

Title:

Using Intuition To Still The Mind

Word Count:

1070

Summary:

Intuition was a wonderful gift. It was also an awful curse. By instantly recognizing patterns,

Keywords:

Intuition, limbic system, peace of mind, stillness, internal conflicts, creative, anger, fear

Article Body:

Intuition was a wonderful gift. It was also an awful curse. By instantly recognizing patterns,

Each emotion set off a focused drive seeking solutions. Anger, fear, or friendliness triggered

Across species, fear dictated an escape drive, which sought safety. A deer bounded away. A bird

Modern life offered few speedy answers. Senior positions had added problems. The higher the po

Conflicting viewpoints surged in the subconscious. How could they be integrated? In a harsh an

Drives provided windows into the mind. It was a drive, which assisted in the preparation of a

The routine could begin by listing, line by line, different aspects of a problem, as it came t

Writing a list was a calming process. The questioning drive helped still the mind. Differing v

A label was entered for each line in an adjacent cell on the spreadsheet. ^Fear,~ ^Opportunity

Isolated drives were forced into the open and a balanced view emerged. Viewed together, ^Unlik

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