

Last Name, First Name

Integrating Essay

Introduction

After learning about intuition and what it is, I decided that I would like to use this learning process as a way of increasing my ability to interact successfully in professional settings and to help me in my decision-making skills. Through the personal discovery and analysis required by the Rediscovering Your Intuitive Self program, I have found ways to incorporate my intuition into these activities.

While the journal process took some getting used to, I came to realize that this is probably the only way to discipline myself into thinking about intuitive experiences from all angles. At first, I did not trust the idea that perhaps my mind was connecting with elements outside my physical body to receive messages and images. I don't think that it was unreasonable to think this since I am constantly bombarded with requests to rationally justify everything that I do or think. Over the four months, I began to open my mind and contemplate these possibilities.

Content Summary

I seemed to have an even balance between personal and professional experiences throughout the program. While I did not seem to find any trends in the timing of the intuitive messages, many involved my distracted mind. Most of the experiences came to me in word rather than image forms. The majority of the experiences were classified as thoughts, usually involving some sort of revelation about someone or something or an answer to a conflict that I needed to make a decision about. The latter comes as no surprise since one of my goals for this program was to develop my decision-making skills.

Two of the experiences involved some sort of emotional and physical sensations. I am glad that I did have these types of experiences in order to provide an interesting contrast. The strongest physical sensation occurred when I was in my car at night, and I thought that I was being followed. The feeling in my stomach and on the back of my neck was quite an experience!

One occurrence in particular that was completely different was the *deja vu* experience. This was the only experience I had that completely involved only visual images. Upon further reflection, I don't think that the experience had any profound meaning, but rather my mind may have been simply "roaming free" and stumbled into a memory that resembled the current situation.

In most experiences, the message was strong and fairly clear. Knowing myself like I do, I think that only strong, clear messages will come to the surface of my awareness. I have a feeling that there are probably a great number of intuitive messages that I never recognize. However, I have come to the point where I am much more equipped to recognize these messages than ever before.

My Discoveries

I found that my experiences, while they might be intuition in the small, do not seem to take place at any particular time of the week or day or in specific settings, but rather I will have these experiences anywhere at anytime as long as I am open to them. I also discovered that I have a fear of making incorrect decisions. Actually, it would probably be more precise to say that I am afraid of the consequences associated with making incorrect decisions. I'm sure that this is something that everyone feels, but I need to learn to not let this fear interfere with my ability to come up with the right solution.

It was not surprising to see that experiences that included more rational elements occurred at work, while experiences with more intuitive elements occurred in my personal life. At work I like to organize, plan everything out, document everything and always have a to do list. My motto is, "A place for everything, everything in its place." I think that I will always be predominately a rational thinker in the workplace, but now I am certainly more aware of the possibilities that intuitive thoughts can bring to the professional setting.

This program has confirmed that sometimes I need to slow down my pace or I might miss something. I know that I get very caught up with work that I need to do, assignments that I have to finish, etc. I realize that the danger in getting wrapped up in this is that I might miss an inspirational moment or an intuitive insight. Many of my intuitive messages came to me while I was having trouble concentrating on something I was doing. I don't know if I was distracted because of the intuitive message trying to get through or if I was able to successfully receive the message because I was not as focused on one thing.

Where Do I Go From Here?

My favorite relaxation techniques that I learned in this program will always be with me. I recognize that I allow a great deal of stress in my life, but I think that I am well equipped to handle anything.

Toward the end of the four months, a general theme became quite apparent. It was obvious through some of my journal entries that I have forgotten about a very important part of my personality. I have discovered that I am yearning to get back to creative and artistic activities that seem to calm my soul and make me feel more at peace with myself.

It has been a long time since I picked up my paintbrush or sketch pencil. These activities put me "in the flow" and help me connect with an inner peace. I think that getting back to these activities will not only improve the quality of my life, but will help me become more in tune with my Intuitive Self.

I think that I have become more familiar with how I receive and interpret intuitive messages, and I have more confidence in my ability to use intuitive messages. I think the best use of this familiarity will be in future situations where there is an element of the unknown. I will have confidence that I can get myself through these situations successfully by trusting my Intuitive Self.