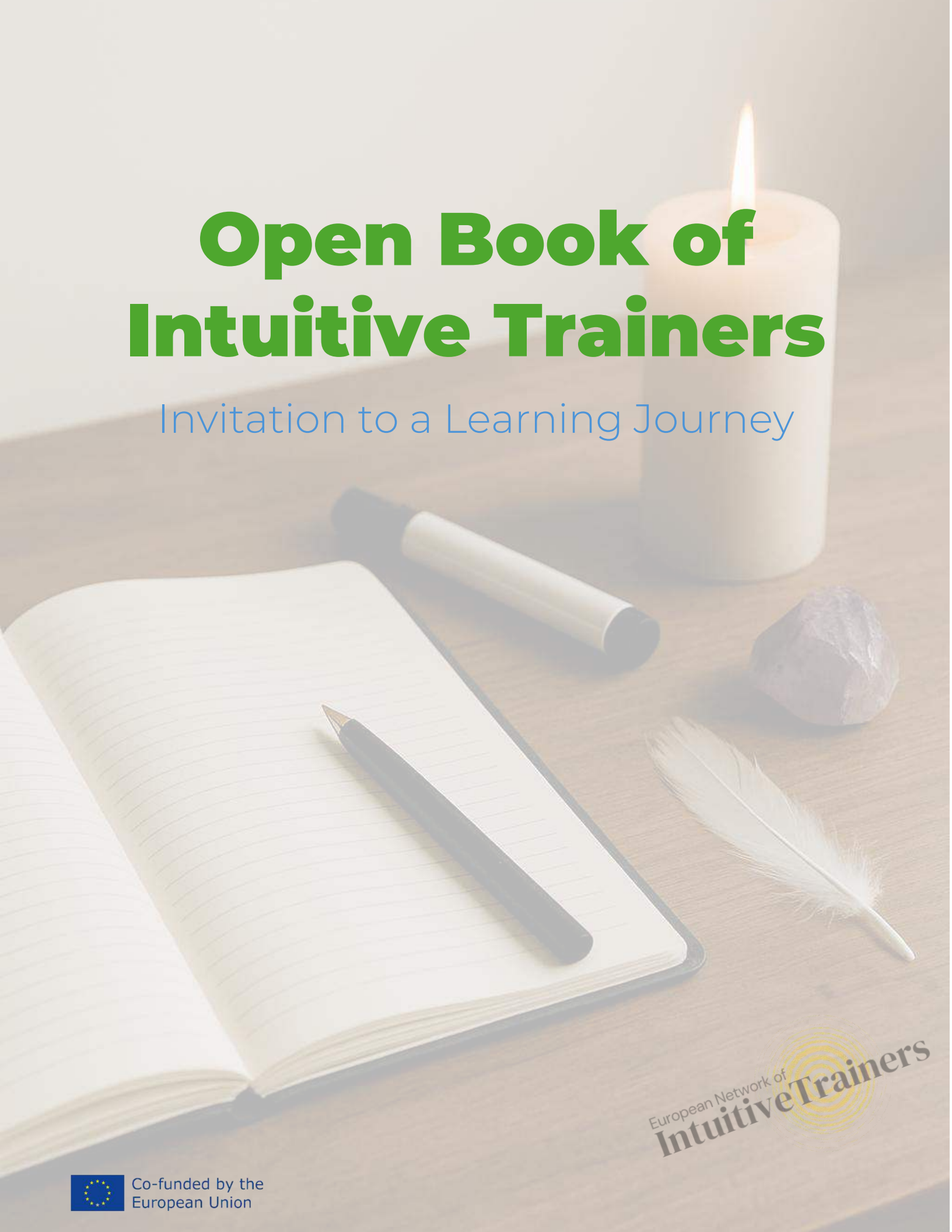
# Open Book of Intuitive Trainers

## Invitation to a Learning Journey



European Network of Intuitive Trainers

Co-funded by the European Union

**Open Book of Intuitive Trainers: Invitation to a Learning Journey**

Author: Lachezar Afrikanov, PhD

Reviewer: Prof. Dr. Elena Blagoeva, New Bulgarian University

Contributors: International School of Entrepreneurship (NL); BEST (AT); Kairos Mentoring (BE); Your Ideas Matter (BG)

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# Why an open book?

Welcome to the Open Book of Intuitive Trainers, created by trainers for trainers. It is our invitation to you on a learning journey that will explore intuition and intuitive approaches.

We believe that intuition holds the key to diverse challenges we trainers face in today's training environments, where more often an individualized approach is needed to support our learners' flourishing.

We don't know the answers.

Intuition might help or mislead you. It might open space for a deep source of inspiration or create the illusion of metacognition. It might be both.

What we have tried to bring in a written form (almost impossible with concepts such as intuition) is to provide a synthesis of wisdom on the topic we collected through review of literature and existing knowledge and summary of findings from group meetings we conducted with trainers and other helping professionals from different European countries.

The book is structured around several key questions:

- What is the goal of the journey?
- What is the essence of intuition?
- What are the layers of the training field?
- How to plan your journey?
- What more can we say about intuition?
- How to develop your intuition?
- How to use intuition in training?

As you will notice, while reflecting on these questions, we invite you to explore a collection of images, prompts and quotes that we curated to enhance your learning experience.

It is an open process and a journey for us, as well, so please share your insights and discoveries along the way, which will help us improve this book and all our follow-up activities.



*How do you choose where to flow?*

# What is the goal of the journey?

Every learning journey needs a goal and final stop, even if this stop lacks a concrete address. From what we have learned about intuition in training, certain competences can serve as strong aspirations for any trainer willing to explore how intuition can enhance the training context.

We are aware that our vision is not comprehensive and may not be relevant the moment we invite you to consider it. However, we believe it is a good starting point for your journey.

*The Intuitive Trainer is curious about the unknown and unexpected, dedicated to serving their learners in the best possible way. Striving to create meaningful learning experiences, this trainer avoids rigid, predetermined agendas, remaining open to the deeper needs and emerging goals of the group.*

*The Intuitive Trainer acts as a bridge between the different layers of the training field and the individual aspirations of learners. This bridge is not a typical one; it is solid yet dynamic, maintained by a constant balance between stillness and movement, intuition and rationality, light and shadow.*

We have tried to specify further the competences of the intuitive trained and created a checklist of competences for you to use as a self-assessment aid in your learning journey. We present this not to impose our vision but to invite you to consider these as potential guideposts on your path.

*My Intuitive trainer's competences checklist*

| Competences of Intuitive trainer | How do I understand this competence? | Rate from 1 to 8 (1 – not present; 8 – fully present) | What do I want to achieve? |
|---|---|---|---|
| Being fully present and engaged in the moment. | | | |
| Knowing one's place as a trainer, allowing the trainee to have their own responsibilities and learning process. | | | |
| Acknowledging and recognizing one's own emotions and the emotions of others. | | | |
| Regular self-reflection on training sessions and personal experiences. | | | |
| Cultivating awareness of intuitive insights. | | | |
| Building confidence in utilizing intuitive abilities. | | | |
| Modifying training methods and approaches based on intuitive insights about the group's dynamics and needs. | | | |
| Holding a learning space that is welcoming, inclusive, and secure, where all learners feel valued and respected to express themselves. | | | |
| Employing methods that empower deep learning and intuitive development in learners. | | | |



„To understand others is to have knowledge;

To understand oneself is to be illumined.

To conquer others needs strength;

To conquer oneself is still harder.

To be content with what one has is to be rich.

He that works through violence may get his way;

But only what stays in its place

…“

*From Dao De Jing – The Way and Its Power*

# What is the essence of intuition?

To support you in shaping your answer we have tried to summarise diverging views on intuition from different scholars and practitioners. While reading through the presented opinions, try to map which keywords feel relevant to your individual style and perceptions as a trainer or helping professional.

We tried to highlight those keywords that seem important to us, but please let these not confine you in your discoveries.

Carl Jung describes intuition as a perception through means of the **unconscious**[1]. Jung illustrates this with the example of navigating an uncharted forest, where intuition provides critical hunches about the environment ahead, helping one to **sense favorable or unfavorable areas without concrete evidence**. He emphasizes that intuition often manifests as subtle feelings of uneasiness or uncertainty, which primitive people would naturally pay attention to.

In his exploration of the psychology and philosophy of intuition, Neel Burton defines intuition as a **coming together of facts, concepts, experiences, thoughts, and feelings that are too profuse and disparate for deliberate or rational processing**[2]. To cultivate intuition, Burton suggests expanding the number and range of our experiences and **breaking down psychological barriers such as fears and taboos**. Giving oneself time and space for free association—through activities like showering, traveling, or dreaming—can sharpen intuitive faculties. He emphasizes the importance of **believing in one's ability to form intuitions**, noting that we use micro-intuitions daily for simple

[1] Interview with Carl Jung (1957), https://www.youtube.com/watch?v=BnuY13k_FHk&t=23s

[2] The Psychology and Philosophy of Intuition, https://neelburton.com/2018/10/26/4387/

decisions, but macro-intuitions are often neglected in our rational-scientific age. Burton underscores that while intuition is essential for generating insights, **it must be balanced with critical analysis and empirical validation to ensure reliability and coherence**.

Daniel Kahneman, a renowned psychologist and Nobel laureate, views intuition as **a deep, often wordless knowing**. He argues that while intuition should not be blindly trusted, it can serve as a valuable resource. According to Kahneman, intuition is **influenced by past experiences and internalized knowledge**. It operates as a subconscious process that sifts through vast amounts of information and identifies patterns, providing insights that might not be immediately apparent through conscious thought. Despite its potential value, intuition is not infallible. Kahneman has spent much of his career highlighting the fallacies and biases that **can distort our judgment**. He emphasizes that it is crucial to balance intuitive judgments with systematic, rational evaluation to avoid the pitfalls of biased decision-making.[3]

**Dr. Angelika Wiehl**, co-founder of the Wolfsburg Waldorf School in Germany, highlights multiple ways to understand intuition.[4] Wiehl explains that intuition is deeply **rooted in both the mind and body**, incorporating bodily sensations, emotions, and a sense of **deep connection to ourselves and the world around us**. She emphasizes that much of our brain's activity occurs below conscious awareness, with intuition manifesting as a way this unconscious processing becomes apparent, making connections beyond the immediate reach of our logical minds. Additionally, Wiehl draws on Steiner's work,

[3] Daniel Kahneman, Doesn't Trust Your Intuition, 2023, https://www.ted.com/podcasts/rethinking-with-adam-grant/daniel-kahneman-doesn-t-trust-your-intuition-transcript

[4] Angelika Wiehl, "Pedagogical Intuition" – a post-graduate research project, 2017, https://www.academia.edu/110361203/_Pedagogical_Intuition_a_post_graduate_research_project

particularly "The Philosophy of Freedom,"[5] to suggest that there is a spiritual dimension to intuition, **emerging from actively observing our own thinking processes**. Wiehl argues that intuition is useful as it complements rational thought, offers quick decision-making capabilities, and sparks creativity and innovation. She references to Otto Scharmer's "Theory U," which emphasizes on "presencing" (**a blend of being present and sensing)**, as a framework for developing creative intuition[6]. She stresses the importance of using intuition alongside rational thought and highlights the need for ethical considerations when relying on intuitive judgments. [7]

Martijn Meima emphasizes that intuition **extends beyond the typical gut feeling**, which is often intertwined with emotions such as fear, anger, and longing. He introduces the concept of **"pure intuition,"** which is clearer and more distinct from these emotional influences. According to Meima, pure intuition comes in six distinct forms, each representing a different sensory modality through which intuitive information can be received[8].

One form of pure intuition is **clear seeing**, where individuals receive visions, images, or even entire videos that provide insights into questions or situations. Visual imagery plays a crucial role in this type of intuition. Another form is **instant knowledge**, which manifests as immediate knowing without deliberate thought. This type of intuition feels lighter and more spontaneous than regular thinking, even though it also occurs in the head. **Clear feeling** is also distinct

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[5] Rudolf Steiner. (2011). Philosophy of Freedom. Rudolf Steiner Press. (Original work published 1894).

[6] Scharmer, O. The Essentials of Theory U: Core Principles and Applications, Berrett-Koehler Publishers, 2018

[7] Angelika Wiehl, “Pedagogical Intuition” – a postgraduate research project, 2017, https://www.academia.edu/110361203/_Pedagogical_Intuition_a_post_graduate_research_project

[8]Meima, M. (2021). The Effortless Entrepreneur: Six Success Accelerators for Intuitive Enterprise. Independently published, https://www.intuition-in-business.com/product/the-effortless-entrepreneur-book/

from emotions. It is a type of intuitive sensation that is fresh, clear, and light, requiring discernment to differentiate it from emotional responses. **Intuitive smelling** involves perceiving scents that are not physically present, providing intuitive information through olfactory sensations. Similarly, **intuitive tasting** allows a person to perceive tastes without any physical source, offering another channel for intuitive insights. Lastly, **clear hearing** is a form of intuition that involves inner hearing, where words, phrases, or even songs are heard internally, conveying intuitive information.

Bozoma Saint John, Chief Marketing Officer at Netflix, describes intuition as something you **can't even really describe.** It is a feeling-based sense of knowing that doesn't rely on logic. Intuition can be compared to **daydreaming or flashes of inspiration**—moments when insights seem to come out of nowhere, offering guidance and clarity without the need for rational explanation. Our intuition is shaped by everything we have learned and experienced, even if we aren't consciously aware of it. Additionally, intuition can sometimes arise from beyond what data alone can predict, highlighting its unique and often mysterious nature. Given that each individual has a unique molecular composition, **everyone's intuition is different**, influenced by their distinct life experiences and personal characteristics. Intuition helps us **transcend the limits of data** and make more impactful decisions. It taps into our creativity, allowing for the potential of something magical beyond the predictable. Intuition also helps us **understand and connect with ourselves and others on an emotional level**, fostering deeper relationships and more empathetic interactions[9].

[9] Bozoma Saint John, The creative power of your intuition, 2021, https://www.ted.com/talks/bozoma_saint_john_the_creative_power_of_your_intuition/transcript

Hazrat Inayat Khan, the founder of the Sufi Movement, emphasizes that intuition **originates deep within the human heart** and consists of two distinct components: one influenced by external impressions, termed 'impression,' and the other independent of external factors, referred to as 'intuition.' Khan describes intuition as evolving through three stages - feeling, imagination, and phrase - before it becomes clear and precise. He asserts that **individuals who are good, loving, sincere, and well-wishing naturally possess intuition**, which is not dependent on formal education. However, Khan also notes that even intuitive individuals can misinterpret their intuition. This often occurs because the source of intuition is different from the rational mind. The mind's **pre-existing patterns can mislead individuals** into mistaking these patterns for intuition, resulting in disappointment. Over time, such misinterpretations can erode self-confidence, leading individuals to increasingly ignore their premonitions.[10]

Eckhart Tolle[11] distinguishes between intuition and feelings, noting that while both are valuable for navigating life, their reliability varies based on their origin. **Feelings influenced by fear, past trauma, or misinterpretations can be misleading, whereas intuition arising from a state of presence and clarity is more trustworthy**. Tolle emphasizes that a calm and clear state of mind, free from the distortions of fear and past experiences, is essential for accessing reliable intuition. According to Tolle, **intuition is more trustworthy when it emerges from a state of presence, where the mind is not clouded by the past or anxieties about the future**. This distinction highlights the importance of mental clarity and emotional equilibrium in making sound intuitive

[10] The Teachings of Inayat Khan, https://towardtheone.com/the-teachings-of-inayat-khan/

[11] Eckhart Tolle Official Website, https://eckharttolle.com/

judgments. By cultivating a state of mindfulness and inner stillness[12], individuals can better discern true intuitive insights from the misleading signals often generated by unresolved emotions and fears.

What is happening here and now with your understanding of intuition?

How do you feel after reading through all these perspectives?

What is your definition of your intuition?

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[12] The Power of Now: A Guide to Spiritual Enlightenment, Eckhart Tolle, 1997, https://www.goodreads.com/book/show/6708.The_Power_of_Now



*Who is the observer?*

# What are the layers of the training field?

To help you shape your answer, we've summarized our experience with the concept of our field as both humans and trainers. We focus on four key layers that structure the training field, emphasizing that the journey to intuition requires ongoing openness to the unseen in all its forms. However, this is not meant to confine you; feel free to explore how this idea resonates with you personally.

We believe that understanding these multiple layers of interactions and behaviors can greatly improve the effectiveness of interventions and the overall learning experience.

We distinguish four layers in the training field[13]: Surface Current; Conscious Undercurrent; Subconscious Undercurrent; Source.

The **Surface Current** contains the observable facts, figures, behaviors, and everything we can sense with our five senses. It is where we see and interpret learners' behaviors, such as asking questions, showing reluctance to contribute, or engaging in conflicts with others. For instance, actions such as ignoring a fellow learner or making unkind comments are evident here. Most educators respond and take action at this observable level. By recognizing that this is merely one layer within a broader context, educators can more accurately comprehend and evaluate students' unique needs and skills, resulting in more impactful and suitable interventions.

The **Conscious Undercurrent** consists of a person's emotions, beliefs, assumptions, and values. It is where inclusion or exclusion of others on a deeper

[13] te Dorsthorst – de Muij, F., Meima, M. (2021). A Multi-Layered Approach, https://internationalschoolofentrepreneurship.com/a-multi-layered-approach/

level occurs, often influenced by personal beliefs and assumptions. This layer is often hidden, creating ambiguity around the reasons behind specific behaviors. Trainers are invited to pose questions that encourage students to delve into this conscious underlayer. Questions like “What qualities do you appreciate in others?” and “How would you like others to treat you?” prompt students to contemplate their own values and beliefs.

The **Subconscious Undercurrent** layer encompasses systemic, energetic, and archetypal principles at work. It includes subconscious influences that feed the surface current through the undercurrent. Systemic issues often manifest as recurring problems or behaviors. Every system seeks completeness, order, and balance. Disturbances in these areas can cause surface-level symptoms. By acknowledging this layer, trainers can see beyond individual behaviors to the systemic and archetypal influences. Understanding this layer helps trainers address root causes of behaviors and foster a more balanced group dynamic.

The **Source layer** is where everything is interconnected, and polarities dissolve. It is a spiritual layer that provides a holistic perspective. This layer represents a state of oneness, where there is no separation between individuals. It is more spiritual than practical but crucial for trainers to acknowledge. Connecting with this layer helps trainers approach learners with an open mind, fostering an accepting and understanding atmosphere. It promotes a culture of communication based on respect and openness to diverse opinions, attitudes, and ideas. By recognizing the existence of this layer, trainers find inner peace and act from a place of intuition rather than defense mechanisms. This holistic view helps trainers establish a culture of mutual respect and inclusivity, which is essential for effective and compassionate training.

What is happening here and now with your understanding of the field?

What other layers and dimensions do you sense from your perspective?

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*How does it taste to see beyond what is evident?*

# How to plan your journey?

When we started to plan our journey to develop our intuition as trainers we were reading through different sources, looking for guidance and inspiration. This led us to Rick Snyder and his book called “Decisive Intuition”. Initially, it seemed like just another recipe book offering clear steps to fully utilize intuition, and we were skeptical. However, his idea of a six-step intuition development pathway resonated with our current state of being, and we embraced it as a starting point for our work.

Here, we share a short summary of these steps for your inspiration or critique. It might provide you with additional reflection on your own progress in this journey.

Rick Snyder defines intuition as an "embodied knowing" that transcends rational thought and taps into a deeper level of intelligence. Snyder emphasises that developing intuitive intelligence can significantly enhance decision-making processes, foster creativity, and drive innovation[14]. According to Snyder, intuition involves the ability to sense, feel, and understand information subconsciously before it reaches conscious awareness.

He outlines a six-step process designed to help individuals and businesses harness their intuitive intelligence. Each step deepens your relationship with intuition, enhancing decision-making and fostering innovation.

**Step 1 - Be aware of your intuitive intelligence**

The first step involves developing an awareness of your intuitive capacity. Intuitive intelligence refers to the subtle, often subconscious, ability to

[14] Snyder, R. (2019). Decisive Intuition. Career Press.

understand or know something without the need for conscious reasoning. This awareness can be cultivated through mindfulness practices, self-reflection, and paying attention to the subtle signals your subconscious mind provides. By recognizing these intuitive signals, you begin to appreciate the value and potential of your intuitive insights.

**Step 2 - Accept your intuition**

Acceptance is about valuing and embracing your intuitive insights as legitimate sources of guidance. This step involves overcoming skepticism and doubt about the validity of your intuition. Building confidence in your intuitive abilities can be achieved by documenting your intuitive hunches and their outcomes, celebrating successful intuitive decisions, and reinforcing the importance of intuition in your decision-making process. Acceptance helps you trust and rely on your intuitive intelligence more readily.

**Step 3 - Listen to guidance from your intuition**

Listening to your intuition means actively seeking and paying attention to the guidance it provides. This involves tuning into the internal cues and signals that arise from within. Creating quiet moments in your day, engaging in activities that promote a state of flow, and practicing relaxation exercises can help you better hear and interpret these intuitive signals. By approaching this step with an open mind, you allow your intuition to guide you more effectively.

**Step 4 - Trust the intuitive information you are getting**

Trusting your intuition involves recognizing the reliability of the insights you receive and having the confidence to act on them. This trust is built through consistent validation of intuitive information over time. Identifying patterns in your intuitive insights and creating a feedback loop to compare hunches with

actual outcomes can help strengthen this trust. Building this trust enables you to differentiate between genuine intuition and other influences, such as fear or wishful thinking.

**Step 5 - Act upon this information**

The true power of intuition is realized through action. This step emphasizes the importance of taking decisive steps based on the intuitive guidance you receive. Starting with small, manageable actions can help build confidence in your intuition. Developing a decision-making framework that integrates both intuitive and rational elements ensures a balanced approach. Taking action based on intuitive insights allows you to observe outcomes and adjust your reliance on intuition accordingly.

**Step 6 - Teach and lead others in using their intuitive intelligence**

The final step involves sharing your knowledge and experiences to help others develop their intuitive skills. By mentoring colleagues and team members, conducting workshops, and encouraging the use of intuitive insights, you can foster a culture of intuitive intelligence within your organization. Teaching others to recognize, trust, and act on their intuition creates an environment where intuitive intelligence is valued and utilized, leading to greater innovation and effectiveness.

How do you feel about the six-steps pathway?

What other steps can be added? What steps can be removed or combined?

What links do you see to the list of Competences of Intuitive trainer that we reflected upon in the beginning of the journey?

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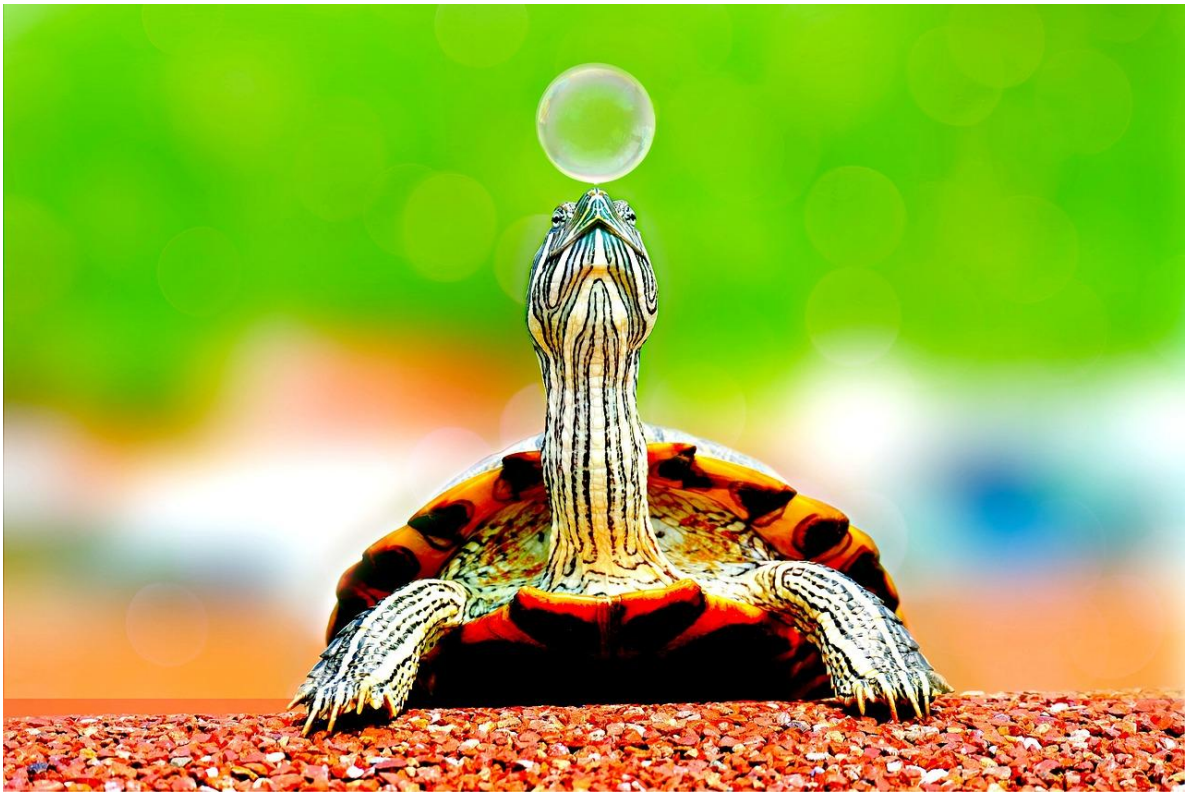
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*How to see 100 years ahead?*

# What more can we say about intuition?

Reading through what scholars and practitioners from different fields say about intuition was enriching for us and sparked our curiosity to learn more. In a series of online talks, we had the chance to discuss intuition with trainers from across Europe, each bringing rich and unique perspectives. Through these exchanges, we gained many insights into understanding intuition from the trainers' viewpoints.

We've summarized the collected opinions here, hoping to help you expand your understanding of intuition in your context as a trainer. We highlighted those keywords that seem important to us, but please let these not confine you in your discoveries.

Intuition is a **form of self-love** and acceptance that extends to both the external world and our inner flow. It fosters a profound sense of oneness, connecting us to something greater than ourselves. It can be described as a **non-integrated intelligence**, an ability to perceive clarity through any of our senses—seeing, hearing, feeling, tasting, or smelling. At its core, intuition embodies a certain sense of exploration, an innocent state that allows for “unloaded” and undetermined, unspoilt, and undefined perception. It is the **art of listening into things, giving time and space for inner perception to emerge**. Intuition acts as a **doorway to a field beyond time and space**, allowing us to access information that is inaccessible through the rational mind.

Intuition is what the **body knows before the mind can articulate**, highlighting something that calls for attention and needs to be addressed. To use intuition effectively, one must maintain a certain open-mindedness. When we pray, we call upon God, and when intuition speaks, it is as if God is calling us.

Intuition is **manifesting in various parts of our body and mind**. It can be anywhere, revealing itself through different sensations and experiences. The heart, often associated with **love and deep feelings**. Similarly, the entire body can become a vessel for intuition, resonating with a profound knowing that transcends conscious thought. One of the most common locations where intuition is felt is the stomach. This intuitive knowing can also be experienced in the chest, where it may manifest as **a subtle pressure or a sense of warmth**, signaling us to pay attention to our inner voice. The nervous system plays a crucial role in the manifestation of intuition. It is the network through which intuitive signals travel, connecting various parts of our body and mind.

Intuition manifests in a multitude of ways, often revealing itself through physical sensations and subtle signs that require a receptive attitude to recognize and understand. It speaks through our bodies, creating **sensations** that guide us toward a deeper knowing. These feelings can range from a gentle hint to a sudden urge, prompting us to notice or grasp the insight they offer.

For some, intuition shows through **texts** they become connected to—books, quotes, or images that pop into their minds at just the right moment. When contemplating how to facilitate an event or solve a problem, a relevant passage or phrase might suddenly appear, offering guidance and clarity.

Intuition can also manifest as a **voice**, either fearful and doubtful or coaching and encouraging. This **internal dialogue** can steer us towards or away from certain decisions, highlighting the importance of listening to our inner voice. Sometimes, this voice speaks with urgency, pushing us to act quickly and decisively.

Intuition often shows itself in **images** - sometimes moving, sometimes still - providing a clear vision of what needs to be understood or acted upon. These images can be accompanied by clear sensations or even smells. For some, intuition speaks through intuitive hearing and tasting, offering information in ways that transcend conventional senses.

**Achieving a new form of understanding through intuition involves letting things happen naturally, without pre-defined expectations or preoccupations**. This form of perception allows for a purer, more spontaneous reception of intuitive insights.

Intuition can also feel like fishing for things from the sky, where the brain then calculates and processes the received information. It may manifest in our emotions, especially when we are in a state of 'mirroring,' reflecting the feelings and states of others.

One of the greatest advantages of intuition according to trainers we interacted with is its role as **a source of inspiration**. It ignites creativity and motivates action, providing direction and encouraging us to start doing what we need to do. Intuition connects us to deeper meanings and purposes, often linking us to a sense of presence or the divine. This connection enhances our **systemic and social intelligence**, aiding in conflict management, team cohesion, and the creation of effective team dynamics. It helps translate individual perceptions into collective understanding and problem-solving, which is particularly valuable in training context.

However, **intuition is not without its challenges**. Separating fear from genuine intuition can be tricky; what we perceive as intuition might actually be a manifestation of our insecurities or self-doubt. Cultural differences and

personal beliefs can further interfere with intuitive clarity, potentially skewing our perceptions. When intuition contradicts our conscious understanding or prevailing circumstances, it can lead to confusion and doubt. This is compounded by the fact that intuitive insights can be abstract and metaphorical, making it hard to communicate with others.

There is also the **risk of becoming overly reliant** on one's interpretation of intuitive messages, which can create a barrier to collective intelligence and collaborative decision-making. Moreover, an overreliance on intuition can lead to a messianic attitude, where one feels special or divinely connected, potentially alienating others.

What is happening here and now with your understanding of intuition?

How do you feel after reading through all these perspectives?

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“Therefore, my advice would encompass the following nine commandments: Do not get used to sole body language. Do not establish a doctrine. Surprise yourself. Dream in a loud voice. Invent. Keep diligent, mysterious and secret. Have a just and generous heart. Compassion, yes; but no remorse. Acquire a thirst for excellence.”

— Philippe Petit, Cheating the Impossible: Ideas and Recipes from a Rebellious High-Wire Artist

# How to develop your intuition?

Going back to the self-assessment in the beginning of your journey, you probably spotted competence areas that you would like to improve to be able to embed intuition in your training.

As you probably sensed from the previous parts of this book, we are not fans of giving recipes for what and how to do it, despite it being extremely tempting.

Here you will find a summary of opinions from fellow trainers who are also on the journey to developing their intuition. Please take these ideas ONLY as a direction for inspiration or provocation you can explore.

Developing intuition is less about actively mastering it and more about creating the right conditions for it to flourish. Intuition manifests in various ways, and by preparing the ground, much like planting seeds, we can make ourselves more available to its insights. This journey of self-awareness and openness involves creating the right conditions, understanding ourselves better, and letting go of control, which enhances our intuitive abilities and allows this profound inner guidance to lead us through life.

As trainers, developing intuition involves a combination of belief, practice, self-awareness, and experiential learning. Here are some key strategies to cultivate and strengthen intuition in the context of training and educational work, organized into thematic areas:

- **Creating Space and Slowing Down -** Creating space for oneself is crucial. Slowing down and entering a state of flow can make intuition more accessible. Fine listening and attentiveness are essential components of this process. This practice involves being fully present and setting aside time for

reflection, which helps in tuning into intuitive insights. Before forming an intuitive judgment, gather as much relevant information as possible.

- **Self-Understanding and Trust -** Understanding oneself better is vital for developing intuition. By following and trusting the flow that emanates from within, we uncover many commonalities among ourselves. This self-awareness helps in distinguishing genuine intuition from mere thoughts or emotions influenced by past experiences or fears. Believing in the magic of intuition while staying grounded allows trainers to transform insights into practical guidance.
- **Silence, Receptiveness, and Perception -** Silence and time are fundamental to connecting with intuition. Practices like deep breathing and meditation create an open channel for intuitive insights. Providing space for innocent and pure perception allows intuition to surface. Pausing the mind and bringing sensory awareness to the foreground can help in accessing intuitive insights.
- **Energetic Invitations and Randomness -** Intuition can be invited energetically through practices such as sending a voyager into space and time with a predetermined return time for insights. Additionally, randomness—such as opening a favorite book of wisdom at random—can provide unexpected guidance and insights.
- **Shamanic and Inner Work -** Shamanic initiation and inner work, including soul work and inner child work, help free us from defense mechanisms, beliefs, tendencies, pains, and longings. This process makes us clear vessels, allowing the intuitive flow to pass through unhindered.

- **Breathing, Surrendering, and Freedom from Control -** Connecting with intuition involves breathing deeply and surrendering to the intuitive flow. Awareness of the whole body and focusing on nature can reveal many answers, as nature itself holds profound wisdom. The less we think, want, control, or need, the more our intuition can flow. This requires a mindset of openness and surrender.
- **Presence and Mindfulness -** Being fully present is essential for accessing intuition. Techniques such as deep breathing, meditation, or body scanning help quiet the mind and enhance awareness of subtle cues and intuitive impressions. Staying present helps in channeling what is in the field and cultivates a restful opening for intuition.
- **Reflective Practice -** Taking time for reflection and learning is crucial for developing intuition. Reflective exercises, such as journaling about training sessions and interactions, help in tuning into intuitive insights and hunches about what works well. Applying intuition and observing outcomes helps in calibrating intuitive abilities.
- **Community and Validation -** Surrounding oneself with intuitive people allows for mutual questioning and validation of insights. Seeking feedback from colleagues, mentors, or trusted peers helps refine intuitive insights and build confidence. This community helps break down old patterns and beliefs.
- **Empathy and Emotional Intelligence -** Enhancing empathy and emotional intelligence helps in intuitively understanding participants' perspectives, emotions, and needs. Active listening and empathic communication are key components of this process, ensuring a safe environment for the free flow of intuitive insights.

- **Practical Application and Balance -** Developing intuition involves trial and error. Combining intuition with expertise helps balance intuitive guidance with structured training plans, addressing both intuitive and rational aspects. There is a delicate balance between focusing on intuition and accepting its inherent fuzziness.
- **Playing** - Intuition is not disconnected from control, knowledge, or reasoned understanding; rather, it is a more direct form of knowing. A key strategy for developing intuition is through play, which involves engaging in activities that encourage improvisation and creativity. By experimenting and exploring without rigid boundaries, we tap into a more intuitive state of mind. This 'flow' state is not solely about stillness or quietness but often occurs during moments of creation, enthusiasm, and dynamic thinking. Inspiring conversations, enthusiastic brainstorming, and creative endeavors significantly enhance our intuitive abilities. Embracing play and flow fosters a profound connection with our inner knowing, leading to more insightful and effective decision-making.

To truly access intuition, **it is important to pause and deliberately set aside rational thinking for a while**. By listening to ourselves, our experiences, and our impressions—whether it's the group of learners we are working with, the challenges we face, or the learning situations we encounter—we allow these insights to have an unfiltered effect on us. Combining these intuitive insights with rational thinking is crucial. **Once we have allowed our intuition to guide us, we can then use our rational mind to refine and implement these insights into effective solutions**.

When intuition is quietly accepted and trusted, it often feels wholesome. There is a sense of completeness and harmony that comes from aligning our internal guidance with our external actions.

Which strategies presented to develop your intuition attract you most? Why?

What other strategies come to your mind that feel like exploring?

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“Wake up! Wake up! Soon the person you believe you will die - so now, wake up and be content with this knowledge: there is no need to search; achievement leads nowhere. It makes no difference at all, so just be happy now! Love is the only reality of the world, because it is all ONE, you see. And the only laws are paradox, humor, and change.

There is no problem, never was, and never will be. Release your struggle, let go of your mind, throw away your concerns, and relax into the world. No need to resist life; just do your best.

Open your eyes and see that you are for more than you imagine. you are the world, you are the universe; you are yourself and everyone else too! It's all the marvelous Play of God. Wake up, regain your humor. Don't worry, just be happy. You are already free!”

*— Dan Millman, Way of the Peaceful Warrior: A Book That Changes Lives*

# How to serve better using intuition?

Eventually, all the efforts we make as trainers to improve our competences are linked to one main goal: serving our learners in the best possible manner so that they can flourish and fulfill their dreams.

In this “final” stop of our journey, we invite you to immerse yourself in the rich perspectives shared by other trainers on effective ways to embed intuition in our training formats.

Intuition plays a significant role in the work of educators, trainers, teachers, and other helping professionals. It acts as an **invisible guide, helping them connect deeply with their students or clients, understand their needs, and create a conducive learning environment**.

Using intuition helps trainers **create a space for play and exploration**. By listening to the voice within, which transcends logic and rationality, educators can facilitate an environment where different paths converge at one point, fostering collective growth and learning.

A good starting point in using intuition might be **entering every training session with a clear personal intention**, such as “I am available as an instrument of love”. This approach opens portals of intuition, **allowing educators to meet and adapt to the energies and intentions of their learners or clients**. By checking in with themselves and others, they can park their own thoughts and worries, making themselves fully available for the information and signals present in the moment.

Intuition helps in preparing for key moments of accompanying someone or a group, enhancing the experience and learning outcomes. It also supports the

concept of **collective intelligence**, enriching it with the idea of collective intuition. As intuition grows through connection and shared experiences, it deepens the view and insight of both the individual and the group.

Intuition allows educators to **adjust their training on the fly, responding to the hidden needs of the group**. By opening their hearts and connecting to the hearts of others, they can create a warm and loving environment conducive to learning. Following their heart, the flow of their body, and their hunches, educators can find freedom and creativity in their work.

Intuitive approaches help learners develop a holistic feel for tasks, enhancing skill acquisition. Intuition helps **understand underlying emotions**, identify common ground, and facilitate mutually beneficial solutions. Intuitive empathy enables recognizing and respecting cultural differences, fostering effective communication and inclusive communities. Intuition enhances **understanding of interpersonal dynamics**, promoting empathy and effective collaboration.

Educators can rely on intuition to **discern the unique needs and learning styles of their learners**. Through observation, interaction, and experience, they develop a sense of how each learner learns best, allowing for tailored teaching approaches and interventions.

Intuition **helps in building rapport and trust with learners and clients**. Educators use their intuitive abilities to tune into their emotions, concerns, and motivations, understanding body language and facial expressions in context.

As trainers, experiencing intuition often feels like a journey of increasing clarity and strength. The longer we work with intuition, the more we start to value it.

Over time, it becomes stronger and more precise, or perhaps we simply learn to listen more precisely.

To what extent do you feel intuitively that proposed ideas are relevant and applicable in your training context?

What other ways of using intuition with your learners come to your mind that feel like exploring?

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*Who is shaping who?*

# What is next?

It might sound cliché, but learning is indeed a lifelong process. We hope that our open book has opened the door to your journey in nurturing your intuition and using it to empower your learners and clients in the different formats you are implementing.

What we have learned in our journey is that one of the best ways to learn is through peer learning. This was the reason we created the European Network of Intuitive Trainers, which is open to all trainers across Europe and beyond who are interested in embracing intuition in their work.

The network provides support through its national teams of ambassadors, a digital library with resources on intuition and intuitive approaches, and a calendar of events. These events include both awareness-raising activities (Intuition Talks) and competence-training sessions for intuitive trainers (Intuition Labs).

We invite you to become part of this community and continue your learning journey.

Please don't hesitate to share with us insights and discoveries that you think might be useful for other trainers entering the same intuition development pathway.

http://intuitivetrainersnetwork.com

European Network of
IntuitiveTrainers

*“And now here is my secret, a very simple secret: It is only with the **heart** that one can see rightly; what is essential is invisible to the eye.”*

*— Antoine de Saint-Exupéry, The Little Prince*

