

Journaling Your Intuitive Experience

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Among the many ways to discover intuition, our work suggests that an intuition journal to record intuitive experiences significantly enhances awareness of and reliance on inner knowing. Writing and reflecting on the dimensions of these experiences reveals their subtle qualities.

Through journaling, those who rely primarily on rationality gradually acquire an appreciation for intuition as they personally experience and document the process. And those who are comfortable with intuition deepen their appreciation for this already important part of their lives.

General Guidelines

Intuition journaling represents the primary tool in our work. We use a structured format to tease out the subtle dimensions of intuitive experience. Before getting into the journaling guidelines, an orientation to the process will lay a clearer foundation. Journaling is experiential since we write about what happens when an intuitive insight occurs. Undertaking this work, we commit to a process of inner exploration to discover the subtleties of daily experience.

The experiential approach is in the grand tradition of intra-personal discovery down through the ages. As suggested by the perennial wisdom, the place to begin our observation is in the experiences of everyday life. Attending to our intuitions, we find they are numerous and often deal with commonplace occurrences: anticipating a phone call, waiting for a delivery, reviewing for a presentation, changing a job assignment, etc. We have found that the more attention we pay to intuition, the more attention it pays to us!

Becoming an Inner Explorer

The study of intuition requires a broader perspective than traditional science. In addition to the physical sense data of the objective tradition, we must use the self reports of subjective experience, the consensus of expert judges and the self reports of trained “inner explorers” that characterize “noetic” science. This interdisciplinary study of mind and consciousness meets the challenge of understanding intuitive experience. Engaging The Intuitive Self requires us to become inner explorers with the broadest possible scientific perspective.

The *sine qua non* for inner exploration as well as intuitive experience seems to be a quiet, relaxed mind focused in the present moment relatively free of distractions. For us this means being a “Meditator in the World.” One way to connect with intuitive experiences is to pay close attention when our mental state spontaneously has this focused, reflective character. Then we can go one step further and evoke this state of mind. Many practices to encourage the necessary attentive attitude are explored on The Intuitive Self website.

Unsuccessful Intuitions

We should include “unsuccessful” as well as “successful” intuitions. Those that are on target and from which we gain personal benefit are generally

easier to identify than those which miss the mark and consequently provide no benefit or even a loss. We learn from both types of intuitions although the lessons may be different. So pay special attention to unsuccessful intuitions since they are easy to ignore. We need to track our “misses” as well as our “hits.”

A key to understanding misses is that they represent situations when we were not attending to the moment. A strong sense of “not being in accord with what is happening” is a clear signal that we are not in a quiet, reflective state of mind. This is sensed when we are feeling “out of the flow.” When things seem to go wrong, we may recognize not being intuitive as The Intuitive Self notices that we missed an opportunity to deepen the quality of life!

Recognizing our Misses

What are the cues that will let us know when what we think is an intuition, really is not? Two behaviors seen to get at the heart of the matter: 1) when we flip flop back and forth over what to do and 2) when we are obsessive or paranoid about the outcome. Both situations are characterized by the absence of the simple clarity that marks insights which are right on the mark.

A businessman once said intuition is “what we know for certain without knowing for sure.” For instance imagine saying, “I’m certain that so and so will happen, but I’m not sure why!” This means that we cannot rationally demonstrate our certainty, but we are clear about what is going to happen. That clarity is absent in situations where we are flip flopping or obsessive.

Accepting Bad Intuitions

We also need to accept intuitive insights that are disturbing. For instance we may “foresee” unfortunate circumstances or situations. Try not to be frightened away from the direct and honest Intuitive Self when this happens. That part of us does not discriminate between so called “good” and “bad” things. The Intuitive Self is indifferent to these distinctions. So receive the bad insights along with the good while opening to the full truth that lies within our being.

When all these good or bad and hit or miss experiences add up, significant opportunities exist for improving the quality of life with a Meditator in the World presence to what is going on moment to moment. So try to capture the dimensions of all experiences whether they are hits or misses and whether they are good or bad. We usually learn the most from missed intuitions.

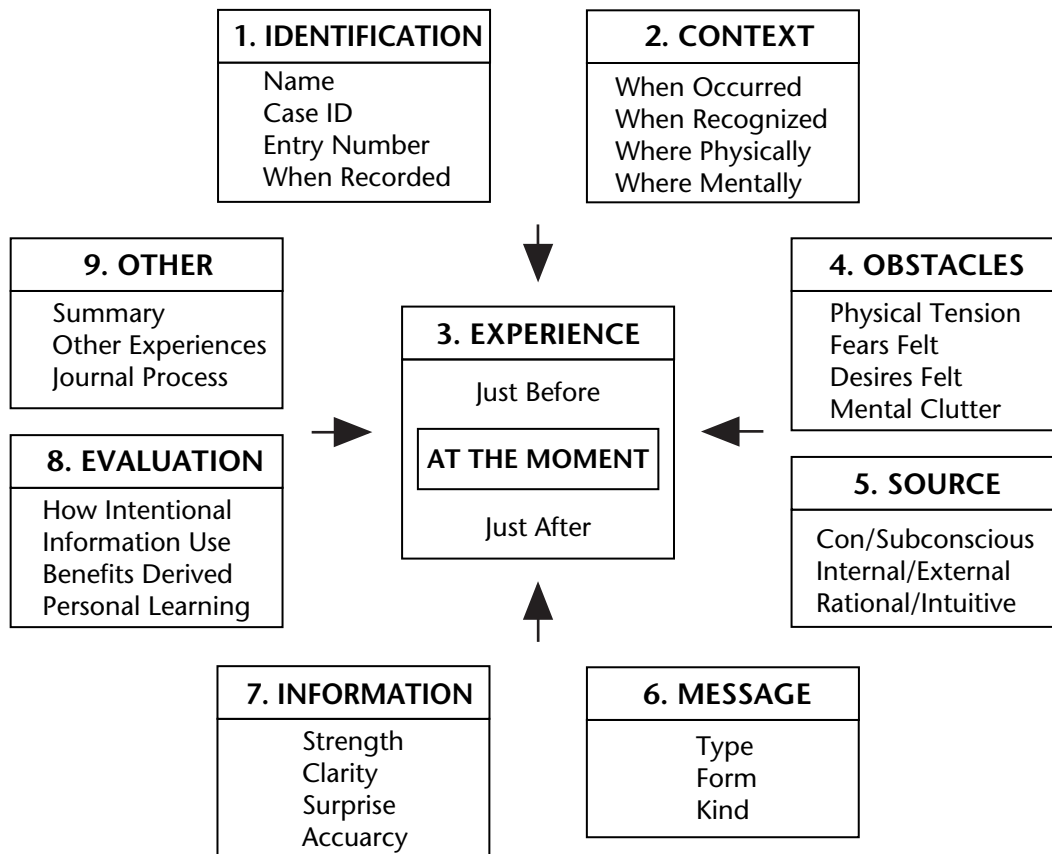
Capturing Intuitive Experiences

A microcassette tape recorder or a personal note pad may be useful aids for capturing intuitive experiences. A delay of just a few hours in completing a journal entry can make a significant difference in how much we remember. As with dreams, the specifics of intuitive experiences slip away easily and rapidly. Since it may be a day or two before we write the experience down, capture enough information with a tape recorder or note pad to complete the journal entry at a later time.

It is usually easier to connect with intuitive experiences in personal life. Recognizing these experiences in professional life seems to be more difficult for most people. However the fuller meaning and deeper value of reconnecting with The Intuitive Self requires that we discover intuition in all aspects of experience. Try to include journal entries from all areas of life to gain a clearer sense of their pervasive presence.

The Complete Journal

The intuition journal provides a protocol for exploring personal insights. By learning to articulate intuitions, we discover the subtle dimensions of intuitive knowing suggested by the many ways intuition has been defined. Capturing this richness in a journal encourages us to explore the sparkling facets of the intuitive diamond. The guidelines offer detailed explanations of what to include for each paragraph in the nine sections illustrated in the diagram:



For each paragraph, the guidelines have 1) a brief explanation of what to include along with samples, 2) a suggestion about how to benefit from that category, and for the quantified categories, 3) the numerical values.

Word and Acrobat Documents

Microsoft Word documents are provided in a long and a short format to use in preparing journal entries on a computer. The complete journal guidelines and two journal examples are in the Adobe Acrobat format. How these links function depends on how your browser has been set up to handle Acrobat files and Word documents.

The long format provides a brief description of the content required for each paragraph taken from the complete guidelines. Use this version to start the journaling work. As the process becomes familiar, use the short format with a simple question to answer for each paragraph. In either Word document, simply tabulate from cell to cell in the table and type in the response in place of the long description or short question.

Save the complete guidelines to disk for viewing or printing off line. It contains the text of the pages from this section of the website as well as details about each paragraph with two samples for each taken from the personal and professional examples. Used together either Word format, the complete guidelines and two examples will quickly help you acquire an in depth appreciation of the journaling process.

To illustrate the power of journaling, there are two journal examples. The first is taken from personal life, and the second from a work setting. The guidelines describe how to document the many dimensions of an intuitive experience as illustrated in these examples. As you begin journaling, use these documents along with the guidelines to clarify what to write for each paragraph.

Journaling Fullness and Balance

Full and balanced coverage across all paragraphs facilitates the process. "Fullness" means to answer each question so that it will stand on its own. "Balance" means to even out very short and very long paragraphs. When there are long answers, some of the response should be included in another section. As familiarity with the questions develops, an understanding of what to include in each paragraph emerges

Preparing full and balanced journal paragraphs may seem repetitious. But some duplication is inevitable for a complete journal. This is important to get the most out of the journaling process. Completing an entry emphasizes the individual experience. But later the emphasis shifts from single journal entries to a review across all entries when preparing the Intuitive Self Profile (ISP)

For the ISP, each paragraph needs to stand on its own because all entries for a particular question are viewed at the same time. For this reason, fully answer each question and develop balance across them even if that seems to create duplication and repetition. When synthesizing answers for the ISP, the redundancy in the paragraphs will be welcome.

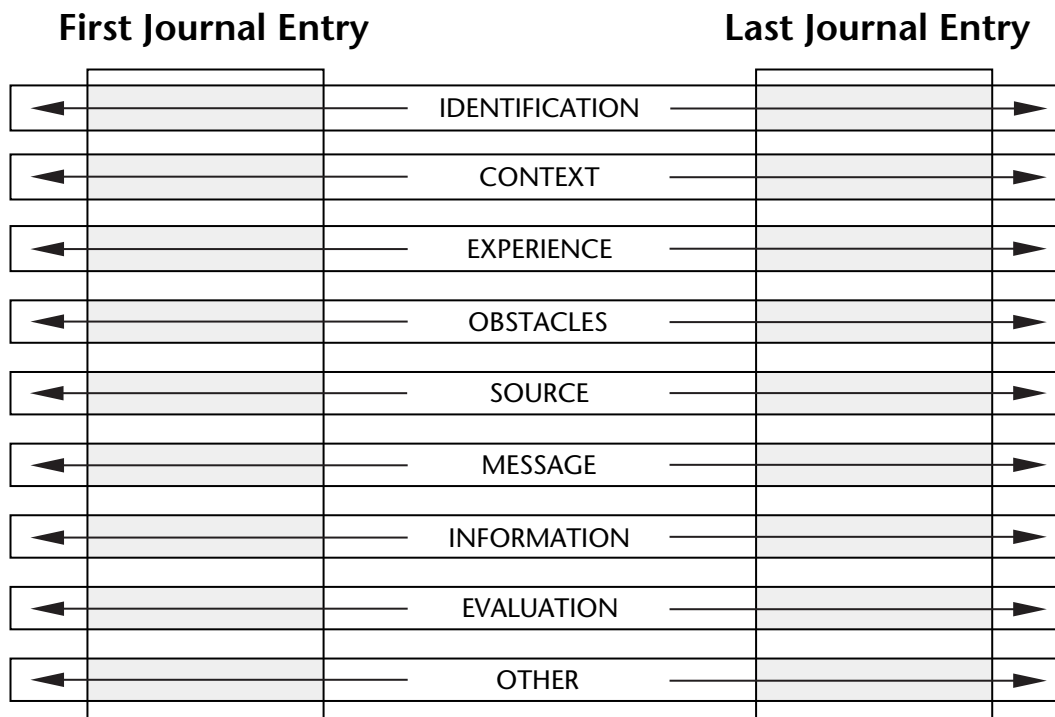
Working with a Group

As powerful as the journaling technique is by itself, a more profound effect can be achieved using the results in a group setting. Bold explorers of The Intuitive Self share their experiences with each other. As in brainstorming, this practice triggers additional ideas while building a sense of community through the sharing of personal experiences

Working with a group also serves a permission giving function. When individuals discover their friends and colleagues rely on intuition, they develop a new sense of openness around intuitive experience. In addition, a greater appreciation for diversity encourages empathy for different styles of and attitudes toward the intuitive side of life. To obtain these benefits, arrange to meet with others to share experiences.

Intuitive Self Profile

Reviewing a series of journal entries to prepare an Intuitive Self Profile reveals the larger pattern of our intuitive way in the world. The ISP is prepared after completing a dozen or more individual journal entries. It is used to synthesize the journal entries to discover our unique intuitive style. To use a visual metaphor, think of the work with the journals in spreadsheet terms as illustrated in the diagram.



Each column contains one journal entry and the rows represent the paragraphs in each journal section. When doing the entries, we focus on one col-

umn at a time. For the Intuitive Self Profile in the second diagram, we shift our focus to one row at a time. This shift in emphasis from complete entries to single paragraphs helps distill the ISP pattern from individual experiences.

Intuitive Self Profile

IDENTIFICATION:	Identify yourself and the Profile.		
CONTEXT:	Identify the context pattern.		
EXPERIENCE:	Identify the experiences pattern.		
OBSTACLES:	Identify the obstacles pattern.		
SOURCE:	Identify the source pattern.		
MESSAGE:	Identify the messages pattern.		
INFORMATION:	Identify the information pattern.		
EVALUATION:	Identify the evaluation pattern.		
OTHER:	Identify other patterns.		

As with the journal format, a Microsoft Word document is provided to prepare an ISP on a computer. View the Acrobat profile to read the ISP question for each journal paragraph. Then use the Word version of the ISP to write an integrating response to each question in the same way you used the Word format for your journal entries. Two examples in Acrobat format illustrate the potential of the Intuitive Self Profile. How these links function depends on how your browser has been set up to handle Acrobat files and Word documents.

To help you prepare an ISP, here are the strategies two people used to review journal entries to complete their profile. Use their suggestions to come up with a strategy for writing your ISP. The Acrobat document with the ISP questions along with the examples will help you write paragraphs in the Word ISP format from your series of journal entries.

Strategy One

I designed a matrix with a summary of all the intuition journal entries. With the matrix, it was easy to access the information I needed to come up with patterns or trends and eventually an Intuitive Self Profile. I read each paragraph across one by one and tried to recreate in my mind the actual experience so that I could understand it better and possibly evoke the feelings I felt during the experience. Prior to doing this section, I relaxed by laying in a hammock for twenty minutes to clear my mind of unnecessary thoughts. It

worked very well, and it helped me to move along with the creation of the ISP.

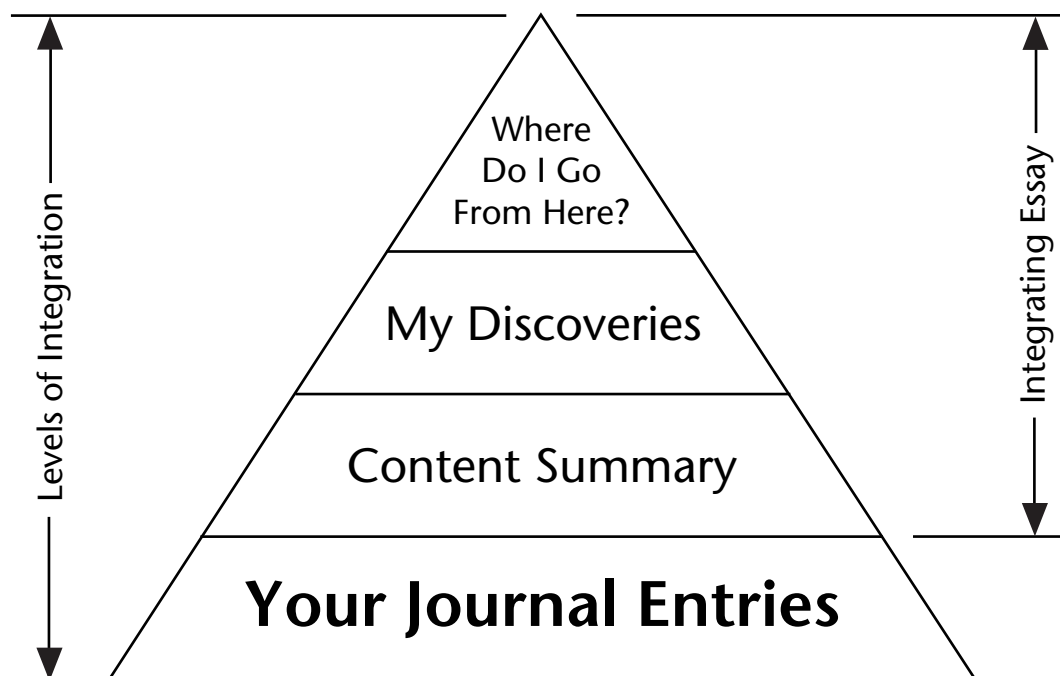
Strategy Two

I read over all the intuition journal entries to familiarize myself with the material. I think that I was familiar with the subjects in my intuition journal because of the detailed nature of the entries. I then proceeded to complete the ISP. First I listed all the paragraphs for each section on a separate sheet of paper. Then I looked at the same paragraph for each entry and tried to find an overall pattern or trend. From this I recorded my impressions next to the appropriate paragraph on my list and used that to write my ISP on the computer. I found the ISP to be a useful tool for organizing all the intuition journal entries. I really cannot think of a better way to analyze the material.

Integrating Essay

After preparing an Intuitive Self Profile, the Integrating Essay summarizes the discoveries made. The essay integrates what you learned about The Intuitive Self through the journal work. The diagram illustrates how the essay builds on the journal entries to synthesize an understanding of The Intuitive Self. Two examples of the essay are provided in the Acrobat format. How these links function depends on how your browser has been set up to handle Acrobat files.

Begin with the Content Summary to provide an overview of the ISP. The My Discoveries section further distills the insights gained about The Intuitive Self. Going from the summary to discoveries develops a more comprehensive and succinct description of The Intuitive Self. Then top these off with Where Do I Go From Here? This final section answers the question: What difference will rediscovering The Intuitive Self make as I continue my life journey?



Detailed Journaling Guidelines

The recommended pattern for completing the journal entries is to follow the order from first to last. There is a “logic” to the sequence of the items. One set of paragraphs naturally flows into the next. However there is one exception to this general rule: complete the “Experience” section *first* with an emphasis on “At the moment.” This will focus your mind on the essence of your intuitive experience.

Please disguise the names of people and places that you use in your journal entries. Since your material may be used for research, change the names so that no one will be identified that might want to remain anonymous.

IDENTIFICATION Identify yourself and the journal entry:

Name: What is your last name, first name?

- 1) Your name will be used to contact you personally about participation in the “Discovering and Nurturing Your Intuitive Self” project. Your name will not be used in research reports without your written permission.

Example 1 Last name, First name.

- 2) We may want to contact you at a later date about this personal development and research effort. There may be follow-up opportunities for you as the project progresses.

Case ID: What is your database identification number?

- 1) This is how you are identified in the research databases. The databases with your journal entries and demographic data are tied together through this identifier. This is like your social security number, it doesn’t change.

Example 1 0000-00-000000-000

- 2) We want to study the relationship between individuals’ demographic profiles and the dimensions of their intuitive experiences.

Entry number: What is the sequence number of this entry?

- 1) This is how your individual entries are identified. You have a separate record for each entry in the journal database. Number each successive entry you prepare with the sequence 01, 02, 03, . . .

Example 1 07

- 2) We want to study how your intuitive experiences change as you work with the process of discovering and journaling your intuitive experiences.

When recorded: Day of week

Date: Date (mm/dd/yy)

Time: Time of day (hh:mm AM/PM)

- 1) State when the experience was documented. This will indicate whether you completed the entry soon after the experience occurred or at a later time. You should journal an experience as soon as possible after it happens.

Example 1	Tuesday
	99/99/99
	06:00 PM

- 2) The longer you wait to journal the experience, the less likely you will remember the details. Then you may “fill in” details to make the entry sound coherent. Therefore try to journal each experience as soon as it occurs. To help remember the details, make notes on a cassette recorder or in a pocket note pad.

CONTEXT	Describe the context of the intuitive experience:
When occurred:	Day of week
Date:	Date (mm/dd/yy)
Time:	Time of day (hh:mm AM/PM)

- 1) State when the experience occurred.

Example 1	Monday
	99/99/99
	03:30 AM

- 2) The date provides a chronological marker for your intuitive experiences. From this, you can determine if your experiences occur in a time related pattern.

When recognized:	Day of week
Date:	Date (mm/dd/yy)
Time:	Time of day (hh:mm AM/PM)

- 1) State when you recognized that the experience was intuitive. In the early stages of becoming aware of your Intuitive Self, you may not as easily recognize that you are having an intuitive experience when it happens.

Example 1:	Monday
	99/99/99
	07:00 AM

- 2) How quickly you become aware of an intuitive experience measures your emerging sensitivity to intuitive knowing. As you continue the journaling process, work toward getting the paragraphs for “When occurred” and “When recognized” to be the same.

Where physically:	Where did the experience take place physically?
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- 1) Describe the physical circumstances of your experience. Where were you, and who were you with if anyone? Were you at home, the office, driving, by yourself, with others, etc. What was the weather like? Was it hot, cold, humid, dry, raining, etc. The “When” paragraphs locate where you were in time, and this one locates where you were in space. Be as specific as you can about the physical context of your experience.

- Example 1: I was in bed in my bedroom at home. The CD player was on, and it was playing *Symphonies of the Sea*.
- 2: I was sitting in my office working on my computer. Since my managers are far flung in several Latin American locations, we exchange weekly email reports and communicate with each other by email on an almost daily basis.
- 2) You may find that you are more likely to have intuitive experiences in certain surroundings than others. For instance, some have their intuitive experiences while driving, others while working in the kitchen, still others while sitting quietly in nature, etc. With this understanding, you can choose to be in settings that nurture your intuitive awareness as well as cultivate intuitive knowing in settings that are not typical for you.

Where mentally: Where did the experience take place mentally?

- 1) Describe the mental circumstances of your experience. What was your state of mind? How would you describe your mental state? If you were not in an ordinary wakeful state such as a dream, describe the qualities of your awareness at the moment. While the previous paragraphs locate where you were in time and space, this one locates where you were on the spectrum of consciousness.

Example 1: I was in a very dreamy state of mind. I was exhausted and nervous concerning the whereabouts of my license.

- 2: I was thinking how irresponsible John was. He had missed the conference call and hadn't left a voice mail or sent an email explaining the reason for his delay. The worst part was that this was not the first time it had happened.
- 2) Your state of mind can have a significant influence on the strength and frequency of your intuitive experiences. You can discover what mental states are characteristic of your intuitions. Then with that information, you can work toward evoking the state of mind that nurtures your Intuitive Self.

EXPERIENCE	Describe the intuitive experience:
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Just before:	What was happening just before the experience?
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- 1) You have described your "location" temporally, spatially and mentally. These are the coordinates of your personal intuition map. Now describe your physical and mental behavior leading up to the occurrence of the experience. Recount what was taking place with your body and mind just before the insight came.

Example 1:	Before I had gone to bed, I kept thinking and questioning the whereabouts of my license. I checked my purse and pant pockets more than three times, and there was no sign of the license anywhere.
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2: At 5:00 PM after waiting two hours for his call, I started writing an email to John with a copy to the general manager for Colombia. In the context of the email, I was expressing how upset I was about the irresponsibility John had displayed.

- 2) From this you can discover trigger sensations or behaviors that typically precede your intuitive experiences. You can discover the personal signs that indicate you are in a receptive state. For instance, you may open more to your Intuitive Self when you are relaxing with a relatively quiet mind. Try to discover how you can cultivate intuitively evocative surroundings for yourself.
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At the moment: What was the intuitive experience?

- 1) Describe accurately and thoroughly what actually happened as you were having the intuitive experience. This represents the crucial paragraph in the journal. You cannot explain the logic of your experience, but you can describe the dimensions of the process and their general qualities.

Select and *highlight the one succinct phrase* which captures the essence of your experience. Refer back to this phrase to focus the other paragraphs on the experience. This will keep your journal entry on track by avoiding going off on tangents that are not focused on the central theme.

Example 1: I had a dream about the whereabouts of my license. *I could actually see where my license was and how it had gotten there.* I could see myself in the car reaching for my purse and taking hold of my phone. As I pulled the phone from my purse, the license fell out and slipped between the passenger and driver's seat.

2: While writing the email, the telephone rang. I turned around and immediately knew it was him. *Something assured me it was John calling and that I should not pick up the phone.*

- 2) From this information, you can develop the deepest understanding of your intuitive experiences. The essence of the experience is in its momentary happening. The more aware you are of the process and its qualities, the more likely you can call upon that process when needed.

Even the simplest of intuitive experiences are subtle. There are nuances of the experience that are difficult to recognize and capture in your journal. Using the *highlighted phrase* touchstone will help you plumb the depths of your experience. As you expand your appreciation of the nuances of intuitive knowing, these experiences will come to play a pivotal role in your life.

Right after: What was happening right after the experience?

- 1) Describe what you were doing just after the experience. This means the things that you physically did as well as what was going through your mind as you absorbed the insight.

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| Example 1: | I woke up and thought about the experience and decided that checking the car at that time would not be wise (3:30 AM). Before I got ready for work, I figured I would follow through on my experience. When I checked the car, my license was under the driver's seat. |
| 2: | I didn't answer the call and continued writing the email message. I read the message twice, hit the send option, and then the message was gone. Then I checked my voice mail and found that John had called. |

- 2) From this you can learn how to amplify and sustain intuitive awareness. Once you discover the signs that mark the onset of an intuitive experience, and the qualities of that experience as it happens, the remaining step is to retain the insight you have garnered. Intuitive insights slip away quickly unless you actively incorporate them into conscious awareness.

OBSTACLES	Describe the obstacles to the intuitive experience:
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There are several varieties of “stress” that contaminate the information in the messages from your Intuitive Self: physical tension, fears felt, desires felt and mental clutter. These obstacles represent three levels of stress that dilute your effectiveness: physical, emotional (fears and desires) and mental. All three levels interact and change together. As you become more or less stressful at one level, the other levels reflect a corresponding pattern of change.

The way you deal with physical tension fluctuates between the “flight or fight” (sympathetic) and “opossum” (parasympathetic) responses. Neither provides the autonomic balance needed to focus on the present moment. You have to recognize stress before you can take steps to reduce its harmful affects on intuition. This section ferrets out these subtle disturbances to The Intuitive Self.

Physical tension:	What tension did you notice during the experience?
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- 1) Tension in your muscles beyond that which is necessary for what you are doing at the moment diminishes your ability to recognize your intuitive experiences. Sometimes these tensions are life-long patterns that have been locked in your body for years. Other times, they are brief episodes of tension resulting from a recent physical or mental injury.

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| Example 1: | As my mind dwelled on the different things that I'd have to do if I didn't find my license, my anxiety increased about what I'd have to do Tuesday instead of what I had already planned. |
| 2: | I didn't sense that I was tense beyond the usual level of high energy I experience at the office. There are times when I feel that I've gone over the edge, but I didn't feel that way this particular afternoon. I was on schedule with the things that I had to do before I left work for home. |

- 2) Unnecessary physical tension interferes with all the vital processes in your life. It's harmful effects to your health are well documented. As you become more attuned to it's presence in your intuitive experiences, you can relieve

and release the disturbance it brings to your inner knowing.

Fears felt:	What fears did you notice during the experience?
1)	Your fears may influence your intuitive experience. Any time you are repelled by or experience anxiety around the object of an intuition, this will distort the content of your intuitive message. So take a look at how your fears might have played a role in the experience through their disturbance of your Intuitive Self.
Example 1:	I was afraid that if I did not find the license, I would not be able to attend class and might get caught if I drove to school. I was also afraid of having to wait in line for hours to get a duplicate license.
2:	For a moment, I doubted whether I should follow my intuition or pick up the phone. I feared that if I picked up the phone, I would not be strong enough to call John on his behavior and become tangled in his excuses. I feared I would behave weakly in handling the situation.
2)	The more you become aware of your fears, the more likely you can set them aside and behave in ways that are best for you at the deepest level of your being. Bringing fear to the conscious level of awareness, you can deal with it directly and minimize its influence on the intuitive experience.
Desires felt:	What desires did you notice during the experience?
1)	Your desires also may influence your intuitive experiences. As with fears, any time you are attracted to or experience wishful thinking relative to the intuition, this will distort your intuitive experience. Take a look at any yearnings and longings that played a role in this experience. The parts of you that are motivated by desires distort messages from your Intuitive Self.
Example 1:	Locating my license would enable me to drive and run my errands for the day. It would also benefit me in not having to pay for a duplicate copy.
2:	I have an instant desire to answer the phone even when I'm busy or in a meeting. This automatic reaction without reflecting is not a healthy pattern. I need to work on pausing for a moment to listen to myself as each situation arises.
2)	The more you become aware of your desires, the more likely you can set them aside and behave in ways that are consistent with what is best for you at the deeper level of your being. As with fears, bringing these parts of yourself to the conscious level of awareness, you can deal with them directly and set aside their influence on the intuitive experience.
Mental clutter:	What mental clutter did you notice during the experience?
1)	The ongoing conversation among the many selves that make up your personality represents another of the major obstacles to intuitive awareness.

One person described this mental chatter as “a thousand birds singing in a tree” and another said it was like “a drunken monkey cavorting in a cage.”

At a basic level, you can think of these “selves” as the subpersonalities associated with the personal and professional roles that you play. At a deeper level, you may find long standing physical tension patterns and recurring fears or desires represented by your different subpersonalities.

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| Example 1: | I would say that my mind was cluttered with thoughts about the license before I went to sleep. And apparently that clutter followed into my sleep since I was so restless during the night. |
| 2: | Many thoughts were going through my head as I prepared a trip report for my general manager. But they were all coming together in a summary of the key points he needed to know about the trip. My mind was very active but focused. |

- 2) The more you become aware of the deafening chatter that usually preoccupies your mind, the more likely it will diminish and become less of a distraction to the still small voice within. Since you are so often running on “automatic pilot,” you usually are not aware of the ongoing dialogue in your mind. As you develop your intuitive awareness, the closer you will come to living from the Intuitive Self that lives at the core of your being.

SOURCE	Distinguish the source of the intuitive message:
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The three dimensions of message source are illustrated in a diagram on the next page. conscious/subconscious, internal/external and rational/intuitive. They overlap to cover the aspects of mind that give rise to intuitive experience. Your conscious/subconscious mind floats in a matrix of other minds which are manifestations of the infinite mind that is the ground of all being.

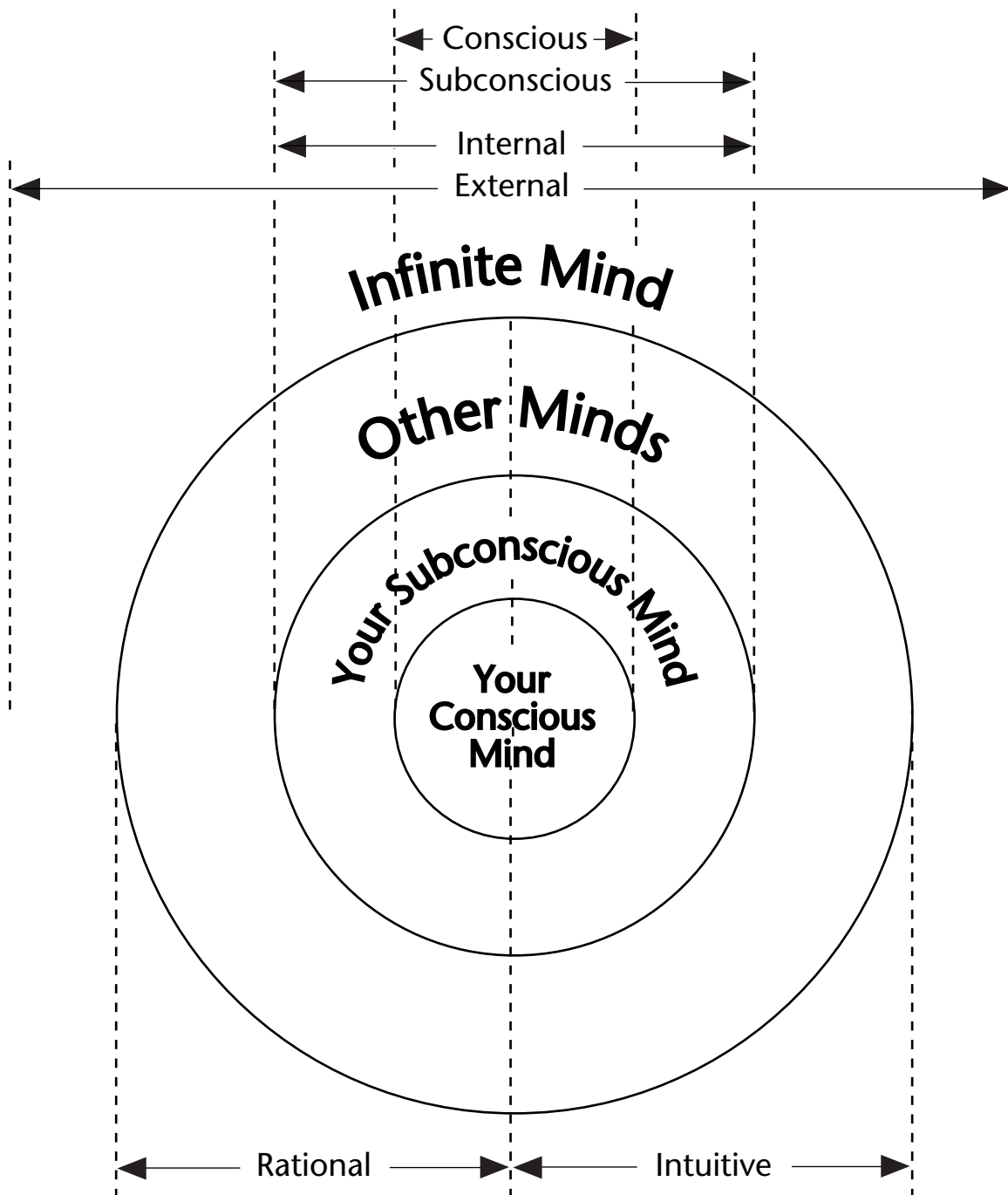
Awareness resides in your conscious mind where it acts like a searchlight to illuminate experience or training that you have ready access too. What you know from your subconscious mind is not as readily accessible. To become aware of subconscious knowing, you must find a way to retrieve what you know so that it appears in your field of awareness.

The difference between your mind and infinite mind is the difference between “intuition in the small” and “intuition in the large.” The first comes from experience and education while the second is beyond experience. In the first case, you know something that can be explained in terms of personal history. In the second case, you know something for which there is no explanation. You connect with reality in the larger realm of being outside of your direct experience.

You become aware of all intuitions in your conscious mind when an intuitive experience captures your awareness. However just because intuition appears in your conscious mind, that doesn’t mean it came from there. This section helps you tease out the deeper source of your intuitive experience.

All parts in this section require a verbal and numerical description. Prepare the verbal description first. Do this so that another person could read your para-

graph and assign the same number. The number is assigned only after you have a thorough verbal description.



Con/Subconscious: Where on the con/subconscious spectrum was the message?

- 1) First assume the intuitive message came from within your mind. Given that assumption, distinguish the relative roles of the conscious and subconscious mind in the experience. For conscious sources, you see how the information

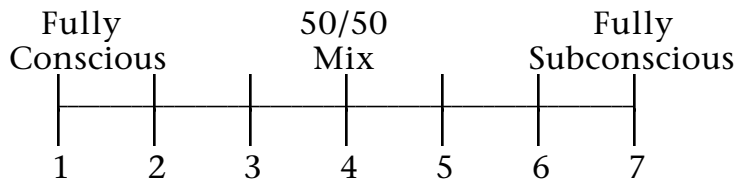
can be inferred from your experience. But you do not have direct access to subconscious sources. You know the message derives from your experience, but you are not consciously aware of how.

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| Example 1: | The probability that the information would come to me in a dream was low. Since I pressured myself to remember where I placed my license, my subconscious mind came through to help me in a dream. |
| 2: | The message could not be accounted for from conscious sources. On previous occasions when John missed a call, I would not hear from him until the next day. There was no reason I should have known it was John calling. |

- 2) From the conscious/subconscious spectrum, you improve your awareness of the conscious ways that you pickup information. You will also learn to judge what proportion of a given intuition is based on readily available information and what proportion is based on information hidden in the subconscious mind.

Number:	(1-Fully conscious, 4-50/50 mix, 7-Fully subconscious)
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- 3) Convert your description into a value on a seven point scale:



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| Example 1: | 5 |
| 2: | 7 |

Internal/External:	Where on the internal/external spectrum was the message?
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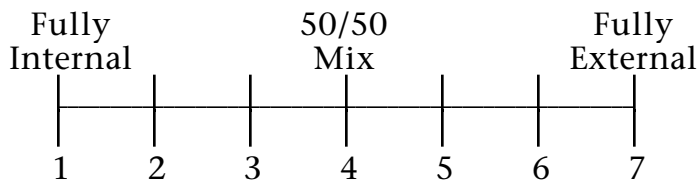
- 1) Next assume the intuition originated in part at least outside you mind. With that assumption, distinguish the relative extent to which your internal mind and external other minds account for the message. Information may come internally from your conscious or subconscious mind or externally from something you resonate with outside your mind. Here you distinguish discoveries that you make through your own personal history from those that you connect with outside yourself from the past, present or future.

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| Example 1: | The source of the information would be described as coming from within. I had been thinking about the license from the moment I realized it was missing and even while trying to fall asleep. |
| 2: | The message came as a mixture partly from within myself and partly from outside. When the phone rang, I turned around and looked at it. Something beyond said who it was, and something within told me what to do. |

- 2) From the internal/external spectrum, you can distinguish connections that you have with your deeper self from those you have with experience beyond your own. Your intuitive awareness comes when you resonate with “the truth” within yourself and more deeply when you resonate with “the TRUTH” in the larger ground of being that you are a part of outside yourself.

Number: (1-Fully internal, 4-50/50 mix, 7- Fully external)

- 3) Convert your description into a value on a seven point scale:



Example 1: 2
2: 4

Rational/Intuitive: Where on the rational/intuitive spectrum was the message?

- 1) Finally assume all mind is a mix of rational and intuitive knowing. The rational/intuitive spectrum is clearest for the conscious mind in terms of the left (rational) and right (intuitive) hemispheres of the brain. This spectrum is less clear for your subconscious and other minds. Distinguish the relative roles of the rational and intuitive mind in the experience. Understandings that seem to be solely rational may have a hint of intuitive insight. On the other hand, even a purely intuitive awareness may have some rational underpinning.

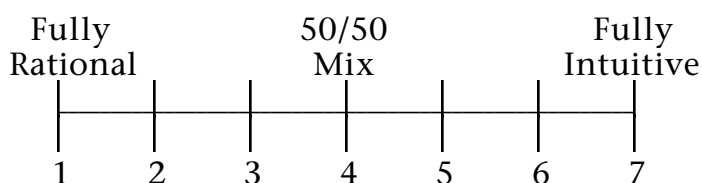
Example 1: My experience would be classified as intuitive. The question concerning the whereabouts of my license triggered the dream to respond intuitively.

2: The message was totally intuitive. The phone rang two hours after the time scheduled for the conference call. I receive many calls during the day. There was no rational reason why I would have thought it was John.

- 2) The mind does not function in separate compartments labeled rational and intuitive. Mental experience usually represents a blend of these complementary styles. With this understanding, you come to appreciate how the rational and intuitive styles work in harmony for your personal benefit.

Number: (1-Fully rational, 4-50/50 mix, 7-Fully intuitive)

- 3) Convert your description into a value on a seven point scale:



Example 1:	5
2:	7
MESSAGE	Identify and classify the intuitive message:
<p>As with the source section, these paragraphs require a verbal description and a number. Prepare the verbal description first. This should be written so that another person could read your paragraph and assign the same number. As before, the category is assigned only after you have a thorough verbal description.</p>	
Type:	What type of message did you receive?
<p>1) Generally you will find it easier to connect with your Intuitive Self in your personal life. After you have a personal sense about intuition, then you can more readily recognize its presence in other areas of your life.</p>	
Example 1:	This was an experience about a personal situation that arose from spending time with my friends socially.
2:	This was a professional experience. Part of my management style is to meet with my Latin American managers over the phone when I don't see them in person for a period of time.
<p>2) Some find their personal lives and others their professional lives as the place where they most easily recognize intuitive experiences. Whatever your pattern, you will have the opportunity to look for your Intuitive Self in the areas where you least expect an encounter.</p>	
Number:	(1-Personal, 2-Professional, 3-School, 4-Transcendent, 5-Other)
<p>3) After verbally describing what type of message you received, select the category that most accurately identifies that type. Most experiences occur in your personal or professional life. However if your main activity is going to school, they may occur in that context. Some experiences reach beyond your daily concerns to express a transcendent awareness. Since an intuition may involve more than one type, indicate the dominant one for each experience. Be sure to use Other if none of the categories in the list fits:</p>	
1) Personal	the experience related primarily to your immediate family and/or personal social life.
2) Professional	the dominant theme of the experience was career related with a focus around what you do for a living.
3) School	use this category if the experience related primarily to your role as either a part or full-time student.
4) Transcendent	some experiences have a quality that seems to transcend the first three even though they may have implications for one of more of them.
5) Other	for experiences that don't fit into one of the previous four, name the category that you think should

be added including a brief description of what that name means along with the number "5."

Example 1:	1
2:	2
Form:	What form did the message take?
<p>1) Describe the form of the message that you received. At the physical level, the insight may come as a spontaneous movement in one or more parts of your body or as a sensation in the body. The insight also may come as an emotional sense to pull away from or draw nearer to something. (Here you must take care not to be led into an inappropriate response through your fears or desires.) The insight also may come as a thought that states or as a visual image that represents the message you received. Finally the insight may have a transcendent quality which reaches beyond the other forms.</p>	
Example 1:	The message I received came in the form of a visual image. I was asleep, and yet I felt as if I was awake looking at a replay of what I had done the previous evening.
2:	The experience was definitely a thought. When the phone rang, I turned and looked at it for a second. It was then that the thought came to mind: It was John, and I should not answer the phone.
<p>2) From a greater understanding of intuition's forms, you can achieve a greater appreciation of the sources of your insights. You may find that you rely primarily on one or two sources. Then you would have an opportunity to develop your less preferred forms.</p>	
Number:	(1-Body, 2-Sensation, 3-Emotion, 4-Thought, 5-Image, 6-Epiphany, 7-Other)
<p>3) After verbally describing what form of message you received, select the category that most accurately identifies that form. If more than one form is involved, indicate the dominant one for the experience. Be sure to use Other if none of the categories in the list fits:</p>	
1) Body	spontaneous movements of the body that express the intuitive experience. An example would be an unexpected turn your body seems to make while you are walking down the street. It's as if one or more parts of your body take on a life of their own.
2) Sensation	hot flashes, cold shivers, hair standing on end, etc. Take care not to confuse sensation and emotion since the latter is often felt as a sensation in the body. Sensations are relatively free of emotional overtones.
3) Emotion	joy, attraction, avoidance, sadness, anger, etc. Emotions may be accompanied by a corresponding sensation such as tears in the eyes for sadness. But for this category, the emotional quality is the distin-

	guishing aspect of the experience rather than the sensation.
4) Thought	a word or phrase that is heard as if it is spoken to you or as an idea that comes to you. Thoughts are the verbal form of your mental experience.
5) Image	visual picture that is recognized as if you see it or as it appears in your mind's eye. Images are the visual form of your mental experience.
6) Epiphany	those experiences that transcend your normal range of perception. Epiphanies are accompanied by an extraordinary sense of wonder, amazement or awe.
7) Other	name the category that you think should be added including a brief description of what that name means along with the number "6."

Example 1:	5
2:	4

Kind: What kind of message did you receive?

1) Describe the kind of message that you received. Intuitive insights come in different flavors. Kind ranges from a concrete answer to a particular question to a vague but general understanding of life in general. The message can come as a course of action to take in a decision, as a solution to a perplexing problem, as understanding about something that has presented itself, etc.

Example 1:	My dream came to me as a solution to the whereabouts of my license. It was something that guided me to finding the lost object.
2:	I had a premonition of what was going to happen if I picked up the phone. When it rang, something advised me the person calling was John and not to answer.

2) You can discover the different kinds of things that you learn through your intuitive sense. This will help you become more open to the intuitive experience in all areas of your life in addition to the obvious area of decision making.

Number:	(1-Decision, 2-Solution, 3-Suggestion, 4-Impulse, 5-ESP, 6- Understanding, 7-Other)
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3) After verbally describing the kind of message you received, select the category that most accurately identifies this kind. Be sure to use Other if none of the other categories in the list fits:

1) Decision	indication of a specific course of action from among distinct alternatives for a problem that you are trying to solve. Here you had previously narrowed the choices in a problem you face, but you had not decided which was best until you had this insight.
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- | | |
|------------------|--|
| 2) Solution | recognition of what you should do about a situation that has been perplexing you. Here you previously did not have clear alternatives in mind as you would have had with a Decision. This insight offers alternatives and may even suggest which is best. |
| 3) Suggestion | direction to follow up in some way on a situation that has presented itself to you. Here you had not been considering either a problem to solve or choices to select as you would have with a Decision or Solution. This insight presents a problem for you to consider. |
| 4) Impulse | impetus to suddenly do something for reasons that you do not fully understand at the moment. Here you experience a compelling need to take some action that you had not been contemplating either as a Decision, Solution or Suggestion. |
| 5) ESP | intimation that something has happened or is going to happen. This category represents "extra sensory phenomena" or ESP which generally get a bad rap in our culture. Open to the possibility this is a powerful kind of intuition that you may have. |
| 6) Understanding | realization of the meaning behind or seeing the broader purpose in life experience. Here is where you discern the deeper meanings in life and sense how you fit into the larger scheme of human existence. This category often occurs with the Transcendent type and Epiphany form of message. |
| 7) Other | name the category that you think should be added including a brief description of what that name means along with the number "7." |

Notice that the first five categories imply action on your part in response to the message you received. But the understanding category represents an awareness that does not necessarily imply action. You may take action, but that is not a necessary outcome of the message you have received.

Example 1:	2
2:	5

INFORMATION	Characterize the information in the intuitive message:
Strength:	How strong was the information?

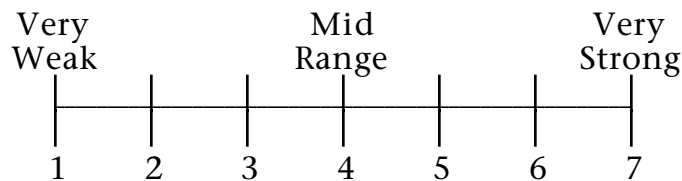
- 1) Characterize the degree of strength for the insight you received. Sometimes you may sense the intuition as a whisper, other times it may come through like a brass band. Or the sense may be somewhere in between. The more compelling the information, the stronger the impression it will make on you.

Example 1:	The experience came across as a train driving through my mind. It was not fast, but full of power and noise.
2:	The information came like a strong flash. When the phone rang, I looked at it and immediately knew it was John and knew I should not pick it up. The message was clear, and I felt confident it was true.

- 2) Intuition has been described as “the still small voice within.” You can learn to listen carefully and turn down the “noise” in your mind. From an awareness of subtle impressions, you can detect insights that you have been missing. This will help develop your sensitivity to the presence of intuitive information.

Number: (1-Very weak, 4- Mid range, 7-Very strong)

- 3) Convert your description into a value on a seven point scale:



Example 1: 6

2: 7

Clarity: How clear was the information?

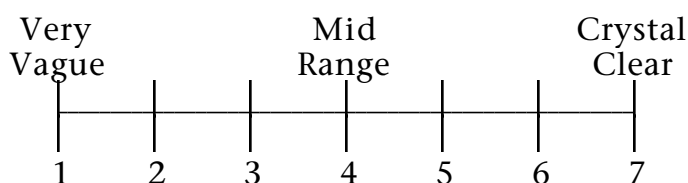
- 1) Characterize the degree to which the information came as a clear impression. Did you have an unambiguous sense of the information or was it vague and difficult to make sense of? Use your usual experience of impressions as a baseline. Compared to the usual clarity of your impressions, how would you characterize this information?

Example 1:	The information clearly depicted all my whereabouts during the evening. While I was asleep, I could see myself doing all the things I had done a few hours ago.
2:	The message was crystal clear: It was John calling, and I should not pick up the phone. There was no ambiguity about it. The message was direct and to the point.

- 2) Intuitive information may appear with more clarity in your perception than rational information. First you can learn to notice the impressions, and then you can learn to pay attention to them so you can enhance their clarity.

Number: (1-Very vague, 4- Mid range, 7-Crystal clear)

- 3) Convert your description into a value on a seven point scale:

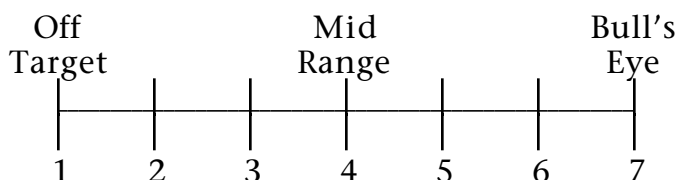


Example 1:	6
2:	7
Surprise:	How surprising was the information?
<p>1) Characterize the degree to which the information was unexpected. To what extent could the information be accounted for in terms of what was going on in your conscious mind or around you when you received the message? For example if the information interrupted an ongoing train of thought, it would be more surprising than if the information was related to that train of thought.</p>	
Example 1:	The information came as a total shock. I had to wake up to understand the meaning of the experience since it came from my relaxed and subconscious mind.
2:	The information was a surprise. I never thought this could actually happen to me. The fact that something advised me it was John when the phone rang and not to answer the phone was surprising. The fact that it was actually him was even more surprising.
<p>2) You often find intuitive insight more surprising than rational information. The more surprising the information, the more likely it comes from sources within the subconscious mind or external sources. This understanding can help you discover the role of surprise in your intuitive experiences.</p>	
Number:	(1-No surprise, 4- Mid range, 7-Complete surprise)
<p>3) Convert your description into a value on a seven point scale:</p>	
<div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <p>No Surprise</p> <p>1 2 3 4 5 6 7</p> </div> <div style="text-align: center;"> <p>Mid Range</p> </div> <div style="text-align: center;"> <p>Complete Surprise</p> </div> </div>	
Example 1:	6
2:	7
Accuracy:	How accurate was the information?
<p>1) Characterize the degree of accuracy of the information. Did it seem to be right on the bull's eye, off target, or mid range? Since you may not know when completing the journal, make your best estimate of the information's accuracy.</p>	
Example 1:	The information was correct to the last detail. It allowed me to actually go to my car in the morning and search under the seat and locate my license.
2:	The information was on target. I acted immediately to follow my intuition. I knew it was John, and I didn't answer the phone. I checked my voice mail and verified that it was John who had called.

- 2) Accuracy is influenced by the extent to which your intuitive process is contaminated by the physical, emotional and mental stress covered in the obstacles section. By monitoring your accuracy, you can become more aware of how these contaminations diminish the overall quality of your insights.

Number: (1-Off target, 4-Mid range, 7-Bull's eye)

- 3) Convert your description into a value on a seven point scale:



Example 1: 7

2: 7

EVALUATION Describe your evaluation of the intuitive experience:

How intentional: What role did intentionality play in this experience?

- 1) Describe whether this experience occurred spontaneously or if you intentionally tried to evoke an intuitive message. Some intuitive experiences come up spontaneously. For others you may use a strategy to access your intuitive resources to deal with a situation. If you intentionally evoked your Intuitive Self, briefly describe how you did this. And if not, describe why you did not.

Example 1: Evoking my intuition might have played a key role in my experience since I kept thinking and trying to retrace my steps throughout the night

2: The experience was not intentional. It came as a natural part of my routine. I wasn't thinking about nor trying to evoke an intuition.

- 2) This information can show you the extent to which personal intentions dictate the frequency of your intuitive experiences. More broadly you will learn the relative contributions of both types of intuitions in your life process. Both forms are important to the fullest expression of your Intuitive Self. Work toward being able to evoke your Intuitive Self when the situation calls for it.

Information use: What use (if any) did you make of the information?

- 1) Describe what you did in response to the information you received. What action did you take as a direct consequence of your insight? Be specific about what you did to follow through on the information. If you have not yet taken action, describe what action you expect to take. For the understanding kind of message, no action is implied. In this situation, describe what meaning the information had for you.

Example 1: I made use of the dream and checked my car right under the seat where I had visualized it in my dream.

2:	I sent an email putting his irresponsible behavior in writing. If I had answered the phone, John would have given me a list of excuses, and I would not have written. This would have been the wrong thing to do since he needed a strong reminder to improve.
2)	The extent to which you act on intuitive insights depends on how comfortable you are with your intuition and how accurate they are for you. Journaling your experiences will help you increase your comfort and accuracy. As these increase, you will make greater use of your Intuitive Self. For non-action messages, you will learn how the information deepens the quality of your life.
Benefits derived:	What benefits (or losses) did you or do you expect to derive?
1)	Since the benefits (losses) may not be realized when you complete the entry, estimate what you expect they will be. Be sure to note non-economic as well as financial gains or losses that you received or expect to receive from responding to your intuitive sense by taking an action or absorbing the insight.
Example 1:	I was able to locate my drivers license and continue with my plans for the day. I had to go to school and then run some errands for my Mom.
2:	This experience proved how far intuition can go. It shows the advantage of paying close attention. Even though this may sound like a lucky guess, it was not. It was a clear intuition. Many times I've had similar experiences and have not paid attention to them. How many mistakes could I have avoided?
2)	Benefits come not only in the form of tangible economic gain but in the form of intangible insights into your life process. The business community thinks primarily in terms of economic gains. But deeper intuitive insights usually have a non-economic character. This will be especially true for the understanding kind of message. From this consideration, your appreciation for the non-financial benefits of intuitive insights can deepen.
Personal learning:	What did you learn by reflecting on this experience?
1)	Describe what you learned about your intuitive process. You may do this by discussing the most interesting or challenging aspects of this experience. Paragraphs with these qualities suggest which dimensions of the intuitive experience are most important for developing your Intuitive Self. Also indicate what discoveries you may have made about broader patterns and larger issues in your life experience.
Example 1:	I learned that dreams are an extension of our memory. When we go to bed at night, the many occurrences can actually be answers that we are searching for. Sometimes they are just experiences that have been evoked by con-

	stantly thinking about certain situations.
2:	The main learning was the importance of acting slowly enough to reflect. My instinctive behavior was to answer the phone. By pausing to sense the situation, I was able to experience an intuition, and the correct course of action was taken. From now on, I'll try to pay attention to even to the smallest signals my body or my mind send me.
2)	The journaling task will help you discover more about your intuitive process. The more you learn about your intuitive experiences, the easier you can access your intuitive resources in the future. A more significant benefit can be a deeper understanding of the dynamics of your life process in personal and professional relationships. Intuitive insights are the doorway to discovering "who you really are" behind the many roles that you assume.
OTHER	Discuss things not covered above:
Summary:	How would you describe this experience in 60-75 words?
1)	What was the subject of the insight that came to you? Describe the salient features of the intuitive experience. If you wanted to tell someone about the experience in 60 to 75 words, this is what you would say.
Example 1:	On Saturday night, I went out with a group of friends to the grove. In order to get into some of the local hangouts, we need to show ID. The only thing accepted is a driver's license. Unfortunately after I got home that night, there was no sign of my license in my purse.
2:	The day of the experience, I had a call scheduled for 3:00 PM with one of my managers based in Colombia. This particular manager is the black sheep of my group, and I've been forced to closely monitor his activities. It was 5:00 PM, and I had not heard from him. While writing an email taking him to task about not following through, the phone rang. I knew it was John and knew that I should not answer the call. After I sent the email, I checked my voice mail to find
2)	You may find that you are more likely to have intuitive experiences around certain themes. For instance your intuitive responses may arise more frequently around personal rather than impersonal issues. Since this paragraph summarizes the complete entry, scanning them quickly for several entries provides you with an overview of your intuitive experience pattern.
Other experiences:	What were the other experiences that you chose this one from?
1)	Briefly describe the other intuitive experiences you had during the period covered by this journal entry. From among those that you had, indicate why you chose this particular experience for the entry and not one of the others. If you did not have any others, discuss why not.
Example 1:	The other experiences had to deal with several personal

issues that I needed solutions to. Through my moments of relaxation, I was able to get the responses I needed to deal with these situations.

2: I had several professional experiences on choosing among different situations at work, and one significant personal experience concerning what to wear to work. Though contrary to my usual pattern, the choice in clothing was appropriate for that day.

- 2) From this you will notice the frequency of intuitive insight in your current life situation. For your early entries, you may not have other experiences since you may stretch to come up with one. But as your awareness deepens, you may find it hard to choose which experience to journal from a rich variety of intuitions.

Journal process: What were your challenges in the journaling process?

- 1) Describe any difficulty you had completing this journal entry. From this you can recognize dimensions of your intuitive experience that are most elusive to you. As you become more familiar with your challenges, you will be able to more effectively document intuitive experiences.

Example 1: Parts of the journal were a bit difficult since I had trouble pinpointing the “source” and “clarity” of the information I received. As I read what I finally included for both, they seem to express what happened. But I rewrote them several times before I achieved this understanding.

2: By now I feel more comfortable with the journaling process and with the questions asked. I have found that looking back at my previous weeks’ journals continues to be helpful.

- 2) From this you can learn how to deepen the process of recognizing your intuitive experiences. A deepened journaling process can help you become more aware and appreciative of your Intuitive Self. This will help you restore a sense of mental balance while living in our overly rationalized culture.