

## Using Intuitive Intelligence in Everyday Life

In the previous chapters of this book I have used my own life story as the key example of how integrated intelligence can be used in an individual's life. There are many other people who also use integrated intelligence, in part or in whole, in their everyday lives. In this chapter I am going to show you how you can begin to incorporate integrated intelligence into your own life. I will centre these around the core operations and end states of integrated intelligence that I outlined in the previous chapter: Integrated perception, location, diagnosis, evaluation/choice, foresight, and creativity and innovation. The end states - personal and planetary transformation - are by definition an end result of the application of the core operations, so I will not directly deal with them here. This chapter is meant to be general in nature. However I will expand these ideas in a book to be published at a later date.

Integrated intelligence is by nature a nebulous intelligence. It does not work in direct linear form, like say, the way logic and mathematics does. It is therefore best used in conjunction with other ways of knowing. There is nothing incompatible about mystical and rational ways of knowing, as I have emphasized throughout this book.

The key is practice. You have to use the intelligence in order for it to expand. You will make mistakes, so you need to think carefully whenever you employ it.

I have seen people employ integrated intelligence in their lives with varying degrees of confidence. Please do not feel that I am suggesting here that you will become some kind of omniscient, all-knowing guru after reading this chapter. Relax, that will not happen. But what is possible is that you will be able to gain a greater competence with a spiritual thread that runs through you. This may vary from person to

person, and according to the amount of time and energy a person wishes to apply to the process.

## **The Four Tools**

Here I am going to outline four basic tools you can use to begin to develop your capacity for integrated intelligence. These are: using an I.I. diary, meditative states, free-form writing, and developing the feeling sense. All are relatively simple to understand as concepts, although they also require at least some degree of self-discipline. The more time and energy you put into using these kinds of tools, the more proficient will become your integrated intelligence.

### **Using an I.I. Diary.**

This is the most important of all the tools for beginners. Get hold of a large hard cover diary. It is worth buying a good one, because you want it to last. All the things you record in it may not make sense at the time, but when you look back later, maybe even years later, you may find your recordings invaluable. Alternatively you can put your I.I. (integrated intelligence) Diary on your computer, but as with all important writings, make sure you have at least one backup file saved elsewhere!

I recommend that you use your I.I. diary to record your dreams, intuitions, the synchronicities you experience from day to day, impressions of meditations, and any auditory, visual or feeling impressions that come to you at any time. I like to write not only the dreams, images and feelings about things, but to record my interpretations of them also.

When I started keeping an I.I. Diary this many years ago I wrote in it almost every day. It is up to you how much time you want to invest in it.

The greatest benefit of the II Diary is that it begins to make the link between the fragmented and integrated minds tangible.

### **Meditative States**

It is well appreciated by mystics and many parapsychologists that cultivating non-ordinary states of consciousness is invaluable in accessing intuitive and spiritual knowledge - what is sometimes called the non-local mind. Throughout my life after my mid twenties I used these states very deliberately to glean data from transpersonal sources, and my own subconscious, as you can readily appreciate from the previous chapters. Meditative states are an intimate part of the development of integrated intelligence. You too can familiarise yourself with this tool through deliberate meditation, or by taking advantage of the drowsy states between sleeping and waking - the hypnopompic and hypnogogic states. For the sake of convenience, hereafter I will refer to it as the hypnogogic state. This state will develop naturally when you are falling asleep and waking up. But you can enter it deliberately through meditation also.

To bring about the hypnogogic state, sit quietly in a chair (or wherever you feel comfortable), and relax. Focus on your breath, and breathe deeply in and out. As thoughts move into your mind, just allow them to pass. If you like, you can imagine them being placed inside balloons and watching them float away. When you are first trying this process, a good time is when you are actually feeling tired, such as in the middle of the afternoon or just before bed. This way you will naturally tend to drift towards sleep when you sit and relax deeply. After some practice, you will be able to do it more readily even when you are feeling alert.

This process is a little different from some other forms of meditation, in that you are deliberately trying to begin to fall to sleep. In most forms of meditation it is important to remain alert as you enter deep

rates of consciousness, and the images that come before the mind may be seen as a distraction. But not with the meditative state that I am referring to here. As you relax, you may find yourself becoming too drowsy or nodding off. If so, simply persist in bringing yourself awake - but not fully awake. If you practice this meditative process regularly, you will become adept at moving towards sleep, but not quite succumbing to it. When you find yourself just shy of sleep, put questions out to the universe/Spirit/the unconscious (or whatever you want to call it). Then observe what comes before your awareness in the form of feelings, images, sounds and words.

There is no need to be impatient with this process. Pushing for answers will only bring the distracting voice of ego into the equation. If you get no definite answers, simply repeat the questioning process every minute or so. Even if you get no answer during the entire meditation, one may spring into your mind at a later date, during a dream, or a synchronicity in your everyday life may answer the question for you. Regardless, your own subconscious will go to work on the problem, and begin to pull information and data together, both from mundane and spiritual sources. Just trust that the answer is on its way. Some questions and problems have complex answers. A full understanding of them may take some time, maybe even years with some big issues (but hopefully not that long!). Some questions have no definitive answer, and merely present an opportunity for a deepening appreciation of the problem. Other answers may come in an instant. As you develop wisdom and come to understand how this intelligence works more fully, you will be able to discern more easily how such 'answers' develop.

When you finish the meditation, record what you have experienced in your I.I. Diary. If you want, you can later analyse the meaning of what you have 'seen'. You will not be able to do this during the meditation, because the analytical mind cannot operate effectively while in deep states of relaxation, and vice versa.

There is one thing you will notice as you use these processes. After some time you will be able to slow the mind and access these deeper states of consciousness in very little time, perhaps even immediately. You will also become more aware of the way the subconscious mind is constantly operating even during 'normal' states of waking consciousness: bits and pieces will sneak through from the deeper levels of mind even as you are going about your everyday life.

### **Free-form Writing**

The idea of stream of consciousness writing or automatic writing has been around for a long time. Personally I think it is one of the best ways to get in touch with the intuitive right brain, and this includes the voice of Spirit. It involves a kind of non-ordinary state of consciousness - at least not ordinary for many of us who have been run off the production line of modern education.

With free-form writing you set your ego, and your conscious thought processes aside and 'channel' whatever comes into your mind. This can be done to tap into your deeper feelings and subtle intuitions. It can also be done to connect with the shadow; and sub-personalities within yourself, such your inner child, the ego, the trickster, the higher self (wise man/woman) and so on. Some people even use it to contact spirit 'guides'.

Free-form writing is a great way to get the critical/rational mind out of the way, and to learn how to let go of the need for conscious control of thought processes. Free-form writing is also particularly useful for research purposes, as I shall outline in the next chapter.

There is not much I can write here which can "teach" you this process. This is because it is a bit like walking. It is perfectly natural, and with enough will power and commitment it will happen soon enough. It begins

with taking a pen or a keyboard and beginning to write on whatever subject takes your fancy. Decide the topic, whether literary, academic or poetic, and begin to write whatever comes into your mind on that topic. When you are free-form writing there are no right or wrong answers. It is the process that is most important. At least while the writing is taking place.

If you are free-form writing the process should be effortless, and timeless. It is what psychologist Mihalyi Csikszentmihalyi calls a "flow" experience. We have all had these experiences where the mind becomes so centred within an experience that it feels effortless, and time seems to stand still. You may have experienced it playing sport, playing musical instrument, singing a song, or walking.

What is the link with integrated intelligence? Free-form writing helps establish a link with the psyche, and in turn the voice of Spirit.

The focus comes through asking questions, and then "answering" them. Do not "think" the answers, but just allow them to come through you. This is a ride! Jump on board and enjoy it. Do not judge your writing as you write. Just write. It is later that you can come back and decide if what you have written has meaning for you.

### **Developing the Feeling Sense**

The development of awareness of subtle feelings is of prime importance as you expand your innate capacity for integrated intelligence. The process is 'receptive'. In the writing of my doctoral thesis I borrowed the term "receptivity" from ophthalmologist Joseph Liberman and his book *Take off Your Glasses and See*. Receptivity involves 'letting go' and allowing information from the psyche and spiritual realms to enter your awareness. In this sense it is the reverse of an analytical process, where the conscious mind takes control. To

develop the feeling sense you need to relax the conscious mind, and allow the 'data' or feelings to come to you.

As with the other three tools above, sometimes the feeling sense will work better than other times. You cannot force it. So if your feeling sense is not working well on any given day, come back to it later, perhaps on another day. You need to be relaxed to permit receptivity. If you are 'pushing' too much, agitated or in a state of anxiety or pressure, the feeling sense tends to go AWOL.

It is possible to intuitively 'feel' just about any event, person or object. All things have an 'energy' about them; a 'feeling'. When you 'collapse' the perceived space and time between your mind and the object you desire to 'know', you can instantly 'feel' that object. This is a process that is well understood by many who have practiced 'scientific remote viewing'. Scientific remote viewing was studied by various governments (including the Americans and the Soviets) right up till recent decades. Although this research has been officially discontinued, some of the participants of those research programs still practice the methods, and teach the skills involved. For example Lynn Buchanan, one of the "remote viewers" in America's project STAR GATE, claims that it was quite successful in uncovering military information, and that scientific remote viewing can be taught to any member of the general public.

An important part of getting in touch with intuitive feelings is quieting the mind. Our consumer culture, busy lifestyles and our education systems have tended to develop states of mind that are chatty and busy, and focused upon externalities. You will need to begin to slow down a little to get in touch with the feeling sense.

I suggest a little practice with the feeling sense everyday. Before making a decision, sit or stand quietly, take a few deep breaths and focus on your breathing. Then ask the question that you wish to know

the answer to. Allow the 'answer' to come to you as a feeling. What do you feel after you ask the question? That feeling can be of any kind: a general sense of positivity or negativity, a warm feeling, coldness, discomfort, restriction, freedom, happiness, sadness, fear, and so on. It will take time to activate the feeling sense, especially if you tend to be analytical and 'left-brained' by nature or habit. So you will need to persist with it for best results. Begin with small decisions, and work your way up to bigger life decisions. Small decisions might include which restaurant to eat at for dinner, which TV station to watch, or which level of the car park building to look for a parking spot.

Personally, I now make quite big decisions based on feelings. In fact I now always employ some form of integrated intelligence when making important choices. Such decisions are far too important to leave to the analytical mind and its limited capacity for processing data. At the end of my first school contract period in Hong Kong I was offered a job by four different schools. At the first school where I was interviewed my gut feelings told me that just about everything was wrong about the place. It felt like a prison. There was simply an air of repression about the place. I just knew it would not work for me. The principal asked me if I wanted the job. Rather than mess them around, I just said I felt the position was not for me. I did not elaborate. He seemed rather shocked at my openness - Chinese culture operates within the idea of 'saving face', but my worldview incorporates a little more directness.

In the second school the youngish principal was incredibly affable, and I got a good vibe about the guy at a personal level. When I projected my feeling sense into the school environment I sensed a friendly staff, but a lot of pressure and expectation. I was tempted, but I decided to turn down the job for that reason. In the third job I got mostly positive feelings from the interview and the principal. The work she was outlining was also appealing. But there was something not quite right about the place. I could not put my finger on it. Again, it was that

slight air of trauma, like a prison, much more subtle than the first school, but there nonetheless. I turned that position down as well, although once again I seriously considered it. At the fourth school I got a much greater sense of positivity about the place when I projected my feeling sense into it. It felt right. I had other schools wanting to interview me, but I decided to accept the offer at school number four. It turned out to be the right decision, and overall the school was a positive experience. By coincidence I later met the female teacher who had accepted the job at school number two with the affable young male principal. She related a tale precisely as I had sensed. The staff was great, but the workload and expectations were horrendous, including being given two full senior classes.

My own understanding of intuitions, and my capacity to work with them, was remarkably enhanced when I began to explore my emotional body. As I have outlined in previous chapters I did this with deep cathartic work centered upon the inner child. It is up to you whether you want to explore some similar emotional work. If you do, it will probably not be easy. Deep emotional work is not for everybody. Further, there is no point forcing it. One of the keys to spiritual development is knowing just how far you can push yourself, and when too much is too much.

Getting in touch with subtle feelings is a very important part of developing the intuitive mind. If you read reports about the so-called 'paranormal', psychic perceptions and ESP, the verb 'to feel' comes up again and again. I will not go into why this might be, but simply suggest some ways that you can develop your feeling sense more.

You can project your feelings 'into' things, just as I did with the schools I was being interviewed at. At the deeper levels of mind there is no such thing as 'location'. Therefore your mind can merge with any other object and 'sense' its nature. One of the best ways to 'sense' the nature of a thing is to 'feel' it. You can apply this to people, plants and

animals, places, situations, events, scenarios, goals, dreams, problems - just about anything. Thinking of having a relationship? Imagine you and the other person together and allow the dominant feeling to come to you. Thinking of a holiday in Moscow. "Pull" Moscow towards you and see how it feels. Have a choice between two jobs? Allow the feelings about those two choices to come to you. But be discerning. The ego is a trickster with a bunch of feelings all of its own. You will need to distinguish amongst the various levels of mind that produce feelings. This takes time and practice.

### **The value of the four tools**

The overall worth of these four tools outlined above is worth more than merely the sum of the parts. You will find that the cumulative effect of the ongoing use of intuitions is that your ability to use integrated intelligence will expand dramatically over time. Persist with it. You have probably spent somewhere between ten and twenty years in an education system. I was personally formally enrolled (full-time or part-time) in education for a total of 23 years of my life! Chances are you did not refine your intuitive skills during your time at school. Now might be a good time to develop a little balance in terms of the ways of knowing you employ in your life. But trust me, they can be developed. You can take this as far as you want.

### **Using the Core Operations of II in Everyday Life**

So far in this chapter I have been rather general, outlining four tools that can be used to help develop a greater proficiency with integrated intelligence. Now I would like to get a little more specific and practical. In the previous chapter I outlined six core operations of integrated intelligence. These were integrated perception, evaluation/choice, location, diagnosis, creativity and innovation and foresight. Now I will suggest some specific ways that you can begin to use these core

operations in your life. Obviously there are many other ways you can use them. Feel free to experiment. This is exactly what I have done over many years, and continue to do.

## **Integrated Perception**

*General Application: 1. Integrated perception of the underlying order & meaning of systems, & 'intelligence' within those systems - including cosmos. 2. Enhancing a 'spiritual' worldview; meaning, & sense of relationship with nature & cosmos.*

Integrated perception can be viewed as an active tool, or as a cognitive process that is the outcome of a broader set of cognitive processes. The connectedness of systems can be intuited, such as when Edwin Bucke spontaneously sensed the connectedness of mind and cosmos, or when physicist Fritjof Capra sensed the connections between eastern philosophy and quantum physics while meditating on the cliffs at Big Sur in California. Connections within fields may also be sensed intuitively, such as when you suddenly 'see' the connections within a puzzle, or the divergent aspects of a problem. In this sense integrated perception is the opposite to analysis, which attempts to deliberately break things down in order to understand them.

The ultimate enhancement of meaning and purpose, and the sense of connectedness within life and nature is also something that tends to occur over long periods of time, and not as a result of direct focus. We can see that experiences of connectivity with people, the world and nature add up over time, such that the entire relationship within life becomes more intimate.

Yet integrated perception can also be deliberately employed. You can use the feeling sense to collapse the boundaries between yourself and other people or other things. You can also use meditative states and

ask questions to get a less intimate but more "intellectualised" sense of the connectedness of people, things, systems and their components. These are more "intellectual" in that the answers often come in words, images and kinesthetic feelings - less 'intimate' ways of knowing.

## **Foresight**

*General application: Foresight of research requirements, issues and problems, institutional and logistical conditions, funding and career opportunities. Determining the consequences of research choices.*

Is the future foreseeable? The way I look at it, a better question is: are the futures foreseeable? I believe there are many possible futures. Why would Spirit bother to guide us if there was only one set future? What I - and you - can 'pick up' are 'energy' projections from events which have a certain propensity to unfold. In particular, strong emotions move backward and forward through time. And you can use this to your advantage.

I have had many premonitions of 'the future'. Most of them have been short-term, with the most common time frame being a day or two ahead of the potential event unfolding. Interestingly one of the most common precognitive dreams I have is of sporting events. I have had quite a few, and all have turned out to be correct. Sporting events appear to be decided before the actual game. They are not decided by "God" or some supernatural force, but by the collective energies of the two teams/individuals and possibly the spectators watching.

I first became convinced of this in 1991 when I had a very clear dream one night, where I saw Will Carling, the England rugby captain, thanking his supporters for their win. At that time my visioning capacity was only just opening up. But there was something about the dream which

was different from other dreams. It really looked like I was there watching the post-game media interview.

I knew the rugby world cup was on at the time, but had been busy, and had not been watching too many of the games. The next day I checked up, and saw that England was going to play Australia in the quarter-final, a game for which Australia was favoured to win. I deliberately sat down to watch the game with my flatmate. Australia generally had the better of the game. With two minutes remaining Australia was ahead by a very narrow margin, and had possession of the ball in their own half of the field. In such a position it would be very difficult for the opponents to win, as long as the team with the ball held onto it. But as I watched I just knew that England would somehow win. With a minute remaining, Australia kicked the ball downfield, and England fielded it near their own try line, the best part of 100 yards away from scoring the winning try. I watched fascinated as England ran the ball up into the midfield, with just seconds remaining on the clock. England had the ball on the halfway line, near the left-hand side of the field. Incredibly, the England player who had possession of the ball, and despite being seemingly cornered with nowhere to go, spun around, and with an incredible act of skill or luck (depending on which side you were barracking for!) dropped it onto his foot and landed a fifty metre field goal from right near the sideline. It sailed right over the goalposts like it was never going to miss. England won the game, literally with a few seconds remaining.

The most amazing thing for me was watching the game and just knowing that the side which looked doomed was going to win. I have seen such a scenario on the sporting field quite a few times since then, after having had premonitions of the outcomes.

Foresight can be garnered via the feeling sense (collapsing the future into the present), via asking questions in meditative states, or even via

free-form writing. It is up to you how much you trust the 'information' you glean. Using your capacity for foresight does not mean ditching analysis as a means of making choices about the future. I tend to use both. Till, when I get a very strong impression that a particular choice is either right or wrong, I tend to override rationality and go with the feeling or intuition.

## **Evaluation/Choice**

*General application: Evaluating design & construction alternatives, investment choices, research strategies, & technology alternatives. Evaluation of life, career, & relationship choices.*

## **Location**

*General application: Determining location of important objects. Also location of information & data for research; finding relevant people & places.*

Here I consider these two cognitive processes together because they are so closely related. Choices tend to vary in their 'energy': their appropriateness. Some options can resonate well with your life path, some may be neutral, and others may be way off track. All four II tools can help in decision making process. I find the feeling sense to be particularly useful in making choices. The great thing is that this is incredibly simple. When making a decision, stop for a moment and sense how the outcome feels. This is how I made my decision to teach in my last school in Hong Kong, as I outlined above. Once you have gained some proficiency with the feeling sense, you will be greatly empowered, and decision making will become much easier.

You can also get a feeling sense of whether certain actions are right or wrong within a given context. Food is a good example. Some foods are fairly neutral, but other may give a strong sense of being right or

wrong for you. And this may vary from time to time in your life. Trust your feelings.

Locating things is important. You can practice this aspect of integrated intelligence with relatively simple things in everyday life. When looking for a car park, go with the sense of where a park might be. If looking for the car keys, sit down for a moment and use a meditative state to get a sense of where they are. If you are looking for friend in a big department store, let your intuition guide you.

## **Diagnosis**

*General application: Diagnosis of medical & mechanical problems; safety, health & environmental hazards; & sources of human error. Spiritual & psychological introspection.*

I had a friend once who was particularly adept at diagnosing problems intuitively. He worked in a large factory, and would use his intuition to sense where the problem lay when a piece of machinery broke down. He found this to be an effective way to diagnose problems. For my friend this was not an analytical process, and the kind of way of knowing I am suggesting here is the same. Again, the feeling sense is the best way to intuitively diagnose problems. Meditative states can be used also, and answers may come as feelings, images and auditory prompts.

Dreams and visions often lend a helping hand. One morning I awoke and saw a 'drink' in a cup within my mind's eye. It appeared spontaneously - I never asked for any help at this time. The drink was ginger and lemon juice tea- made from fresh ingredients. I just knew that this little vision had been given to me for a reason. I suspect this was because my energy had become rather unbalanced from overwork and the poor physical environment in Hong Kong. After a bit of research I discovered that ginger and lemon are used by some herbalists to

counter the effects of pollution and toxicity - a real problem in Hong Kong.

I would never call myself a medical intuitive, say, in the way Carolyn Myss is. However I have on occasions been able to 'see' problems within certain individual's bodies. When I was in Auckland New Zealand I went on a one-off blind date with a woman I did not know. She was quite a bit older than me, and as we sat in the coffee shop I decided to 'scan' her body for, dare I say, problems. I used the feeling sense, and scanned from top to bottom. My feeling sense stopped at her left hip, and I felt a problem there. I asked her about this, and said that she had had a hip problem on the left side since she had a car accident a decade before.

### **Creativity and Innovation**

*General application: The individual draws upon transpersonal modes of consciousness to facilitate increased inspiration & creativity in work, business, research, competition or leisure.*

It has long been believed that spiritual sources inspire creativity, and especially writing. The idea of the muse or writer's guide goes back thousands of years to the Romantics of the eighteenth and nineteenth centuries, and even to the ancient Greeks. For myself, I channel my creativity into my writing. However 'flow' experiences are common to all creative endeavors as Mihalyi Csikszentmihalyi has written about extensively. All 'flow' experiences may not involve transpersonal experiences, but a greater sense of connection with the psyche, the right brain and the creative self seems to be a universal components of the experience.

One of my most memorable experiences of flow occurred when I was painting the faces of primary school students while I was helping out at

a school special day in Taiwan. I certainly did not warm immediately to the task of painting kids' faces, as I did not consider myself very artistic. But as I began, I was surprised to find that I quickly and spontaneously fell into a 'flow' state similar to when I write. I used my paint brushes to design what I felt to be very beautiful patterns on the children's faces. The children loved it - they were lined up out of the door, as word got around about the students getting their faces decorated. I 'worked' for three hours painting faces, and it was a wonderfully exuberant experience. I got lost in time, and the whole experience flew past as if in minutes.

I believe that Spirit is often present in creative and inspirational experiences. I have sensed this many times myself. Indeed I have awoken many times from sleep being quite aware that 'ideas' were being pumped into my head by a guiding 'external' source. I am also often aware of this while I am writing. When this happens, I just get out of the way, and let the words come through.

What you can do to facilitate such a creative process is to invite Spirit into your energy field as you go about your creative process: whether it be writing, making a dress, or rearranging the furniture. You can also employ this process at 'work'. I often draw upon Spirit when making lesson plans for my students. I suggest you consider such a process yourself. This can be done in almost any process which requires a creative process: public speaking, writing documents, designing advertising, buildings, and business plans, or even teaching, playing sport, or in athletic performance.

### **Before you go rushing off...**

There are a few things that I would like to communicate to you about this entire process. Employing intuition and integrated intelligence in

life is not difficult. Yet it is a skillful process. Here are some things you might like to consider.

### **Know the language of the psyche**

In order to work with the psyche, you have to become familiar with its language. There is no universal language of the psyche - although some archetypal motifs do certainly exist. Over a period of time I learned what certain symbols represented within my psyche. For other people, these symbols might mean something else. The following rather obscure vision, taken from my study diary, exemplifies this.

*31.12.03*

*While napping, I saw a "person" sitting down in a chair or something solid, but it wasn't a person - it was some legs and a bit of a torso with the number "8" as the upper body. It was as if the person was sitting in the darkness of space. I recall no. "8" equals power. From this I got the idea of power and control over nature as an essential part of the mechanistic paradigm, and I added it to my table about characteristics of mechanistic worldview.*

The number eight often represents power in my visions. I suspect this comes from an association with the number 8 ball in the game of pool. I worked this out through a number of years of introspection. After some time of doing the same, you will become familiar with the symbols your mind brings forth. For this reason I don't recommend dream dictionaries, which I think are close to useless. But I confess I did use one for a while when I first began dream analysis, and it did get me thinking about symbols and images. So I would not necessarily advise against it if you are just starting out. But after a while you will not need one.

The 'language' of the psyche 'speaks' in words, music lyrics, intuitive feelings, kinesthetic (bodily) feelings, images and so on. Most people in the modern world are hopelessly unfamiliar with this language. To become more familiar you have to go within. Begin with a dream diary. Keep the diary and a pen beside the bed. A tape recorder might also serve a similar purpose. If you are really keen you can record dreams if you wake up in the middle of the night (I always did), or you can do it upon waking. You might find that if you cannot remember your dreams, recording them as they happen may be a better option.

The bottom line is to get familiar with your inner world, and its language will become known to you.

Decide what you want: in alignment with spirit, now

Don't reach for the future, pull the futures towards you.

As a futurist it is my belief that there are many possible futures. There is spiritual guidance available to us because the future is uncertain. There is more than one road you can travel down, and some are more in alignment with your spirit than others. What would be the point of guidance if the future was already decided? The key is to develop the foresight and wisdom to be able to choose wisely. And you might recall the foresight is one of the core operations of integrated intelligence, and wisdom one of the end states.

There is nothing inherently wrong with having goals. But from my understanding there are two keys which are paramount.

Firstly, your goals should be in alignment with Spirit. This means the goals should reflect the essence of your own abilities and passions. A vocation is a calling, quite literally. As far as career goes, your career choices should reflect the pull of Spirit. This does not mean that you neglect the realities of the modern knowledge economy, and the life of

present day humankind. You have to pay the rent and eat like everyone else. It often takes time to shift energy, and large life shifts generally tend to occur over an extended timeframe (although this is no strictly necessary). Don't quit your job till you have at least made some practical arrangements for your future. Robert Kiyosaki's book *Before You Quit Your Job* covers this idea well. Nonetheless, you may eventually have to take a risk or two to live in alignment with Spirit. It may even require a shift of values. For example you may decide to prioritise being of service to humanity above earning a high income. These things are not mutually exclusive of course, but sometimes an unbalanced focus on personal finances takes us away from being of service to others.

I suggest writing your gals down and visualising them several times a week. This brings up the second key point I wish to make. I recommend you visualise your goals as if you were experiencing them in the present. The key though is to bring it out of the intellect and into the fullness of present moment awareness. You have to feel the goal as if it is now extant.

Becoming present to the moment is one of the most important aspects of spiritual development. It's much more important than owning a Ferrari or being CEO. The latter have little currency in the realms of Spirit, because in and of themselves they have little meaning. Yet if they are aligned with your spiritual journey in the present moment, they can be just as a 'spiritual' as anything else.

Yet goals like these may also take you away from Spirit, and this is important to understand. The peace of presence is never found in longing for some imagined distant future - or even a future that is just around the corner. This is why once you have visualised your goals and felt them as if they are here and now, you should let them go. Act as if they are here now, or are in the process of arriving. Just let that be,

relax and enjoy the present. Your life and well-being are rarely contingent upon the arrival of material goals. The exceptions are extreme circumstances, such as when you have insufficient food, water or shelter. Hopefully you are not in that situation.

There is a greater reason why knowing what you want is significant. Your intuition is like a beacon. It homes in on what you focus upon. If you communicate to your psyche the things that you want, your psyche will give you nudges when relevant events, people and information are coming your way. If you do not state your intentions clearly, this process may become muddled in confusion. Certainly, if you are putting out energy into conflicting goals, intuition tends to become scattered.

I suggest you write your goals down in your I.I. Diary. Then act upon them. This is where being present in each and every moment is important. If you are present you will be open to guidance, and the feeling sense will be operating optimally. If you are not present, you may miss the cues, and you may fail to take the actions which are necessary to achieve your goals. In chapter four I write about how I sat around in Wellington waiting for imagined goals to materialise. They never did. I suggest you take a proactive stance to achieving goals. This is simple enough, but some New Age philosophy can be a little confusing in this regard. When you are in flow things seem effortless. But you are still moving, thinking, and taking actions. You are still exerting power, expressing your will to get where you want. Passivity most certainly will not materialise your goals magically.

Foresight and wisdom are an important part of goal setting. So how are they developed? Both are a byproduct of other factors. Foresight, at least in the sense I am referring to here, comes with being present and developing the feeling sense. Wisdom is an intangible, a product of life experience; but it also emerges when the light of intention is focused

formally inwards towards Spirit; and outwards to see and understand life itself.

## **Integrity and the shadow**

As you employ integrated intelligence in your life, you will be shown more and more of the truth of who you are, at all levels. I see integrated intelligence as tool for personal and planetary transformation - the second of the end states you read about in the previous chapter. It is an intelligence which directly facilitates spiritual development. And to undertake the spiritual journey you need to be brutally honest with yourself. As soon as you step out of alignment with the truth of who you are, you move into ego. And as soon as you do that, you will begin attracting and channeling dark energy.

It is for this reason that I feel it is necessary to get in touch with your own shadow. It is no use pretending you are a "light worker" or some such delusional self-label. The truth is we all work with both light and darkness. I am both a light worker and a dark worker! The irony is that you cannot be a true force for goodness till you allow the darkness to surface. Denying the darkness simply sends it 'underground' (i.e. into the shadow), where it becomes destructive at an invisible level.

This book is not the place for me to expound the various ways that you can work with the shadow. It is tough work, and the deeper you go, the more necessary it is to seek the help of somebody with experience in this kind of thing. Certainly I recommend doing shadow work with somebody who has experience in this area.

But you can make a start with some very simple steps. Begin to take notice of the judgments and anger you project at people. Take note of resentment, jealousy, envy, anger, hate, blame, ridicule. Do not be scared of these parts of yourself. Instead, develop a solid relationship

with them. Channel these feelings - by writing them down. Then grab a soft toy - such as an action toy, teddy bear or doll, and use it to represent the voice of the shadow. Let the voice speak, then dialogue with it. This process is a bit like being a strict parent to a naughty child. You have to express a willingness to work with the shadow without judging or condemning it. It might go something like this.

: I hate the boss. He's a tyrant. Somebody should get a gun and just shoot the guy. Shadow

'You' as 'Parent': I see that you are angry at the boss. Why is that?

Shadow: I hate him. How dare he tell me not to talk to others in the office when I'm working. It's not a damn prison! I want to kill him.

Parent: I understand that you are angry. But this anger will not help anything.

Shadow: To hell with that guy! I'm not putting up with that crap anymore!

Parent: Well let's do something positive. Just getting angry is useless. Tomorrow we will go to the boss and suggest some ways around this problem.

This process might go on for five or ten minutes, but do not make it any longer than that. It is 'you' as 'the parent' that has to be firm and assert a willingness to be strict with your 'shadow child.' End such a session by affirming any positive actions you are willing to take to resolve the drama. For example, in the scenario above, politely telling the boss how you feel might be an option. Perhaps even being more personal and friendly, and thus establishing a better relationship with him might be a positive step. It depends on the dynamics of the situation.

The key is to allow the shadow to speak, without letting it control you. As long as you have unresolved negative attitudes, you will be projecting dark energy at the people you are in 'drama' with - and this only fuels the potential for further conflict.

Sometimes during such a process there is a need to express strong anger or rage. In such cases use a pillow or some object to beat as you let the shadow speak. You may be surprised that after expressing deep anger, there is also sadness or grief. If this is the case, just allow the grief to move through you - cry!

But do not get lost in any blame, anger or grief. The point is to let that part of you speak. Then go back to "parenting" that part of your psyche. "You" as the conscious "Self", as the "parent" are assuming responsibility for all components of the psyche. If you do this correctly you should feel much "lighter" afterwards. If you feel like you have just become angrier and more full of blame, rage or jealousy, you have not done it properly - you have simply projected a lot of your emotion without releasing them.

Again, if you really want to explore this kind of process, seek help and guidance from therapists or teachers who do this kind of thing. The inner child work of John Bradshaw may be quite useful.

A more general kind of honesty involves becoming more aware of your motivation for doing things. There is often an agenda which lurks just below the surface when we have a desire. The key is to determine if the agenda is coming from ego, or Spirit. Desire for attention, revenge, control, sexual manipulation and so on come from ego. Other desires could potentially emerge from ego, but it depends upon the situation. Examples include wanting to be CEO, getting rich, marrying a beautiful/handsome lover. These are not intrinsically ego based, but

are quite likely to contain some ego-driven agenda. A little introspection should clear this up for you.

### **Spiritual narcissism**

When people begin to develop a little bit of intuitive ability, or begin a spiritual journey, they may begin to develop inflated ego states. There is a little voice within which begins to get louder. I speak from personal experience when I say that this can sneak up on you. The voice says something like: "Look at me! I'm special! I have supernatural abilities! I'm here to save the human race and to tell the world the way it really is!" The ego is like your inner publicity manager. It enjoys trying to sell you to the market place. It puffs you up into something you are really not. You might like to tell your publicity manager to knock it off after office hours. Otherwise you will descend into spiritual narcissism. There is no surer way to destroy your potential as a person with knowledge that might serve the greater good of humanity, than to start down that track. My advice: keep your eye on your trickster, the ego. You will find it lurking sneakily in the shadows of your psyche.

I was lucky in that in New Zealand in that I had the good fortune to work with teachers who regularly gave me a good hiding, so to speak. That day when Tracey looked me in the eye and mirrored my ego states back to me (chapter three) was a lesson I have never forgotten. I learnt that it is not a matter of if you have developed a spiritual ego: it is only a matter of acknowledging the ego as it emerges, and catching yourself in the act of letting it take control. There is no need for any self-flagellation when you see this happening: just the requirement of a gentle acknowledgement that the ego is present, and making a gentle self-correction. The ego goes with you all the way to God, as Leonard Jacobson likes to say. Pretending otherwise is a recipe for self-delusion.

## Finally...

The development of integrated intelligence does not need to be an intense process. Although my own journey has been rather intense in many ways, that was in part my own choice, and in part a reflection of the fact that my own journey has had particularly difficult hurdles. These hurdles are karmic, placed there within my soul's journey as a part of my spiritual evolution. Regardless of whether your journey is more or less intense than mine, you can apply integrated intelligence in ways that are simple and enjoyable. I suggest you start with those. There is no spiritual quest more noble than bringing joy and laughter into your life.

Yet having said this, integrated intelligence and honesty go hand in hand. It may push things into your awareness that you do not expect, and that challenge your view of yourself, of others, and to the world and cosmos in which we live. It is an adventure, but as with my own journey, there is no adventure without a hint of uncertainty and risk. The crossroads lie before you. Which road will you take?