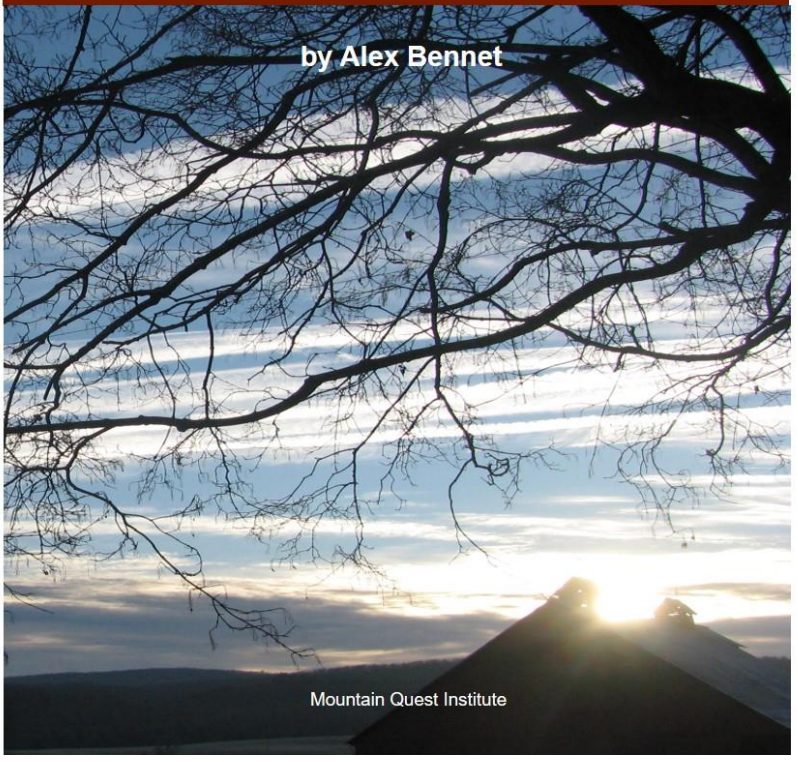
Possibilities that are YOU!

Volume 13: The ERC's of Intuition



by Alex Bennet

Mountain Quest Institute

This is 13th in a series of 22 short books, what we call Conscious Look Books, that are conversational in nature, taking full advantage of the reader's lived experience to share what can sometimes be difficult concepts. We live in a world that is tearing itself apart, where people are out of control and wanting to control others, rebelling from years of real and perceived abuse and suppression of thought. Yet, this chaos offers us as a humanity the opportunity to make a giant leap forward. By opening ourselves to ourselves, we are able to fully explore who we are and who we can become. With that exploration comes a glimmer of hope as we begin to reclaim the power of each and every mind developed by the lived human experience!

These 22 concepts are part of the learning journey of which we are all a part, the Intelligent Social Change Journey (ISCJ). This is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of our mental faculties, these are phase changes, each building on and expanding previous learning in our movement toward intelligent activity.

These little books share 22 large concepts from the Profundity and Bifurcation of Change (which is written from an academic viewpoint). Each book is independent and includes seven ideas offered for the student of life to help us become the co-creators that we are. These books, available in soft cover from Amazon, support idea exploration, class discussion, other discussion groups or can be used as special occasion gifts.

Possibilities

that are YOU!

Volume 13: The ERCs of Intuition

by

Alex Bennet

An imprint of **MQIPress** (2018)

Frost, West Virginia

ISBN 978-1-949829-11-2

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MQIPress

Frost, West Virginia
303 Mountain Quest Lane, Marlinton, WV 24954
United States of America
Telephone: 304-799-7267
eMail: alex@mountainquestinstitute.com
www.mountainquestinstitute.com
www.mountainquestinn.com
www.MQIPress.com
www.Myst-Art.com

ISBN 978-1-949829-11-2
Graphics by Fleur Flohil
Opening verse by poet Cindy Lee Scott
Cover photo by Alex Bennet

Enter the conscious domain
Found in the physical brain
Keeping the mind bright
With flashes of insight
From a past spiritual seed
The mind's eye wakes when in need.

Growth to higher awareness
A deeper understanding
Open to receive
New truths to believe
Consciousness ever growing
Reach out, embrace the knowing.

-Cindy Lee Scott

Preface

This book is for YOU. Regardless of economic success or educational prowess, beyond cultural influences and habitual routines, YOU have been and continue to be a student of life. And since our time in this learning sphere is precious, the challenges and opportunities are both rapid and continuous, always offering new insights. YOU are a verb, not a noun. Forget what you were taught in grammar school!

Now, we live in a world of demanding challenges, where people and systems are rebounding from control, rebelling from eras of real and perceived suppression of thought. With the acceleration of mental development over the past century has come increased awareness of human capacity, with economic success in small bites for many and large bites for the few, and for some coming with an arrogance that says, “Look at me. I’m right, you’re wrong, and I’m not listening.”

Because of our Economy’s focus on the material, economic success begets economic success and the separation of wealth grows larger, flaming the difficulties of surviving in a CUCA world, that is, a world of accelerating change, rising uncertainty, increasing complexity, and the anxiety that comes with these phenomena.

Yet all of this **offers us, as a humanity the opportunity to make a giant leap forward.** By opening ourselves to ourselves, we are able to fully explore who we are. With that exploration comes glimmers of hope as we contemplate the power of each and every mind developed by the lived human experience!

As YOU move through your life of thoughts, feelings and actions—even when you have to repeat things over and over again as part of the experience—YOU are advancing toward the next level of consciousness.

Here's the bottom line. Everything that has been learned and continues to be learned is out there … and as a student of life, YOU have access to it all. So often it is expressed in ways that don't make sense because of the language and media being used. It just isn't presented conversationally, and you don't have a chance to ask questions from your unique point of view.

So, these little books—which we refer to as Conscious Look Books—are specifically focused on sharing key concepts from *The Profundity and Bifurcation of Change* series and **looking at what those concepts mean to YOU**.

These books are conversational in nature, and further conversations are welcome. We invite your thoughts and questions, not guaranteeing answers because there is still so much to learn, but happy to

join in the conversation. Visit Mountain Quest Inn and Retreat Center www.mountainquestinn.com located in the Allegheny Mountains of West Virginia or email alex@mountainquestinstitute.com

As my partner David reminds us: *Run with the future!*

Our gratitude to all those who take this journey with us, and a special thanks to the colleagues, partners, friends, family and visitors who touch our hearts and Mountain Quest in so many ways.

With Love and Light, Alex and David

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Introduction

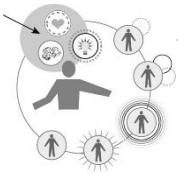
Intuition is the ability, without any time delay, to determine the causes of any and all effects regardless of the complexity of those effects. This intuition is a higher awareness, a deeper understanding, very much supported by our five senses of form and our two inner senses focused from the heart and crown energy centers. If we go to the dictionary, it says that intuition is the act or faculty of knowing or sensing without the use of rational processes; an immediate cognition.[1] We agree with this definition as well.

From another perspective, organizational consultant Beth Crandall and her colleagues see insight as the result of searching for new relationships between concepts in one domain with those in another domain. This creates a recognition and understanding of a problem within the situation, including the how and why of the past and current behavior of the situation. She says this is often the *result of intuition, competence, and the identification of patterns, themes and cue sets*.[2] Insight may also provide patterns and relationships that will anticipate the future behavior of the situation.

Research cognitive psychologist Gary Klein proposes that intuition is "the way we translate our experiences into judgments and decisions. It is the ability to make decisions by using patterns to

recognize what's going on in a situation and to recognize the typical action script with which to react."[3] That can be a little hard to understand, and it's kind of dry. I personally really like neuroscientist Antonio Damasio's description. He calls intuition "the mysterious mechanism by which we arrive at the solution of a problem without reasoning toward it."[4]

Let's chew on those definitions and see if we can clarify these somewhat different perspectives. This requires looking at intuition through two different frames of reference, which, building on the concepts of earned knowledge and revelatory knowledge,[5] we will describe as *earned intuition* and *revealed intuition*.



Idea 1: Earned intuition is connected to our lived experiences and discoveries.

Earned intuition would be that part of intuition emerging from the unconscious that is connected to our experiences and discoveries. This is *intuitive tacit knowledge,* the sense of knowing coming from inside an individual that may influence decisions and actions; yet the decision-maker or actor cannot explain how or why the action taken is the right one.

There are four tacit knowledges—embodied, affective, intuitive and spiritual—with the term "tacit" representing that which is known or embedded within, but cannot be easily expressed. This means that tacit knowledges do not reside in the conscious mind. *Affective tacit knowledge,* which is connected to emotions and feelings, with emotions representing the external expression of some feelings, is attached to other types of knowledge. Feelings are often the conveyors of intuitive tacit knowledge.

Although it may be a mix of earned and revealed intuition, what we call intuitive tacit knowledge is *largely earned* intuition. Intuitive tacit knowledge can be described as a sense of knowing coming from inside an individual that may influence decisions and actions; yet the decision-maker or actor cannot explain *how* or *why* the action taken is

the right one. Deep tacit knowledge is created within our minds (and hearts and guts) over time through experience, contemplation, and unconscious processing such that it becomes a natural part of our being—not just something consciously learned, stored and retrieved. In other words, intuitive tacit knowledge is the result of continuous learning through experience.

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INSIGHT: **Deep tacit knowledge is created within our minds, hearts and guts over time through experience, contemplation and unconscious processing such that it becomes a natural part of our being.**

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To develop intuitive skills requires making sure that your experiences are meaningful, that is, having specific objectives in mind such as how to size up situations quickly and develop a good sense of what will happen next. It is also important to get immediate and accurate feedback directly related to the context within which a decision was made. Understanding the outcomes of actions and why something did or did not happen helps develop patterns in the unconscious (intuition). According to Gary, our cognitive psychologist researcher, building up expertise requires: (1) feedback on decisions and actions, (2) active engagement in getting and interpreting this feedback (not passively allowing

someone else to judge); and (3) repetitions, which provide the opportunity to practice making decisions and getting feedback.[6]

When we are focused at the conscious mental level, we are always exploring cause and effect and working backwards, which uses up time. Fortunately, this is not the case with unconscious processing, from which indicators in the form of intuition can emerge in the blink of an eye. Psychologist Frank Tallis says the activity underway in the unconscious is of profound importance since, "Virtually every aspect of mental life is connected in some way with mental events and processes that occur below the threshold of awareness."[7] As we seek deeper understanding, the conundrum is that the cognitive processes that give rise to intuitive knowledge cannot be examined directly because they are not conscious, so we don't know exactly what they are.[8] However, we are learning every day. Note that although intuition is a subset of the unconscious, the unconscious does not imply intuition.

The unconscious can enhance learning effectiveness by developing understanding and insight over time, although it's processing power is relatively 700,000 times more powerful than the conscious mind, which assigns a new meaning to "over time." At a high level, we can say that information coming in from all of our senses is being associated. Thus, we can assume that when we take

action based on our intuition, it often emerges from *the unconscious process of associating previous experiences with incoming information*. Recognizing the power of the unconscious, and understanding to some degree how it works, can help learners build and more fully engage their unconscious capability. There are a number of neuroscience findings from a ten-year learning experience of nuclear physicist and mathematician David Bennet, that netted him both a degree and a book,[9] that may help us better understand intuition.

1. The unconscious brain is always processing. The brain uses 80 percent as much energy when sleeping as it does when awake.[10] This is consistent with the finding that the high rate of energy usage by the human brain is not changed much by mental activity. It is also known that when under deep anesthesia, 50 percent of the brain's energy consumption is used for maintenance. Specifically, "Deep anesthesia abolishes electrical activity and reduces the metabolic rate of the whole brain by 50 percent, suggesting that, on average, energy consumption is equally divided between neural signaling and maintenance."[11]

Building on these findings, it appears that our unconscious mind uses about 30 percent of the brain's energy for processing during sleep, that is, **If**, 50% of the brain's energy consumption is used for maintenance; **And**, 80% of the brain's energy is

being used when we sleep; **Then**, 30% of the brain's energy is used by the unconscious mind during sleep. This would be much higher if the individual were awake. The unconscious would then be processing a great deal of information from the external environment.

2. The unconscious never lies.[12] This concept may seem odd, but when it is realized that the unconscious is a part of the overall living individual, "lying" to self would not make much sense. This idea relates to the truth and how things work under the learning mode of reflective observation. Although the intuition coming from our unconscious may not be right, it is still what our unconscious *perceives as truth* based on what it has received from our experiences, thoughts and feelings.

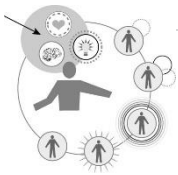
3. The gaps are filled in (re-created) when a memory is recalled. This makes the point that when we sense or feel our environment, not all of the incoming information goes into memory. In fact, at best only things that are meaningful to us are usually remembered. Memory storage, recall, and recognition all occur at the level of invariant forms, what is described as "a form that captures the essence of relationships, not the details of the moment."[13] This means that people cannot fully trust the details of their memory.

Further, a person's reaction to an experience may be based on past misinterpreted information,

that in turn may color that individual's immediate experience and therefore impact the quality or validity of intuition.

4. The unconscious produces flashes of insight. Spurious memories can generate new ideas that combine in different ways to make new associations.[14] This item affects intuition *and* meaning.

As can be seen, there is both conscious and unconscious processing underway that is creating internal resources that can be tapped into when required in the future. We will explore this process of "tapping into" in Idea 3 when we discuss controlled intuition.



Idea 2: Revealed intuition from higher energy fields can take many forms.

Revealed intuition is supported by spiritual tacit knowledge, which can be described in terms of knowledge based on matters of the soul. The soul represents the animating principles of human life in terms of thought and action, specifically focused on its moral aspects, the emotional part of human nature, and higher development of the mental faculties.[15]

While there is a "knowing" related to spiritual knowledge similar to intuition, this knowing does not include the experiential base of intuition, and it may or may not have emotional tags. The current state of the evolution of our understanding of spiritual knowledge is such that there are insufficient words to relate its transcendent power, or to define the role it plays in relationship to other tacit knowledges. Nonetheless, this area represents a form of higher guidance with unknown origin.

It is important to understand that development of the mental faculties is in service to the intuitional. For as far back as we can collectively remember, the human has been primarily focused on development of the mental faculties. In this rush (in evolutionary terms) for mental achievement, we have largely neglected our spiritual

development, which facilitates entry into the higher energy realms. Energy follows thought. When our thought is focused on the perceived objects of our physical reality that surround us, it is difficult to tap into the energy flows within, much less tap into that which is beyond our current understanding. This unbalanced mental growth can lead to the arrogance often visible in a highly competitive global business environment.

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INSIGHT: **Spiritual development facilitates entry into the higher energy realms.**

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While it may sound like a failing in current human history, that is not the intent. This rapid development of the mental offers considerable opportunity for the future of humanity, that is, *if* we are able to now bring the mental into balance on the physical and emotional planes, with the spiritual counterbalance woven throughout. This means bringing truth and compassion into our everyday lives as we cooperatively and collaboratively work together to achieve intelligent activity.[15]

There are several reasons this is true. First, no one can argue the technological advancements over the past 10,000 years that have led us to today, nor the incredible shifts underway today in every area of human endeavor. If used for the benefit of all, these

advances offer the potential to take humanity to the next level in terms of the growth of both individual and collective consciousness.

Second, even when an individual is able to access the higher energy fields and have brief flashes of intuition, without development of the mental faculties in a related domain of knowledge or the wisdom involved in translating a concept across domains of knowledge, it is difficult, if not impossible, to *act* on that intuitive flash. Further, these flashes happen sporadically, and the large amount of insight gleaned from the experience is difficult to grasp and quickly forgotten. A colleague and friend with whom I've had a number of conversations related to the importance of developing the mental faculties in support of the intuitive, called during the polishing of this chapter to say that at lunch in a Chinese restaurant she had just received a fortune that read, "Intuition and knowledge walk hand in hand." Well said!

At the simplest level of intuition, almost everyone has experienced the intuitive nudge. A nudge can be either earned or revealed intuition, or a combination of both! For example, since the unconscious receives information from both the environment and higher energy fields of which the conscious mind may not be aware, an enhanced awareness of the unconscious may show itself through a sense that something is right or wrong

(sensing), or a good or bad feeling about a situation (feeling). This sensing or feeling helps guide our reactions to future experiences. As neuroscientist Candice Pert has noted, the emotional system works through the generation and transmission of chemicals throughout the body, which in turn impact neuronal activity.[16] These chemical changes represent the emotional tag of the amygdala.

Revealed intuition from higher energy fields can take many forms. In the book, *Thinking Fast and Slow*, author Daniel Kahneman relates a story about firefighters in a kitchen on fire. The commander said let's get out of here without realizing why. The floor collapsed almost immediately after the firefighters escaped. Only after the fact did the commander realize that the fire had been unusually quiet and that his ears had been unusually hot. Together, those impressions prompted what he called a sixth sense of danger. He had no idea what was wrong. It turned out that the heart of the fire had not been in the kitchen, but in the basement beneath where the men had stood.[17]

Another example is a tune playing over and over again in your head, with either the melody having personal significance or the words conveying a message. Another example is when a word or concept keeps coming into your reality through many different communications vehicles. A few years back, when my partner David was getting into

a car on his way to lunch he recalls feeling a warmth when his hand touched the door handle, and he had a knowing that there was going to be an accident. There was. In *Blink*, journalist and best-selling author Malcolm Gladwell shares a story about Getty Museum art experts knowing that the *kouros* was a fake.[18] The experts said that it was the feeling of thousands of humming birds popping in and out of their minds, accompanied by an immense rush of previous thoughts that led them to predict the statue's forgery.

Synchronicities are another avenue of revealed intuition. This is such an interest concept that we're going to spend a few minutes exploring it. Synchronicities can be thought of as a coincidence of events that seem related, yet with no obvious connection one to the other. The term synchronicity was first used in the sense of a *meaningful occurrence happening in time* in the work of the psychologist Carl Jung. In the first chapter of Carl's work titled "Synchronicity: An Acausal Connecting Principle," he notes that "modern physics has shown natural laws to be statistical truths and the principle of causality to be only relatively valid, so that at the microphysical (i.e., subatomic) level there can occur events which are acausal."[19] He also questioned whether acausal events could be demonstrated at the macrophysical level. "Acausal" means that there is no cause-and-effect relationship in the present or

past. However, there is the possibility of some future input values affecting the current result.

Evidence in support of this was provided in experiments that revealed statistically significant correlations between events **even though there were no causal relationships between those events**. Carl Jung saw the synchronicity principle—that a meaningful coincidence is connected by simultaneity and meaning—as "the absolute rule in all cases where an inner event occurs simultaneously with an outside one."[20] The conclusion was that *time and space become relative under certain conditions, and even appear to be transcended*.

An early researcher looking into the nature of life's coincidences was Paul Kammerer, an Australian biologist who investigated coincidences and unexplained clusterings of events. Over a number of years at the turn of the century, Paul collected data and looked for clusters in time through careful statistical analysis. From this work, he hypothesized that random events fall together into clusters just as asteroids drift together in space under the influence of gravity.[21]

In his book, which speaks to synchronicity as the *bridge between matter and mind*, holistic physicist Francis David Peat suggests that synchronicity "arises out of the underlying patterns of the Universe rather than through a causality of pushes and pulls that we normally associate with

events in nature."[22] This is the acausal principle of Carl Jung, which suggests that there are inherited characteristics in the brain prefigured by evolution. This links the individual with the history of the species. Never before a part of the consciousness of the individual, the collective unconscious "is that portion of the psyche which can be differentiated from the personal unconscious by the fact that its existence is not dependent upon personal experience."[23]

This is also the causal connection proposed in the Pauli principle. Wolfgang Pauli, a physicist and early contributor to the field of Quantum mechanics, is best known for his exclusion principle, which complements Werner Heisenberg's Quantum mechanics. Pauli argued that at the Quantum level nature engages in an abstract dance—with electrons, protons, neutrons and neutrinos engaging in an antisymmetric dance and mesons and photons of light engaging in a symmetric dance, keeping particles of the same energy apart from each other. This is not the result of force or any specific act of causality, "rather it arises out of the … abstract movement of the particles as a whole."[24]

Certainly, a causal explanation can be argued for all events and behaviors, and biological connections can be made as well. So, while causality certainly has a role to play, *it is only part of the change picture*. For example, in the 18th century,

David Hume concluded that causality could not be placed on a strictly logical footing, that is, because A follows B in one instance or in all similar instances of which we are aware, this does not mean that A will *always* follow B. He called this belief in causality a habit of the mind based on repeated historical precedent. "We have no other notion of cause and effect, but that of certain objects, which have been always conjoined together … We cannot penetrate into the reason of the conjunction."[25]

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INSIGHT: **While causality certainly has a role to play, it is only part of the change picture. This is where synchronicities can bridge the gap between mind and matter.**

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While agreeing that when forces are well defined and time flows freely the concept of causality does not present problems, this is not the case as complexity increases. "As science probes deeper into the Universe of internal flows and dynamic unfoldings, of subtle influences and intersecting time scales, then causal chains can no longer be analyzed and reduced to linear connections of individual events so that the very concept of causality begins to lose its power."[26]

Since mental events are not dependent on causality, this is where synchronicities can bridge the

gap between matter and mind. Indeed, the human mind is an associative patterner, continuously creating knowledge for the moment at hand, triggered by internal and external stimuli yet not necessarily part of a linear chain of causality. We as humans are engaged in a continuous process of unfolding patterns.

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INSIGHT: **We as humans are engaged in a continuous process of unfolding patterns.**

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From complexity theory we understand that emergence is a global property of a complex system that results from the interactions and relationships among its agents, and between the agents and their environment. In this case, the agents we're thinking about are people. Systems can also generate responses that are not proportional to the action taken. We say a system possesses nonlinearity when a small action may generate a very large outcome—or a large action may have very little effect on the system. Further, meaningful patterns can emerge from an instable and chaotic system.

When coupled with interoperability (the ability to work together) and orchestration of means (the ability to act in concert in a timely manner), self-synchronization, whether applied to an individual or a larger group, is consistent with the definition of

intelligent activity. Self-synchronization is the self arrangement of actions in time, space and purpose to produce maximum relative effect at a decisive place and time. For example, as one of the tenets for Network Centric Warfare to achieve self-synchronized forces and actions, it is defined as: a clear and consistent understanding of command intent; high quality information and shared situational awareness; competence at all levels of the force; and trust in the information, subordinates, superiors, peers, and equipment.[27] In other words, *it is dependent on measures that guide but do not dictate details*.

From another frame of reference, American systems scientist Peter Senge and his colleagues say that perhaps "synchronicity is simply what it feels like, from our personal vantage point, to be part of a field knowing itself and to be taking action informed by the whole."[28] Rupert Sheldrake, cell biologist and physiologist, asserts that this is not extraordinary, but rather that synchronicity is a natural feature of a living system.[29] From the viewpoint of experience over our collective years of life, my partner David and I agree.

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INSIGHT: **Synchronicity is a natural feature of a living system.**

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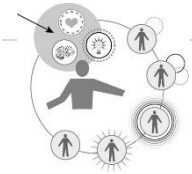
While intuition can certainly take the form of a day vision, a dream, or actually hearing a voice that conveys information you need or an idea for you to pursue, the information obtained through these more complete forms are more appropriately called revelatory knowledge. Note that revealed intuition, a form of knowing that has no traceable roots, can never be validated initially and must be self-authenticating. "It can only prove its worth over time based on the lasting quality and the integrity of its message."[30] As with experiential knowledge, it will evolve over time as an individual increases his understanding and expands his consciousness.

[Your Thoughts]



Idea 3: Controlled intuition is the ability to tap at will into the intuitional plane.

The good news is that in the human journey of growth there are unending possibilities, and one of those possibilities is controlled intuition, the ability to tap at will into the intuitional plane. You can turn intuitive thought on and off, just as you do mental thought, although that *can* be difficult. The first step to turning on intuitional thought is to know that it can be done and recognizing that we are master of our thoughts. Second, is to set the intent, then quiet the mind and listen to our self. Quieting the mind can be in the form of meditation, brain wave entrainment and re-wiring, biofeedback, sensory perception exercises, conscious dreaming, reciting a mantra, paying more attention to synchronicities, or through deep breathing.

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INSIGHT: **In the human journey of growth there are unending possibilities, and one of those possibilities is the ability to tap at will into the intuitional plane.**

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One tool that is really easy to use, especially when it is difficult to quiet the mind with meditation, is to REDIRECT the mind with a mantra or song that

is uplifting and shifts us into the vibration of love or reverence. There are two reasons this approach is so effective. First, the best process for "letting go" is inattention by diverting the flow, and *the very best way to avoid attending to some memory is to have a stronger, more significant memory replace it.* Second, music and the human mind have a unique relationship, with neuroscience findings that show "all of us have a biologic guarantee of musicianship, the capacity to respond to and participate in the music of our environment."[31]

* * * * *

EXERCISE: *Redirecting the Mind*

This is a tool for stopping a negative thought pattern's neural firing in the moment and redirecting it to a more positive one.

STEP (1): Identify a mantra or song that is uplifting and shifts you into the vibration of love or reverence. If you are a Christian, this could be the Lord's Prayer or a church hymn that lifts your spirit and is easily remembered. For example, my partner David discovered that he always whistled the tune to Amazing Grace in times of stress. The words that would run through his head are: "Amazing grace! how sweet the sound, that saved a wretch like me! I once was lost, but now am found, was blind, but now I see." Regardless of an individual's belief set, the concept of living in grace—with grace representing

beauty, kindness and mercy—enables the perception of a positive learning experience. Eastern mantras such as the *Ohm Mani Padme Hum* serves this purpose, as does the heart sutra mantra of *Gate' Gate' Paragate Parasam Gate' Bodhi Svaha*. Just about every spiritual tradition has good options to draw from. And if an individual is more secular in nature, since we seem to be hard-wired for music, there are most likely favorite songs to be found in memory that catch hold of the mind and uplift.

STEP (2): Whenever you catch your thoughts or emotions spinning in a negative direction, make a ritual out of repeating the mantra, prayer or song to yourself over and over as many times and as often as needed until you feel your state of being shift into a more positive state.

NOTE: Even if you have not been aware of it, you may discover that you have unconsciously been using this tool throughout your life!

* * * * *

While the brain may have palpable limits, human consciousness is not bound by the body. The best way to start enhancement of the mind/brain is different for different people. For me, it started with awareness of when I was automatically negating an intuitive thought that surfaced in my mind. Next, was the conscious decision to catch myself in such an act of negating "irrational thoughts" and

suspending my doubt/disbelief in order to give them a try, so long as there was no harm in following the thought. This process helped me to start validating the intuitive thoughts and trusting them more. It also stopped the pattern I had of negating what seemed illogical.

Note that when we talk about controlled intuition, the "control" here refers to the ability to connect to the intuitional plane at will. This does not insinuate controlling the *content* of that thought. Most people assume that in order to create you have to control what you create. This need to control is an illusion, and *the need to create is not dependent upon the need to control*.

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INSIGHT: **Controlled intuition refers to the ability to connect to the intuitional plane at will; it does not insinuate controlling the content of that thought.**

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There are several pre-requisites for developing controlled intuition. How to begin has been the subject of the above paragraphs, that is, clearing the mind, and opening and becoming comfortable with the inner realms of consciousness, a field of which you are a part. This is not always as easy as it sounds. We have programmed ourselves to focus on a perceived external physical reality, which is the

world in which we are experiencing life—interacting, learning and expanding. While these inner realms have always been available to us, it is now as a humanity that we are ready to become the fullness of who we are. So, a first step is rediscovering the inner realms, and opening and strengthening our connections to the field of consciousness.

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INSIGHT: **A first step toward controlled intuition is rediscovering the fullness of who we are, and opening and strengthening our connections to the field of consciousness.**

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Second, you must have developed—and use—your lower mental mind in a balanced way. This balance refers to how your learning is acted upon in service to others, the larger ecosystem of humanity, and the world at large. Balance is the focus of a Conscious Look Book.

Third, you must have developed your upper mental mind, that is, *developed conceptual thinking* and be *ever seeking a higher level of truth* in your thinking. Lower mental thinking is based on logic and cause-and-effect relationships. When we have lived experience, we begin to recognize patterns, and that is when we expand. Remember, the mental faculties are in service to the intuitional.

Fourth, you must have deepened your connections with others. This occurs as we learn to co-evolve with our environment, which requires a deeper understanding of ourselves as well as developing an empathy for others, understanding why and how they feel and act. As we continue expanding, we begin to recognize the higher ecosystem of which we are a part, regardless of how each of us describes that ecosystem: the Earth, humanity, the consciousness field, the Quantum field or the God field. With this recognition of interconnectedness, of Oneness, empathy expands to compassion.

If these four aspects sound familiar, note that they are the same conditions that move us toward wisdom, manifesting in intelligent activity! This is no coincidence.

Now, bring together the focus from your emotional plane, which tells you how you *feel* about a situation, and the mental plane, which tells you what you and others *think* about a situation, and helps you think in structured, causal logic and, as you expand your faculties, in concepts. Think of your mind as providing the gas for your thought, pulling information from the brain, a magnificent storage and information processing device.[32] The intent is to know the past, present and future, and determine the causes of things you are thinking about, that is, *why* something is happening.

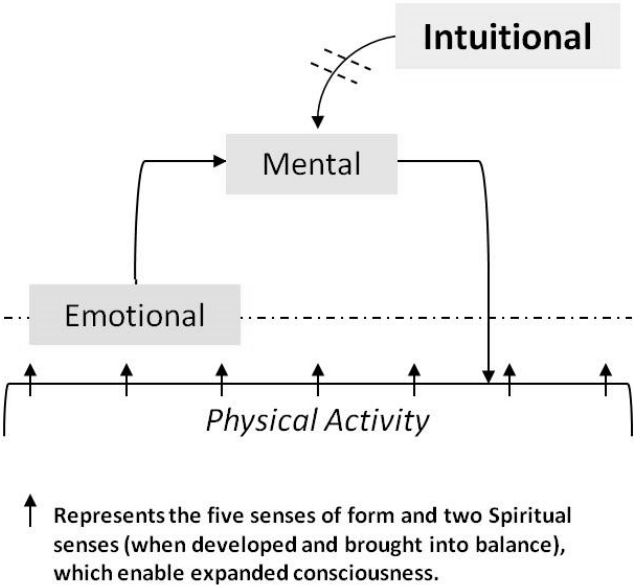

Figure 1. *When the mental mind is used in a balanced way in service to others so that they may serve others (sending energy outwards), controlled intuition becomes available.*

When an individual *can think through all three planes*—physical, emotional and mental—making sure that they are in equal balance, that is, neither physical or mental wants or emotions separately driving thought, *that individual can develop controlled intuition*.

While the prerequisites are essential, there are other, more complex ways of tapping into the intuitional plane. One of these, the ***I Ching***, also called *The Book of Change* and considered a

fundamental text of the Chinese culture, is arguably one of the oldest recorded works in existence. It represents "a way of knowing common to both magical or pre-technological cultures and to the world we contact each night in dreams."[33]

While some historians date its origins back as far as 5,000 years, the most widely-accepted origin connects the *I Ching* with Fu His, a Chinese emperor circa 2582 BC. Fu His contemplated "the shapes of heaven, the patterns of the Earth, bird and animal markings and the movements of his body and soul."[34] Through close association with and observation of the tortoise, he discovered a perfect mathematical model emerging from the broken and unbroken lines of the tortoise shell. These observations led to development of eight trigrams that he used to symbolize the eight natural elements: *Heaven, Earth, Water, Fire, Thunder, Mountains, Wind and Lakes*. Other teachers contributed their thought, with the trigrams eventually yielding 64 hexagrams. These symbols were passed from generation to generation as a tool for addressing difficult situations, especially those situations emotionally charged, where rational knowledge does not work and yet we must make decisions and act on those decisions.

The *I Ching* approach *helps us create an imaginative space*, an opening to tap into our own unconscious. Coming to light through a particular

situation with a specific context, the symbols help us experience the situation differently in order to understand the inner forces at play and how they are affecting us and shaping the situation. Note that the *I Ching* is built on the understanding that knowledge is situation dependent and context sensitive. Further, consistent with our understanding of knowledge, the *I Ching* does not advocate a passive approach to life, rather, it is about *action and reaction*, the essence of continual change.[35] The *I Ching* supports the search for Truth (a larger truth), zooming in on the possible outcomes of decisions and actions. The world of *I Ching* is simultaneously an intellectual world with its own logic and boundaries *and* a mystical experience. While the system itself is based on mental development of mathematical formulas emerging from nature, the result of the *I Ching* process is an intuitive clarity called *shen ming* or *the light of the gods.*[36]

Interestingly, some of the greatest Western philosophers have honored the potential of the *I Ching*. For example, Confucius once said, "If some years were added to my life, I would give fifty to the study of the Yi (*I Ching*) and might then escape falling into great errors."[37] And, as Carl Jung described, "The *I Ching* does not offer itself with proofs and results; it does not vault itself, nor is it easy to approach. Like a part of nature, it waits until it is discovered."[38] For those interested in exploring this tool of change, a short but excellent treatment of

application is provided by translator Steven Karcher. As Steven begins his explanation, "The modern world thinks that change is objective and predictable. We use statistics and norms to describe it, and pretend it is the same for everyone. The old world saw things differently … This symbolic approach can help you deal with the changes in your life."[39]

A second ancient text, the ***Tao Te Ching***, a book of around 5,000 words written over 2500 years ago, is perhaps the most translated classic next to the Bible. It has been explored and embraced by physicists, psychologists and business leaders for its potential to influence society. Lao Tzu is represented as a gifted scholar who lived in China during the Chou Dynasty and worked as the Custodian of the Imperial Archives. The Chou Dynasty was an era where hostile political actions and counter-actions spiraled out of control, much like today. It was Yin His, then Keeper of the Gate, later to become the Emperor of China, and, as noted above, today remembered as originator of the *I Ching*, who encouraged Lao Tzu to write down what he had learned for the enlightenment of others who were in a position to guide others, that is, princes, politicians, employers and educators.[40]

Writing for these leaders, Lao Tzu urges them to discover themselves through fully sensing the world around them and reflecting deeply to develop our personal intuitive power. This personal power, or

Te, is built up through an awareness and knowledge of the physical laws "as they operate both in the Universe and in the minds of others (*Tao*)."[41] Without using force, this power is then used to direct events *through attitude instead of action*, leading by guiding rather than ordering or directing, and managing people by letting them act on you instead of you acting on them.

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INSIGHT: **Without using force, this power is used to direct events through attitude instead of action, leading by guiding rather than ordering or directing, and managing people by letting them act on you instead of you acting on them.**

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As can be seen, Lao Tzu believed in methods that did not create resistance (force) or lead to counter-reactions. Lao Tzu believed that through observing the laws of nature we could understand the way matter and energy function in the Universe. As is translated: "[Lao Tzu] realized that excessive force in a particular direction tends to trigger the growth of an opposing force, and that therefore the use of force cannot be the basis for establishing a strong and lasting social foundation … He realized that the physical laws of the Universe directly affect the ways that individuals tend to behave and societies tend to evolve, and that to comprehend these laws could give a leader the power (*Te*) to bring harmony

to the world."[42] Excessive force exerted in a specific direction triggers opposing forces. This is a lesson we are still learning today. (See the Conscious Look Book on *Engaging Forces*.)

Lao Tzu challenges us as leaders to develop an intellectual independence, that is, to trust our own perceptions and rely on our inspirations and instincts (our intuition), and to influence others using nature as our pattern. As Lao Tuz puts it:

Evolved Individuals hold to the *Tao*,
And regard the world as their Pattern.

They do not display themselves;
Therefore, they are illuminated.
They do not define themselves;
Therefore, they are distinguished.
They do not make claims;
Therefore, they are credited.
They do not boast;
Therefore, they advance.[43]

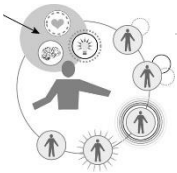
Since, indeed, they do not compete,
The world cannot compete with them.[44]

When individuals are (a) focused on a conceptual thought, (b) trying to determine the level of truth in that concept in service to a greater good, and (c) interacting with others who are operating at a

similar level of consciousness to do so, they are opening to the uncontrolled flooding of dozens to thousands or more concepts revolving around the area of focus. *The process is both instantaneous and effortless*. Note that several of the prerequisites for developing controlled intuition that were discussed above are present. As the group continues to work together, open to and sharing the new thoughts of each, the flooding of new ideas continues. When this occurs, lock in the feelings that accompany this experience. Given similar circumstances and intent, the memory of these feelings can help trigger a reoccurrence of this experience, moving you into the realm of controlled intuition.

As you participate repeatedly in this process, *creating more whole thoughts* (concepts with a high level of truth) and sharing and using what is intuited to the benefit of others, the mental senses increase such that you have a greater capability to understand the concepts that are flooding in. As you reach the point of controlled intuition, that is, tapping into the intuitional plane at will, choosing new thought instantly without effort, you are able to process the incoming information at a rate of speed which helps to unify your senses.[45] As this becomes part of your nature, you more easily identify truth, and your thinking aligns with higher and higher levels of truth.

[Your Thoughts]



Idea 4: Mirror neurons are in support of revealed intuition.

Another form of revealed intuition can be explained through our growing understanding of mirror neurons, a more recently discovered phenomenon in the brain relating to the ease and speed with which we understand simple actions. Research on experiments with Macaque monkeys that began in the early 1990s indicated that the activation of subsets of neurons in brain-motor areas appeared to *represent actions*. The initial experiments had one monkey grasp an object (an orange) while the experimenters monitored what went on inside an observer monkey's brain. Over the past 10 years many variations of this have verified that *an observer's neurons fire (or mirror) the actor's neurons*. Testing has moved from monkeys to great apes to humans. Non-invasive measurement techniques such as fMRI have enabled the experiments on humans to be greatly expanded.

These measurements have included mirror neurons in humans located in the frontal lobe and in the parietal lobe, which include the Broca's area, a key area for human language.[46] Using fMRI, emotional mirrors have been discovered by "feeling disgust activated in similar parts of the brain when human volunteers experienced the emotion while

smelling a disgusting odor or when the same subjects watched a film clip of someone else disgusted."[47]

As semantic scholar Giacomo Rizzolatti describes, "Subsets of neurons in human and monkey brains respond when an individual performs certain actions and also when the subject observes others performing the same movements."[48] In other words, *the same neurons fire in the brain of an observer as fire in the individual performing an action*. These neurons provide an internal experience that replicates another's experience, thereby experiencing another individual's act, intentions, and/or emotions. These researchers also found that the mirror neuron system responded to the intentional component of an action as well as the action itself.

Carrying this idea further, Marco Iacoboni, behavioral scientist and psychiatrist, proposes that mirror neurons facilitate the direct and immediate comprehension of another's behavior without going through complex cognitive processes. This makes the learning process more efficient because it can instantly transfer not only visuals but emotions and intentions as well. Mirror neurons also serve as a means of learning through imitation, which is "a very important means by which we learn and transmit skills, language and culture."[49] Often, a significant part of learning requires good social communication, which includes parity and direct comprehension. Parity indicates that the meaning within the message

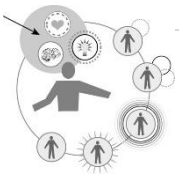
is similar for both the sender and the receiver. Direct comprehension means that no previous agreement between individuals is needed for them to understand each other. From the neuroscience perspective, both of these aspects of communication seem to be inherent in the neural organization of individuals.[50]

The question becomes how this phenomenon impacts revealed intuition. One answer is that it serves to explain how actionable tacit knowledge can be transferred between individuals and the potential of mimicry with no idea of where such knowledge came from. Note that the capacity to re-create feelings, perspectives, and empathy with people by reliving their experiences can greatly aid us in cooperative and collaborative endeavors.

Specific neuroscience findings related to mirror neurons that could potentially influence experiential learning as revealed knowledge include: (1) cognitive mimicry that transfers active behavior and other cultural norms; (2) rapid transfer of information that bypasses cognition; (3) neurons create the same patterns when we see something as when we do it; (4) what we see we become ready to do; and (5) mirror neurons facilitate neural resonance between observed actions and executing actions.[51] Recognizing that no two people are, or ever will be, identical, it follows that levels of sensitivity to the energies of others and energies of the field, as well

as the processing of those energies through the senses, are different.

[Your Thoughts]



Idea 5: Earned intuition and revealed intuition have the potential to work together.

While for the sake of discussion and developing understanding we have addressed earned intuition and revealed intuition as separate things, since intuition is by its very nature primarily tacit, it is difficult to differentiate the two in terms of their source. Further, the two have the potential to work together

Our intuitive tacit knowledge—along with our embodied, affective and spiritual tacit knowledge—is working for us 24/7, energetically on call when triggered by an internal or external stimulus, including needs, desires and what often appears as random bisociations. Intuitive tacit knowledge is described as a *sense* of knowing coming from inside an individual that may influence decisions and actions; yet, the decision-maker or actor cannot explain how or why the action taken is the right one.

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INSIGHT: **Our intuitive tacit knowledge is working for us 24/7, energetically on call when triggered by an internal or external stimulus.**

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Remember that neuroscientist Antonio Damasio says intuition is "the mysterious mechanism by which we arrive at the solution of a problem without *reasoning* toward it."[52] Today we understand more and more about that “mechanism,” which isn’t really a mechanism, but the living mind/brain. The unconscious works around the clock with a processing capability many times greater than the processing that occurs at the conscious level. But in order to use it, *decision-makers must first be able to tap into their unconscious*.

The term “knowing” is often used to represent intuition. There is a Conscious Look Book on *Knowing*. From the viewpoint of knowing, earned intuition would be considered as emerging from learning that resided in the subconscious, and revealed intuition would be considered a gift from the superconscious. Both the subconscious and superconscious are part of the unconscious (that which is not in our conscious awareness). The superconscious is the field that is described by Carl Jung’s collective consciousness and Pierre Teilhard de Chardin’s Noosphere, or what is called by some the consciousness field or the God field.

As can be seen, the sense of knowing can occur not only by tapping into the tacit knowledges acquired and connected during the life experience, but also by tapping into this larger field and, consistent with our earlier discussion, tapping into

ideas with which we resonate. We expand on this below.

From the viewpoint of the human, we now bring into the conversation a fourth plane that is available to those humans who develop extraordinary creativity. While we will refer to this fourth plane as the intuitional plane, through connection to the superconscious it offers connectivity to higher intuitive thought, which includes expanded spiritual thought. See the figure below.

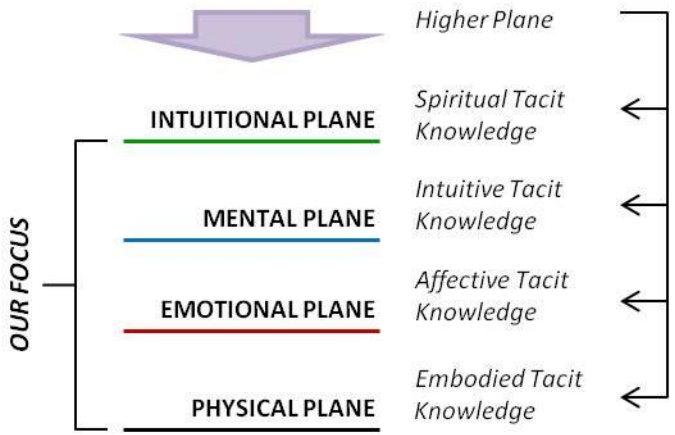

Figure 2. *From a mental plane focus we can access intuitive tacit knowledge embedded in the subconscious and that which is accessible through the larger field of the superconscious, which is spiritual in nature*.

Note that spiritual energy is available through all the planes regularly utilized by the human, that is, the physical, emotional and mental planes. As we navigate the challenges of these planes, the spiritual is always available as a counterbalance so that we stay on track in our search for higher truths and expanded consciousness.

One of the ways to surface tacit knowledge is through inner tasking and lucid dreaming. One thought leader in a study supported by the Mountain Quest Institute touted this as his pathway to ideas. "It has been my experience from the beginning, as far back as I can remember, being able to state a problem in my head and then within a short period of time, definitely overnight, having a variety of solutions available."[53] See the exercise below.

* * * * *

EXERCISE: *Sleep on It*

Sleeping on a question or problem can yield an answer the next morning. This is a particularly powerful way to access tacit knowledge.

STEP (1) Prime your conscious mind. Early in the evening, prior to going to bed, take a focused period of time to “brainstorm” with yourself. *Ask* yourself a lot of questions *related* to the task at hand. Reflect carefully on the questions and be patient. This is the process of active reflection.

STEP (2) Before going to bed, ensure that you have a pen and paper available right beside the bed, accessible without you getting up. Write the specific problem or question you want to address on this pad of paper.

STEP (3) Tell yourself, as you fall asleep at night, to work on that specific problem or question.

STEP (4) When you wake up the next morning, but before you get up, lie in bed and ask the same question, listening patiently to your own quiet, passive thoughts. Frequently, but not always, the answer will appear.

STEP (5) Write the answer down quickly before it is lost from the conscious mind (as with dreams).

Another aspect of this approach is useful when a group or team is tackling a difficult problem. It has been found that the answers from the team can be improved if, rather than acting on the quick responses, *let the team sleep on the problem* and review the answers they come up with in the morning. What happens is that while you sleep your unconscious mind is processing the information taken in that day, keeping the valuable information and discarding that which doesn't make sense or is not important to you. It is also working on solutions to issues or problems that have come up that day. When the team gets back together the next day, there

will be new ideas and thoughts, and a clearer vision of the best way ahead

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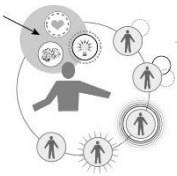
[Your Thoughts]



Idea 6: Regardless of what you call it, we live in a field of ideas!

Systems knowledge, one of the knowledges needed in a changing, uncertain and complex world, leads to understanding connections, relationships, balances and tradeoffs. An intellectual aspect of leadership at all levels is considering the larger perspective, that is, the ability to conceptualize and strategize, to *see the big picture and how everything fits together*. But what does that big picture look like when we bring our expanded understanding to bear? How does an understanding of self and consciousness and the forces that we choose to engage fit into that picture? We may understand that we co-create our reality and that our thoughts, coupled with intent and expectations, create our reality, but where do those thoughts go when they are *not* acted upon? And do we have access to the thoughts of others that were not acted upon? There are so many questions!

In the discussion of synchronicity in Idea 2, we introduced Jung's collective unconscious and, just a minute ago we dropped in a reference to Pierre Teilhard de Chardin's Noosphere, which is described as "a human sphere, a sphere of reflection, of conscious invention, of conscious souls."[54] I really like that language. What would it be like if everyone

on our sphere (Earth) was fully conscious? What would that mean?

When I brought up the "field" earlier, I provided several other names for it. To be a bit more complete, in addition to the consciousness field, this field has also been called the Akashic field, the Zero Point Field, the Quantum field and the God field. To explore this field further, let's think of it in terms of WiFi and the Internet. Thoughts, in the form of electromagnetic energy, are floating through the air, picked up by a grid that surrounds the world, they float through the air again, and are brought to the screen for our consideration and potential use. Note that they are not brought to *any* screen, but to *the place* they are directed or sought, a place where they will, at least most of the time, be welcomed.

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INSIGHT: **Thoughts float through the air, are picked up by a grid that surrounds the world, float through the air again, and are brought to the screen for our consideration and potential use.**

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This analogy is similar to the idea of the Noosphere. Thoughts are energy patterns floating around the world waiting to be brought to the awareness of individuals who welcome them, those individuals who have expanded their threshold of

focus and learning in a specific domain of knowledge such that these thoughts are understandable and/or can be associated with other thoughts in their mind/brain. This is an amazing thing, really. We now know that our mind/brains are associative attractors as well as associative patterners! That has GOT to be the subject of a Conscious Look Book. I promise to work on that!

As energy and potential forces, thoughts can be considered in terms of amplitude (strength), frequency (rate of occurrence over time) and direction. This promotes the idea that the thoughts are already there with specific characteristics, waiting to be discovered. ***When there is a resonance between the thought and the thinker, a connection occurs***. The higher the amplitude, the greater the frequency, the more thoughts heading the same direction, the quicker that thought moves into reality. This brings us back to the recognition that we have to take responsibility for our thoughts as well as our actions, for *who* we are as well as *who we are becoming*.

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INSIGHT: **We have to take responsibility for our thoughts as well as our actions, for who we are as well as who we are becoming.**

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This discussion begs the question posed at the beginning of this idea: What happens to those thoughts that are not so positive or well-intended so don't get acted upon? Are they out there in the collective field as well? Could it be that the individuals who tend towards more negative thoughts and emotions (whether consciously or unconsciously) welcome these in and act upon them? If so, what is the responsibility of a conscious individual to transmute those thoughts when they pass through our awareness, rather than just reject them and kick them back out into the collective field for someone else to pick up and act upon?

Oh, my, what a train of thoughts! And another thought … do you know that it only takes 17 seconds of focused feeling to shift from one emotional state to another? Once recognized and acknowledged, emotions are a choice. Well, we know we are energetically in continuous interaction with others. It's really difficult not to respond to negative events and feelings flowing through our environment. We can all recall moments where negative thoughts have touched us. And then, oh my, our thoughts and feelings rise and dip, often at the behest of the situations we move through in our day-to-day life. Since the power of a thought force is related to how often it is repeated as well as the emotional charge behind it, this is especially relevant at this point in history with all the unrest, judgment and anger being generated and amplified by people around the world

due to political polarization and opinion! As charged thoughts of judgment, separation, anger and fear are added to this field, the situation energetically worsens, attracting partial thought forms resonating at this level, which strong emotions can thrust into reality.

But, there is hope! We're not victims of this avalanche of thought pulled in by our emotional responses! The power of *our* thoughts and feelings, *our* attention and intention, can serve to transmute these thought forms as well as help bring balance to the field. Let's look at how we might do that.

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EXERCISE: *Transmuting Negative Thoughts*

STEP (1): Acknowledge the existence of the negative thought or emotion at the surface level, without digging deeper into the thought or feeling. Identify where the thought or feeling resides in or around your body.

STEP (2): Using your creative imagination, see beautiful pink rays of light come down from above, stream through your body and swirl around the negative thought or feeling. See rich green streams of energy rise through your feet and join the pink light swirling around the negative thought or feeling.

STEP (3): Watch and feel as the swirls get faster and faster, with the negative thought or feeling dissipating into nothingness from the outside-in. Feel the power within you and, as the swirling light reaches the last center point of the negative energy, sense an explosion of color into white, filling you, surrounding you with joy.

STEP (4): In this state of joy, picture something or someone you love. Feel peace flow through your heart and send this peace and love into the larger field to which we are all connected. Offer your appreciation for the experience and the opportunity to be of service to humanity.

* * * * *

It's really important to realize that our emotions are a gift, a guidance system, to help us discover what we like and what we don't like. Think about that a minute. When you feel good about something, then you want to repeat it. When something feels bad, you can get rid of that feeling by either not repeating a situation, or changing the way you think (your perception) about a situation. Emotions are indicators; they are not intended to drive our actions—unless we choose to engage them to do so. There is a Conscious Look Book on *The Emoting Guidance System.*

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INSIGHT: **As a guidance system, the emotions help us discover what we like and what we don't like. Once we recognize the emotions that are occurring, they become a choice.**

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Now, just in case you're thinking that all this doesn't apply to YOU, think again! Just as *all of us have creative potential*, the *field of ideas* is available to all. In her ground-breaking work *The Field*, researcher and lecturer Lynne McTaggart says that both our waking thoughts and our dreams may be shared among all those who have ever lived. As she describes: "We carry on an incessant dialogue with The Field, enriching as well as taking from it. Many of humankind's greatest achievements may result from an individual suddenly gaining access to a shared accumulation of information—a collective effort in the Zero Point Field—in what we consider a moment of inspiration. What we call 'genius' may simply be a greater ability to access the Zero Point Field. In that sense, our intelligence, creativity and imagination are not locked in our brains but exist as an interaction with The Field."[55]

In 2005 we reached out to 34 Knowledge Management Thought Leaders located across four continents to explore the aspects of KM that contributed to the passion expressed by these thought leaders. By definition, thought leaders are part of a

social network, part of a collective whole, with both formal and informal, visible and invisible, networks with whom they exchange viewpoints and engage in discussions, using each other as sounding boards. This network can be described as partners, co-authors, spouses, friends, mentors, colleagues, associates, thought partners, people we trust, and other people who work in the field. A concept forwarded by many of these thought leaders was that the ***ideas are already out there, just waiting to be recognized***, and we just need to be open to recognizing them and catching hold of them. For example, Etienne Wenger, an educational theorist who developed the community of practice idea for organizations, says that ideas are, "In the air … you know what I mean? It's not like you invented things; you just sit and they're in the air. And you say, oh yes, that's right. But it was already in the air, you know?"

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INSIGHT: **The ideas are already out there, just waiting to be recognized.**

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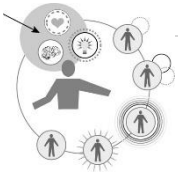
One thought leader who referred to this field of ideas in terms of the Akashic Records says that along the way to becoming a thought leader he developed a holographic method to record interactions among people—and between people and computers in organizations—from spiritual models such as the

Akashic Records. The Akashic Records represent the membrane of a higher frequency upon which every thought and every action is written, such that the past and the future as history can be read as a series of streams. For this thought leader, the visioning of this capability birthed a new process.

There are a number of specific characteristics that have been identified of people who can "repeatedly succeed, in the domain of ideas, in escaping from a basin of attraction into another, deeper one."[56] These include focus/dedication to the task, awareness of being caught in an unsuitable abyss, some level of comfort with teetering on the edge of this abyss, and the capacity for formulating and solving problems. This idea of formulation is critical in determining the boundaries of a problem.

Diving within to our sense of knowing becomes a critical ability to successfully living in the changing, uncertain and complex environment of today. One thought leader shared that he listens to his inner voice. Knowledge and knowing as part of intuition are a source of this inner voice. Tacit knowledge is within the storehouse of self, expanding and connecting within from the time we are in the womb, and is available to each of us. Are we listening?

[Your Thoughts]



Idea 7: Ideas are contagious.

We would like to add a few random thoughts that are pertinent to the subject at hand. First, *ideas are contagious*. This is the concept of memes, which are ideas that become enculturated, thoughts that resonate and linger, attaching themselves to other thoughts in a continuing cycle of regeneration. Memes evolve by natural selection in a process similar to that of genes in evolutionary biology. They are effective, potent ideas that out-propagate other ideas in a process of self-replication.

Taking on a life of its own, a meme is a form of learning (an idea, instruction, behavior or piece of information) that is passed on by imitation. They spread themselves around indiscriminately without regard to whether they are useful, neutral, or positively harmful! And, over time, memes evolve as memes, building on other memes, re-appearing and re-associating patterns of thought, taking on new meaning. An example is the growth path of new technologies or new management strategies.

Second, despite certain cognitive losses, we now know that the engaged, mature brain—which refers to YOUR brain if you have read this book to this point—can make effective decisions at more intuitive levels. This includes those of us who are a bit aged. Neuropsychologist Elkhonon Goldberg

points out that the aging brain can accomplish mental feats that are different than younger brains. He makes the point that although older people forget names, facts, and words, they have the capability of remembering high-level patterns and meaningful insights that we often consider as deep intuition and as wisdom.[57] So, if we choose, the value of experience and individuation, and what each can contribute to the whole, continues to expand throughout our lives!

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INSIGHT: **The value of experience and individuation, and what each can contribute to the whole, continues to expand throughout our lives.**

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Finally, when confronted with a problem, the machinery of intuitive thought does the best it can. If the individual has relevant expertise, the situation will be recognized, and the intuitive solution that comes to mind is likely to be correct. This is what happens when a chess master looks at a complex position: the few moves that immediately occur to him are all strong. When the question is difficult and a skilled solution is not available, we often answer an easier one instead, usually without noticing the substitution.

Herbert Simon, a world class chess master coach, says that intuition is nothing more and nothing less than recognition.[58] Valid intuitions develop when experts have learned to recognize familiar elements in a new situation and to act in a manner that is appropriate to it. So, when is intuition really the use of judgment?

The typical definition of judgment is the act or process of judging the formation of an opinion after consideration or deliberation.[59] In addition, it is the mental ability to perceive and distinguish relationships, or *the capacity to form an opinion by distinguishing and evaluating*. Perhaps these two concepts are more intertwined then we previously perceived them to be. That is very interesting! It may just be that our judgment, which certainly has emotion attached to it, emerges from intuition, which, after reading this book, appears to be a much larger concept than I originally thought. But then, our unconscious is so much more than we have the ability to perceive. Then, thinking about all the thought that's floating around in the collective unconscious, there's certainly a lot of stuff out there waiting for us to tap into it. Let's get started.

[Your Thoughts]

What does this mean to me?

This sure has been an interesting topic. I guess the only way to get our thoughts around it (pardon the pun) is to think about how much we've learned since we were a young child, then multiply that by thousands, because our unconscious has learned so much more than we are aware of! And then think about the possibility of all that other stuff floating around in the field. Wow! It might just be time to figure out how to achieve controlled intuition.

Let's briefly review some new ideas brought up in this book, and think about what they may mean to us individually.

Deep tacit knowledge is created within our minds, hearts and guts over time through experience, contemplation and unconscious processing such that it becomes a natural part of our being. This means that through the course of life YOU have developed—and continue to develop based on your experiences—tacit knowledge.

Development of the mental faculties is in service to the intuitive. This means that we need to prepare ourselves in the area of our interest and focus to be able to tap into the

intuitional field so that, when we do, **we know how to act on that intuitive insight!**

- Controlled intuition refers to the ability to connect to the intuitional plane at will; it does not insinuate controlling the content of that thought. YOU can learn how to do it.
- One aspect of revealed intuition is mirror neurons, through mental imitation gaining tacit knowledge from another.
- Just as mental thought is in service to the intuitive, earned intuition and revealed intuition work together. Remember, your mind is an associative attractor. Where you set your intention and place your attention is what comes into your reality.
- We have to take responsibility for our thoughts as well as our actions, *for who we are as well as who we are becoming*.
- If we choose, the value of experience and individuation, and what each can contribute to the whole, continues to expand throughout our lives.

So many possibilities!

What would it be like to have controlled intuition?

How would that change your life?

This volume of **Conscious Look Books** builds conversationally on the ideas presented in *The Profundity and Bifurcation of Change Part IV: Co-Creating the Future*, largely presented in Chapter 28: "Tapping into the Intuitional" and Chapter 22: "Learning Points Along the Path." Co-authors of the original text include David Bennet, Arthur Shelley, Theresa Bullard and John Lewis. Full references are available in the original text, which is published by MQIPress, Frost, WV (2017), and available as an eBook on www.amazon.com

Endnotes

[1] Taken from *American Heritage Dictionary of the English Language* (4th ed.) (2006). Boston: Houghton Mifflin Company, 919.
[2] See Crandall, B., Klein, G.A., and Hoffman, R. (2006). Working Minds. Cambridge, MA: The MIT Press.
[3] Quoted from Klein, G. (2003). *Intuition at Work: Why Developing Your Gut Instincts Will Make You Better at What You Do*. New York: Doubleday, 13.
4 Quoted from Damasio, A. R. (1994). *Descartes' Error: Emotion, Reason, and the Human Brain*. New York: G.P. Putnam's Sons, 188.
[5] See Cooper, L.R. (2005). *The Grand Vision: The Design and purpose of a Human Being*. Ft. Collins, CO: Planetary Heart.
[6] Klein.
[7] Tallis, F. (2002). *Hidden Minds: A History of the Unconscious*. New York: Arcade, 182.
[8] See Carter, R. (2002). *Exploring Consciousness*. Berkeley: University of California Press.
[9] See Bennet, D., Bennet, A. and Turner, R. (2015). *Expanding the Self: The Intelligent Complex Adaptive Learning System.* Frost, WV: MQIPress.
[10] See Schacter, D. L. (1996). *Searching for Memory: The Brain, the Mind, and the Past*. New York: Basic Books.
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[12] See Kandel, E. R. (2006). *In Search of Memory: The Emergence of a New Science of Mind*. New York: W.W. Norton & Company.

[13] Quoted from Hawkins, J., with Blakeslee, S. (2004). *On Intelligence: How a New Understanding of the Brain Will Lead to the Creation of Truly Intelligent Machines*. New York: Times Books, 82.
[14] See Christos, G. (2003). *Memory and Dreams: The Creative Human Mind*. New Brunswick, NJ: Rutgers University Press.
[15] See Bennet, A. and Bennet, D. (2007). "The knowledge and knowing of spiritual learning" in *VINE*, Vol. 37, No. 2, 150-168.
[16] Intelligent activity represents a perfect state of interaction where intent, purpose, direction, values and expected outcomes are clearly communicating and understood among all parties, reflecting wisdom and achieving a higher truth.
[16] See Pert, C. B. (1997). *Molecules of Emotion: A Science Behind Mind-Body Medicine*. New York: Touchstone.
[17] See Kahneman, D. (2013). *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux.
[18] See Gladwell, M. (2005). *Blink: The Power of Thinking without Thinking*. New York: Little, Brown.
[19] Quoted from Main, R. (1997). *Jung on Synchronicity and the Paranormal*. New Jersey: Princeton University Press, 18.
[20] Quoted from de Laszlo, V. (Ed.) (1958). *Psyche & Symbol: A Selection from the Writings of C.G. Jung*. New York: Anchor Books, 261.
[21] See Kammerer, P. (1919). *Das Gestex der Serie*. Stuttgart-Berlin: Deutsche Verlaga-Ansalt. Quoted in Arthur Koestler (1972). *The Roots of Coincidence*. New York: Random House.
[22] Quoted from Peat, F.D. (1988). *Synchronicity: The Bridge Between Matter and Mind*. New York: Bantam Books, 16.
[23] Quoted from Hall, C.S. and Nordby, V.J. (1973). *A Primer of Jungian Psychology*. New York: New American Library; Mass Paperback Edition, 39.
[24] Peat, 16.
[25] See Hume, D. (1978). Selby-Bigge, I.A. and Nidditch, P.H. (Eds.). *Treatise of Human Nature*. Oxford: Oxford University Press.

[26] Peat, 42.
[27] See Alberts, D. S. and Hayes, R. E. (2005). *Power to the Edge: Command, Control in the Information Age*. Washington, D.C.: Command & Control Research Program.
[28] Quoted from Senge, P.M., Scharmer, C.O., Jaworski, J. and Flowers, B.S. (2004). *Presence: Exploring Profound Change in People, Organizations and Society*. New York: Random House, Inc., 160.
[29] See Sheldrake, R. (1989). *The Presence of the Past: Morphic Resonance and the Habits of Nature*. New York: Vintage Books.
[30] Cooper, 22.
[31] Quoted from Wilson, as cited in Hodges, D. (2000). "Implications of Music and Brain Research" in *Music Educators Journal, 87*(2), 18.
[32] See MacFlouer, Niles (2004-16). *Why Life Is...* Weekly radio shows: BBSRadio.com (#1-#480) and KXAM (#1-#143). Retrieved from http://www.agelesswisdom.com/archives_of_radio_shows.htm
[33] Quoted from Ritsema, R. and Karcher, S. (Trans) (1995). *I Ching: The Classic Chinese Oracle of Change (The First Complete Translation with Concordance)*. New York: Barnes & Noble, Inc., 11.
[34] Ibid. (p. 12).
[35] See Legge, J. (Trans) (1996). *I Ching: Book of Changes: The Ancient Chinese Guide to Wisdom and Fortunetelling*. Avenel, NJ: Random House Value Publishing, Inc.
[36] Ritsema and Karcher.
[37] Legge, xi.
[38] Ibid., ix.
[39] Ritsema and Karcher, vii.
[40] Quoted from Wing, R.L. (Trans) (1986). *The Tao of Power: Lao Tzu's Classic Guide to Leadership, Influence, and Excellence*. New York: Doubleday.
[41] Ibid, 11.
[42] Ibid.

[43] Ibid.
[44] Ibid, 22.
[45] MacFlouer.
[46] Quoted from Iacoboni, M. (2008). *The New Science of How We Connect with Others: Mirroring People*. New York: Farrar, Straus & Giroux.
[47] Quoted from Rizzolatti, G. (2006, November). "Mirrors in the Mind" in *Scientific American*, 60.
[48] Ibid., 56.
[49] Ibid., 61.
[50] Ibid.
[51] See Bennet, D., Bennet, A. and Turner, R. (2015b). *Expanding the Self: The Intelligent Complex Adaptive Learning System.* Frost, WV: MQI Press.
[52] Quoted from Damasio, A. R. (1994). *Descartes' Error: Emotion, Reason, and the Human Brain*. New York: G.P. Putnam's Sons, 188.
[53] Refers to research study involving Knowledge Management Thought Leaders. Explicated later in the text.
[54] Quoted from de Chardin, P. Teilhard (1959). *The Phenomenon of Man*. St James Palace, London: Collins, 63.
[55] Quoted from McTaggart, L. (2002). *The Field: The Quest for the Secret Force of the Universe*. New York: Harper Perennial, 139.
[56] Quoted from Gell-Mann, M. (1994). *The Quark and the Jaguar: Adventures in the Simple and the Complex*. NY: W.H. Freeman and Company, 369.
[57] See Goldberg, E. (2005). The Wisdom Paradox: *How Your Mind Can Grow Stronger as Your Brain Grows Older*. New York: Gotham Books.
[58] See Ross, P. E. (2006b). "The Expert Mind" in *Scientific American*, (August), 64-71.
[59] *American Heritage Dictionary*, 2011.

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The Art of Thought Adjusting

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Intuition is the ability, without any time delay, to determine the causes of any and all effects regardless of the complexity of those effects. This intuition is a higher awareness, a deeper understanding, very much supported by our five senses of form and our two inner senses focused from the heart and crown energy centers. In this little book we explore earned, revealed and controlled intuition, recognizing that we have to take responsibility for our thoughts as well as our actions, *for who we are as well as who we are becoming.*