

Section 3b:

Let Our Intuition be Our Master

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What is Intuition?

From Webster Dictionary, we found the definitions of intuition as the following:

1.
 - a. the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference (Merriam-Webster n.d.).
 - b. immediate apprehension or cognition (Merriam-Webster n.d.).
 - c. knowledge or conviction gained by intuition (Merriam-Webster n.d.).
2. quick and ready insight (Merriam-Webster n.d.).

Those definitions explain the nature of intuition quite well. We take the definition “a” as our standard.

How Can We Cultivate our Intuition?

As we might all have experienced that intuitions can be more accurate than analysis sometimes. Then maybe the most important question would be, when? If we know when, then we probably can find the key to the door of our precious correct intuitions. The second definition of intuition above gives us some hints, namely when we need to make quick critical decisions. Why? Because at that moment, you must be extremely concentrated in order to make a quick yet good decision.

The zen master Thich Nhat Hanh explained this phenomenon well that if our mindfulness is strong enough, then the energy of mindfulness will generate high concentration. If you are extremely mindful of a specific thing, you are highly

concentrated on it. Then the breakthrough of your consciousness might come to you, you get the insight of that specific thing and discover it in a great depth (Plum Village App 2022).

So, now we know how to cultivate a good intuition. We can do it through deep meditation by increasing our concentration. The higher the degree of our concentration, the better our intuitions become.

Let Your Intuition be Your Master

Everyone has this super power. Now we have the key, what are we waiting for? Let's unlock our intuition potential and let it be our own master for our life long learning! Your master inside knows you best and can provide you the best guidance of learning! I wish you great success in learning anything with your master together

References

Merriam-Webster. (n.d.). Intuition definition & meaning. Merriam-Webster. Retrieved December 12, 2022, from <https://www.merriam-webster.com/dictionary/intuition>

Plum Village App. (2022). Mindfulness, Concentration, and Insight in Daily Life | Guided Meditation by Thich Nhat Hanh. Retrieved November 2, 2022, from https://www.youtube.com/watch?v=X2uV1V1M_3g.