



Essentials of Medical Intuition: A VISIONARY PATH TO WELLNESS

By Wendie Colter, MCWC, CMIP

The illuminating skill of medical intuition is designed to provide fast, pertinent intuitive health assessments that can be used as both a stand-alone practice and as a powerful support to the healthcare of every kind. Medical intuition is intended to uncover the hidden sources of energetic resistance that may be blocking optimal health and to create an essential and practical roadmap for full-spectrum wellbeing.

The skill of intuitive insight has been part of the human experience for millennia. Throughout history, oracles, sages, and seers have used intuitive skills to help people interpret the deeper meanings hidden within the events of their lives. In every era and culture across the globe, those gifted with “second sight” were the trusted cornerstones of their communities, embodying the roles of healers, leaders, and counselors.

Socrates wrote about an “inner voice” that gave him valuable instructions, which he claimed he could hear as clearly as any conversation¹

Painters, poets, authors, and musicians refer to their muse, the mercurial energy that overtakes them when deeply engaged in

the creative process. Inventors, scientists, and physicists, including Faraday, Kelvin, Gauss, and Tesla, were familiar with Archimedes’ eureka effect – a powerful “Aha!” moment of lucidity that brings sudden clarity and inspiration. Albert Einstein wrote, “It is not intellect, but intuition which advances humanity,” and famously relied on frequent power naps to intuitively spark his scientific theories.² Many great thinkers and cultural leaders have also openly acknowledged the importance of intuition in their work and their lives, including physician Jonas Salk, inventor of the polio vaccine; psychologist Carl G. Jung; media executive Oprah Winfrey; and entrepreneur Richard Branson.

Intuition permeates our lives. We may recognize it as gut feelings, hunches, or uncanny, even illogical, occurrences of knowing, feeling, or sense. Although this may be new to you, intuition is being used every day by medical doctors, nurses, and mental health therapists in hospitals, clinics, and private practice. Holistic health providers, such as naturopathic doctors, acupuncturists, chiropractors, nutritionists, and energy-based practitioners, may also use their intuition. These wellness professionals have that “special something” their patients and clients all seem to appreciate.

The word “intuition” comes from the Latin *intuitus*, meaning “to gaze at or contemplate.” It is defined as “a direct perception of truth, fact ... independent of any reasoning process.”³ Perhaps the reasoning process appears to be missing because our intuitive perceptions can’t be pigeonholed into our five universally accepted senses of sight, smell, hearing, touch, and taste. Intuition truly is our “sixth sense.”

Misconceptions, Myths, and Taboos

There is a great deal of misunderstanding about natural intuitive abilities in our modern world. When I discuss the misconceptions surrounding intuition with medical professionals, I ask them for the first image they think of when they hear the word “psychic.” Take a moment to imagine in your mind’s eye what you think of when you read that word.

For most people, the flashing neon sign of a storefront palm reader or the iconic image of a mystical woman with a crystal ball springs to mind. People are understandably wary of this kind of connotation, especially in the critical area of healthcare. Societal and cultural taboos have marginalized the field of intuitive development for centuries due to superstition, fears of charlatanry, religious stigma, and passed-down cultural beliefs. Over the years, as the advancement of medical science has allowed us to enjoy longer and healthier lives, it has also ingrained the idea that its methods are the most rational and effective. As a result, anything claiming to support health that isn’t part of mainstream medicine is likely to be considered ineffectual or fraudulent.

Yet when I ask wellness providers if they’ve ever acted on their intuition, even as a hunch or gut feeling about a patient or client’s issues, which proved to be accurate, there are nods of recognition all around. Frequently, when I speak at health conferences, physicians, nurses, and other healthcare professionals approach me to share their own extraordinary intuitive encounters in confidential but excited voices. Some tell me they have worked with a medical intuitive at least once in their practice, often to consult on a difficult case. Many want to learn more about how to grow and develop their own intuition. They are highly supportive of the need for more peer-reviewed research, transparency, and acceptance of the skill.

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It is important to remember that even a relatively short time ago, the topic of intuition would never have been deemed remotely appropriate for a healthcare conference. That we can now talk about intuition in a brightly lit conference hall and not huddled in a basement somewhere – the way doctors had to hide their discoveries in centuries past – I consider a major leap forward! But within the confines of typical conventional medicine environments, the atmosphere to discuss intuitive observations is still so stifled that most healthcare professionals are afraid to mention any of their experiences to colleagues.

It’s not hard to understand their concerns. From my perspective, though, it is just as important to be open-minded as it is to be skeptical. After all, science is constantly evolving. What was once off-limits is now a key part of thoughtful, integrative care. For example, when combined with the advances of Western medicine, clinicians are seeing significant benefits for patients using holistic disciplines such as acupuncture, massage therapy, herbal medicine, whole-food nutrition, and evidence-supported energy healing methods.⁴ Even the United States Veterans Administration has adopted a cutting-edge initiative called Whole Health, which incorporates meditation, nutrition, yoga, and more.⁵ These innovative concepts are transforming healthcare by emphasizing a “whole-person” approach to physical, emotional, mental, and spiritual health. In this new frontier, medical intuition has a fundamental role to play.

Aren’t You Just Born With It?

“What’s the symbol?” my sister asked, holding up a Zener card but hiding the image from my view. I scrunched up my face in an eight-year-old’s approximation of deep concentration, trying to “receive” the image she was sent to me with her mind. “A circle?” I asked. “Right!” she exclaimed and turned the card around to reveal a circle symbol. Then it was my turn to pick a card for her, and the game continued. Even though I didn’t always get the correct answer, it was thrilling when I did – and I loved the challenge either way.

Just as some children show an early aptitude for scholastic abilities such as math or sports, many display a natural talent for intuition. Parents and teachers usually encourage kids who excel in their favorite subjects.

However, a child who excels in intuition may be shushed, thwarted, or ignored because of a lack of understanding. This might even have been the case for you. That doesn’t mean your intuition can’t be

re-ignited or even developed later in life. It just indicates that our society currently knows very little about the value of intuition.

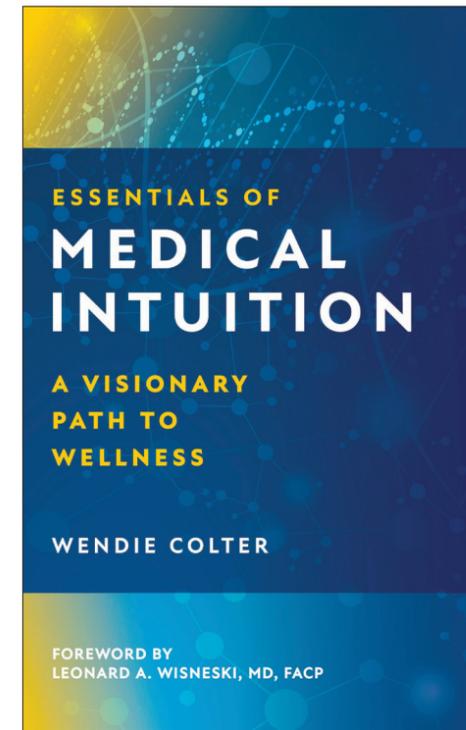
In many ways, I was lucky. Intuition was not openly discussed in our home, but it wasn’t discouraged either. My mother, an artist, fostered an open and tolerant atmosphere for all creative pursuits. I found out much later that one of my mother’s dear friends, the photographer Hella Hammid, who took beautiful pictures of our family, was also a renowned psychic. Hella worked with extrasensory perception (ESP) researcher Russell Targ on his experiments in remote viewing for the U.S. government. She also accompanied researcher Stephan A. Schwartz on his archaeology endeavor, the Alexandria Project, where she helped to intuitively locate the ruins of the palace of Cleopatra and other phenomenal discoveries.

Zener cards were invented by perceptual psychologist Karl Zener and parapsychologist Joseph B. Rhine for their legendary ESP experiments at Duke University, North Carolina. I believe Hella gave me the Zener card set to provide quiet encouragement in developing my intuition. However, for many of the people I teach, intuition was not discussed or even understood in their upbringing.

People most often experience intuition as an intuitive “hit” when they least expect it. Without warning, like a bolt of lightning, we sense, feel or “get” information that we had no way of previously knowing. I call this having a “flash of insight” – a random moment of intuitive clarity. Flashes of insight are wonderful and can be quite profound. But they can also be unpredictable, unrepeatable, and incomplete. Medical intuition is a systematic, deliberate method of asking for and receiving information directly from both the physical body systems and the subtle energy systems of the body, also referred to as the “biofield.”

Medical intuition may sound like an incredible superpower, but I believe intuition is a hardwired, natural human trait that anyone can develop and optimize into a practical and useful skill. Simply put, learning how to build your intuition is much like learning how to speak a new language, play an instrument, or strengthen a muscle. It takes correct instruction, plenty of practice, and time.

It isn’t only for a select few or uniquely gifted individuals. We are all born with it.



Wendie Colter has been a professional medical intuitive for more than 20 years. The founder/CEO of The Practical Path®, Inc., her accredited certification program, Medical Intuitive Training™, has been pivotal

in helping healthcare professionals develop and optimize their intuition.

Wendie’s trailblazing research in medical intuition has been published in the peer-reviewed *Journal of Alternative & Complementary Medicine*.

She is the author of *Essentials of Medical Intuition: A Visionary Path to Wellness* (Watkins Publishing).