

Last Name, First Name

Integrating Essay

Introduction

This essay summarizes my results and accomplishments in the Rediscovering the Intuitive Self Program. From January to April, I submitted a series of journal entries as exercises to discover and enhance my intuitive capabilities. Through the Integrating Essay, I have identified the key elements that will take me into the future to continue developing my Intuitive Self.

The Intuitive Experience Journal entries in which I observed intuitive experiences in detail were submitted weekly. A specific experience was chosen and an entry was done based on it. The questions in the entry format were a resourceful tool in resolving the experiences into dimensions such as novelty, kind of message, accuracy, vividness, etc. This breakdown served as a guideline that helped me discover the larger meanings in my experiences.

Content Summary

The Intuitive Self Profile was a valuable tool for teasing out the pattern of the intuitive experiences. It brought a sense of completion to my work in the program. By taking a macro look at the four months of work and comparing the results among categories, I am now in a position to better understand my intuition.

The most striking result of the profile was the strong focus of my intuition on work situations. Most of the experiences were recorded during the weekdays, and most of the topics were about work related issues. The time of the day when the experiences occurred, as well as when the experiences were recognized, was during working hours usually in the afternoon. I attribute this tendency to my strong belief that intuition is a key element in business success. I also believe that I take intuition for granted in my personal life since it is a natural process for me.

In most cases, the source of my intuitions was internal. My intuitive experiences came from within me and not from external sources. In addition, it was very interesting to discover that I was able to enhance my intuition and evoke experiences. The last entry describe an experience that happened while I was consciously calling upon my intuition. By creating the right environment (silence and peace), I was able to evoke my intuition.

My Discoveries

From the Intuitive Self Profile, I learned that I need to work more on intuition for my personal life. It was obvious that I paid more attention to my intuition at work than at home with my family. Even though I value the power of intuition in the business environment, I believe intuition can be used in our lives in any circumstances. In my case, I need to develop intuition in my per-

sonal life further since some of my intuitive experiences probably go unnoticed when I am with family and friends.

The other point that I discovered through the profile, was that I need to work on how to recognize my intuitions. It was clear that most of the experiences that I recognized were because they were strong and clear. I asked myself the question: "What happens to all those experiences that cannot be easily identified?" I need to explore different methods for being sensitive to these subtle experiences.

What is my Intuitive Self Profile? Who am I intuitively? These questions were asked in the last group meeting, and we were asked to write about it. If I would describe my intuition and its level, I would say it is "unpolished gold" (Oro en bruto, in Spanish). I believe I have the intuitive potential, but I need to "polish it," which is what I intend to do.

Where Do I Go From Here?

I think I discovered something very simple that is the beginning of a long journey. I discovered that I am an intuitive person, that I can enhance my intuition and that by listening to my intuition, I can make better and wiser decisions. But I also learned that this must be an ongoing conscious effort. In order to maximize intuition, I need to work on it, develop it and feed it constantly.

For me in particular, techniques such as yoga and the I Ching, were of particular interest, and I intend to pursue them. The readings and activities for our program presented good examples of these techniques. But those were only samples of what can be done to enhance my intuition. I will select at least one of them and develop a daily routine around the practice. In the same way that I go to the gym to exercise my body, I will use the technique to exercise my Intuitive Self.

I will keep making small changes in my daily life and in my habits that will enhance my intuition. Some meditation in the morning and trying to evoke my intuition by silencing the environment are very helpful techniques that gave me immediate results. But more than practicing, they need to become part of my day-to-day life in order for them to have an impact.

Another practice that I will continue is visiting places where I can be in peace like nature and places where my spirit feels at ease. In several of my entries, nature was a central theme for my intuition. At least once a week, I plan to visit natural settings that nurture my intuition.

I will also pursue readings to feed my Intuitive Self. Aside from my normal business readings, I will read articles and books like the ones we read for the program. As with all things in life, we have to work hard to accomplish our goals. When it comes to intuition, perseverance is needed in order to succeed!