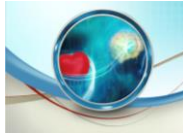
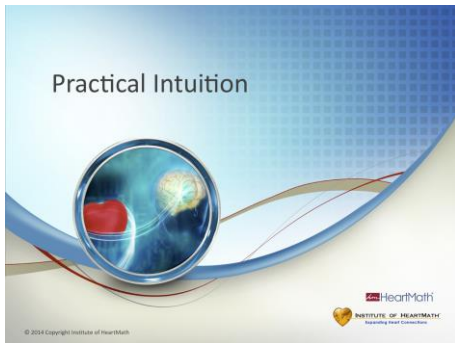


Intuitive Intelligence

It's Role in Social Cognition and Decision Making



Michele Mariscal
National Wellness Conference
June 18, 2018





Repeat Entrepreneur Study

Research conducted on repeat entrepreneurs found that 80% reported relying on intuition when making important business decisions.

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The Courage to Follow Your Heart

"Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."



— Steve Jobs,
Stanford University Commencement Speech, 2005

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Types of Intuition



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The Electrophysiology of Nonlocal Intuition



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Nonlocal Intuition Research Findings

Sometimes, if a future event is emotionally relevant, the heart can produce a signal that alerts you before the event takes place.

This intuitive intelligence reacts faster than the mind can perceive and bypasses standard thought processes.

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Benefits of Intuition

- Accessing your deeper wisdom and intelligence
- Aligning with your core values and sense of purpose
- Interacting more harmoniously with others
- Knowing what to say in awkward situations
- Taking charge of unnecessary energy expenditures
- Accessing creativity and making more intelligent decisions

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Keys to Accessing Practical Intuition

- Shift into a coherent state to quiet mental chatter and emotional unrest.
- Pay attention to intuitive feelings and perceptions.

We can learn to more frequently access our intuitive intelligence, that inner sense of knowing, so we can make more intelligent choices, moment by moment.

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10

Freeze Frame® Technique

An Intelligent Energy Self-Regulation Technique.



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Freeze Frame Technique

Freeze Frame is a multipurpose technique for stopping energy drains and gaining clarity by accessing more of our intuitive intelligence.

It's especially helpful when you have to make a quick decision or when out-of-the-box solutions are needed.


Shifting your physiology into a coherent state improves your mental functions and helps you access a wider range of intelligence.



Freeze Frame® Technique

Step 1:
Acknowledge the problem or issue and any attitudes or feelings about it.


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Freeze Frame Technique

Step 2:
Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).


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Freeze Frame Technique


Step 3:
Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

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Freeze Frame Technique


Step 4:
From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.



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Freeze Frame Technique

Step 5:
Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.



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Freeze Frame® Quick Steps

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act



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Getting In Sync for Each Situation

After getting into a coherent state, ask yourself what would be the most appropriate attitude for handling each situation.

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