

# JUMPSTART YOUR INTUITION

## Handouts

by Rosanne Vrugtman, PhD

*“Those who guess well are called intuitive.  
Those who are intuitive, however, do not believe they are guessing.”*

—Philip Goldberg

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### TWO WAYS OF KNOWING (Agyakwa, 1988)

#### 1. **Deduction / Induction** (reasoning)

**Deduction** — top-down; moves from general to specific;  
specific conclusion drawn from a set of general premises

**Induction** — bottom-up; moves from specific to general;  
general conclusion drawn from many specific observations



#### 2. **Intuition** (insight) —the *OTHER* way of knowing



**Knowing rapidly** [intuitive *LEAP*],  
**without knowing how you know,**  
**but knowing for a certainty** [intuitive *THUD*],  
**sometimes in the face of evidence to the contrary.**  
(Vrugtman, 2009)

### APPLICATIONS OF INTUITION:

<b>Mathematics:</b>	<b>axiomatic principle</b> self-evident proposition requiring no proof
<b>Mysticism:</b>	<b>revelation knowledge</b> truth surpassing the power of consciousness or the intellect
<b>Philosophers:</b>	<b>sensory capacity</b> enabling perception of universal truth
<b>Psychologists:</b>	<b>orienting function</b> an aspect of personality, related to nature of consciousness
<b>Neuroscientists:</b>	<b>cognitive function</b> originating in pre-frontal cortex of the brain
<b>Practitioners:</b>	<b>useful faculty</b> enabling rapid inference, pattern recognition, new knowledge

## DEDUCTION / INDUCTION

### Limitations

Rely on (dependent on) rational processes—logic and analysis

Very limited without language Fisher (1981), Cappon (1993)

No *NEW* knowledge comes by this means Westcott (1968), Sloan (1983)

*"It is by logic that we prove. It is by intuition that we discover."* — Poincare'

Work best when we:

1. Can control or predict all variables
2. Can measure, quantify, define with precision
3. Have complete, adequate information Goldberg (1983)
4. Have enough time and adequate means for a proper investigation Vrugtman (2015)

*"Taking the logic stairs one at a time."* Feuerstein (1997)

**CREEPING**

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## INTUITION

1. *Intueri*: look upon; see within; consider or contemplate
2. Direct perception of truth or fact independent of reasoning
3. Keen, quick insight
4. Mystical gift, spiritual phenomenon, occult faculty
5. **Way of knowing** Vaughan (1979)

Makes it possible to know that which is unknowable and inaccessible by any other means Goldberg (1983)

Intuition and science should assist each other:  
intuition informs science; science verifies intuition.

*"Taking more than one step at a time,  
or skipping steps altogether."* Feuerstein (1997)

**LEAPING**

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## **SIX TYPES OF INTUITION** (Goldberg, 1983)

Philip Goldberg recognizes six types of intuition:

1. **DISCOVERY** (Detection Intuition) — “AHA!” moment, Realization  
**Characterized by ability to make logic-transcending connections outside conscious awareness**  
 Sudden connection bringing awareness of the right or best answer, solution or approach
  2. **CREATIVITY** (Imagination Intuition) — Inventiveness, Ingenuity  
**Characterized by inspiration, imagination or a flow of unusual but sound and apt ideas**  
 Similar to discovery but insights provide an array of potential alternatives, options or possibilities
  3. **EVALUATION** (Discernment Intuition) — Insight, Understanding  
**Characterized by an ability to discern with certainty without sufficient data, facts or knowledge**  
 Most useful when one has insufficient time or data for rational analysis, or must discern where the rational mind is too subjective or confused to be clear
  4. **OPERATION** (Strategic Intuition) — Go/No Go, Decision-making  
**Characterized by overpowering certainty alerting us that we should/should not do a thing**  
 Often a nudge toward or shove away from a specific action or outcome; force that provides subtle guidance, prompting action without explanation or conscious awareness
  5. **PREDICTION** (Prophetic Intuition) — ESP, Premonition  
**Characterized by premonitions often specific in nature though unprovable in advance**  
 Similar to operation but more likely to involve a premonition or irrational, precognitive “knowing” about a given outcome
  6. **ILLUMINATION** (Transcendent Intuition) — Revelation, Epiphany  
**Characterized by mystical knowing or awareness bypassing or transcending sensory data and prior knowledge and experience**  
 Knowing something that cannot be known by any rational means; pure awareness unaccompanied by sensation, perception or conscious thought
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## **FOUR RECEPTORS OF INTUITION** (Sanders, 1989)

According to MIT researcher Pete Sanders, Jr., the four primary receptors for intuition are:

1. **SEEING** (Visual)  
 flashes of insight; seeing pictures, images, symbols, shapes, mental maps, drawings, colors;  
 night or day dreams, recognitions, visions
  2. **HEARING** (Auditory)  
 hearing voices, songs, poems, words, conversations or mental dialogues
  3. **FEELING** (Bodily)  
 gut feelings/reactions, unexpected emotions, energy vibrations or movements, bodily sensations like “butterflies,” nausea, or abdominal pain
  4. **KNOWING** (Perceptory)  
 hunches, impressions, precognition, déjà vu, reading changes  
 in energy/light, sudden insights, knowing w/o external stimulus  
 or rational support
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## **INTUITION QUESTIONS**

These questions are asked and answered in the  
**“Jumpstart Your Intuition”** playshop:

### **SESSION 1:**

- What is intuition?
- How does intuition differ from other ways of knowing?
- Where does it come from?
- Does everyone have intuition—  
or is it just for the gifted few?

### **SESSION 2:**

- Does everyone have intuition?
- Are women more intuitive than men?
- How intuitive am I?
- How do I recognize intuition?
- How can it be measured?
- Can intuition be taught and learned; induced or stifled; enhanced or lost?



### **SESSION 3:**

- How can I use my intuition?
- How do I access it?
- How can it help me in practical ways every day?

### **SESSION 4:**

- What have I learned about intuition?
- How do I continue to build it?

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*The really valuable thing is intuition. Without it, I could not see how to begin.* — Albert Einstein

*And between your knowledge and your understanding, there is a secret path...* — Kahlil Gibran

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