



Accessing Intuition In Real Time

Have you ever had a knowingness about an event outcome, before there was any knowledge about the event, and it turned out to be true? Maybe you're a busy executive or manager having to make an important business decision but information overload causes your brain to shut down. However in your gut you have this strong feeling about what to do, and it's not based on any of the information you've read. You follow your hunch and you see a turn around in your business. Or maybe you've heard a soft inner voice give you information about a person you've just met?

If you answered yes to any of the experiences just given, you have experienced intuition! If not, don't worry; you still have intuition. Why? Because we are all born with intuition. It's just some people are more aware of their intuition and use this faculty in their lives. But most of the time it's a passive unconscious use, "it just happens."

Intuition, what is it? Most people would answer: "a hunch," "gut-feeling," and "I don't know, I just know." If you looked in a dictionary of the English Language you might find a definition like this: "direct perception of

truth, fact, etc., independent of any reasoning process; immediate apprehension." Another definition you may come across is "a keen and quick insight."

From a spiritual point of view intuition is defined as a pure knowingness that transcends logic and intellect; it's a knowingness that you feel to the very core of your being. It's the voice of the Soul.

Lack of knowledge and understanding about intuition's true nature gives rise to misperception, confusion and fear and therefore we are trained to ignore or suppress, this natural ability. For example people confuse intuition with being psychic. And the term "psychic" unfortunately, for many people causes them to shy away from their intuitive promptings faster than you can say, "snake!"

The truth is intuition is a higher sense perception, another state of consciousness. Indian author I.K.Taimni a former chemistry professor and yoga scholar, in his book, *The Science of Yoga*, suggest that intuition is acquired as an attunement with Oneness in the full practice of yoga. However when strictly developed to gain power, rather than a process of union it's considered a 'psychic' by-product of

a yogic practice.

Intuition is not some new fad. Mankind has been using and benefiting from intuition since the beginning of our existence to help in our evolution. Author Arthur Koestler in his book, "The Act of Creation" expressed intuition's role in evolution as follows:

"The moment of truth, the sudden emergence of new insight is an act of intuition. Such intuitions give the appearance of miraculous flashes, or short circuits of reasoning. In fact they may be likened to an immersed chain, of which only the beginning and the end are visible above the surface of consciousness. The diver vanishes at one end of the chain and comes up at the other end, guided by invisible links."

Well known spiritual teacher and writer Alice Bailey in her book From Intellect to Intuition said the following:

"For thousands of years all over the planet, the mystics and knowers have borne witness to experiences in subtler worlds where they have been brought into contact with forces and phenomena, which are not of this physical world. They speak of meeting with angelic hosts; they refer to the great cloud of witnesses; they commune with the elder brothers of the race who work in other

dimensions and who demonstrate powers about which ordinary human beings know nothing; they speak of a light and of a glory; of a direct knowledge of truth and of a world of phenomena which is uniform to the mystics of all races."

"That much of the testimony can be discarded on the grounds of hallucination may be true; that many of the saints of old were psychopathic cases and neurotics may be equally true; but there still remains a residue of testimony and a sufficient number of reputable witnesses, substantiating this testimony, to force our belief in its verity. These witnesses to the unseen world spoke with words of power and gave forth messages which have molded the thoughts of men, and directed the lives of millions. They claimed there was a science of spiritual knowledge and a technique of development whereby men could attain to the mystical experience and whereby they could know God."

In scientific discovery, intuition has been rejected in favor of the importance of rationality in everyday life and human relationships. Yet there are numerous examples of scientific discoveries made, not through the stereotypical behaviors we associate with scientists, but during dreams, walks in the park, or sudden

episodes of seeing a solution that wasn't there a moment earlier. For example Dmitri Mendeleev is lauded among scientists for having come up with the idea that the natural elements can be arranged neatly and logically in a regular fashion, based on simple properties such as their atomic number. What is less known is that Mendeleev had the idea in a dream—not while he was sitting at his desk thinking about the order of the universe.

Intuition has intrigued many brilliant minds who have shared their perspectives, not without controversy I might add. Psychiatrist Carl G. Jung in 1923 described intuition as a perception of realities which are not known to the consciousness, and which goes via the unconscious. Intuition is not merely a perception, but a creative process with the capacity to inspire. Intuition when used in conjunction with intellect can increase intellectual performance to its maximum. Intuition also aids in the interpretation of dream symbols.

Jung believed that humans orient themselves to the world with four functions: sensation, feeling, thinking, and intuition, the latter of which gives information about both future possibilities and the atmosphere surrounding all

experiences. Archetypes are inborn forms of intuition.

Psychiatrist Roberto Assagioli founder of psycho-synthesis, a transpersonal psychological technique, believes only intuition gives a true psychological understanding of oneself and others in an immediate and holistic sort of way. Assagioli wrote that intuition may be activated by using the will to quiet the mind.

Another well know transpersonal psychologist, Dr. Francis Vaughan, wrote in "Awakening Intuition," about the intuitive process from a psychological perspective.

"At any given moment one is conscious of only a small section of what one knows. Intuition allows one to draw on that vast storehouse of unconscious knowledge that includes not only everything that one has experienced or learned either consciously or subliminally, but also the infinite reservoir of the collective or universal unconscious, in which individual separateness and ego boundaries are transcended." She suggests that intuition can also be a collective phenomenon, it can be learned, and the learning process can be unconscious."

As a facilitator-trainer of intuition and healing, I agree with Dr. Vaughan. Intuition is a skill that can be successfully taught, to be accessed at will to help you in your life. And it can be learned consciously. Psychiatrist Roberto Assagioli, and psychologist Carl Jung, have given their suggestions as to how a person can access intuition. Dr. Assagioli suggests that a person needs to be physically relaxed with no mental distractions; a skill that can be consciously learned. Dr Assagioli also suggested that using the will to quiet the mind activates intuition; another skill that can be consciously learned. Dr. Jung gives a hint at how intuition works through the unconscious in symbolic form. And what's needed to understand symbolic language? Another skill that can be learned; conscious training in symbol interpretation.

Where is intuition located? In the Universe there is a time continuum that holds all the

information that was, is, and will be. Scientist call this the quantum field, the matrix of life. From a spiritual perspective the time continuum is where the Soul sits. The Soul has the power to expand and move within the time continuum.

What is needed to access the Soul and time continuum? We need systematic process that can be applied consciously to connect the physical brain, that connects us to the etheric part of us that enables us, to make Soul contact to request information, which comes through to us as a direct knowing.

How can you go from passive intuitive to active intuitive? By learning to be in charge of your intuition at will. Some options available are: 1) The long slow yogic path. 2) The psychic path through psychic development classes. And 3) The three-day course that uses an accelerated approach that allows the individual to access their intuition in real time, at will, with a high degree of accuracy, The Perceptive Awareness Technique, Inc.©

The Perceptive Awareness Technique, Inc.© teaches techniques that psychiatrist Assagioli, and psychologists Jung, have suggested a person needs to access intuition: techniques that enable an individual to be fully alert mentally, while relaxed physically. It teaches concentration exercises, visualization techniques, observation skills and recognition of the meaning of symbols to be able to understand the language of intuition.

As with any skill and service that is beneficial to humanity, various professions have established codes of ethics and /or conduct they suggest to their colleagues to use in their lives. People committed to use their spiritual gifts for the upliftment of mankind's consciousness also have a suggested code of ethics to consider: that one should not use their gift of intuition on an individual with out their permission.

Every profession distinguishes between the highly intuitive sense of the virtuoso or genius as opposed to the competent, workmanlike performance of other professionals. Now the choice is yours. How would you like to be distinguished? Virtuoso or competent?



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