

Develop Your Intuitive Intelligence

In a world of unprecedented change, highly developed intuitive intelligence provides an inside advantage for anyone – leaders, professionals, entrepreneurs, people like you.

"Through imagination we can visualize the uncreated worlds of potential that lie within us."

- Stephen R. Covey

If we are to learn to improve the quality of the decisions we make, we need to accept the mysterious nature of our snap judgments. We need to respect the fact that it is possible to know without knowing why we know and accept that – sometimes – we're better off that way.

Malcolm Gladwell
Blink

To truly think outside the box, it helps to leave thinking behind and draw on your Intuitive Intelligence. Intuition Coaching can help you learn to do this dependably.

When you draw on your innate intuitive abilities you gain access to the inner clarity and wisdom that

- empower decision making
- insure effective problem solving
- enhance creativity and
- create success.

People with highly developed intuitive skills radiate an inner confidence that is easily perceived by those around them.

Thinking, Feeling and Intuition

We are all born with innate capabilities for Thinking, Feeling and Intuition. Historically, our culture has recognized and respected only intellectual abilities.

With Daniel Goleman's groundbreaking work on Emotional Intelligence, we have come to recognize that your ability to deal effectively with your inner emotional state and with the people around you is as important a factor for success as intellectual talent.

Intuition, the third inner resource, is at the cutting edge of human development.

Intuition provides spontaneous knowing without the conscious use of logic or analytical reasoning. Intuition is experienced by some as an insight, the instantaneous recognition of a meaningful pattern that transforms confusion into understanding. Others know it as a gut reaction.

Regardless of how it is experienced, Intuition is a way of knowing as essential as Thinking or Feeling.

Intuitive Intelligence – More Widely Used than You Might Expect

"Imagination is more important than knowledge."

- Albert Einstein

Intuition appears to be a skill that is more prevalent as one moves up the management ladder... It appears plausible that one of the skills that top managers rely on most frequently is their intuitive ability to make the right decisions.

Weston Agor
The Logic of
Intuitive Decision
Making

Some of the greatest scientific advances and business successes have been the product of Intuitive Intelligence:

- Einstein conceived the Theory of Relativity by imagining himself perched on the end of a beam of light traveling through space.
- August Kekule discovered the molecular structure of benzene, which is circular, after dreaming about a snake biting its tail. At that time cyclic molecular structures had never been identified or conceptualized. Kekule's intuitive insight created an entirely new way of looking at possibilities for molecular structures.
- In 1960 Ray Kroc of McDonald's was advised by his lawyer against paying the exorbitant price of \$2.7 million to buy the McDonald brothers out of the franchise of 228 restaurants he had created, using their name. Kroc recalled: "I'm not a gambler and I didn't have that kind of money, but my funny bone instinct kept urging me on. So I closed my office door, cussed up and down and threw things out the window. Then I called my lawyer back and said: 'Take it!'"
- Paul Fireman purchased the right to an unknown British trademark called Reebok and began making aerobic shoes, using his intuition to sense a trend before it was obvious.

In each case, the "Eureka!" that came as an intuitive hunch led to a breakthrough which advanced human understanding or opened new business horizons.

Everyone has the capacity to access these same inner resources. Everyone can use their intuitive intelligence to move outside the box and discover creative solutions to challenging issues and problems in their professional and personal lives. In our culture, where such gifts are not actively encouraged, the skill to fully utilize these abilities may need to be developed with Intuition Coaching.

The Difference between Thinking and Intuition

Thinking is an active process, characterized by an intense concentration of energy. The conscious effort involved in the act of thinking can create fatigue and ultimately stress.

In contrast, when you utilize Intuition, the active process of trying to figure out an answer is put aside. In a deeply relaxed state, you remain open to awarenesses that arise effortlessly. These awarenesses may contain insight into challenging issues or offer solutions to problems that had previously stumped you.

Rather than creating exhaustion or stress, this process of passively receiving insight induces a sense of calm, rejuvenation, even relief as the resolution of knotty problems suddenly becomes clear.

Obviously, there is nothing wrong with reason or logical thinking. The goal of Intuition Coaching is to create a balance between thinking capacities and the innate capabilities for Intuition which may have remained under-developed. Once free to draw upon the brilliance of your entire potential, you become fully empowered.

The truth is that Intuition operates in all of our lives, often outside of conscious awareness. You may have had the experience of sudden insight, when confusion or uncertainty dropped away and solutions to challenges in your life became immediately apparent.

While these experiences occur naturally and spontaneously, you can be trained to be more skillful at seeking inner wisdom and increase the effectiveness of your intuitive powers. This is what Intuition Coaching is all about.

What Is Intuition Coaching and How Does It Work?

Intuition Coaching helps you to develop your innate intuitive capabilities. You learn to access and develop a relationship with a resource that has been available to you from the beginning of your life.

"New ideas spring from a mind that organizes experiences, facts and relationships to discern a path that has not been taken before. Somewhere along this uncharted path, intuition compresses years of learning and experience into an instantaneous flash."

Ray Rowan
The Intuitive
Manager

To open to our full potential, we must use our whole brain, not just half of it. For this to happen we must first realize that intuition and reason are not opposites. They are complementary ways of knowing.

John Pehrson
Intuitive Imagery:
A Resource at
Work

First, you learn relaxation techniques. As your body relaxes, your thinking mind can relax, creating the calm centeredness necessary for accessing intuitive wisdom and creativity.

You then learn to effectively engage intuitive knowing. There are a number of techniques for achieving this, some simple, others appropriate for delving deeper, to more fully explore important issues.

As with any ability, the more you use your Intuitive Intelligence the more familiar you become with it, the more you trust it, the more effortless it becomes to utilize and the more effective it becomes.

The relaxation training intrinsic in the process provides the extra benefit of a highly effective tool for stress management. Volumes have been written about the deleterious effects of stress on performance and the dangers of burnout when unacceptably high levels of stress are endured over protracted periods of time. It is well documented that relaxation provides a powerful antidote for this kind of mental and physical stress.

Because relaxation is a necessary step in accessing intuitive awareness, every time you engage in this process you practice an effective means for reducing physical, mental and emotional stress.

Why You Need To Develop Your Intuitive Intelligence

Well-developed intuitive powers are particularly important in the following situations:

Information overload

You have access today to more information than ever before. This has the advantage of providing you with massive amounts of data to inform your decisions.

However, when the amount of data becomes overwhelming or when apparently contradictory information creates confusion, the cognitive system can no longer handle the situation. At this point the vast quantity of information is no longer an advantage. It actually impairs your ability to make sound decisions.

At times like this, gaining perspective from an intuitive viewpoint enables you to move beyond the quagmire of

overwhelming detail. Confusion is replaced by clarity and certainty. Intuition provides this essential shift in perspective, transporting you to a level of awareness from which solutions becomes apparent.

Unexplained business failure or obstacles to success

When business or organizational projects fail or fall short of anticipated results the cause is rarely technical. When what you need to do to succeed is apparent, but you just don't seem to be able to act, it's not because you're a helpless idiot, though sometimes you might feel like one.

Usually what's blocking success are underlying factors, which often remain unidentified, unexplored and unresolved. The most serious failure here is that the critical issues are never surfaced and, so, cannot be dealt with. When these issues go undetected and unresolved the real danger exists that they will continue to undermine success into the future.

In situations such as these, the stumbling blocks become apparent through intuitive insight. Once the conceptual, attitudinal or emotional factors impeding success become clear, they can be addressed and resolved, creating improved future performance and success.

Creative Blocks

We have all had the experience of being stuck, of feeling incapable of solving a problem that seems just beyond our grasp. The more you worry or try to figure out what to do, the deeper you seem to sink into the quagmire. The frustration and stress grow.

At these moments, if you set aside all cognitive effort, close your eyes and take a deep breath, you are setting the stage for a change in focus. Once you have developed familiarity with intuitive processes, you can move beyond any impasse to successful resolution of the problem. This is what Einstein did when he discovered the Theory of Relativity. This is how Kekule was able to conceptualize cyclic molecular structure. Ray Kroc and Paul Fireman drew on this ability to create new business horizons. This is what you can learn to do to solve the problems in your professional and personal life.

Intuition Coaching can help you to draw fully on your

intellectual, emotional and intuitive capabilities so you can enhance personal and business success and empower yourself to lead a more fulfilling life. The enhanced self-confidence and esteem that come with a sense of mastery are additional benefits you will enjoy – and that will be perceived and respected by those around you.