

<b>IDENTIFICATION</b>	<b>Identify yourself and the Intuitive Experience Profile:</b>
Name:	Last name, First name
Case ID:	1997-01-MN6145-000
Number of entries:	09
When recorded:	Sunday
Date:	03/30/97
Time:	06:00 PM
<b>CONTEXT</b>	<b>Describe the context of the intuitive experience:</b>
When occurred:	There was no distinguishable pattern for the day in which the experience occurred. The only thing that can be said is that the experiences happened all throughout the week. The distribution of days is as follows: Monday (2), Tuesday (1), Wednesday (1), Thursday (2), Friday (1), Saturday (1) and Sunday (1).
Date:	Not applicable.
Time:	Of the nine experiences, three occurred in the morning, three in the afternoon and three late in the evening. Again, there doesn't seem to be a distinguishable pattern except that they occurred at all times of the day. This is a little surprising since I consider myself more productive and alert in the morning.
When recognized:	In six cases, the experience was recognized on the day that it occurred. The remaining three were recognized within one, two and three days from the day of occurrence
Date:	Not applicable.
Time:	Of those that happened and were recognized the same day, five were recognized at the same time or within a few hours from when they occurred. Only one experience was recognized in the morning. The rest were noticed in the afternoon or evening.
Where physically:	Three of the nine experiences occurred at my office, but only two of those were actually work related. Two experiences occurred in my car with one being work related, and one was related to my personal safety. Of the rest, one occurred at the Miccosukee Gaming Hall, two at home and one at a restaurant. I guess the messages can come to me no matter where I am.
Where mentally:	Of the nine, four experiences happened when I seemed to be busy and distracted by something I should be focused on. In my case, I think that if I am really focused on a task, I probably tune out everything and would not be very susceptible to intuitive messages. In four cases, I was relaxed. These either occurred on the weekend when I don't worry about work or school or at the end of a long day. The last experience occurred when I was struggling

with a particular problem that I could not solve.

<b>EXPERIENCE</b>	<b>Describe the intuitive experience:</b>
Just before:	In many of the experiences, I seemed to be worried or stressed out about something in my professional life as well as my personal life. In the others, I did not seem to be under any particular stress and actually seemed to be relaxed. I guess this shows that the messages will come in both situations.
<b>AT THE MOMENT:</b>	In most of the situations, I felt very sure about the message that I had just received. It was almost as if someone had whispered in my ear the resolution to each problem. In these cases, I really tried to trust my intuition and act on whatever message came to me.
Right after:	In each situation that involved a resolution to a conflict or a decision on a course of action, I felt better after making the decision. I felt a sense of relief that the decision had been made and that I had to live with it and move on. I also had a strong hope that following my intuitive messages was a good idea.
<b>OBSTACLES</b>	<b>Describe the obstacles to the intuitive experience:</b>
Physical tension:	In each of the stressful situations, I felt uneasiness in my stomach. I know that this is not healthy, and I'll probably give myself ulcers someday. This is the way my body deals with stressful situations. This is the case for the majority of the experiences, but in some I was quite relaxed and didn't feel much tension.
Fears felt:	Three of the experience involved fear of confrontation. Three involved the fear of making the wrong decision. Two involved no fears at all.
Desires felt:	There does not seem to be a clear pattern for this category. Desires range from avoiding personal danger to performing well in my job. I realize now that some of the desires listed are really feelings that came about after the intuitive message rather than at the time of the actual experience.
Mental clutter:	It seems that the two major categories that the types of mental clutter would fall into relate to being unfocused and being in some sort of debate with myself. In the cases of being unfocused, I think that maybe my mind was trying to get a message through and thus I was not able to concentrate on the task at hand. In the other instances, I received intuitive messages when I was in some personal conflict or debate. The intuitive messages in these cases helped me come to resolution.
<b>SOURCE</b>	<b>Distinguish the source of the intuitive message:</b>
Con/Subconscious:	The majority of messages fell closer to the subconscious side of the scale. Another trend I noticed was that the three experiences that I considered more dependent on

the conscious mind were professional situations. I think it is safe to say that my subconscious is not as pronounced in business settings.

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Average: 5.1

Internal/External: Most intuitive messages came from internal sources. It is still difficult to think in terms of receiving messages from outside sources. Again three of the most internal experiences involved my professional environment.

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Average: 3.1

Rational/Intuitive: As the program progressed, I was better able to recognize true intuitive experiences without justifying them through rational reasons. As with the previous two categories, the three experiences that fell on the rational side of the scale were professionally related.

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Average: 5.2

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**MESSAGE Identify and classify the intuitive message:**

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Type: My experiences were either professionally or personally related. With so much of my time taken with these two aspects of my life during this program, I really only occupy myself with study related activities at very specific times of the week. Maybe this is why I did not have any program related experiences. It does not seem to be set in stone that professional messages always occur at work and personal messages always occur at home. There were several cases where the opposite was true.

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Distribution: 5,4,0,0,0

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Form: The majority of the messages came to me in the form of a thought. This is not surprising since I have difficulty "quieting the mind." It seems like there are always ideas in the form of thoughts swimming around in my head. When I reread my entries, I think that my first one should have also been classified as a thought, which would make a total of six thoughts. The two emotional experiences included physical sensations. The image experience of deja vu was unlike all of the others because it was visually stimulating.

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Distribution: 0,0,2,5,2,0,0

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Kind: The majority of messages I received included decisions and suggestions. This is probably why I found my experiences to be useful. Two messages were impulses and one was an understanding.

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Distribution: 3,0,3,2,0,1,0

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**INFORMATION Characterize the information in the intuitive message:**

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Strength: All of my messages except one had a strength of at least four. In most cases, the message did not hit me like a bolt of lightening, but was strong enough for me to stop what

I was doing to take notice. The message that was the strongest was the one that involved an emotion as well as physical sensations.

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Average: 5.2

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Clarity: All messages with two exceptions rated at least a six in this category. I think that this is due to the fact that if the message was not clear, I may not have recognized it as an intuitive experience.

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Average: 5.3

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Surprise: The range in this category showed polarity with approximately half being surprising with the rest falling in the not surprising region of the scale. It should be noted that all of my professional experiences fell on the not surprising side of the scale. Perhaps this is due to experience that I have gained at my present job.

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Average: 3.8

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Accuracy: Most experiences were more accurate than not. I had my more accurate work related experiences.

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Average: 4.6

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**EVALUATION Describe your evaluation of the intuitive experience:**

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How intentional: Out of the nine experiences, four would be classified as intentional. Again of these, three were professionally related. This seems to indicate that I am willing to use intuition in work related activities. The intentional messages seemed to come about when I was in a fairly relaxed state. The unintentional messages did not seem to be as useful as the others.

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Information use: In situations where the information seemed to be useful, the message seemed to help resolve some sort of conflict. Five of the messages resulted in useful information for making decisions or taking further actions. Two of the "flops" could have been very useful, but they were either wrong, or I interpreted them incorrectly. In only two situations, there was not much use of the information.

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Benefits derived: In four of the situations, I clearly benefited from the intuitive message. In some cases it helped me solve a conflict or helped me avoid a bad situation.

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Personal learning: As the program went on, I started to gain more trust in my intuition. There were two instances when I was wrong, and my confidence may have slipped a bit. However, the general trend was toward an increase in the ability to recognize intuitive messages and even evoke them.

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**OTHER Discuss things not covered above:**

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Summary: There does not seem to be any particular pattern to my summaries. I have already discussed the distribution of professional to personal experiences.

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Other experiences:	A few of the other experiences mentioned in journal entries involved getting a message to do something to be prepared for a future event. I strive to be prepared for most things, and these messages are what help me out.
Journal process:	I did not see any real patterns in this area, but in general, I had difficulty distinguishing between internal/external and conscious/subconscious. It did get easier as more examples were discussed in the group.

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