

<b>IDENTIFICATION</b>	<b>Identify yourself and the Intuitive Experience Profile:</b>
Name:	Last name, First name
Case ID:	1996-01-MN6145-000
Number of entries:	09
When recorded:	Wednesday
Date:	03/27/96
Time:	09:00 PM
<b>CONTEXT</b>	<b>Describe the context of the intuitive experience:</b>
When occurred:	The distribution was as follows: Monday (4), Tuesday (2), Wednesday (2), Thursday (1). The significant pattern was that all the experiences happened during the week more specifically work days. No weekend days were present (Friday-Sunday).
Date:	Not applicable.
Time:	Specific times were widespread from as early as 7:30 AM to as late in the day as 7:30 PM. If we look at blocks, most of the experiences happened in the afternoon: seven out of nine. I think this reflects the fact that I am not a morning person.
When recognized:	Most of the intuitions were recognized the same day the experience happened. This recognition also took place during work days. Three out of the nine were recognized one day after the experience happened.
Date:	Not applicable.
Time:	For the experiences that were recognized the same day, the time the experience was recognized was an hour or two after the experience happened. The predominant time was in the afternoon.
Where physically:	Four out of the nine experiences occurred in my office. The rest of them were at school, a conference room, a hotel in Buenos Aires, my car and my house garage. These findings are related to the fact that most of my intuitions were work related. My office and the work environment in general (conference room, hotel on a business trip to Buenos Aires) seem to be more conducive to intuition for me.
Where mentally:	I was concentrated on something specific when most of the intuitions happened. In most cases I was in a normal state of mind in my day to day routine. No emotions like elation or anger were a pattern. It seems that I needed to be in a calm state of mind for my intuitions to occur.
<b>EXPERIENCE</b>	<b>Describe the intuitive experience:</b>
Just before:	In all the just before situations, I was thinking about something. The situation just before the experience was such that I was able to think and listen to my mind easily. Most of the time it was a tranquil situation.

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**AT THE MOMENT:** The at the moment pattern in my intuitions was that in all of them there was a sense of clarity about an issue, situation or the like. At the moment of my intuitions, I was able to identify that the experience happened because it felt like seeing the light.

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Right after: At the beginning, there was no trend in the right after phase of my intuitions. But in five out of the last six entries, my right after was a response to my intuition. In the right after section, I was acting upon what my intuition had advised me to do.

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**OBSTACLES** Describe the obstacles to the intuitive experience:

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Physical tension: The more relaxed I was, the easier it was for me to recognize that "felt sense" that marks an intuitive insight for me. In those cases where I was experiencing more task pressure than usual, the insights didn't seem to come through with the same degree of ease.

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Fears felt: There was a fear pattern in my intuitions. These were the fear of not being a successful business person and of doing things wrong. For my work experiences, the fear of failing was present most of the time. My irrational achievement motive may be a big obstacle to my intuitive self.

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Desires felt: No clear desire pattern was evident. For some entries, a desire was not even reported. The rest were related to the specific experience without any similarity among them. Perhaps the more personally involved I was with the situation, the more likely my intuitive sense was clouded.

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Mental clutter: When my mind was concentrated on some business task, the pattern seemed to be for my mind to be full but I would not say cluttered. However for the three personal situations, my mind seemed to be roaming about all over the place with thoughts of things to be done.

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**SOURCE** Distinguish the source of the intuitive message:

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Con/Subconscious: In five out of the nine cases, the information was subconscious. On only one occasion was it a mix, and three time it was conscious. The pattern was that most of the experiences were subconscious. This may be due to the fact that I am just starting to explore my intuition and am not yet clear about when the information comes from the conscious.

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Average: 5.1

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Internal/External: In five of the nine experiences, the source of the intuition was from within myself since no external cues were involved. In three of the experiences, the information was a mix, and only one was external. Most of intuitive insight comes from within me.

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Average: 3.3

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Rational/Intuitive:	Five out of nine intuitions were a mix of intuitive and rational (4), three were intuitive (7), and one was close to rational (2). Therefore most of the information was a combination of rationality and intuition. This may be linked to the fact that most of them were thoughts. Once the thought comes into play, there is a combination of rationality and intuition.
Average:	4.8
<b>MESSAGE</b>	<b>Identify and classify the intuitive message:</b>
Type:	Most (5) of my experiences were work related. The personal experiences (3) occurred during work days rather than the weekends. The one school related experience happened on the way to school one evening.
Distribution:	3,5,1,0,0
Form:	In the "form" there was a clearer pattern. Five of the nine experiences were thoughts. This suggests that my intuition is closely related to my thinking since it generally comes as part of my thinking process.
Distribution:	0,0,3,5,0,0,1
Kind:	There was no clear pattern in the kind of message that I received. It varied among decisions, solutions, suggestions, premonitions and knowledge. However solutions was the dominant kind of message.
Distribution:	1,3,2,0,2,1,0
<b>INFORMATION</b>	<b>Characterize the information in the intuitive message:</b>
Strength:	The pattern in strength was even more clear. In eight out of the nine experiences information strength was very high. Only on one occasion was it recorded as medium. This means that I was able to sense the information very strongly when it happened.
Average:	6.6
Clarity:	In eight of my nine experiences, the clarity of the intuition was crystal clear. In only one of them, the information was very fuzzy. This pattern indicates that when I had an experience I was able to perceive it clearly.
Average:	6.3
Surprise:	The surprise pattern was very clear. Six out of the nine experiences were a total surprise. The other three were a mix of surprise and some expectations about the situation. All the experiences had a level of surprise since I'm just becoming acquainted with my intuitive self.
Average:	5.2
Accuracy:	Seven out of the nine experiences were reported as right on target, one was reported as close to being on target (6), and only one was reported as mid-range. The fact that I

felt most of my experiences were right on target indicates both the success of my intuition and how much I trust it.

Average: 6.6

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<b>EVALUATION</b>	<b>Describe your evaluation of the intuitive experience:</b>
How intentional:	Not until my last journal entry was I able to intentionally evoke my intuition. Eight out of the nine experiences were not intentional. Here is one of my biggest opportunities for developing my intuitive self.
Information use:	The pattern in the "use of the information" was directly applying what I understood the experience/intuition advised me to do. In either business or personal situations, I kept mentioning the importance of listening to my body cues and applying what my intuition advised me.
Benefits derived:	There was no clear "benefit derived" pattern. Benefits were a direct result of acting upon my intuition, but there was no apparent pattern to the type of benefits that I received from acting on my intuitions.
Personal learning:	The personal learning pattern of my intuitions was very clear. I learned to listen to myself, to my body, to my needs and to the constant cues that my body sends me. I also learned (at the end) to evoke my intuition.
<b>OTHER</b>	<b>Discuss things not covered above:</b>
Summary:	Since most of my intuitions were about work, the subjects were business opportunities or decisions. The three personal experiences were all related to incidents involving my automobile. The one school entry concerned an insight I had in class about my intuition.
Other experiences:	The other experience pattern was my "email intuition." It has grown to the point that my country managers now talk about it. On several occasions, I was thinking about information I needed from my managers. Then I would send them an email while they were sending me a message before receiving mine on the same topic.
Journal process:	In most of the cases, I had problems describing novelty and source. Even when analyzing the journals, I found some inconsistencies among numbers attached to particular ratings. This is a clear sign that I didn't come to understand those two characteristics well.

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