

Power of Intuition: An Inner Faculty of Mind

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Abstract : Imagine a world where innovation is natural and not unusual. Imagine a world that works on inner wisdom rather than just information. Children live in such a world which is full of possibilities. If they learn to listen to their own intuition, genius would be common. We all are born with a natural intuitive ability to perceive beyond our senses. This is especially visible in children whose minds are still fresh, less obsessive and more in tune with nature. As we grow older, our modern lifestyle overloads with information and stresses our mind which obscures this innate intuitive capacity. The Art of Living Prajñā Yoga (Intuition Process), a 2-day program introduced for kids and teenagers between 5-18 years of age helps to kindle this intuitive ability and build confidence to act on their gut feeling. This program helps them to tap into the intuitive abilities of the mind, which is demonstrated by them seeing colors, reading text and identifying pictures with eyes closed. To make these faculties blossom and get more established, the mind needs proper nurturing and nourishment which is done in the Intuition Process. A research study has been conducted to measure these abilities manifested in students who have this program on different parameters such as confidence level, clarity of mind, problem solving skills, focus, increase in overall performance etc. The results have been plotted on the graph and conclusions are made on effectiveness of intuition process. Experience of few students with special abilities have also been documented.

Keywords : Abilities, Art of Living, Intuition, Mind

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