
Contents

Introduction	ix
Chapter 1. Understanding Intuition	1
1.1. The types of intuition.	5
1.2. The scientific foundations of intuition.	8
1.3. The three neuronal centers	10
1.4. The triad of intuition: vibratory phenomena	15
1.4.1. Music and emotions	16
1.4.2. Music and vibrations	17
1.4.3. Emotions and vibrations	24
Chapter 2. Exploring Our Intuition	29
2.1. Perceiving intuition	29
2.2. The door of vibrations	31
2.2.1. An exercise involving musical perception	31
2.2.2. The influences of music	33
2.3. Testing our intuition	35
2.3.1. The “vascular autonomic reflex” phenomenon	36
2.3.2. Exercising the perception of pulse variation	37
2.3.3. Exercising the perception of intuition	38
Chapter 3. Releasing Our Intuition	43
3.1. The door of fears	44
3.1.1. A video that allows us to become aware: “Dare”	46
3.1.2. Self-assessing our fears	46
3.1.3. A video that allows us to free ourselves: “What is your deepest fear?”	49

3.2. The door of beliefs.	50
3.2.1. The “I believe what I see” exercise	52
3.3. Self-esteem	52
3.3.1. An exercise for our self-esteem.	52
3.3.2. The symbolic act exercise	53
3.3.3. Becoming aware of the “comfort zone”	55
3.4. The behaviors that block us	56
3.5. Intuition and new insights	61
3.5.1. Faces and words	62
3.5.2. Videos and sensations	62
3.5.3. Visualization and colors	63
Chapter 4. Developing Our Intuition: The “Mind Map of Me”	67
4.1. The “Trust” Mind Map of Me	68
4.2. The “Feeling” Mind Map of Me	69
4.3. The “Achievement” Mind Map of Me	71
4.4. The “Love” Mind Map of Me	74
4.5. The “Communication” Mind Map of Me	74
4.6. The “Thinking” Mind Map of Me	77
4.7. The “Knowledge” Mind Map of Me	77
Chapter 5. Intuition and Creativity	81
5.1. The birth of human creativity	83
5.2. Serendipity	88
5.3. Intuitive creativity	91
Chapter 6. Intuition and Innovation	95
6.1. The “seven-I’s” model	96
6.1.1. Inspiration	96
6.1.2. Imagination	97
6.1.3. Intelligence	98
6.1.4. Insouciance	101
6.1.5. Intuition	101
6.1.6. Illusions.	101
6.1.7. The invisible.	102
6.2. Intuition in innovative methods	103
6.3. Innovative applications of intuition	106
6.3.1. Intuition Journal.	106
6.3.2. INTU: Intuition Trainer	107
6.3.3. Psychic Power Hypnosis and Meditation	107

6.3.4. Intuition Decision Maker.	107
6.3.5. My 108.	108
6.3.6. Intuition Trainer 6 Sense	108
6.3.7. Intuition Guidances	108
Chapter 7. Intuition and Management	111
7.1. Intuition in the decisions of directors and managers . .	111
7.2. Intuition as management style	112
7.3. Intuition in directors' and managers' communication .	118
Conclusion	121
References	125
Index	145