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# Group Seminar Audio Series

## Knowing Without Thinking: Intuition

Intuition is an intriguing yet poorly understood mental activity that has been approached from a range of perspectives including the philosophical (e.g., Kant), psychological (e.g., Freud; Jung) and, more recently, neuropsychological. Is intuition a somatic-sensory-perceptual experience existing outside of the realm of thought, a preconscious or unconscious irrational process independent of logic and reason, or a phenomenon more akin to the uncanny or paranormal in which primitive symbols are registered or enacted before they are recognized? Pragmatically, most people believe in their “intuition” but often regret instances when they did not trust it, suggesting a tension that exists between using vs. rejecting vs. not detecting what one’s intuition might actually be saying. In this group seminar, the role intuition plays in daily living and romantic love will be considered: is “living intuitively” possible and, if so, how? *This seminar was recorded on May 4, 2019, in Laguna Hills, CA.*

### Key Excerpts:

- Intuition is characterized in different ways. But a common theme among these views is that intuition has to do with the idea of perceiving reality directly, not through logic or reason. It's more like a perception of something quickly and accurately, without the obstruction of thought, reason or judgment. It's been described as “instant knowing,” more like perception or revelation than an intellectual activity.*
- The synthetic quality of intuition is described by numerous writers: disparate impressions or ideas suddenly come together in which a coherence emerges from data that were originally difficult to interpret or decipher. Mixed messages or conflicting ideas are eliminated and replaced by an organizing clarity.*

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## Key Excerpts (continued)

- *Buddhist psychology emphasizes that the human mind tends to rationalize and explain, which are obstructions to intuition and acts of intellectualization that distract a person from his or her intuitive sensibility.*
- *Carl Jung described intuition as a form of perception that involves seeing the unseen.*
- *Interpersonal empathy involves intuition: deeply understanding another person is an experience that goes beyond intellectual insight.*
- *There is a line of thought which suggests that one's personal intuition (the quality of being highly intuitive with oneself) originates in the quality of the mother-child bond; the mother's capacity to be so highly attuned to her infant that she is able to "know" what her baby needs and wants, even before the baby does, is intuition. Authors describe this as "maternal reverie" that develops during pregnancy in which the mother's emotions and cognitions orient toward a "mental set" focused on the developing fetus.*
- *The capacity to intuit in the sense of being highly attuned to and making use of one's own feeling states and primitive perceptions involves translating the experience of being intuited by the maternal caregiver with one's own self.*