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## Visionary Skills: Tapping Inner Wisdom – Part 3

Phil Nuernberger, Ph.D.

Becoming skilled with intuition takes some practice. You can be misled by subtle fears or desires, mistaking them for insight, or you can have an intelligent hunch, and still not be using your intuition or visionary skills. To consciously access intuition time and practice. But you must be alert to the subtleties of the mind and its capacity to fool you. Be aware that in developing and using your intuition that the following factors can mislead you.

\* **Not everything that we think, imagine or feel is an intuition.** A close friend of mine woke up with a clear thought about betting on a particular horse. He kept thinking about that horse the entire morning. Finally, he rushed to the track just in time to bet on the horse. He lost.

Not everything that comes to your mind is wisdom. Maybe its just a desire, some need or want. This is particularly difficult to distinguish when you are just beginning to develop your intuitive or visionary abilities. The mind is quite capable of fooling us, as my friend who bet on the wrong horse found out. This problem of being fooled by the mind is directly keyed to your personal investment in a particular outcome. The greater your emotional investment either for or against something, the more difficult it becomes to see things as they are.

With a little practice, you can train yourself to differentiate between real intuition and everything else. One simple way is to keep track. Everytime you think that you have an intuitive insight, write it down. Note everything that you observe about the insight – how you felt; whether it was an image,

thought or feeling; what was your reaction; how strong and clear it seemed. Then later, indicate whether or not it was accurate, and note any benefit you gained from the insight. This forces you to pay attention, and doing this will help develop your sensitivity to the differences between desires and fears, and genuine insight.

\* **The thought or imagery may not be clear.** Most of us are not aware of the powerful discriminating function of the mind, and do not have the inner awareness necessary to directly access our visionary abilities. As a consequence, information from the unconscious is almost always symbolic, which must be interpreted and understood in context. In other words, our intuitive insight will not always be in the form of clear, defined terms, but in symbols that often carry hidden meanings.

Often, it takes some time to really understand what your wisdom mind is really telling you. Through contemplation, taking the time to really think about your insight, can pay great dividends. Always cross-check your insight by checking out how it feels to your body. Were you comfortable or uncomfortable? Was there an emotional component? If so, be careful. True insight is free of emotional content, and feels like a simple statement of fact. We may get excited after the insight, but the insight itself is characteristically clear. We can often validate whatever thoughts and images our mind generates by consulting our feelings about them.

\* **Intuition does not always give a complete answer.** Often our intuition only points us in the right direction. We will not always know how things turn out. But if we continue to pay attention as we act on our insights, we can self-correct and take advantage of new insights and developments. The future is not a fixed reality, but a developing reality, and new or unexpected developments can change your vision. Periodically check with your reasoning and logical skills and with your instinct or gut feelings about your decisions, directions and actions. This helps keep you on track, even when your intuition is incomplete and partial.

Great leaders know how to listen to themselves as well as to others. With a consistent practice of meditation, you can develop your powers of discrimination and intuition. Learning how to focus without strain, without “trying”, takes some effort. The more relaxed, the less troubled the mind, the more sensitive it becomes to intuitive knowledge. Through meditation, you refine concentration and learn the art of reflective attention, allowing the mind to focus in an untroubled manner on any problem, challenge or difficulty.

Vision isn't a gift, it is a resource. We should learn to use this resource for our benefit and the benefit of others.

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## *From the Editor's Desk*

# *Greed vs. Humanity: A Choice*



What we believe and how we interact with each other has a powerful impact on our health. Scientific research shows that

- Spiritual experiences, social interaction and religious beliefs increase survival rates among patients with heart disease;
- Prayer has a measurable and significant impact on healing even when patients are unaware that people are praying for them;
- Inspiration and shared positive experiences measurably strengthen the immune system;
- Bitter arguments and negative interpersonal situations measurably weaken the immune system;
- Individuals who love their work produce more than those who don't.

***When we lack compassion and understanding, when we increase our value at the expense of others, we always pay a price.***

Consider the implications of these scientific findings. Prayer, community involvement, and spiritual experiences enhance healing and increase our psychological well-being. Doesn't it make sense that it would also enhance team development, work environments and productivity? Everything we do – work, play, family life, community life – is influenced by what we experience, believe, and how we treat each other. Values and ethics not only play a significant role establishing morale in the work place, but also impact us on a very personal level, affecting self-confidence, will and determination, and even clarity of thought.

Profit is a necessary and constructive part of business. But profit gained at the expense of values, at the cost of social harmony, or at the expense of personal integrity, becomes destructive – to the community at large, to the business itself, and to the individuals both in and out of the business.

We pay lip-service to the value of honesty, integrity, values and ethics in business. But the truth is that greed is a major player that casts these human values to the wind. The short-sighted focus on profit blinds us to the hidden costs in terms community and personal health, trust, respect and even success. For example, as we lose trust, integrity and goodwill in our contractual relationships, we pay the price in increased legal fees in order to protect our interests.

The wealth of a nation is not its financial health alone, but the health, knowledge and well-being of its people. But this fact is ignored when greed takes center stage. A warning sign is that the middle class is rapidly shrinking. 1% of the population has more wealth than 90%; 5% of the population controls 99%

of the wealth. This concentration of wealth characterizes third world nations. Health care is increasingly available only to the wealthy as every year more and more Americans can no longer afford basic health care. Funding for education is growing more and more scarce as politicians repeat the mantra that money won't build better schools. They insist on this at the same time they spend \$40,000 a year to send their own child to a private school.

There is a growing backlash to what is rightly or wrongly perceived as corporate greed. American workers sense that greedy executives and major stock holders are increasing wealth at their expense. The government has embroiled the nation on a costly and useless war that has tragically impacted countless lives and wasted 800 billion dollars of taxpayer money while enriching several large corporations. Meanwhile, the infrastructure of the United States degenerates with deadly consequences. Recently, the Honorable David M. Walker, Comptroller General of the United States, has issued a report saying that the mismanagement of the nation's resources have put us on the same track as ancient Rome, and we face the same catastrophic end.

These issues and many others are issues of value. When we lack compassion and understanding, and increase our financial value at the expense of others, we always pay a price. We may not recognize the price we pay, but it will be paid – in a loss of self-respect and respect from others, inner strength, self-confidence and will, in social harmony, lowered productivity – the list could go on.

Quite simply put, we are not effective – as an individual, a corporation, or society – when we act inconsistent with the finest elements of our human nature. Science has already shown that when we embrace the human spirit, we unlock the power to a healthy, stress-free body, and a balanced, calm and reflective mind. We can do the same for our corporations and our society. Genuine success depends as much on spiritual skills – compassion, humility and love – as it does on mental and physical skills.

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(We welcome diverse viewpoints. If you have an opinion to contribute as a brief note or letter, please send it to the Editor at [info@mindmaster.com](mailto:info@mindmaster.com).)

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***“As far as the laws of mathematics refer to reality, they are not certain; as far as they are certain, they do not refer to reality.”***  
 - Albert Einstein

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