

Some Definitions of Intuition

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Intuition is direct knowing, or the perception that occurs when mind, body, feeling, and spirit are simultaneously active and integrated while being focused entirely in the present moment. This unification of awareness results in knowing what is real and appropriate in any given situation, with full confidence and trust, without need for proof.

Intuition is knowing what you need to know, just when you need to know it.

Intuition is engaged indifference, a personal relationship with possibilities and the abstract.

Intuition is a result of practicing beginner's mind and radical honesty.

Intuition is an experience of bridging worlds, of healing the painful split between our earthly, mundane selves and our divine, eternal selves.

Intuition is the natural perception of the soul-in-the-body, the mind-in-the-heart. It brings the recognition that our spiritual wisdom is in us now and always has been, and it fills us with light making us light-hearted and enlightened.

Intuition is a state of perceptual aliveness in which we feel intimately connected to all living things and experience the cooperative, cocreative nature of life. When Intuition is active, we choose authentically, trust the intelligence that is present in each moment, and find joy and entertainment in the flowing, changing quality of life.

Intuition is perception in which synchronicity is natural and miracles are probable. It cuts through the normal limitations of time and space, brings the answer and question simultaneously, and shows us that all knowledge is available.

Intuition is a cyclical, comprehensive process of knowing life that includes both left-brain analytical thinking and right-brain communion states, and that oscillates between experiencing the world of form, then essence. The intuitive process is also called the process of creativity, self-recovery, evolution, transformation—even enlightenment.

Intuition is knowledge that registers all at once, and appears differently depending on what level of the triune brain is being activated at the moment. At the level of the reptile brain, intuition appears as instinct: attraction-repulsion, expansion-contraction. At the midbrain, intuition appears as sensory input: smell, taste, touch, hearing, vision (dreams, symbols, flashes, vibes, the little voice). In the neocortex, intuition appears as pattern recognition and the ability to grasp complex visions and higher knowledge instantaneously.

