

Lynne Boutross: Intuitive Intelligence

Intuitive Intelligence lies beyond the boundaries of science and analytics.

Sept. 22, 2010 - [PRLog](#) -- It bridges the realms of reality and imagination, reason and instinct, material and spiritual dimensions of human existence. Intuitive Intelligence is non-linear, a key skill for success in the new economy, an economy driven by constant disruption and chaos.

"Intuition is a unique "whole brain" function. It draws upon both our higher mind, and our entire lifetime of experience stored in the subconscious mind. It's probably our most powerful method of integrating our conscious and subconscious thought processes," said Lynne Boutross.

Intuitive Intelligence is defined as the combination of 4 abilities:

- The ability to think holistically
- The ability to think paradoxically
- The ability to listen and connect to oneself and others
- The ability to lead by influence rather than design

Intuition is not just valuable in the business world. It can often lead to powerful creative, personal and relationship insights and breakthroughs. For most of us, intuition is most active just before sleep, upon awakening from a nap, during a dream, while meditating or contemplating, or while doing something we find very relaxing. All of these have something in common – the alpha-state brainwaves often associated with meditation and creative contemplation.

The most powerful way to build intuitive intelligence is to begin to act on intuition. Simply allowing oneself to act on intuition will gradually build intuitive intelligence. Building self awareness will not only increase intuitive intelligence; it will increase the probability of success and achievement in personal, business or professional life.

For more info:

<http://www.lynneboutross.com>

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