

Medical Intuition in Healthcare



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The answer is – we're all born with it. Intuition is a natural human trait that everyone uses in life, much of the time without even thinking about it.

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“How can intuition be taught? Isn't it something you have to be born with?" These are the most common questions I am asked when I tell people that I teach medical intuition at some of the top integrative health centers in the United States.

The answer is – we're *all* born with it. Intuition is a natural human trait that everyone uses in life, much of the time without even thinking about it. We say we "had a hunch," or a "gut feeling." People say they "just knew" which choice to make before making it. When we follow our intuitive instincts, we may be genuinely surprised when they prove to be true. However, intuition does not have to be experienced as a quirk or coincidence. Our intuition can be a reliable and trustworthy resource.

IMAGINATION AND INTUITION

Children are intuitive by nature. As little ones, we are incredibly adept at using our highly active imaginations. While we play and learn, we naturally and easily utilize our mind's eye to imagine all sorts of wondrous things. The development of intuitive talents as an adult begins with the use of our inherent imagination.

One of my earliest memories of intuition was when I was about six years old. While riding with my mother in the car, I found myself humming a popular song. I

asked her to turn on the radio, as I just "knew" there was a song I liked that was playing. Amused by the whims of her imaginative kid, she switched the radio on. The song poured out at exactly the spot where I had been singing it to myself. Similar experiences happened to me over and over again, and I thought nothing of it. I assumed everyone could do this, too!

Later in life, after reading Deepak Chopra's seminal book, "Quantum Healing," I healed myself of a small tumor using his examples of focused mind-body visualization techniques. This powerful result sparked a life-long investigation into the mind-body connection and how our thoughts, emotions and energy can affect our health.

In my professional energy healing practice, I discovered that I could accurately "see" into a client's physical anatomy and physiology in great detail by using my intuitive imagination. I could discern the energetic imprint of an illness or disease. I could also detect anomalies and imbalances in the aura and chakra system. Additionally, I noticed that I could intuitively perceive the potential origins of an imbalance from my client's life experiences, along with specific information designed for their physical, mental, emotional, and spiritual wellbeing.

This process offered a unique opportunity for them to gain a deeper, more positive awareness to help

support their complete health and wellness.

INTUITION IN HEALTHCARE

There is a surprisingly large amount of research on the general use of intuition in healthcare. Studies published in respected medical journals acknowledge the importance of intuition as a factor in a clinician's successful care of patients. More than thirty years of research on intuition in nursing practice has been published in holistic nursing journals.

Using intuition with patients is not such a strange concept to physicians. Many routinely count on their intuition to tell them when something feels "off," and they may even reassess testing or treatment plans as a result. Even the most conventional healthcare providers recognize that an intuitive impulse may lead them to information that could have otherwise been missed.

Unfortunately, there are still many stigmas associated with accepting intuition in mainstream medicine. Clinicians tell me that they have to keep their intuitive perceptions hidden for fear of being labeled "woo-woo" by their colleagues. For empirical validation, the scientific method of proof is ideal. But how do you prove a "hunch?"

RESEARCH AND RESULTS

Although there are numerous anecdotal accounts of the accuracy of medical intuition, there is little published research on the practice itself. In 2019, I launched an exploratory study with five graduates from my program and 67 volunteer participants. Our goal was to assess the accuracy of the medical intuitives' ability to discern health issues without any access to the participants' health information. We were thrilled with the outcomes. The medical intuitives were rated 94% accurate in locating and evaluating the participants' main physical issues, and 98% accurate in describing specific events from their lives that may relate to their health issues. It was also exciting to learn that the medical intuitives' assessments were rated as 94% consistent with the participants' known diagnoses.

These groundbreaking findings were published

in the peer-reviewed *Journal of Complementary and Integrative Medicine*, and is the first published research on medical intuition in over two decades.

In 2021, a first-ever survey of self-identified professional medical intuitives in the U.S. was published by the National Organization for Medical Intuition (NOMI). The remarkable results revealed the extensive use of medical intuition in clinical healthcare. NOMI found that 86% of medical intuitives receive referrals from licensed healthcare providers for medical intuition services, and 82% report that they directly assist licensed healthcare providers with medical intuition services. Additionally, 30% of medical intuitives surveyed are licensed healthcare providers themselves – including physicians, nurses, and complementary and integrative healthcare practitioners

New studies are in the pipeline, including a deep dive into how medical intuitives access their intuitive perception, and an exciting collaboration that brings together medical intuitives, clinicians, and patients. Perhaps there will come a day when medical intuition is no longer regarded as taboo, but is instead accepted as an important part of health and wellness care. €

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