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INTERNATIONAL
SECTION
- in English

THEME:
INTUITION

INTUITION and MENTAL TRAINING

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INTUITION – the sixth sense – has had a changing story from having been regarded as a positive or even divine gift for some few people to being regarded as witchcraft and even punished with being burned at the stake.

THERE IS A BIG NEED for intuition in today's society. The market today gets more and more complex and will together with an accelerating environmental uncertainty increase the value of an intuitive approach to decision making at the strategic level.

YET, LIVING IN A CULTURE, which encourage logic thinking and rational motives, will unfortunately cause many people today to close the door for the valuable intuitive alternatives and to the unconscious wisdom behind intuition.

And people who use their intuition today, often do it in secret.

»How
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INTUITION
in your
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INTUITION



Illustration: jirsak

TEN YEARS AGO on our course centre in Mallorca I asked eleven CEO's:
How many of you use intuition in your work?

Only one of them confessed from the beginning that he used it but after having discussed the concept, the majority agreed that they used it in their daily work. However, they did not want to sign with it in public. As one of them said:

“Even if I use intuition regularly, I can `t tell the board that I made the decision with my 'stomach', so before telling other people I have to find rational motives for my decision.”

ISIIS, The International Society of Intuitive Information Sight, is rather unknown and has fewer members than would be expected in relation to the big interest for the concept among most people.

MENTAL TRAINING as well as COACHING is today regarding intuition as a very valuable skill, a skill which like other skills can be developed through training.

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WHAT THEN IS INTUITION?

THE WORD INTUITION comes from the latin verb *intueri* translated as "consider" or from the late middle English word *intuit*, "to think". Early mentions and definitions of intuition can be traced back to Plato. In his book Republic he tries to define intuition as a “*basic ability of human reason to understand the true nature of reality*”. In his work Meno and Phaedo, he describes intuition as an “*existing knowledge that exists in the 'soul of eternity'*”, and a phenomenon through which one becomes aware of existing knowledge.

There are many definitions of intuition but almost all of them agree that intuition is: *the ability to understand and know something rapid and instinctively, without the need for conscious reasoning or logical steps.*

This intuitive intuition can be received and experienced in various ways like:

- **Physical** (Body) – for example the “gut feeling”
- **Mental** (Mind) – the Eureka (I've found it) or the "AH Ha"-effect
- **Emotional** (Heart) – intuition transmitted in the form of a feeling
- **Spiritual** (Soul) – intuitive cues or awareness received from the "non-physical" world

The most common expression of intuition in everyday language today seems to be in form of a feeling: “I felt intuitive “ (in the gut or in general), while the opinion of intuition as a spiritual or divine gift is historically the most common.

Anna Bornstein defines intuition in her book “Intuition - Uniting Head and Heart”, as a kind of spiritual intelligence. To develop intuition, contact with one's inner self is required. However, as our society is so focused on performance and objective knowledge, activity is often prioritized over silence. Anna is very influenced by Buddhism, which locate God inside every human being. Buddhism finds that intuition is an ability in the mind of immediate knowledge and puts the term intuition beyond the mental process of conscious thinking, since the conscious thought cannot necessarily access subconscious information or make such information a transferable form.

In Zen Buddhism, various techniques have been developed to help develop the intuitive ability, such as *koans* - the solution of which leads to states of less enlightenment (*satori*). In parts of Zen Buddhism, intuition is considered a mental state between the universal mind and even the individual, discriminating mind.

Children are born with a natural ability for intuition, but this “divine” gift of “inner life” are often lost in our stressful world. However, it is possible to regain this ability and there are many examples of human beings like Dag Hammarsköld, whose life changed completely when he started to listen inwards and began with daily meditation.

Intuition as a sixth sense means that it is something behind or outside the fifth senses and can therefore not be equated with “imagination”.

MEASUREMENTS of INTUITION

FROM WHERE then come these ideas, understandings, insights and hidden wisdom? Here are some proposals:

① Quantity and Quality of Experiences and Association Skills

The idea here is that intuition is based on the overall experience while rational thinking is based on a small part of all experience.

In regard to overall experience we have to look at both quantity and quality but also at an “intuitive” skill to associate and combine widely differing experiences to new ideas and results (self-organizing holistic associations).

② The “Selective Perception”

We are bombarded every second of millions of stimuli, but only a small fraction of these will reach our brain through our five senses and create awareness. The “sixth sense” or ESP (Extra Sensory Perception) may transmit stimuli, which may create experiences which no access through DSC, the Dominant State of Consciousness, but which can be reached through ASC, Alternative States of Consciousness.

③ **Sharon Franquemont**, who teaches Applied Intuition at John F Kennedy University, writes in her book “Develop Your Intuition” that intuition is one of our senses in the same way as vision and hearing and that everybody can develop this skill through training and frequent use.

SOME MISUNDERSTANDINGS

THERE ARE MANY misunderstandings around intuition. A few examples are:

① **Separate Intuition from Conditioning and Triggers** – *“I got intuitive a good (or bad) feeling to this person the first time I met her/him.”* This is probably a conditioning effect where we transfer earlier experience from another (similar) person from which we have good (or bad) experiences.

② **Dreams are not intuition** – Receiving ideas and information through intuition is different from dream interpretation as intuition is objective and often predictive while dreams are always subjective and descriptive.

③ **The Kahneman “System 1” (Fast and Slow Thinking)** – The Nobel Prize winner **Daniel Kahneman's** division of System 1 – the fast, impulsive and automatic thinking and System 2 – the slow, deliberate and rational thinking, has by Kahneman himself and many others been looked at as a description of intuitive vs rational thinking. But there are also many experts who separate System 1 from intuition.

The advantage with system 1 is that we need it for quick decisions where we have no or little time to think. The disadvantage is that the decisions and acting are often of bad quality.

Joseph O'Connor recommends in his excellent book “Coaching the Brain” that a coach should not accept the first answer to a question from the coachee (especially if it is a fast answer) as it usually comes from system 1. Instead it will be important to follow up by more questions like: *“This was your first thought. What is your second?”*

I will therefore propose a System 3 which is both based on intuition and do not have the disadvantages of System 1 (lower decision qualities) and System 2 (rumination and energy taking).

INTUITION AND ASC

(Alternative States of Consciousness)

I SPENT SEVEN YEARS OF RESEARCH about ASC (Sleep, Dream, Flow, Meditation, Prayer, Contemplation, Hypnosis) before I started the Mental Training. As these states change the operational system in the brain and replace the logical thinking and the Prefrontal activity which a “trance logic” system which transfer verbal information and visual images to conscious reality, which in turn can release and develop hidden ideas and skills.

In dreams are images experienced as “Reality” and sleep can be used for problem solving (“To sleep on the matter”, a Swedish expression). I even made a mental training program with the title “Work while you are sleeping” for creativity and decision making. One of my students wrote a collection of poems in the night and woke up in the mornings to have his conscious mind to read the poems “for the first time”. I also made a number of experiments with artists and non-artists to see the difference in the artistic quality when they performed in ASC compared with DSC.

SYSTEM 3

The Development of Intuition through Mental Training

“A quiet Mind is an Intuitive Mind” is an expression used by several experts and I will add that intuition also demand an alternative mind state, which include both a quiet mind and an open mind, where new thoughts and ideas can reach consciousness through a non logical gateway and through the alternative operational system.

System 1, as already mentioned, is good and necessary to use when I have to make a quick decision without having time to think and reflect but one big disadvantage is the quality. The Decision is often based on a sudden feeling, where the decision is made without time to go through future consequences.

System 2, which is based on analytical and reflective thinking often leads to better decisions but the disadvantage is that it takes time and also much energy as it often leads to a lot of rumination.

I have therefore developed a System 3 which is related to intuition and which is based on mental training. It leads to good decisions but without energy waste and rumination. Here is one example of how to use System 3:

HOW TO USE SYSTEM 3

Related to Intuition – Based on Mental Training

1. **Make a written description of the problem** or the issue in a concise and simple way.
2. **If the time to the decision to make is short** – make the description before entering an Alternative Mind State, like the “Mental room”, Meditation, Sleep, Meditative running, etc. (In meditative running you run for 20-30 minutes at a steady pace and not faster than 70% of the maximal heart rate. Do not think about the problem/issue, just enter the flow state and enjoy.)
3. **For issues that is not situation related and where the solution can wait** it is good to give the ”inner mind” longer time to find the solution. However, do not “think” of the problem meanwhile, just wait for the intuition and illumination to serve you the solution.
4. **As every individual can develop his/her intuition through practice and training** and as the leading CHANGE vehicle in mental training is the concept of training, there is a natural relation between mental training both in terms of the use and in terms of the development of intuition.

AN EXCITING IDEA

LET ME FINISH THIS ARTICLE with an exciting and revolutionary idea about intuition and especially about another possible source behind intuition.

I mentioned in the beginning that intuition has been regarded both as a witchcraft and a divine gift and that it can be received and experienced in a physical, mental, emotional and spiritual way. Let us look more into the divine and spiritual source of intuition.

I am now writing a book together with two friends with the title: "Golden Ratio or Section Divine – The Key to Life and the Universe" (In Swedish: "Gyllene snittet – Nyckeln till Livet och Universum") where we present the evidences that the whole universe is based on the golden ratio concept and which has made us convinced (like many others like Kepler, Einstein, etc) that the universe has a creator, which we can call God.

The contact with such a reality, behind the human concept of time and space, is much easier to establish in the ASC states. When we leave the common consciousness and enter into the alternative states we open the possibility for both intuition and contact with God (the eternal energy) and the spiritual way to intuition. Experts have not been able to unite about a definition of consciousness but there are three basic opinions about the relation between consciousness and the human brain.

- Consciousness is in total a result of brain activity.
- Consciousness is mainly a part of neurological processes but not totally.
- Consciousness is not located in the brain at all. Everyone’s consciousness is instead a part of a global consciousness where everything is connected with everything else.

The opinion of life after death (or life after life) is of course related to the opinion that consciousness is mainly a part of neurological processes, and the opinion that consciousness is not located in the brain at all, but part of a global consciousness where everything is connected with everything else.

This opens up for the spiritual path to intuition and the global consciousness as one source behind intuition.

INTUITION as a divine gift – There are numerous examples from the history of creativity and intuition where the ideas have been received and looked at as a gift without references to neither rationality nor former experiences.

The poet **Keats** refers to that when he wrote: *“If poetry comes not naturally as leaves to a tree it had better not come at all.”*

When **Bach** was asked where he found his music his answer was: *“The problem is not finding them, it’s when getting up in the morning and getting out of bed not stepping on them”.*

“Whence and how they come, I know not” wrote **Mozart**, *“not can I force them.”*

Friends, who compose music, often tell me that a music piece comes as a gift and is then impossible to improve by voluntary effort and rational thinking. The idea of intuition as a divine gift has been around for over two thousand years since Plato.

I regard **Einstein** as the first Mental Trainer as he used mental images and intuition as the main and even only way of receiving his groundbreaking ideas.

“No one of my discoveries has come through rational thinking” or *“The only really valuable is intuition”* or

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.”

AUTOMATIC WRITING – When I started to use automatic writing (writing without awareness and DSC) in my work with hypnotherapy in the 1960’s it was regarded as an expression from the unconscious mind.

The idea that it could be used as something more came through my close contact with the Swedish author **Jan Fridegård**. Jan told me that his father after his death wanted to share his experiences from “the other side”. The result was the book “Torntuppen” (Sw) written by his father using Jan's arm.

» The INTUITIVE MIND is a sacred gift and the RATIONAL MIND is a faithful servant.

We have created a society that honours the servant and has forgotten the gift. «

– Albert Einstein

THE RAIKOV EFFECT – When I organized the first European World Congress in Hypnosis and Psychosomatic Medicine in Uppsala 1973, I invited a Russian scientist who claimed that he could get “ordinary” people to make extraordinary performances in music, art, etc. by hypnosis, in which he helped them to identify with, enter and become a known musician or artist.

However, the time was not ready for such wild ideas but now, 50 years later, some Americans have taken up the idea and are launching it worldwide under the name “The Raikov effect”. Become someone else”.

MANY MORE EXAMPLES – During the last 50 years I have seen many more examples of the same phenomena. Let me mention the latest example which happened two months ago. I met a Hungarian surgeon living in Paris who visited Örebro, the town in Sweden where I live, to find out more about Mental Training. He told me that he was often asked to make specially difficult surgeries, which his colleagues did not want to do.

He explained that he did not have more knowledge or skills than his colleagues, but he described that something peculiar happened when he during a surgery came to the limit of his skills. He described it as: “*Someone or something take over my arm and hand and do the rest of the surgery*”.

So far most experts have looked at this “flow”state as the “wisdom of the unconscious mind” but maybe it is time now to also include the wisdom from the “Global Consciousness”

THE GLOBAL CONSCIOUSNESS – The theory and belief of a global consciousness where everything is connected with everything else includes not only everything now living but also earlier lives. The belief that intuition is based on experiences is extended to not only all experiences from now living people but also from all earlier experiences gained and gathered in the “field”.

THE NEXT STEP IN THE AREA OF INTUITION AND MENTAL TRAINING will then be to help people to come in contact with and be able to use and benefit from all the good experiences gathered in the global consciousness.

Welcome to take part in this thrilling and exciting project!

BOOKS mentioned in the article

Books in English:

- *Thinking, Fast and Slow* by Daniel Kahneman (2011)
- *Coaching the Brain: Practical Applications of Neuroscience to Coaching* by Joseph O'Connor & Andrea Lages (2019)
- *Golden Ratio or Section Divine – The Key to Life and the Universe* by Lars-Eric Uneståhl and others (not yet published)

Books in Swedish:

- *Intuition - att förena huvud och hjärta* av Anna Bornstein (1995)
- *Coacha Hjärnan: Praktiska tillämpningar av neurovetenskaper i coaching* av Joseph O'Connor & Andrea Lages (2019)
- *Gyllene snittet – Nyckeln till Livet och Universum* av Lars-Eric Uneståhl m fl (ej ännu publicerad)
- *Torntuppen* av Jan Fridegård (1941)

För böckerna Coacha hjärnan och Gyllene snittet se:
www.logistikteamet.se/siu