

Intuition Will Be the Key to Your Success

John Purkiss. Internet Hungary. 2019

John Purkiss



- Economics degree, MBA
- Recruits chief executives, finance directors and other board members
- Books:
 - *How to be Headhunted*
 - *Brand You*
 - *The Power of Letting Go*

Your mind works through:



- Instinct
- Intellect
- Intuition

Source: [Sri Nithyananda Paramashivam](#)

1) Instinct



Your mind decides
unconsciously,
based on negative
memories

2) Intellect



- You work mechanically, like a computer
- Artificial intelligence is replacing this

3) Intuition

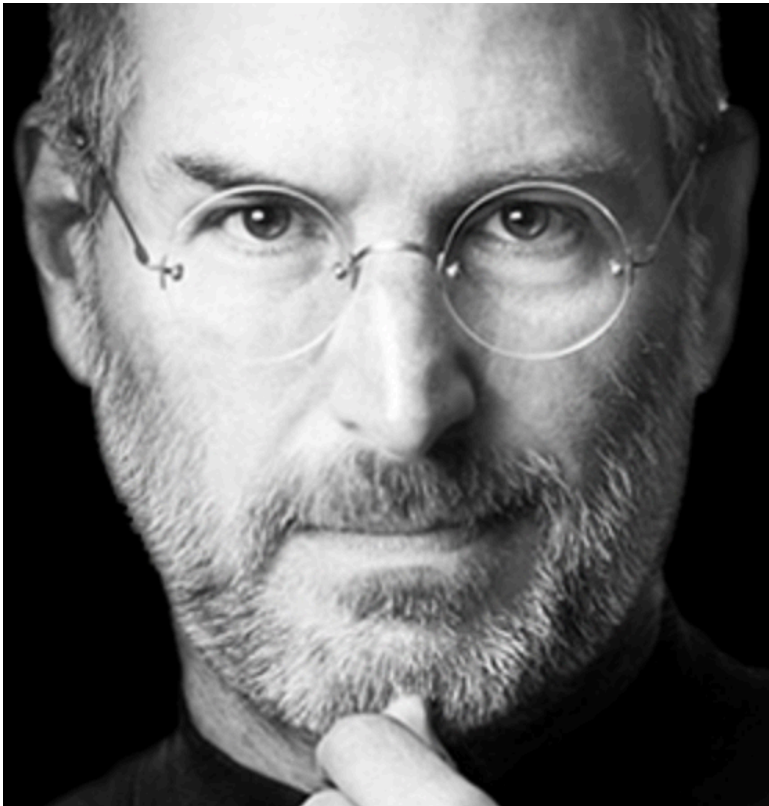


- ‘Immediate insight without reasoning’
- You suddenly know what’s right

Intuition is the highest form of intelligence

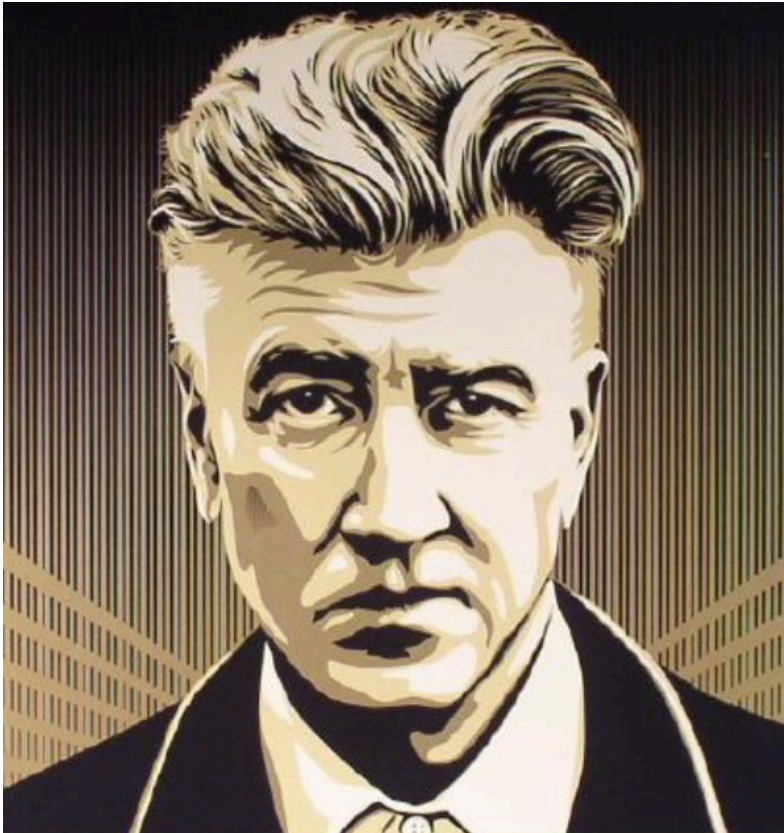
- You do the right thing at the right time
- You only analyse when you need to
- Things fall into place

Regular silent meditation will boost your intuition



"If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes things worse, but over time it does calm, and when it does, there's room to hear more subtle things — that's when your **intuition** starts to blossom and you start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before. It's a discipline; you have to practice it."

If your mind keeps wandering, try Transcendental Meditation



“I meditate once in the morning and again in the afternoon, for about twenty minutes each time. Then I go about the business of my day. And I find that the joy of doing increases. **Intuition** increases. The pleasure of life grows. And negativity recedes.”

*David Lynch, Catching the Big Fish -
Meditation, Consciousness, and Creativity*

If you surrender, intuition will tell you what to do

- You aren't just a body/mind competing with 7.6 billion other body/minds
- Your body/mind is part of something infinitely more intelligent
- Surrender = letting go completely

When we surrender, we fall into the present

- Let go of your goals, action plans, etc
- Let go of thoughts about the past and the future
- You will automatically fall into the present moment, in which everything happens.

Gratitude puts you in tune with Existence



- Now that you're present, be grateful for everything as it happens, moment by moment
- This will put you in tune with Existence

Now follow your intuition You will experience Flow



- Your intuition will tell you what to do
- Do it right away
- Let go
- Don't be concerned about the results

Let's connect! 😊



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