatever you feel like you might not be able to make that hard right turn to get out of a parking lot and onto the feeder road, STOP and wait for that 'moment' to pass. Wait for your mind to get 'right' before you proceed. How much time have you lost doing that? Not enough to measure. But if you decide to ignore it and then 'freeze' exiting that parking lot, or make an unusually wide turn taking you into an adjacent (busy) lane it will be because you didn't listen to yourself, or (and here is where 'ACT accordingly' comes into play) because you did and it became a self-fulfilling prophesy, very like 'target fixation'.

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If you have ridden for any length of time, you have probably had 'that feeling' at one time or another. You just felt as though that car on the right was going to pull out in front of you. You let off on the throttle, covered the brakes and kept an eye on the cars front wheels. Just before you reached the intersection, the car shot out. Fortunately, you were prepared and reacted quickly by stopping short of a collision. Were you just lucky? Probably not.

Some time ago, I read an interesting article in *Motorcycle Consumer News* titled "Rider's Intuition", by Brenda Bates. This phenomenon, sometimes referred to as "gut instinct", is very real. In fact, intuition is a basic psychological survival mechanism. For motorcyclists, Rider's Intuition is a specific type of perception that can be used to reduce potential riding risks.

The human nervous system is designed to block certain sensory information until it reaches a threshold known by psychologists as the "limen." However, the body begins to respond to stimuli that are just below the limen. Intuition is simply the perception of stimuli that are perceived below an individual's conscious awareness.

If you do perceive Rider's Intuition, it will likely be a sudden feeling or sensation that appears to hit you out of the blue. Always be alert to your inner responses as you ride your motorcycle. The awareness of physical cues can serve as a warning that something may be wrong just around that blind curve up ahead. Learn how and why your body responds as it does and listen to what it is telling you.

In the April newsletter, we discuss SEE as a street riding strategy. You must develop and utilize those strategic skills to protect yourself while riding. Rider's Intuition should be a part of your strategy. Rider's Intuition is real and it can save your life.