



Intuition; To Trust or Not To Trust.....

Imagine

Imagine you are walking on the street and a woman asks you: "Excuse me, do you know where I can find the nearest bookshop?" Your first reaction is to help this stranger. Then, a split second later you find yourself tightly holding on to your purse and quickly walking away while saying "no, sorry,...don't know!". The day after you read the newspaper: three people were robbed that evening and on the picture you recognise the same woman.

Imagine your partner is a person who has the habit of complaining of his health a lot. Everyday the same remarks about 'not feeling well', 'thoughts of having a serious disease' and 'being sure that he is going to die'. After you visited the doctor who reassured both of you that really nothing is wrong, you both agree to not pay attention to it too much anymore. Still, the complaining continues. One day your partner – again – says: "oooh, I am definitively not feeling well". You look at your partner annoyed, but then, all of a sudden you know that this time it *is* serious. You do not hesitate and call the doctor instantly. Later the doctor says that you were just in time

Clues

What happened? What clues did you get to instinctively know that this woman intended to get a hold of your purse? What happened on that specific moment when you did save your partner from dying? What signals did you subconsciously get and...listened to? Did you find out by deliberately asking the right questions, investigating the intentions or doing in-depth research on the psychological profile of the other? Or did you trust something else?

Intuition

That "something" might very well have been your intuition. Now, what is intuition? Psychology defines it as implicit knowledge and direct perception of the truth without reasoning, rational interference or observation. In Latin it is described as a quick and ready conviction gained by direct insight. As such, intuition is thought of as an original, independent source of knowledge, since it is designed to account for just those kinds of knowledge that other sources do not provide.

Advantages

In accordance with the above mentioned definitions most researchers agree that intuition has its origin in our subconscious. Professor Ap Dijksterhuis wrote the book "*Het Slimme Onbewuste*" (The Clever Subconscious). In 2007 members of the Society for Personality and Social Psychology honoured him with the Theoretical Innovation Prize. Dijksterhuis states that we extremely overrate the power of our consciousness and wrongly put it on a pedestal. We should all learn to trust and listen to our intuition/subconscious much more. Some of his claims:

- Our subconscious processes information 200,000 times faster than our conscious;
- Our conscious only plays a part of 1% in decision making;
- Our subconscious is an excellent multi-tasker whereas our conscious can only handle one or two things at the same time;
- We can learn to use our intuition as our inner advisor.

Developing intuition

How can we develop our sense of intuition? First, we have to recognise how our intuition is giving us signals. Here is how to recognise some signs:

- *Physically*: feelings of nausea, sudden headaches, or indescribable feelings in your stomach;
- *Emotionally*: feelings of fear, insecurity or restlessness;
- *Mentally*: a sudden thought, unexpected association, memory or mental image comes to mind;
- *Spiritually*: a feeling of wholeness, connectedness, getting answers in unexpected situations;
- *Environmentally*: selective perceptions that give clues to where find solutions.

How can this work in your advantage?

Having trouble in making decisions? Always doubting your perceptions? Never knowing what to do or don't do? Making choices in your life is your key-problem? Too easily 'convinced' by different kinds of ideas and then feeling constantly confused? Finding yourself being in doubt who to choose in cooperating in your project? Trust your intuition. And practice it every day!



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