

The Mysteries of Intuition Revealed

By

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Intuition affects everyone whether you know it or not. Even before there was written language in the world stories have been passed down from one person to another. First-hand accounts explaining that they knew something was going to happen before it did. Stories about knowing things without really knowing how they would know such things; but they did and it turned out to be true. Some people for centuries have had dreams that would come true for themselves or others. Perhaps you have wondered how is that possible?

Today's technology and advancements in science has provided greater understanding into such mysteries. The following is an excerpt from my soon-to-be-released book, *NEURO AWAKENING: Crossing The Bridge of Science to Discover Our Inner Being*. Over the past five years I have recorded over 4,000 brain maps of people that regularly engage in meditation and have also had a personal consultation with each person. There was a process to recording their EEG brainwaves. A baseline of EEG information was recorded, a few minutes of eyes open, a few minutes of eyes closed and a few minutes of recording while they were in meditation.

During all those consultations it became evident that there were patterns appearing in their brainwave activity while in meditation. I began to connect the dots to better understand the patterns I was seeing and a person's ability to tell the difference between their own intellectual thoughts and the impulses from their intuition. After seeing the same patterns again and again and having the ability to ask them questions without them knowing why I was asking certain questions the science revealed itself.

One of the all-encompassing patterns that would appear quite often is displayed in the graphic to the right. There are a number of patterns that an individual can have; I have seen

a progression of the pattern over time going from barely being aware of intuition to reveal a very complete pattern of intuition like Figure 1. The following excerpt from my

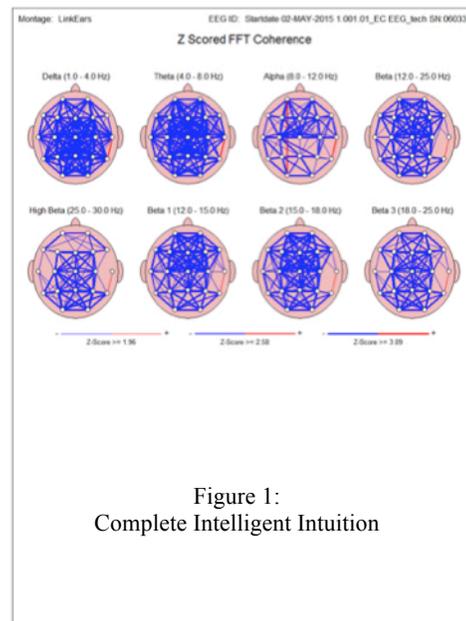


Figure 1:
Complete Intelligent Intuition

book explains the three components of the complete pattern of intelligent intuition: 1) Implicit Intuition, 2) Energetic Sensitivities and 3) Non-Local Intuition.

Implicit Intuition

The first of three component parts might be considered as *familiar intuition* or what science defines as *implicit intuition*. Each of us has things that we have learned throughout our life, some things we have forgotten that we learned. This happens in the subconscious part of our brain. Remember, that is the part of the brain that 95% of our processing happens at 40-million bits per second. Our thoughts will pull together the things that we have learned. As we go through our daily activities it all seems familiar, especially the patterns that we do the most. I bet you get dressed in a particular pattern every day. For example, when I get dressed and go to put on my pants it doesn't matter if I am going to wear slacks or jeans, my right leg goes in before my left leg. Even though I am dominantly left handed. When I shave, I start on the left side of my face. Let me demonstrate an idea. Fold your arms. It probably seems very natural. Now fold them the opposite way. I bet it did not seem as natural or familiar. As we engage in our daily rituals our patterns of life we form neuropathways in our brain. As we engage in a process over and over again it causes new dendrites to form and new neuropathways begin to develop. As we continue to use those neuropathways they become stronger and the brain uses those neuropathways as the preferred route process the signals, patterns and communications that is our experience of reality.

If you saw someone riding on a skateboard and you had never seen or heard of a skateboard, it would seem unfamiliar to you. Your brain would create what we call a *cognitive construct*. A cognitive construct would involve an experience. We would attach some meaning to that construct. Nothing in life has any meaning except the meaning that we give it. Once that is established, we will attach an emotion to it. Is it good, is it bad, should I be fearful of it, is it something that brings me joy, is it something that gives me a sense of satisfaction? All of the elements of a cognitive construct are bound together by a neurotransmitter that is known as *acetylcholine*. A neurotransmitter allows a neuropathway to either start the communication in the brain by releasing chemical from the nerve cells and sends signals to other cells in the brain. When we do something or

experience something over and over it reinforces the neuropathway and it becomes a familiar route in the brain.

Now, suppose you had seen a skateboard when you were a kid and then never saw another one until you were an adult. As soon as you see the skateboard, it is familiar and you know what it is used for. Your brain has recorded and stored that set of instructions into the memory circuits of your brain ready for you to use whenever you need it. Have you ever had an experience of hearing a particular song that recalled particular memories and feelings? That mechanism is triggered thousands of times a day. It is part of our Set Point of Attraction. It is also part of our intuition system. This mechanism will determine how we read the signals and communication coming to us. This mechanism also determines how sensitive we are to reading the subtle energy that we call intuition. All of this takes place in the subconscious part of our brain. The part that processes at 40-million bits per second and we are not aware of 95% of what goes on there. Intuition will take that signal in the brain that we may not consciously be aware of and allow it to communicate with other cells throughout the brain until it reaches the thinking part of our brain and we become aware of the signal that came to us from the unified field. The signal traveling down through the thalamic gate into the thalamus of the brain. The vibrational signal begins to resonate information and energy to the cells of the body and a connection is made. It is then that we become aware of what is being communicated. The big question is will we be aware enough to interpret the communication or are we so caught up in the distractions of the world that we are not even aware that it has happened?

Implicit intuition is putting together things that we know, things that we have learned or an experience that we have had. So when we receive an energetic vibration our experience tells us it is something that we are familiar with and we have insight into the situation. That is the unconscious processing in the brain connecting very rapidly with our experiences and learning. It is our capacity to recognize important environmental cues and match them in the subconscious part of the brain to existing familiar patterns. We use this for effectively determining what is going on in our environment and problem solving.

Have you ever had a problem that you were trying to solve or trying to remember something that just would not come to mind? Then sometime later you come up with solution, sometimes at 2 am, the answer suddenly pops into your head and wakes you up. You just know. That is implicit intuition.

Energetic Sensitivities

The second type of intuition is what is known as *energetic sensitivities*. It refers to the ability of the nervous system of the body to detect and respond to environmental signals such as electromagnetic fields. Science has established that in both humans and animals that the nervous system is affected by geomagnetic activity ^[1]. Some people have the ability to sense that an earthquake is about to happen before it occurs. Scientific studies have shown that changes in the earth's magnetic field can be detected an hour or even longer before a large earthquake occurs ^[2]. Another type of energetic sensitivity is the sense of being stared at ^[3]. Remember chapter six, my brainmapping team's experience of unseen entities looking over our shoulder while recording brainmaps?

We have many energetic meridians in our body. A meridian is an energy highway in the human body. Energy flows through these meridians or along the energy highway, accessing all parts of the body. Meridians can be mapped throughout the body; they flow within the body and not on the surface of the skin.

In many instances these energy meridians are referred to electromagnetic centers. When it comes to intuition there are three electromagnetic centers that are critical. The first one is the electromagnetic center around the *chakras*. There are seven main chakras, which align along the spine, starting from the base of the spine and rise to the crown of the head. The concept is found particularly in the tantric traditions of Hinduism, Buddhism and Jainism. Blocked energy in the chakras often indicate that trauma, anger, stress, grief or some other negative emotion or an experience that is interfering with a person's vitality and ability to cope easily with life.

Chakras are conceived as an energy focal point or as a psychic receptor in the body. The Chakras are an elaborate part of the *Kundalini system*. The Kundalini system is untapped energy sometimes referred to as *prana* starting at the base of the spine and can be drawn up through the body awakening each of the seven chakras. When there is

alignment in this flow of energy it resonates or communicates with the cells of the body and offers a sense of well-being and can be healing and transformative. In the context of intuition and energetic sensitivity, the alignment of the chakra energy centers is a key factor in the more complete component of intuition.

The second and third electromagnetic centers that are important to intuition are the electromagnetic centers around the heart and the electromagnetic center around the brain. Research has shown that the electrical field as measured in an electrocardiogram (ECG) is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram (EEG) brainwaves. An electromagnetic signal is defined in physics, as a wave propagated through space or matter by the oscillating electric and magnetic field generated signals by an oscillating electrical charge. That translates into frequencies and the level of vibration establishing our Set Point of Attraction. We are vibrational beings living in a vibrational universe. It has been proven that the heart is the most powerful source of energy in the human body ^[4]. Energetic information contained in the heart's field is detected by your own brain and body, as well as the connection perceived and understood by people and animals around you ^[5]. They perceive your emotions and thoughts. Do you have a loving pet that always seems to know when you are having a tough day? How do they do that? Energetic communication is a key component to intuition and is there for us and part of what binds us all together. Basically, we create the energy field around and within us through these electromagnetic centers. That energy field communicates with everything around us. We capture and interpret the intuitive information through our electromagnetic centers.

Non-Local Intuition

The third component of energetic sensitivity is *nonlocal intuition*, referring to a sense or knowledge of something that cannot be explained by past or forgotten information or by sensing environmental signals. Science suggests that the capacity to receive and process information about nonlocal events appears to be a condition of all physical and biological organization of the inherent interconnectedness of everything in the universe ^[6, 7, 8].

Nonlocal intuition is considered in the same category as telepathy, clairvoyance and precognition. Because it is not well understood, in the past it has created some debate within the scientific community ^[9]. There is now a large body of documented rigorous scientific research on nonlocal intuition and perception that dates back more than seven decades. Research in this area has shown that this type of intuition cannot be explained by flaws in experimental design, research methods, statistical techniques, chance or selective reporting of results ^[10].

An analysis of nine experiments in which researchers measured physiological responses occurring before a future event in what is usually termed *pre-stimulus response* or *precognition*. According to Dr. Dean Radin, that means knowing something before it happens that otherwise could not be anticipated through any known process or condition. In these nine experiments, eight of the nine studies with over 1,000 subjects demonstrated statistically significant results ^[11]. Another researcher examined 26 studies also concluded that a pre-stimulus or precognition response seen in physiological measures occurred before unpredictable stimuli was given, despite the fact there is not any known explanation of the mechanisms for this finding ^[12].

There is an abundance of compelling evidence to suggest the physical heart is coupled to a field of information that is not bound by space and time. This rigorous experimental study demonstrates that the heart receives and processes information about a future event before the event actually happens ^[13, 14]. A number of studies have since found evidence of the heart's role in reflecting future or distant events ^[15, 16, 17, 18, 19, 20, 21]. This suggests that the heart is directly coupled to a source of information that interacts with the multiplicity of energetic fields in the body. Basically, the participants in these studies were more attuned to information from the heart while in a coherent state before participating in the experiment.

Intuition affects us all even if we are not aware of it. The real question here is, "How receptive is your tuner?" A brain map will help identify how much of your intuition you are aware of and if there are other elements in your brainwave activity that limits your ability to tune into and perceive the impulses from your intuition.

ENDNOTES

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