

THE EYE OF INTUITION

Similar to attempting to capture transcendence, expressing the experience of having an intuition is exceptionally challenging due to its inherently mystical nature. Just as we surveyed both physical and phenomenological views on Transcendental Consciousness to internalize its potential as an experiential state of being, a comprehensive understanding of the true power of intuition requires an exploration of its various manifestations. One way to approach this goal is by reverse-engineering how intuition occurs in the body.

Though the countless published studies that aim to present a coherent understanding of the physiological basis of the phenomenon we recognize as intuition often point to increased activity in a vast network of the brain's right hemisphere, more recent findings prove that there's also a neural system that lines the digestive tract, giving weight to the classic adage that intuition spawns a 'gut feeling.'

Intuition can certainly be realized through a thought: itself the result of innumerable action potentials that, upon reaching critical mass, result in the firing of a specific pattern of neurons that engage certain areas of the brain and thus give life to a mental formation – the final, most mundane step in the process of intuition. When considering the neuronal approach, the penultimate event in the experience of intuition is the activity that occurs in the stomach, which is the first area in which intuition is felt physically.

Through personal experience, I've found that 'gut feeling' is then tied to somatic content exhibited as a sensation in the entire body, which is most recognizable as stress. In an attempt to quantify stress in a generalized fashion best suited for this application, it's as if stress represents the unconscious recognition that an action will need to be carried out, even if it's purely mental, such as in an intuitive realization.

Continuing to work backward, I've always been enthralled by concepts that focus on the intuitive nature of the heart. Again, recent findings, such as those performed by the HeartMath® Institute, point to the presence of a torus-shaped electromagnetic field emanating from the heart of each human (and animal), which offers uniquely specific energetic qualities and an overall greater presence of electrical activity than that of the brain. One way to understand how the heart assimilates information is by considering that its electromagnetic presence gives it the incredible advantage of receiving input from the larger, more encompassing quantum field from which all material matter is born.

From the heart, one could speculate that intuition is primarily conceived in the pineal gland, which is said to be the seat of consciousness itself: the third eye, or the Ajna chakra where true vision exists, and individual consciousness can experience Brahman, the ultimate reality. To further connect this schema of intuition to my own experience and creative process, it's vital to focus on the concept of vision.

To me, the experience of intuition is akin to visualizing something that cannot be seen on the material plane, but which is made substantive by the process hitherto laid out – a task that demands involvement by the entirety of the physiology, and which occurs constantly. When both the mental and the physical combine to answer a spiritual calling to unify in order to anchor the indeterminate sensation of an idea whose origin is ultimately unseen, the human and its body serve as a divine vessel for the mysterious to be expressed in this fourth dimension in which space-time predominates.