

DR. SUSAN SOPHIA JAMES

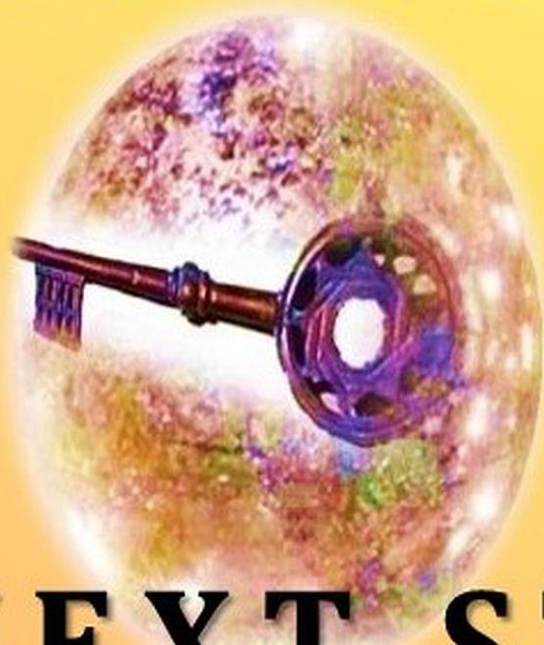
INTUITION

IS

OUR

**NEXT STAGE
OF EVOLUTION**

And Methods to Implement in Your Life



**Intuition is Our Next Stage of Evolution
And Methods to Implement in Your Life**

Dr. Susan Sophia James



COPYRIGHT 2016

All rights reserved. By downloading this eBook, you have been granted the nonexclusive, nontransferable right to access and read the text of this e-book on screen. No part of this may be reproduced, transmitted, downloaded, decompiled, reverse-engineered, or stored in or introduced into any information storage and retrieval system, in any form or by any means, whether electronic or mechanical, now known or hereafter invented, without the express written permission of the author, except by a reviewer who may quote brief passages in a review.

FIRST EDITION

In this book there are descriptions of different people's energy systems and stories to illustrate concepts. All the examples discuss real people and real experiences. The identities of the people have been changed to protect their anonymity.

Cover Design: Om House Publishing

Other Works by Dr. Susan Sophia James

*50+ Kinds of Intuition & Exercises for Moving to the Next Level, **Book***

*Energy Medicine Primer: Awakening the Science of the Auric Field & Chakras, **Book***

*Intuition is Our Next Stage of Evolution; and Methods to Implement in Your Life, **Book***

*Fields of Light: 65 Vivid Images & Explanations of the Auric Field, Chakras & Mental, Emotional & Physical Relationships, **Book***

Fields of Light: An Educational & Visual Guide to Understanding Our Energy System, Part 1, **Video** on Gaia.com

[The Full Circle Program](#), 4-week online education program. Everything you need for the body, mind, emotions, and spirit for healing, clearing, upleveling, and evolution. When we know the main 16 areas for healing the past, sustaining the now, we create a solid foundation for our presence and evolution. Everything you need but weren't told.

[Going Deeper, 11 Keys](#). Clear Negative Energy, Activate Higher Energy and Consciousness, and Tools for Overcoming Challenging Situations

[3Melete Meditation Program](#)-using effective sound and music that easily facilitate meditation simply by listening include individual meditations for compassion, grounding, gratitude, and more, and Managing Pain Mediation Program, Getting Good Sleep Meditation Program, Mastering Challenging Times Meditation Program, Healing Meditation Program, Spiritual Transformations, Out-of-Body, Near-death, 'Dreams' and Contactee Meditation Program and other meditations.

Dedication

This book is dedicated to my family for their support.

Preface

Intuition Is Our Next Stage of Evolution is an introduction to how intuition benefits us, how it functions, and tools to implement intuition. As one of the books in the Energy Medicine Trilogy and part of the work of Transformational Wisdom Institute, *Intuition Is Our Next Stage of Evolution* contains tools for changing in our body, mind, emotions and spirit. The content of *Intuition Is Our Next Stage of Evolution* is designed to provide foundational information to inspire people to identify and value intuition within our personal lives, in our health, our relationships, for our careers, businesses and organizations **to evolve**. Tapping into our intuition is also a critical tool for healing, innovation, and progress.



CONTENTS

PART 1

Beyond Cognition and Rational Decisions

Comparing the Analytical Mind and Intuitive Awareness

Four Methods for Engaging Intuition with Decisions

How Intuition is Critical for Innovation and Insight

PART 2

Four Stages of Intuition for Inspirational Break Through's

The Flash

Knowing the Key Elements of Intuition *so you can use them*

How Nobel Prize Winners use Intuition

PART 3

Six Simultaneously Occurring Domains of Intuition-*and how to recognize them*

Five Different Areas to Apply Intuition Throughout Our Lives

Three More Tools for Applying and Developing your Intuition

Bonus Method Feeling Awareness-How do You Know You Know

PART ONE

Here is what we are going to cover in the first part of the book.

- **Beyond Cognition and Rational Decisions**
- **Comparing the Analytical Mind and Intuitive Awareness**
- **Four Methods for Engaging Intuition with Decisions**
- **How Intuition is Critical for Innovation and Insight**
- **Four Stages of Intuition for Inspirational Break Through's**
- **The Flash**

The information in this report is based on recent research from different countries and twenty-five years of teaching intuition and energy medicine and working with thousands of clients and patients as a Doctor of Behavioral Health and integrated medicine, mystic and intuitive.

Dr. Adrian Banks, a research professor at the University at Surrey, UK identifies making good decisions are central and critical to the success of an individual and an organization. This premise supports the role of intuition and its contribution to the accomplishments of people using intuition in



Personal decisions

Relationship decisions

Healing ourselves

And when we are working in a healing capacity

Spiritual development

Sustaining wellness

Overcoming mental health and medical health issues

In small and large businesses.

Corporations and all organizations. Because we are trained to use rational and cognitive abilities to make good decisions, it is critical to recognize the contributions our intuition provides and how to tap into it. An example of how we use the rational mind is in a pro and con list to sort out our decision. Using a pro and con list often takes place using the following question, '*How likely is this outcome to occur?*' and '*What are the benefits?*' The side with the greater number wins the decision. This is a rational method explaining our choice like the example below. The question in this example is, *Should I move?*

Should I move?

PROS

1. I have a few friends in the new place
2. I know someone where I can get a job
3. I think I will like the weather better
4. The community has a better economic base than where I live
5. I want a change

CONS

1. I have a lot of friends where I live now
2. I already have a job, but it isn't where I want to be working-I am not working to my potential
3. I like the weather OK where I am in the winter but dislike much of the summers.
4. It is expensive to move.
5. I have to move my animals which is a lot of work plus, I have fences, and everything set up.
6. I already know where everything is, so I won't have to learn anything.

The list above is an analytical method that on the surface looks simple to solve by the number of pros and cons. By the numbers on the list, staying would win over moving because there are six items compared with five on the Pro list. Each item in this analytical method holds the same value.

The image below compares the qualities of the analytical or rational mind and the intuitive mind.

(Banks writes from a business innovation perspective which is why the last element of management education and training is included).

Analytical Mind	Intuitive Mind
<ul style="list-style-type: none">• Narrow band-width• Effortful processing• Step-by-step analysis• Conscious• 'Talks' in the language of words• Recent/System 2• Features in management education and training	<ul style="list-style-type: none">• Broad band-width• Automatic processing• Whole pattern recognition• Unconscious• 'Talks' in the language of feelings• Ancient/System 1• Ignored in most management education and training

The author of this chart, Dr. Banks, compares management education and training because his analysis originates in an effort to bring innovation into the corporate world.

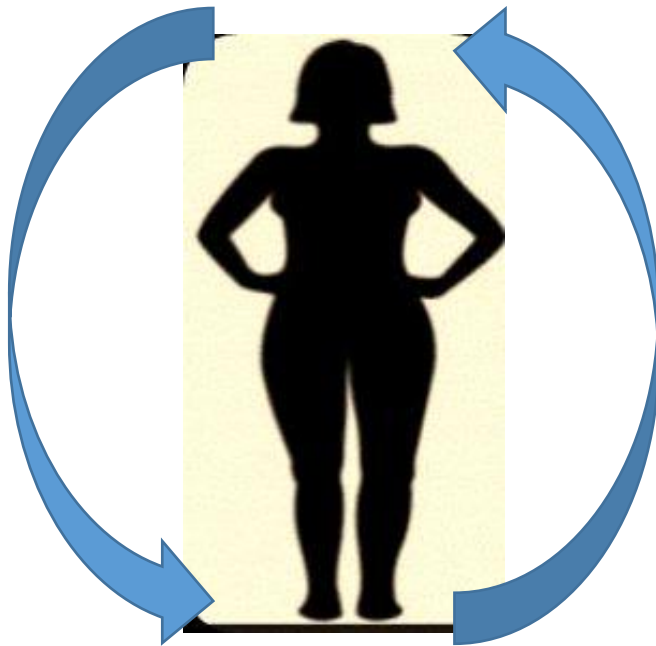
In the comparison, you can see lesser parts of our consciousness are in use in the analytical mind and greater parts of our awareness are taking place with the intuitive mind, which I prefer to identify as intuitive awareness. The chart also identifies the analytical mind as a more recent system than the ancient intuitive mind that connects to our feeling awareness.

However, there are other elements, of recognition and response that contribute to a decision. One of these elements is the use of intuition and emotional content that can represent one or more of the items listed on either side of the pro or con list. The emotional and feeling content create more weight or value than their single placement in the numerical sequence.

People who are expert decision makers like chess players, healthcare management roles, and air traffic controllers recognize situations that fit a well-known pattern. They can also consider the situation more powerfully weighing interactions and complex patterns. And they become experts because they have repeated exposure to similar scenarios. Here are four tools for using intuition for a decision and for a non-decision, which is a decision.



1. **Considering the outcome** involves noticing feelings and intuition about the outcome of the decision. Who will be affected? How does that impact you? How does it feel? Noticing your feelings in the different areas of your body.





Range of feelings may include what the 'faces' represent or other knowings beyond the feelings represented above.



2. Know a non-decision is a decision. Consider the changes or perceived non-changes of the non-decision.



3. When there are high levels of stress or anxiety, these get in the way, so it is valuable to consider methods to get concepts out of your head. It is also helpful

to have familiar, reliable, and effective practices in place to dissipate stress and anxiety.



Instead of writing down that pro and con list **write down key concepts as in brainstorming** that include key issues to be addressed. In the case of the pro and con list.

Brainstorming is freely associating different ideas and recording them without analyzing, critiquing, or criticism. This allows for creativity and space and innovation to take place. This free association process allows one word or image spontaneously to suggest another without any apparent connection. When doing this exercise alone make sure you have plenty of time and don't edit yourself. Write down what comes to you throughout a day and if there is an editorial voice that says no that doesn't fit, or I shouldn't write that make sure you write that down too. You can add non-lyrical, calm, background music to enhance your mood.



4. **Sleep on the idea and let it percolate.** Review the list and doodle with it and add notes so you can review and consider at a later time. Get extra ideas onto paper or onto a screen. Typing, speaking, or writing your ideas creates room for more percolation and breathing room within.



5. **Use conversation to listen to yourself and observe how you are responding** to the concepts. Notice what you chose to say. Notice if you are attached to repeating certain stories about yourself or life. Tap into your feeling awareness as you speak. Tap into your feeling awareness as you listen to the words and their meanings of others. Notice the energy of the

starting point and the energy as you leave the conversation. Not the words, but the intuition of the content and relationship exchange.

The Value of Intuition and Insight for Business and Innovation

When businesses and universities make training programs for the business schools you know there has been a determination there is value in using intuition. Intuition is something we have to cultivate though to be able to use it. And that is why businesses are recognizing you can hire as many people as you want but without intuition in management for problem-solving, social innovation, making the next widget, cleaning the oceans, solving issues about recycling and waste, health problems, there has to be an acceptance of and training to push boundaries. We have to cultivate the next paradigm through new thinking, practices and tools.

Dr. Eugene Sadler-Smith recognizes the value of intuition and insight for business and innovation. Sadler-Smith considers intuition and insight are two of the essential thinking tools we use to make sense of our world. Whether it's a perception of knowing or understanding or a resonant informed hunch based on expertise, intuition and insight can work together, helping us clarify our thinking and make decisions. Insight is about how we come to understand things, and intuition is, in essence, about how we think, reflect, and act. Both are aspects of the cognitive skills we use in everyday life. Intuition and insight are more abstract than other cognitive skills. Sadler has found the ability to tap into insight and intuition and to use these to drive innovation is increasingly critical. The following information examines five premises of intuition and insight. The first premise is about insight, ideas, and innovation.



This includes how insight – one of our highest-level skills – leads to ideas (or ideation) and how this, in turn, drives innovation, examining concepts such as ideation, which helps us conceive and generate ideas and recognize patterns for ourselves and business.

Here is what Steve Jobs had to say about intuition.



"Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

Wallas identified stages of creative problem-solving based on accounts of creative problem-solving artists, scientists, and inventors. Wallas identified a widely used, four-stage process. This four-stage process is fluid in the order of how the phases occur, so, although the diagram shows the one-four order, the stages occur organically in the order they arise.

Wallas's four-stage model of the insight process

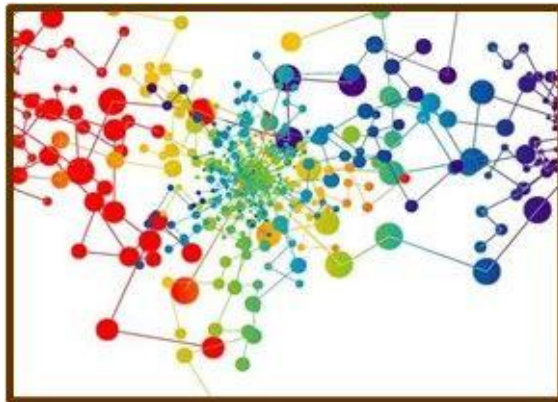
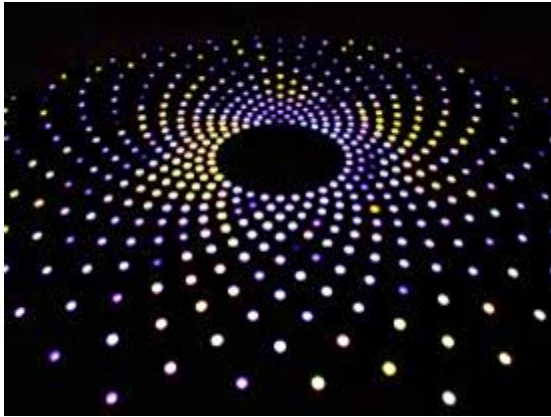


The phenomenon of insight may be familiar to many of us: it's the sudden appearance of a solution ('illumination'), often when we're least expecting it, to a problem that's been perplexing us for some time which is also known as an impasse. One of the key ideas that emerged from Wallas's model and subsequent research is that we can sometimes think too hard; solutions to difficult problems as well as great ideas rarely turn up on demand. Expanding further, having down time and time to play helps us develop intuition.

Innovation and Inspiration Break Through the Thinking Barrier

This last point is a vital one because insights often involve *a joining together of the dots*.

In the next series of images, consider how the dots compose an entire picture.



The image directly above and the image directly below are Australian Aborigine dot paintings. They are famous for using dots to make pictures and decorate their sacred items.



But the dots have to be there in the first place to be joined up; therefore, a level of knowledge and expertise is required for insight to occur, especially in conceptually and technically complex fields.

About Children and Teens

We can train our children and teens now to connect the dots because they may be able to sense, know, perceive, intuit, and/or feel dots we cannot. Besides connecting the dots, we need to help them become the innovators by playing intuitive games with them for developing their intuition, showing them support for their intuition, sharing our intuitive experiences with them so they know it is significant. Our children and teens can know their intuitions, ideas, insights, inspirations, inner awareness experiences are a significant contribution for their entire life, in their relationships, to Earth, and wherever they become employed.

One More Stage

There is an additional sub-stage between incubation and illumination, *that moment in the illumination stage which indicates that the fully conscious flash of success is coming.*



Wallas referred to these as *intimations*. Another description of this rising is when there is a feeling that the direction, we're following is the right path or that a breakthrough is about to happen.

PART TWO



- Knowing the Key Elements of Intuition so you can use them
- How Notable and Nobel Prize Winners Value Intuition
- Six Simultaneously Occurring Domains of Intuition-and how to recognize them
- Five Different Areas to Apply Intuition Throughout Our Lives
- Three More Tools for Applying and Developing your Intuition

Intuition Key Elements

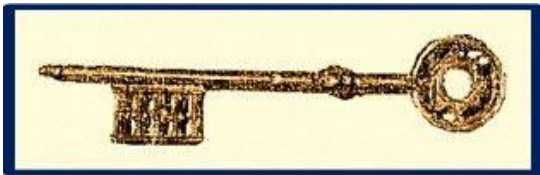
The key element in the use of our intuition requires us to stay present in the moment and not override what we notice on an intuitive level. The process of staying present in the moment is also called the power of now. The power of now means we are not in the past or considering the future but in the present, staying aware and attuned to our feelings. Feelings are directly connected to our intuition.



Using meditation and observation of our thoughts are other tools that assist us with staying in the moment, observing and staying present with our feeling awareness as well. Meditation practices have been scientifically proven to benefit most medical and mental health diagnosis and contribute to stabilizing addictions, pain and enhancing creativity and insight. Meditation also gives us access to other levels of consciousness; the connection to our intuition, insight, problem-solving, ideas, and inspirations. Developing intuition, insight, problem-solving, ideas, and inspirations by using meditation can be practiced with children, teens, and adults.

Insight and intuition are part of the five “I’s”. The five “I’s” include intuition, inspiration, ideas, insight, and inner awareness. Other words associated with the five “I’s” are imagination, inventiveness, and innovation. The five “I’s” are also connected to our feeling awareness that resides within our physical body. **Remember the five “I’s”!** They are part of our evolution.

When we are disconnected from our physical body, which can occur from trauma, and different mental and physical health conditions there can be a separation or loss of trust in our intuition. The person might not be aware they even lost trust in their intuition. Building trust in intuition builds self-awareness and trust. Playing games with your intuition can be a fun way to start to notice your intuition.



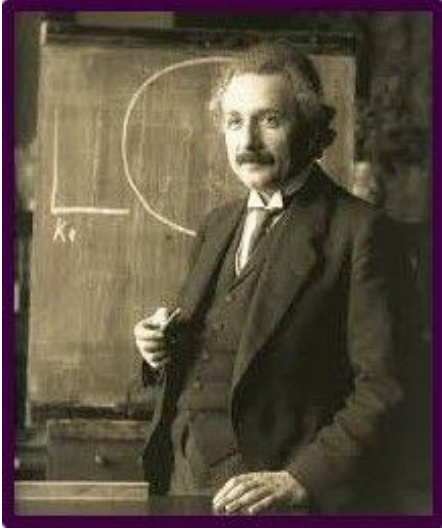
One critical key element in the use of our intuition is it requires us to stay present in the moment and not override what we notice on an intuitive level. The process of staying present in the moment is the power of now.

Staying present in the moment is critical to our wellness, for the epidemic of depression, anxiety, obsessive thinking, and negative thoughts. When we over think we get in the way of ourselves. When we are in our head we are trying to hold onto a false sense of control. This

causes us to shut off our awareness and stay in states of worry, continuous thoughts, and disconnection. Intuition is a component of staying present, and is inherent in our mind, body, emotions, and spiritual health and is innate within. And although we may be re-learning to connect to our intuition, it is an ancient practice. Read below how intuition is key to insight in the Nobel Prize winners below. We find these ‘creative intuitions’ in Nobel Prize-winning scientists’ accounts of their discoveries in the following two examples.

‘I think, we almost felt at times that there was almost a hand guiding us. Because we would go from one step to the next, and somehow, we would know which was the right way to go. And I really can’t tell how we knew that, how we knew that it was necessary to move ahead.’ (Michael S. Brown, Nobel Prize in Medicine, 1982)

To me it is a feeling of ... “Well, I really don’t believe this result” or “This is a trivial result” and “This is an important result” and “Let us follow this path”. I am not always right, but I do have feelings about what is an important observation and what is probably trivial.’ (Stanley Cohen, Nobel Prize in Medicine, 1986)



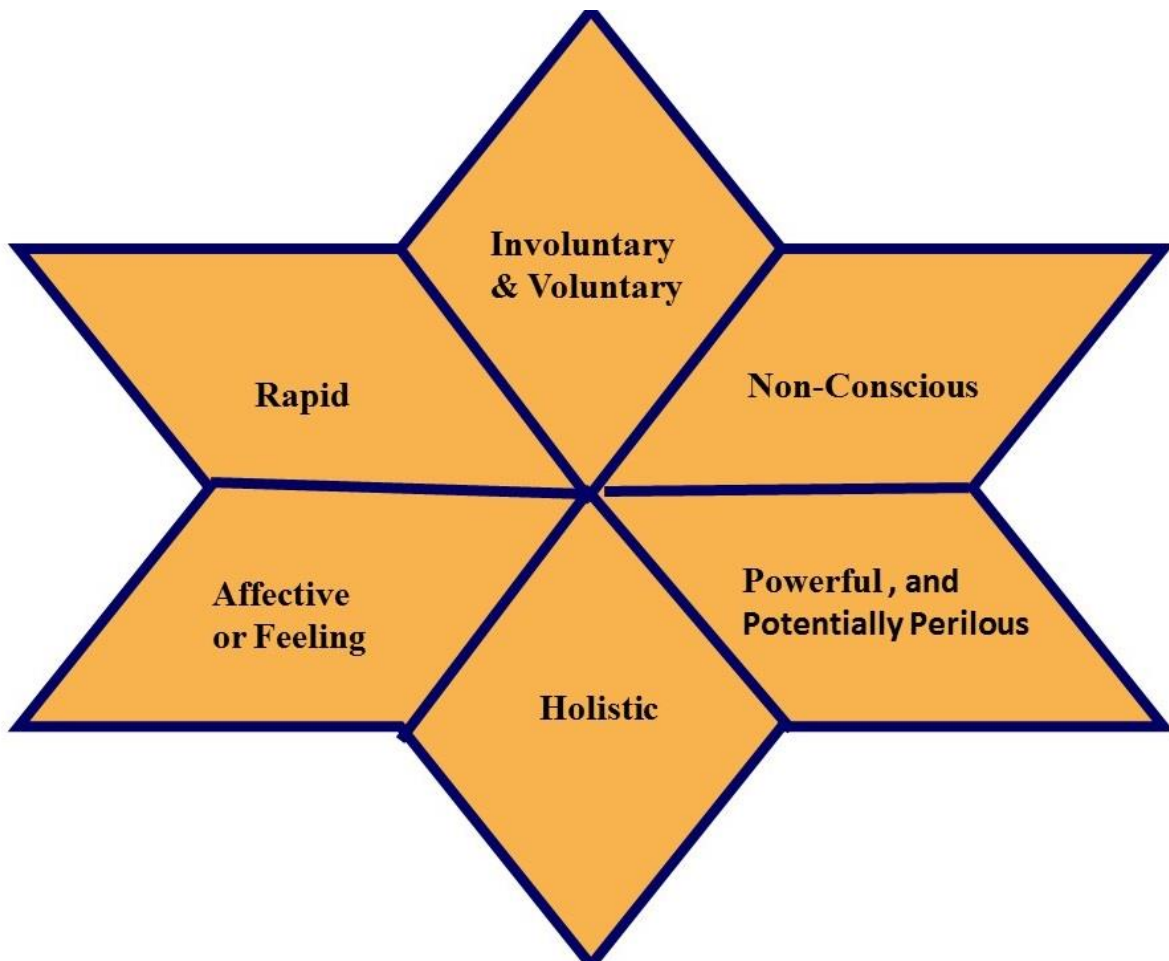
Nobel Prize in Physics 1921

Albert Einstein wrote, “The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

And here are three more methods to implement into your life to use and apply intuition with your pro and con list, and making decisions in personal, business, organizations, and other situations.

Six Domains of Intuition

The six domains of intuition help to identify the different components of intuition so you can easily recognize its presence. These six domains are occurring at the same time. Each of the simultaneously occurring areas are explained in detail starting with *rapid* and continuing clockwise around the star.



Rapid When intuition occurs, it is usually a quick experience rather than a slow unwinding of information. This information is a feeling or knowing the person recognizes. The rapid delivery may continue, or it is a onetime experience regarding a situation, person, or event. The rapid,

intuitive information may also be part of a continuation that connects together. An example is a series of dreams, feelings or meditations that reveal intuitive information over time.

Involuntary and voluntary. The term, *involuntary intuition* means it has a numinous or mystical quality to it because it is of spirit. The *voluntary* part of intuition is that it arises often as an experience, but we didn't wish it or practice it. An example is when a person gets what we call goose bumps, or goose pimples that is a validation for them about something. It is their neurological response to something that rings true. If you look up goose bumps it will tell you it is about being cold but not mention how it is related to intuition. The main aspect of getting goose bumps is it is beyond our physical control that gives us information . Not everyone gets goose bumps as a confirmation, and they often have other responses they can identify when they notice.

Intuition can be like smoke; we cannot physically grasp it, but we can develop and engage our awareness of intuition, and there are exercises that develop intuitive experiences. Intuition arises through noticing; the more we observe intuition, the more we are aware of its presence in our lives. We can cultivate a variety of tools, and experiences that develop and cultivate our intuition, **notice how we notice intuition**, and incorporate practices into our life to expand our intuition. We can prepare ourselves to be aware of intuition and take risks to further our intuition like we exercise muscles.

Non-conscious. Intuition arises from a place that is non-local or not localized-meaning we cannot often put our finger on the location, describe it, or specifically identify where intuition comes from. But some kinds of intuition are connected to a feeling awareness within our

physical body awareness. We cannot accurately describe this place because it is not a physical part of us but arises within our feeling awareness. The foundational concepts of non-conscious intuition are the clairs (or clars) which refer to clairsentience (clear awareness), clairaudience (clear hearing) and clairvoyance (clear seeing). The clars are the basic kinds of intuition, often the ones we are most familiar with but there are many different kinds of intuition.

Powerful and potentially perilous is a significant element of intuition. Intuition information is perilous for someone who hears it when there is no foresight about the delivery. In medicine, there is a term called iatrogenic which means the person leads their life to their diagnosis. Iatrogenic is a negative response and can also occur from a delivery of intuitive information to a person who then fulfills the information. And more often, people who present they have intuition deliver information that is not relevant or not intuitive and listeners accept it as true. Developing our own intuition then, is vital to our advancement. Added reasons why intuition is perilous are under creative intuition number 4, in the *Five Applications of Intuition* below. The great part of intuition is that it guides us, so the source and intention need to be of clear intent and to do no harm.

Holistic. The holistic part of intuition is its contribution to the entire issue, experience or situation. Intuitive information is inclusive and contributes to the whole person.

Affective or Feeling awareness. Intuitive information occurs through our feeling awareness and another term for feeling is affective. Although there are over fifty kinds of intuition as identified in *50+ Kinds of Intuition & Methods for Moving to the Next Level* (Susan Sophia James, 2016)

they are all interpreted through the feeling awareness, gauging if the feeling is inspiring, a warning to approach with caution, or to avoid.



Intuition Applies in Five Main Areas of Life

The research of Sadler-Smith and McGurk identified four categories where intuition is applied. These four applications of intuition are generalized and non-specific.

1. Expert intuition links to decision-making and problem-solving.
2. Social intuition can be connected to reading other people's motives and intentions.
3. Moral intuition to the gut feelings which serve as an internal moral compass.
4. Creative intuition – is linked to ideas and connects insight and intuition. Creative intuition is potentially powerful and perilous. Therefore, we must be wary of our own or other people's intuitions leading us astray. An example of how intuition can lead us astray is a result of unresolved trauma, wishful thinking, fears, biases, prejudices, confirmation and hindsight biases. A balanced approach involves acknowledging intuition and using wise judgement in discernment. Practicing exercises that sustain balance and gaining tools to use to enhance the function of our intuition and gaining our trust is invaluable. Using our own feeling awareness coupled with keeping centered with daily practices as in well-rounded self-care for the physical body, mind

and thoughts, emotions and spirit gives us the foundation from which to operate. And provides that place for inspiration, innovation, and connecting the dots.



"Don't try to comprehend with your mind. Your minds are very limited. Use your intuition." Award-winning author Madeline L'Engle

In my work, I have found another particular type of intuition related to healing and working with people, animals, houses, and geographic locations.

5. Healing intuition involves understanding many levels of consciousness and the body, mind, emotions, and spirit with relationships and with time and space. There are many kinds of spiritual intuition. Spiritual development and healing abilities have elements of ethics, insight, feeling awareness, and profound connecting the dots through time. Another description is seeing and understanding patterns and deeper more profound elements at work. Beyond healing intuition and spiritual intuition which are generic categories, over 55 kinds of intuition are covered the text, **50+ Kinds of Intuition & Exercises for Moving to the Next Level.**

In learning about identifying, understanding, and applying our intuition we expand our awareness which is part of our developmental growth. We can see through time advancements in many fields came about because the person had a deep understanding and passion for their area. With these driving elements intuition was a significant contribution to their direction. On a personal level using intuition to make decisions about the next chapter, relationships and our safety are a huge value to moving forward and taking care of ourselves. Other enormous contributors to our evolution with intuition are the widely known concepts of using the power of now to be present. This practice heightens our awareness of who we are, what we are feeling and noticing within, rather than projecting or letting the past run us. Our intuition is key to moving forward in our areas of expertise and as we develop and change directions, our personal growth, and our healing.



Thank you for reading *Intuition Is Our Next Stage of Evolution*.

Resources

Banks, Adrian. (2014). Research Insight, Fresh thinking in learning and development part 2 of 3. Cognition, decision and expertise. Chartered Institute of Personnel and Development, London England.

James, Susan Sophia. (2016). *50+ Kinds of Intuition & Exercises for Moving to the Next Level*, Om House Publishing, Tucson, Arizona.

McGurk, John (2014) Conclusion and Practice Pointers. Research Insight, Fresh thinking in learning and development. Cognition, decision and expertise. Chartered Institute of Personnel and Development, London England.

About the Author



Susan Sophia is an advanced intuitive, spiritual teacher, mystic and Doctor of Behavioral Health and integrated medicine from Arizona State University. She has experienced 43 of the abilities described in her book, *50+ Kinds of Intuition*. Susan has worked in mental health, internal medicine, and residential treatment. In her work and private practice, she served thousands of students and patients in her healing and sound energy medicine programs and individual sessions. She has conducted research and worked with pain and chronic illnesses and their co-occurring depression, anxiety, and trauma with sound patterns and music. Susan has created sound and music healing programs for immune compromised illness, cancer, eating disorders, addictions, and dual diagnosis with adults and adolescents.

Susan's studies in the 1980's with Shirley Nelson who practiced Tibetan sound blowing and worked as a psychic for the Tucson Police Department finding missing children enhanced her innate abilities. As a contemporary spiritual teacher, seer and intuitive, her lifetime relationship with the dream time and her 17-year apprenticeships with a healer shaman gives her deep awareness. Susan is also a practitioner of sound and singing medicine, an artist, producer, and author of seven books.

For information about courses and other products and services go to www.twi.education.

