

Sleep On It: Intuition as the Complement to Intellect

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When we are confronted with a challenging problem, we are accustomed to plowing hard, seeking a solution with our intellect vigorously engaged.

Intellect effectively tears the pieces of our puzzle apart, but it often struggles to adequately tie the package back together again. And, it is especially poor at discerning what may be really illuminating big picture solutions.

All the while, Intuition sits in the wings waiting for its opportunity to provide input.

Intellect has primed the pump. Now, It's time to let the intellectual process go: take a walk, float within a daydream, meditate, "sleep on it."

This pause frequently offers something important in the solution that we have missed. And it can result in a radical shift to an entirely novel answer – a true
"Breakthrough."

We inadvertently use time outs all the time, but intuition rarely gets much credit for the important results that follow because we are uncomfortable with the fact that we do not consciously control it.

INSPIRATION

It's a Hugely Significant Function of the Intuitive!
Even in Science!

Intellect and analytical critical thinking skills, which are reliant on language based thought, are very important. Unfortunately, we often miss out on employing its complement – Intuition, which is based on synthetic, visual/image thinking skills.

We can understand why Intuition works. With this understanding, we have the option of developing and benefiting from a much more systematic use of this mental function.

Intuition Can be Employed as Rigorously as Intellect
And
The Vision of Reality the Two Can Reveal Together
Is Much More Complete, Productive, and Responsible!