

# The 12 Key Distinctions That Grant You Profound Intuition



*This is the fifth and final (for the time-being) part of a series of posts I am writing here on CLN about how to develop powerful intuitive skills (integrated intelligence). Integrated intelligence is closely related to the classical idea of intuition, connecting us with a stream of consciousness which transcends the limits of immediate space and time. Each of these posts is an extract from my upcoming book "How to Develop Profound Intuition." Here are my first four articles in this series:*

- [\*\*How You Can Develop Profound Intuition \(1\)\*\*](#)
- [\*\*How You Can Develop Profound Intuition \(2\)\*\*](#)
- [\*\*How You Can Develop Profound Intuition \(3\)\*\*](#)
- [\*\*How To Develop Profound Intuition \(4\): Intuition vs Judgment\*\*](#)

I have been employing intuitive intelligence for many years. During this time I have learned a great deal about how it

works, why it sometimes doesn't, and the common pitfalls people make when using such "integrated intelligence." Normally I wouldn't give away these hard-earned secrets for free (or for the mere price of the little upcoming book this article is taken from, *How To Develop Profound Intuition*). But I need the good karma.

So here we go. You may have seen some of these stated or implied in earlier articles, but it won't hurt for you to see them again in this context, as a little repetition will help you realise how important they are.

**1) Not all feelings are intuitions.** Feelings arise from the mind-body system for various reasons. Some are conditioned or biological responses, like sexual attraction, fear of snakes, disgust, or physical pain responses. Just because you get a feeling deep in your loins for a beautiful woman or a handsome guy doesn't mean it is an instruction from God to begin fornicating with them.

Your biological conditioning generates feelings, and these sensations may bubble up from the subconscious of their own accord. If a dog bit you when you were seven years old, it's quite likely that you will have a conditioned fear response to dogs. This fear may be detected by any given dog you meet in your current life, and the dog may even respond aggressively as a result. Yet the key point in this scenario is that your initial feeling may have nothing to do with any threat or intention the dog initially has – the feeling emerges from your own biological conditioning. The dog just plays along.

Thoughts also produce feelings. Imagining something desirable or fearful produces an emotional reaction, for example. Conversely, intuitions (at least as I define them) emerge from an empathic connection with a person, entity, collective consciousness field, thing, event, time or place (and often a mixture of several of these at once).

And here is what you must realise. Feelings that emerge from the imagination, conditionings, biology etc. are largely indistinguishable from the feelings produced by intuition (although many intuitions tend to be more subtle). Therefore, the best way to develop profound intuition is to first quiet the mind, then focus upon the thing you wish to “know”, while in a state of presence.

Secondly, if you have a spontaneous “intuition” about something, simply relax and reflect upon how that feeling emerged within your mind. Were you imagining a fearful or desirable future? Do you have any bias, conditioned attitude or beliefs about the object of your intuition? If so, you might like to question the validity of the feeling.

After working with intuition for some time, it is often unnecessary to be so deliberate with checking them. You will become quite adept at discerning the distinctions amongst all these mental operations. Then you will often be absolutely certain of an intuition without needing to analyze it in at length.

**2) Not all intuitions are feelings.** I believe feelings are the most important kind of intuitions, and the kind that can be most readily developed. Intuitions can also be visual, auditory and olfactory, but these tend to be most pronounced in the gifted. The good news is you don't need to be gifted, have opened your third eye or reached enlightenment to have feeling-based intuitions. They are innate to the human organism – and to many animals – and they probably emerge from evolutionary imperatives, at least in part.

**3) The best intuitions to act upon are those that are either strongly positive or negative.** I have found this to be true from experience. When your intuition tells you the situation is clearly good or bad, trust the process and follow through.

Nonetheless, many situations and problems are multi-faceted.

Any given thing, place, past or future may have both positive and negative components. For example, some years ago I travelled to Thailand for a week's holiday. I had a fun time, most memorable indeed. However, on the first day the ATM machine must have been a little hungry, because it ate my bank card – leaving me largely penniless, and without even enough money to pay for a hotel room. It was an absolute nightmare trying to get money wired through to a Thai bank. It took a full week. Yet serendipitously, I met a Thai woman who let me stay at her place for free. Well, almost for free, as she were one or two "requirements" on my behalf. Let's just say the arrangement was highly agreeable to both of us.

I wonder what intuitions I would have gotten if – before travelling to Thailand – I had used an intuitive process to ask the universe "Will I have a fun time traveling to Thailand this summer?"

When intuitions are mixed or vague and you have time to spare, either wait for clearer guidance or begin to conduct research so that you gain more knowledge of the situation. Then you will be able to analyze the problem and make a more informed choice.

**4) You do not need to be psychic to develop intuition.** Some people have innate psychic and visionary capacities, and this may include the ability to connect with realms of being that normal humans just can't see or hear. At least in some cases, including my own, this may involve the opening of the third eye. Major life events such as near death experiences or crises may also trigger an opening of those psychic channels. Such people may communicate with spiritual entities, or be able to perceive the thoughts within other minds. I know this seems incredible to sceptics, but I know it to be true from my own experience.

The key point is, you do not need to become the next Uri Geller to develop great intuitive abilities, because the

simplest and often most profound intuitive capacities emerge from the feeling sense, and we all have that capacity. It's just that most people have never spent the time to develop that intelligence. You too can develop that capacity, regardless of your sex, age or other abilities or non-abilities.

**5) You do not need to be an enlightened master to develop profound intuition.** You merely need to develop the capacity to trust your intuitive prompts and act wisely, based upon them. One of my favourite teachers, Leonard Jacobson likes to say that anytime you are fully present, you are an awakened being. Yet the difference between the awakened master and the novice is that the novice soon allows his mind to drift back into the world of thoughts, projections and stories. But even if you are a novice, you can develop the capacity to be fully present at will, where genuine intuitions are best accessed.

**6) You strengthen intuition by trusting it and acting upon it.** To do this you are going to have to be prepared to be wrong – because you WILL be wrong at times. Intuition is a fuzzy intelligence. It isn't completely reliable. When you are wrong, simply admit it. Go back in your own mind and analyse the process you used. Did you allow the projections of your mind to influence your decision?

Begin practicing intuitive decision-making by investing in situations that have minimal consequences. Don't begin by investing your life-savings on a hunch – for obvious reasons. You need to make lots of little intuitive choices at first – possibly making lots of mistakes – so you get good at the process, and begin to understand your mind better. Decide which movie to see, book to read or place to visit based on intuition – then see how correct your feelings are.

**7) Intuition is compatible with reason. You just have to learn the strengths and limitations of both.** Yes, intuition has its limits. It's a fuzzy intelligence and it is not always easy to

correctly identify and comprehend the feelings and images that emerge from the intuitive mind. This is why you also need to develop a strong analytical capacity to complement intuition. Careful planning and analysis of problems is often necessary. For example, deconstructing the learning process involved in learning a second language can be very helpful in optimising learning. Don't make the mistake of devaluing the so-called left-brained learning and cognitive processes because you think your intuition is great. God gave us all these capacities so that we can use them. So use them well, and use them wisely.

When you develop profound intuition you will tend to allow it to lead your decision-making, because intuition often grants us insight into the big picture. But you will then also employ reason and analysis to complement the process. Lead from the right, manage from the left, as Stephen Covey used to say.

**8) Intuition does not make you omniscient, and it does not grant you a free ride through life.** Intuition offers you potentially transformative insight into the nature of things, people, places, times and life itself. But this does not mean you will become some kind of awakened avatar. Most people I know who have advanced intuitive skills are all-too-human, and they have the common strengths and weaknesses found in the general population. Nor does intuition necessarily free you from suffering. Don't place these expectations upon the intuitive mind, for the promise can never be fulfilled.

**9) Intuition can make you delusional.** I deliberately use strong language here because the ego tends to like the idea that it is smarter and superior to others. So when you develop strong intuitive abilities your ego will tend to identify with the process and begin to see itself as special; superior to others. In the most problematic cases it leads to the Christ complex – the spiritual ego. And once the spiritual ego has a hold of you, it is very, very difficult to escape its grasp.

Developing some degree of spiritual ego is almost inevitable to some degree, so the key is to facilitate your capacity to witness the mind as it plays this game – and assume responsibility for the drama. Having an ego is just part of being human, so there is no need to feel ashamed or beat yourself up about it. Merely take the ego by the hand and offer firm and loving discipline – a bit like you might guide a child as he or she matures.

**10) Don't expect acclaim and public recognition for being intuitive.** In fact, it is far more likely that you will meet strong resistance from others, especially if you try to explain to them how you came to make up your mind using intuition. So don't even try to explain yourself, unless the other person has a strong understanding of such things. This is particularly true in corporate and academic settings.

You are just going to have to get used to disguising your intuitive decisions and communicating your insights as being driven by reason. What else are you going to do? Tell them you have a good feeling about it? Describe the vision you had during meditation? Communicate that the message came into your head while you were napping?

I don't think so.

**11) Intuitive intelligence expands with expertise.** There are some expressions of intuitive intelligence which first require you to develop mastery over a subject matter, and this is particularly true of creative intuitions. Many people claim that Michael Jordan was a very intuitive basketball player, a real natural. Yet without the thousands of hours of practice and court time, such intuitive intelligence could never have flourished within him. The same can be said of the genius of Mozart, Steve Jobs, Einstein or my spiritual teacher Jessica (whom I spoke about in my TEDx talk). In short, hard work and deliberate practice may be necessary in many fields before you can apply your intuition in profound ways.

**12) The true value of intuition cannot simply be reduced to material, measurable outcomes.** The greatest value of intuition is that it potentially transforms the way you relate to the world, other people and to your own mind. It is a quintessentially spiritual cognition. Yet some people see integrated intelligence merely as a ticket to get rich or achieve power over others. And if they cannot utilise it to achieve these ends, they see it as worthless. A prime value of intuition is that it can help you awaken from the dream of mind, the illusion of separation. Never forget that.[spacer height="20px"]

So there you have the twelve keys to developing profound intuition. If you enjoyed the article or found it useful, please like this page and feel free to share the link. And do keep your eyes peeled for my book *How To Develop Profound Intuition* on my Amazon page.

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