Intuition and Energy Practices:
Accessing the Magic of Mind/Body Wisdom
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2018

Experimental between subject design of 111 students shown images and sentences from the International Affective Picture System, after random assignment to emotionally neutral, positive or anxious conditions. Rated level of anxiety before and after exposure to the IAPS. Found that anxiety was associated with poorer performance when deciding if the images and three sets of words were coherent (matched conceptually) or were incoherent, compared to the groups of positive or neutral emotional states. Differentiated between insight and intuition, by excluding solved coherent triads from the findings.

2017

Sudden “Aha!” experience when solving puzzles is a marker for insight in cognitive research protocols. Experimental test of 70 undergrads who were presented with 37 challenging magic tricks from a professional magician in short video clips, yielding 2450 observations. Subjects were not told if their solutions were correct. They rated their solutions for Aha! Experiences, suddenness in the emergence of the solution, certainty of being correct, surprise, pleasure, relief and drive. Time taken until arriving at solution was also recorded. Found that false insights exist; Aha! Experience consists of pleasure, suddenness and certainty. Correct solutions emerge faster ([t = 6.26, p < 0.01]), lead to stronger Aha! Experiences, and higher ratings of pleasure, suddenness and certainty. Correct solutions led to relief, whereas incorrect solutions led to surprise.


Experimental test if subjects (n = 323) self-reports of intuitive ability predicted success in implicit learning tasks with social (learning associations between online type profile pictures) and nonsocial (learning grammar for letter strings) trials. Used Preference for
Intuition Scale (Betsch, 2008), Faith in Intuition Scale (Epstein et al. 1996), measure of experiential thinking (Pacini & Epstein, 1999) for self-reported intuition ratings. Subjects learned the tasks, but self-rated intuition was not an accurate predictor of their effectiveness. In fact, those higher on self-rated intuition were worse at predicting outcome on nonsocial implicit learning task.


Descriptive, correlational, cross-sectional prospective study of use of intuition with 98 practicing nurses (medical/surgical, step-down/progressive care, critical care) at a medical center’s clinical units. Measured intuition with the Rew Intuitive Judgment Scale (RIJS) via work email addresses, and Benner’s novice to expert ratings on a proficiency self-report measure. No differences found in intuition scores from the three groups. Higher ratings of proficiency and more years of clinical experience were associated with each other, as well as with higher scores on the RIJS


Meta-analysis of data found women outperformed men on the Eyes Test (Reading the Mind in the Eyes Test, Baron-Cohen, Wheelwright, Hill, Raste and Plumb, 2001), when choosing accurately from four descriptors of photographs of pairs of eyes: playful, comforting, irritating, bored. Based on data from 88,056 research volunteers of European ancestry from 23andMe Inc, and 1497 research volunteers of European ancestry from the Brisbane Longitudinal Twin Study. (Female advantage: Cohen’s d = 0.21, P<2.2x10^-16). Genetic marker accounted for 5.8% of the variance in the overall sample, and 28% of the variance in twins on the Eye Test. Purported that success on the Eyes Test is a measurement of cognitive empathy, or “the ability to recognize what another person is thinking or feeling, and to predict their behavior based on their mental states.”

2016


Descriptive phenomenological study of semi-structured interview of 12 critical care nurses regarding intuition. Three themes arose from the interviews related to use of intuition: patient condition, nurse readiness, and outcome.

2015


Compared sudden, “aha” type discontinuous processing with gradual continuous intuitive awareness in fMRI study of 19 German students. Triad word groups were either conceptually coherent or incoherent. Measured subjects’ reactions when they predicted the fourth word in the triad. Intuition decisions were mainly correlated with the orbitofrontal cortex. Priming-based decisions were associated with suppression of the right temporo-occipital complex. Data was consistent with continuous intuitive awareness.

2014


Used magnetoencephalography to record electromagnetic brain responses to a visual coherence judgment task. Found the orbitofrontal cortex (OFC) was activated when 24 German university subjects perceived visual coherence, which began prior to activation of the temporal object recognition area. The OFC activation was independent of physical stimulus characteristics, task requirements, and subjects’ explicit recognition of the stimuli. May point to the brain’s early detection system for intuitive decision making.


Meta-analysis of 26 reports (1978-2010) studying stimuli of two or more types, presented in unpredictable order, leading to different post-stimulus physiological activity. The direction of the pre-stimulus physiological activity reflects the direction of the post-stimulus activity. This connection yielded an “unexplained anticipatory effect.” Measured heart rate, blood volume, pupil dilation, EEG, blood oxygenation, EMG. Two independent variables: randomly occurring arousing vs. neutral stimuli; guessing tasks with feedback. Found unexplained anticipatory effects, delay of one to ten seconds between pre and post-tests. Fixed effect ES = 0.21 (p<2.7 x 10^-12). Random effects ES = 0.21 (p<5.7 x 10^-8). Small effect size with highly significant probabilities, not due to gender or practice effects.

Developed the 23 item self-report Types of Intuition Scale (TIntS) measuring holistic (integrate diverse information in Gestalt-like manner), inferential (analytical process becomes automatic) and affective (feeling based) components, based on studies of 840 college students and German adults. Scales were internally consistent and stable over time, with evidence for each component measuring unique characteristics. Concurrent and predictive validity was measured using Occupational therapists and music students. Holistic and inferential factors were superior at prediction than was the affective factor.

2013


Meta-analytic review of data from subjects representing 10 countries, found small but statistically significant advantage for females compared to males, in decoding nonverbal behavior on the Eyes Test (Reading the Mind in the Eyes Test, Baron-Cohen, Wheelwright, Hill, Raste and Plumb, 2001), when choosing accurately from four descriptors of photographs of pairs of eyes: playful, comforting, irritating, bored (g = .177, k = 42). Analyzed possible moderator variables to account for findings, which did not yield explanatory effects (language used during administration; country of origin; research groups, data procurement methods). Conclusion that women tend to be better than men at judging emotions or mental states represented by eye stimuli.

**Bibliography**


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Resource Recommendations

Association for Comprehensive Energy Psychology (ACEP)  
http://www.energypsych.org

American Holistic Nurses Association (AHNA)  
http://www.ahna.org

Biofield Research Organizations:

International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM)  
http://issseem.org/conference.html

Institute of Noetic Sciences (IONS)  
http://noetic.org

Consciousness and Healing Initiative (CHI)  
https://www.chi.is

Additional Resources:

Holistic Chamber of Commerce  
http://www.holisticchamberofcommerce.com
Intuition Self-Study

Intuition is defined as the ability to understand or know something immediately, without conscious reasoning.

Using this definition while adding your own understanding of what intuition means to you, consider the following questions as you reflect on your experiences with intuition in your life and career.

- Are you aware of intuition in your daily life? If not, would you like to be more aware of it?
- If you are aware of intuition, do you follow intuitive information you receive? Why or why not?
- Do you have beliefs or opinions about intuition that affect your perceptions of intuitive information?

If you use intuition or want to expand its use in your life...

- Does it work for you sometimes, but not always, or in certain situations?
- Does it depend on how you are feeling, or the types of people you are around?
- Is it dependent on your state of awareness, relaxation, or need to work with a pressing matter?
- Are you aware of patterns in yourself and the environment that influence the quality and frequency of intuitive information?
- Do you want to enhance or change how you use intuition?
- Do you use intuition in your Energy Psychology or related practices? Why or why not?
- Would you use intuitive information for some clients and not others? Why or why not?
- What happens when your Energy Psychology practice guidelines or ethics are in opposition to intuitive information? How do you proceed and based on what resources?
- What happens when your intuitive information is in conflict with the intuitive information from your client?

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Dear Intuition Explorer:

This guide is designed to offer you several approaches that you might implement when exploring the world of intuition. The language of intuition speaks to the unconscious, right brain, feeling states, and non-ordinary levels of consciousness. When entering this special time and space, consider following these time-tested guidelines to ease your journey so you can have an experience you treasure and want to repeat.

- Intuitive exploration responds well to an open mind and a gentle heart.
- Take time to explore with an attitude of deep respect for what comes into focus.
- Please exercise sound judgment as you approach these tools. Listen to your inner wisdom about what to try, when to try, and when to stop the exercises.
- You can seek consultation or support from others if you feel you need assistance, including psychotherapy and/or spiritual guidance.
- Make sure to offer gratitude to that which you honor when you begin a session and when you end a session.
- When integrating the experience, and seeking new awareness, ask for what you need, or something even better than what you received.
- Remember: What you focus on...grows!

May you receive love and light,

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Exploring Intuition Users Guide

Intuition and Energy Practices:
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Getting Started: How to Begin

Record Keeping

Keep a record of daily or weekly intuitive experiences. Note where and when they occur, how you feel, what you thought, and if you are alone or with others. Note any unusual changes in the environment. Are you in a non-ordinary state when they happen, or when you become aware of them? What can these experiences teach you about yourself or your life?

Sleep Suggestions

If you want to expand or modify your intuitive experiences, state your intention to do so before going to sleep. You can also request that your intuitive experiences lessen or change in tone or frequency. You can place a note to yourself under your pillow stating that you are open to having a safe, enjoyable and educational intuition experience. See what happens that night and the next day. You may not receive immediate results, so consider trying for a month or more.

On Your Way: Intermediate Steps

Pair Up

Find a partner to share your intuition experiences. You can both try the same techniques and compare your reactions. You can also simply both make a commitment to be more aware of intuition, and then discuss what unfolds for each of you.

Go Within

Sit quietly in a safe place where you will not be interrupted and close your eyes. See what arises. Be open to whatever wants to emerge without judgment. Take as long as you like. Write down or speak aloud into a recorder (cell phones work well this way) your experiences that happened during the quiet time, or any thoughts, images, sensations or feelings that surface once you open your eyes. You can also draw whatever comes to mind. Put away the work and live your life. Go back at the end of the day, week or month and see if there are any connections between what came to you and your current circumstances.
Live in the Moment

Set an intention that you will become aware of intuitive experiences while you are living your daily life. Pay attention to synchronicities that have meaning for you, such as associations, phrases, slogans or songs that are related to your experiences. Notice sudden changes in your plans, chance encounters, and unexpected ease and grace. Discover what these experiences mean to you. Maybe they are simply a greeting from another way of being.

Ready to Soar: Taking It to the Next Level

Sacred Space

Create a ritual to enhance your intuitive experiences. Gather objects that have meaning to you, and take them to a sacred place, a location in nature, or to an inner landscape. Decorate your experience with costume, art, scent, or by listening to your favorite music. You can create your own sound using instruments such as drums, flutes, rattles, or your own voice. Set an intention for the experience. You can do this alone or with others. Offer gratitude to your ancestors or that which you consider holy or sacred before you begin, as well as after you close the experience. Give yourself time to reflect on the experience and see what if anything has changed in the coming days or weeks.

Wisdom Traditions

Consult with advanced wisdom sources to help you with intuition. This may take the form of retreats, wise elders, religious or spiritual gatherings, prayer work, meditation, oracles, or guides. Use your discernment with these experiences.

Pay It Forward

Be aware that as you grow, others may seek out your wisdom. It may be that others may try to give their power away to you; act with respect for them and their needs, using sound ethical guidance. Continue working on your own self-awareness and growth so you do not confuse your own needs and desires with those of others.