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In my research on intuition I have discovered the United States has a bias against treating intuition as a viable and innate part of our humanness. I have learned to search beyond the US and found research from England. The following article is an extract from an article from Professor Eugene Sadler-Smith and Dr. John McGurk. Although I agree with the four kinds of intuition listed below, however, there is one that is missed that involves the use of healing and intuition. **As you read this article what would you add or take out to the findings of Sadler-Smith and McGurk?**



### **Insight and Intuition Tools and Templates for Practice**

A number of researchers have argued recently that there isn't only one type of intuition (that is, there's more to it than 'expert intuition') and that **there may be as many as four different types**. For example,

1. Expert intuition is linked to decision-making and problem solving
2. Social intuition can be linked 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 ideation and connects insight and intuition. Intuition is potentially powerful and perilous, therefore we must be wary of our own or other people's intuitions leading us astray (for example, as a result of wishful thinking, fears, biases, prejudices, confirmation and hindsight biases, and so on). A sensible approach involves not ignoring intuitions completely or trusting them implicitly, but balancing the strengths of intuition and analysis in order to arrive at the best possible decision in the circumstances.

- Intuition and insight are how they contribute towards new ideas and problem-solving; in particular, they help us to think of change and operate nimbly in an increasingly volatile, uncertain, complex and ambiguous world
- Their role in creative problem solving and solution-seeking and how we can use processes of mental preparation, incubation, illumination and verification to refine ideas
- How mood and behavior affect the use of both intuition and insight
- How business decision-making can be helped through better use of these skills and how we think and act in a business context
- How to honor those who use their intuition and support them in their process
- How practitioners can tap into various tools and templates, helping to reflect upon and release the energy of intuition and insight to drive real organizational impact.
- Drive a fresh understanding of the value of insight and intuition as a key part of learning.
- Use incubation and distraction can help build insight and intuitive skills.

- Have fun with intuition and insight – use some of the many creative tools which are available to build energy and enthusiasm for these skills.

Next blog I'll talk about incubation, and distraction that help to build intuitive skills

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