Module 4: You already have SOME intuition

James Bauer
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Module 4: You already have SOME intuition

Finally! We have arrived at a place where we can begin talking about your intuition and how to use it. I think you'll find this module to be much more fun and far less technical than the previous three.

In this training module, we are going to discuss how to gain access to the natural intuition you already have. We will do this with very little training. In Module 5, we will get into the specific methods needed to train your mind to develop an intuitive awareness that goes far beyond the norm. For now, we'll keep it simple. You've waited long enough, so let's get down to business.

There are three steps to releasing the intuition you already possess. The first step is to unblock yourself. As we've discussed already, there are a number of different ways our analytical, rational mind takes center stage and begins to run the show. When L-Mode is sitting in the director's chair, it becomes difficult to tune into the information available from the all-knowing, all-seeing intuitive R-Mode. After discussing ways to disengage yourself from things that block your intuition, we'll move to the second step, which is learning how to tune in. The third step focuses on giving your R-Mode a direction so it can provide information relevant to things that matter to you the most. Let's get started with the first step, unblocking intuition.

Intuition is about perceiving patterns of knowledge. Part of your mind sees patterns quite well, but, as you might have guessed, it's not the rational part of your mind, which tries to break everything into meaningful chunks for analysis. The dominating force behind that kind of mental operation is what you need to learn to turn down so R-Mode can go to work, perceiving patterns in the world around you.

Have you ever looked at one of those prints with seemingly random or repeating patterns with a hidden 3-D image you can see after staring at it for awhile? These prints showed up at kiosks in shopping malls all over the United States about fifteen years ago. They became incredibly popular. At first glance, the pictures look like some strange type of modern art. Then, a sales representative explains that you must stare at the painting and allow your eyes to become blurry in order to see the real picture. Still, somewhat frustrated, you see nothing. It just looks like a bunch of random repeating patterns. He tells you to look again. You stare intently, but see nothing. He instructs you to stop trying so hard and just gaze while letting your eyes relax into an unfocused state. Then, a ghostly image floats out from the print, forming a crystal-clear 3-D image. Whoa. It's a miracle.

Where did this magical image come from? How did it suddenly appear? After all, it was there all along, right before your very eyes. What allowed your mind to see the magnificent picture hidden inside the bigger picture? I'll tell you. These 3-D images are produced by creating tiny shifts in the recurring pattern on the picture. As you stare at the picture, your brain begins to detect these tiny shifts, even though you are not consciously aware of the micro-distortions in the pattern. Once you see part of
the 3-D illusion emerge, it only takes a few seconds for your brain to see the rest of the image. This is a concrete example of how the brain reveals patterns of knowledge, exposing the many hidden secrets happening right in front of your eyes. (If you haven't seen these 3-D images you should check out a Magic Eye Book.)

Like the 3-D image that materialized from the picture, the world is full of patterns that exist below the surface. Most of these deeper truths have never been defined by science, or even language. There are some things in life we don't yet have the words to describe. This is especially true of the elements found in relationships. Think about it — how would you describe love, affection, trust or companionship? While these experiences are very real and quite profound, there is simply no way to do them justice with the spoken word. They are matters of the heart, measured only by the value we place on them and the depth to which they are felt.

There are hidden truths all around us, but in order to see them, you usually need to give your mind permission to unfocus. You do this by relaxing, letting go of control and giving your reflective mind the space it needs to think. This is another one of those ideas that is difficult to put into words. It's kind of like wiggling your ears. Even if you know how to do it, it's almost impossible to explain it to someone else. For situations like these, I find that examples and metaphors are the best way to approach the process of communicating. Let's take a look at another situation where the analytical mind must be turned off in order to tap into your intuitive mind.

Dr. Betty Edwards wrote the now famous book Drawing on the Right Side of the Brain. The book is a beginner’s guide to drawing lifelike people and objects. What Dr. Edwards discovered is that most people who claim to have absolutely no artistic ability can actually draw better if they copy an image when it is turned upside down. Can you guess why this is true?

Here’s what happens. When you see a drawing of a person’s face, and you try to draw their nose, your analytical mind labels this as “the nose.” This recognition fills your mental space with ideas of what a nose is supposed to look like. As a result, the nose you attempt to draw is forced and awkward. It takes on a misshapen appearance better suited to a cartoon character than a real person.

An interesting thing takes place, though, when you turn the lifelike drawing of a person upside down and try to copy it that way. It helps to turn off the analytical mind as you attempt to draw what you actually see. Rather than following the stereotype your L-Mode has defined as “what a nose is supposed to look like,” your R-Mode
replicates the actual nose in front of you with grace and style. When you copy an image that has been turned upside down, your right brain is analyzing patterns of shadows, line thickness and line direction as you move your pencil across the page. It's the free-flowing process of tapping into your own creativity, which allows your mind to use a visual pattern recognition method of processing the world.

When I first tried this exercise, I was astounded at the difference in my ability to accurately copy a pencil drawing. Dr. Edwards' course goes on to teach you how to “see” things in a way that allows you to understand how to draw them. Her book contains a number of different exercises designed to force the analytical mind to stop running the show. Her art students have benefited greatly from this discovery and now, you will too.

THE NAME OF THE WIND

I read a fascinating story by Patrick Rothfuss, a fictional book about a world where magic exists in a form that is studied like science. It is called The Name of the Wind. In the story, people go to a university and study various forms of magic. Most of the magic is formulaic and involves following patterns that are gradually mastered through habitual memorization and the learning of concrete principles. The title of the book takes its name from the quest of the protagonist (the hero of the story) to master an elusive form of magic that cannot be known to the conscious mind.

A “name lore” professor in the book seems to have mastered the names of many things and the protagonist seeks his instruction. The professor is able to command the things he names to obey his will, which is essentially the plot’s focus. For example, someone who has learned the name of fire can command the fire to move anywhere, to grow, or to extinguish itself. A man or woman who learns the name of the wind can command the wind to rush at an enemy or direct the falling of leaves from a tree.

What fascinated me about this story was the unfolding drama associated with the protagonist’s attempt to learn the name of the wind. He was extremely bright and able to learn just about anything with little effort, but learning the name of the wind is not something he could study in a book. The process of discovering the name of wind, fire, or stone came down to an unconscious form of “seeing.” In order to understand the thing they wished to control, a person had to find a pattern at its very core, the pattern which made a thing what it was.

The protagonist soon comes to believe the professor is kind of crazy. The classes he teaches about the art of naming seem ridiculous. They don't seem to have anything to do with a logical approach to learning anything. He’s encouraged to study poetry, read archaic books about strange and abstract concepts, and to wander about and observe things. The professor specifically recommends that he sit for long periods of time, just watching the wind blow leaves around in swirling patterns.
The protagonist becomes frustrated with this process and gives up on the hope of ever learning the art of naming. Then something interesting happens. At a moment of need, all the time he spent sitting and watching leaves blowing in the wind proves quite useful. He suddenly perceives the name of the wind as if it was a part of himself, as if he owned it. When he says the name of the wind, those around him interpret his words with their analytical minds, failing to understand the nature of the words he was actually speaking. The wind obeys him and everyone is amazed, including the protagonist, even though the onlookers do not understand why.

What happens next is even more fascinating. The moment quickly passes, and he cannot remember the name of the wind. Straining with his conscious mind, he is unable to force himself back to the understanding he had glimpsed just moments before. Later on, a similar experience occurs while his mind is preoccupied and he is again able to name the wind. Gradually, these moments become more frequent and, in a sense, he is able to see without seeing. As the protagonist learns to observe the wind for what it is, rather than trying to control it or understand it with his rational, analytical mind, only then is he able to influence it consistently. (Check out the Name of the Wind on Amazon)

I relayed this portion of this particular book for a single purpose. I need you to understand that your intuition is much like the wind. It is a very powerful, but invisible force your rational mind cannot easily conceptualize. To make matters more complicated, the harder you strain to label it or analyze it, the more you will turn it off.

As you learn to open your mind to intuition, you will have moments of awareness and clarity. You will still not be able to point to your intuition and say, “Here it is and I can explain it,” but you will know when you have touched it. Intuitive knowing is not a task you can simply try harder to accomplish. It doesn't work the way logical, conscious thoughts do. It is something that happens when the right conditions are present, and when you truly let go.

In order to develop your ability to tap into your own natural intuition, there are a few very specific conditions you should strive to attain. First, you start with an intention. Purposefully pay attention to feelings in your body, the subtle sensations or images that arise in your mind, and the feeling of awareness that emerges without any explanation of where it has come from. Next, give your mind and body time to be bored, sleepy and relaxed. Breathe deeply. Wait patiently. With today’s modern lifestyle, we have become addicted to adrenaline. We're constantly on the move, busying ourselves with…well……busyness! Let go of your obsession with adrenaline and your need for movement. Intuition is not to be found while you’re rushing. It is quiet. It rises silently in the mind and can be easily overlooked when your mind is busy, hectic or over-stimulated.

Teachers of intuitive knowledge often advise their students to spend time soaking in the beauty and splendor of nature. I believe this is because of the change of pace of the mind experiences during a quiet stroll down a path in the forest. It's as if the part
of your mind that senses patterns picks up on the slow, subtle rhythm of the gentle breeze passing through the treetops and the warming of the soil where the sunshine reaches the forest floor. This may sound like some bizarre mystical phenomenon, but I believe there is real truth to it.

Nature offers such a calming element, in fact, that children with Attention Deficit/Hyperactivity Disorder (ADHD) have been found to demonstrate far fewer symptoms of the illness when they spend time outdoors in a tranquil setting. I learned this from a psychologist who keeps up on the latest ADHD research because he works with children who have the disorder. Even more surprisingly, research has shown that spending time in places plentiful with flourishing plant life actually reduces symptoms of ADHD even when the children come back to their routine lives in a city that consists of cement streets, crick walls and ceramic floors. Here’s what we can take-away from this information: take time to smell the roses. When you practice paying attention to the messages that arise from your intuitive awareness, slow down.

NOW GIVE R-MODE A DIRECTION

Once you have dialed down your analytical, L-Mode thinking and slowed down your mind enough to pay attention to the subtle experiences happening in your own thinking, the next step is to give your R-Mode a direction. Essentially, you will use mental intention to show your R-Mode CPU what information would be helpful to you.

In training Module 5, we will be tapping into a more complicated method of using intuition. As I explained in the beginning of this module, you will receive very little training here. The following information is provided just to get you started with what is already present in your mind and available for you to use without practice. I think you may be surprised at just how simple these instructions really are. Nevertheless, I feel I must mention something. If you feel surprised by the simplicity of what I’m about to say, recognize that your L-Mode is trying to analyze the nature of my instructions. It’s not that these instructions are complex –but the art of paying attention is.

So, here’s the next, very simple step: ask your mind a question and then wait for an answer. I told you it was simple! You might think this is a silly exercise and you may even be wondering, why am I doing this? Here’s your answer: asking yourself a question and waiting for a response is the easiest and most direct way to use curiosity as leverage to get your R-Mode looking into a problem or situation.
Unfinished business has a strange effect on the human mind. Researchers have found that even the conscious mind returns to unfinished conversations, incomplete math problems and unread storybooks far more often than it returns to situations that have been reconciled. This effect seems to be magnified in the R-Mode of mental processing, which is quite elusive and mysterious in nature.

When you're just starting out and learning how to shift your mind into to R-Mode, pose questions to your mind, but don't expect an answer for a few days. Simply ask yourself a question and decide it is important to review what you already know about that question. Decide to listen for the insights your intuition will bring. Remember, though, that R-Mode does not think using words—it is a sensory and imagery-based thought process. Your answer will likely come as an “ah-ha!” moment rather than a definitive answer.

Let’s say, for example, you are trying to decide whether or not to accept a position at a new job. Rather than asking yourself, should I take this job?, you will likely get better results by imagining you have already decided to take the new job. Then, use your imaginative R-Mode to see yourself in that job a year from now. Pay attention to the feelings and imagery that arise. Your unconscious mind will fill in the gaps as you attempt to visualize this scenario, offering you insights that were previously unknown. Ask yourself, “How will I feel about it in a year from now?” Pay attention to your feelings, not just your thoughts, as you contemplate this question and become aware of the subtle sensations that arise.

So, what if the question was, is this relationship the right one for me? This is a question you have likely asked yourself before—maybe even several times. If the answer was yes, and the relationship didn’t work out, you may have concluded that you can’t trust your own judgment. If the answer was no, you may have gone ahead with the relationship anyway. In spite of your mind’s negative response, you probably decided to give it a chance, thinking, what if I’m wrong and he is the right one for me? I might miss out on my one chance at true love! Either way, here we are, working together to boost your confidence so that you can begin to listen to—and trust yourself—to take constructive action in the area of dating and relationships.

In the past, you have probably asked very broad questions, which leave a lot of room for the mind’s own interpretation. For instance, when you ask if a relationship is the “right one” for you, what do you mean? “The right one” is a generic and highly unspecific term. This may have meaning to the analytical L-Mode, but it doesn’t mean much of anything to your R-Mode process. You will get a better answer when you get more specific, rather than leaving things to chance. Ask yourself, will I feel joy welling up within me when I spend time with this man on a date in six months? Now, imagine that date six months from now. How do you feel?

As you practice these concepts, you will see improvement in your ability to distinguish between random imagination and purposeful intuitive knowledge. With practice, you will glean insights from the feelings in your body when you imagine a
future with a man six months from now. You will gain awareness from the subtle images that arise in your mental holograms, images you did not consciously construct when you decided to envision a future situation. As your ability to distinguish between imagination and intuition improves, I promise your confidence in your own intuitive understanding will grow by leaps and bounds.

Here are another couple of examples of how to pose a question when directing the focus of R-Mode thought. Let’s say there’s a cute guy you recently met named Ryan. You both work for the same company, but in different departments. You’re trying to think of a good excuse to start a conversation with him. One way to involve R-Mode is by saying to yourself, “By 6 p.m. tonight, before I pull my car into the garage, I will realize the perfect way to start a conversation with Ryan from accounting Monday.” This isn’t so much a question as it is a statement. However, there is a question—or riddle—embedded within the statement for your R-Mode to find an answer to.

You might also try something like, “Before my subway commute gets me back to the office tomorrow morning, I will realize something useful about Ryan. Although I will not know how I know it, I will use the information to make a connection with him.” This method is a bit more daring because it broadens the scope of possible answers, none of which you will be able to verify until you actually talk with him. In time, however, with practice and experience, you will learn to trust your R-Mode to come up with this kind of information.

Notice that in these last two examples, there was a deadline involved. Rather than relying solely on a clock number (although this can be helpful), these deadlines were given to evoke images of places and associated times, which are more meaningful to L-Mode than R-Mode. Time limits often work, but sometimes they don’t. Many people who have put these concepts to work have discovered that time deadlines seem to increase the chances that R-mode processing will reveal a given answer.

**Interesting Side Note: Speaking of Deadlines**

Does R-mode keep working at night? It seems like it does, at least for part of the time we are asleep. I have heard people say they can wake themselves at a certain time the next morning by instructing themselves to do so the night before. Just before drifting off to sleep, they simply instruct their mind to wake up at a specific time. Like clockwork, they are awake within five to ten minutes of the time frame they set for themselves. This is an unexplained phenomenon, much like the many other mysterious elements of sleep, which continue to baffle scientists. But I have a sneaky suspicion that R-Mode is responsible for this internal alarm clock. How else would people be able to wake from sleep at a designated time just by envisioning it?

The truth is, no one really knows why we need to sleep at all. We don’t fully understand dreams, and we don’t certainly understand how our mind can
conceive magnificent ideas while we are in the state of dreaming. Inventions are a good example of the powerful ideas the mind can conjure during sleep.

One invention that took shape during a dream was a specific type of needle required to operate the modern sewing machine. Elias Howe, the 1850s creator of the lockstitch sewing machine, had been working on the device for quite some time, but was at a hopeless standstill when it came to designing the proper needle. Finally, a dream revealed the solution. Howe dreamed he was captured by African cannibals who were using spears with holes in the tips as weapons. Waking in a state of fear, he examined the content of his dream and discovered the solution to the dilemma he had been facing in developing an automated sewing machine. The hole in the tip of the needle was the breakthrough he’d been looking for.

Here’s another interesting idea related to setting mental deadlines. Productivity experts claim we can increase the speed required to accomplish tasks with a method called time crunching. Time crunching requires you to set a timer and complete a mental task before the timer runs out, such as writing a report or editing a document. It has been discovered that even though people are given the same task regardless of the time limit, they tend to use whatever amount of time they are given. Surprisingly, by setting the timer for a shorter amount of time, the speed with which the mind flies through the task increases. Conversely, when given more time, we feel as if we worked just as hard, though it takes longer to complete the task. This is quite amazing when you think of it!

Use the Language of Your Unconscious Mind

You may have already noticed the importance of imagination in the sample questions and various examples above. You might like to think of Imagination as the playground of your mind. More importantly for our purposes, imagination is the language of nonverbal thought. Since R-Mode primarily operates nonverbally, you will discover that most of your intuitive insights are buried within the format of visual and sensory modes of awareness. As a result, I want you to learn a few tricks to incorporating imagination into the questions you pose for your R-Mode to process.

As I mentioned earlier, the best way to present a question to your intuitive mind is to do so in the form of a visual image. For instance, when you’re facing a decision with two or more options, you can use an imaginary fork in the road. Create a vivid mental image of the place where the road splits. See two signs representing the different decision possibilities before you. Now slowly (v e r y s l o w l y), walk down each path in your imagination. Give R-Mode time to influence the scenery and create a unique experience as you progress down each individual path.
Remember, your mind has observed patterns and information far beyond your conscious recollection. This information will naturally populate the content of your imagination. The trick is learning how to slow down enough to notice it. Keep in mind that intuition is the awareness of patterns and other information outside your conscious awareness. Many times, awareness of patterns allows your R-Mode to predict things about the future, information that may not come in the form of words. By slowing down and paying attention to imagination, your R-Mode is able to communicate to your rational mind.

A good way to tap into the language of intuitive imagery is to give your intuition a specific visual image to use as a form of communication with your analytical, logical mind. There are many different ways to use images to represent something, allowing your imagination to fill in information from your intuitive “feel” of a situation.

For example, think about a relationship you’re in and place that relationship inside the visual image of a beautiful, red rose. Imagine the rose represents your relationship. Concentrate on the image of the rose in your mind—visualize the soft, velvety petals, the sweet fragrance, and the swirling pattern of the flower. Then, watch to see what happens to it. Does it thrive and bloom beautifully? Does it wither or look dry and neglected? Does you feel the joyous essence of a rose, or do you experience the pain of its thorns? Simply put, your mind’s manifestation of the rose will reveal the substance of your relationship.

Okay, let’s say you’re trying to think of a good date idea for a guy who has a certain personality type and specific interests. You don’t want the date to be a flop; you want to impress him with your ability to create a memorable evening he will enjoy as much as you do. In this case, you would focus on imagining the end of the date. Imagine the laughter in his eyes as he says good night to you, telling you he had a really great time. Don’t imagine the middle of the date. Just imagine the beginning and the end. Now ask yourself, what caused him to end up with happy eyes lit up like the Fourth of July? What did I do to create the energy of laughter and joy?

Next, start focusing your analytical mind on what you consciously know about the guy. Feed your R-Mode with things you know about him in the form of mental images. For example, you might picture him on his motorcycle…or concentrate on the quality of the fabrics he tends to wear…or picture the lean muscles in his forearms. You don’t say these things to yourself with words, you use mental pictures. Next, give your R-Mode space to roam. Basically, do free association that has to do with fun activities. Don’t put limits on where your mind goes with this. Allow ideas to pop into your thoughts as they arise, some of which will come immediately after doing this exercise. The answer will come to you and soon, you will come up with the perfect date for your special guy.

See, wasn’t that fun? Without much training, you have just trained your mind to think in terms that are pleasing to R-Mode. You now understand that R-Mode is about visualization and imagery, rather than words. You also learned how to ask your mind
a question that will bring about an intuitive answer. You may not realize it, but you are already well on your way to becoming more confident in your ability to make better choices about your dating life and romantic relationships. In fact, if you let R-Mode work on this idea for awhile, you will soon begin to feel more positive about the situation entirely.

Now, onward! Let’s jump into module 5 with both feet, where you will learn how to develop your intuitive insight.