


Being a Business Intuitive

A Compendium of Wisdom

Revised Edition



Mark Waldman, Author, Faculty, Loyola Marymount University
Dr. Srini Pillay, Author, Harvard-Trained Psychiatrist
Dr. David Krueger, Author, M.D., Coach's Coach
Ken D. Foster, Author, CEO, Executive Mentor Coach
William Gladstone, Author, Founder of Waterside Productions
Christopher Van Buren, Author, Founder of LaunchMoxie
Michaela, Leadership Optimizer, Business Mentor

Being a Business Intuitive

A Compendium of Wisdom

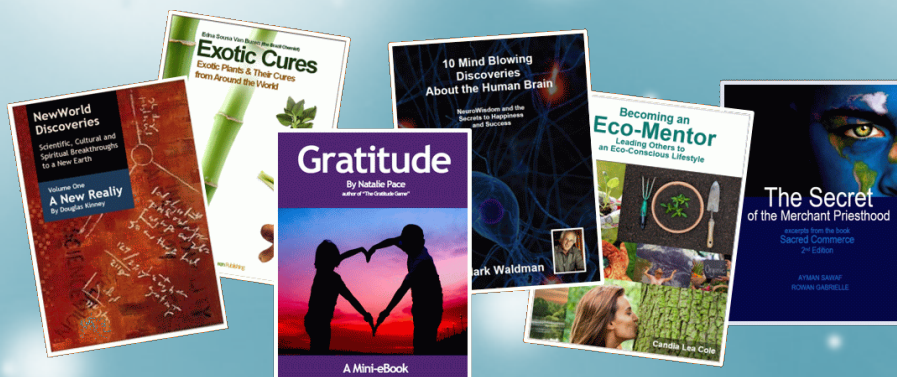
Being a Business Intuitive: A Compendium of Wisdom

Copyright © 2017-2020 by LaunchMoxie, Inc. All contributions copyright © their respective authors. All rights reserved. No portion of this e-book may be reproduced, or transmitted in any form or by any means – electronic, mechanical, photocopy, recording, scanning, or other – except for brief quotations in critical reviews or articles, without the prior written permission of the author.

This Edition published by Van Buren Publishing. All Rights Reserved. Editing, cover design and interior by Van Buren Publishing.

Van Buren Publishing
1171 S. Robertson #124
Los Angeles, CA 90035
www.vanburenpublishing.com

For more high-quality mini-ebooks, visit www.vanburenpublishing.com



The Business Intuitive

Business Intuition is a thriving side of the business world – from startups to large corporations, from corporate executives to entrepreneurs, from inventors to decision makers – we are all seeking a balance between the cognitive or conscious brain functions and the more unconscious or intuitive brain functions.

The world has taught us that in business and when concerning money matters, organizations or leadership, it's important to use linear, logical, and algorithmic processes to reach our goals and manage our assets. We are taught to...

- Have goals and sub-goals and small steps to reach them.
- Review and analyze data from past performance to project into the future.
- Model the success of others.
- Think positively and remove negative thoughts.
- Structure projects with a top-down architecture and manage them in a hierarchical structure.

But we also know the value of intangible, non-linear processes, such as the application of wisdom, trusting our gut, and going with our instincts. We are now starting to understand exactly HOW to cultivate wisdom, intuition and insight. We instinctually know that an understanding of how things work, how people think, and how nature unfolds, increases our ability to predict what will come – not from a deductive analysis, but from an inductive “bubbling up” of wisdom.

So it's with excitement and pleasure that I offer you this compendium of wisdom from some great thinkers in the area of Business Intuition and I enthusiastically support you in becoming a business intuitive, to increase your non-linear thinking and experience a more balanced approach to business, life, and everything.

Christopher Van Buren
CEO of LaunchMoxie, Inc.

Use Your Intuition to Solve Problems

Mindfulness is one of the few strategies that will give you access to the intuitive powers of your brain. But intuition is very different from the type of thinking you use when analyzing problems and making everyday decisions, and the process is controlled by unique neurons found in the insula and anterior cingulate, the same areas that process social dilemmas and spiritual concerns.^[i] Intuitive reasoning is one of the most powerful wealth-building skills you can develop, and mindfulness appears to be the most effective way to access it.

Intuition is not a language-based process but more of what psychologists call a “felt sense”^[ii] – an impressionistic or gut-level feeling that helps the brain solve problems in a highly efficient way. Whereas most decision-making processes involve the language centers of the frontal lobe,^[iii] intuition engages many neurological processes that happen behind the “curtain” of everyday consciousness. However, when you deliberately turn your attention to these subconscious “whispers,” you’ll just seem to instantly “know” the right answer or action – which often turns out to be the best thing to do.

Intuition transcends logic and reason, and the more you use mindfulness as a way to tap into these creative processes of the brain, the more you’ll enhance all your decision-making skills.^[iv]

Here’s a little exercise to show you how to mindfully tap into the intuitive wisdom of your brain.

Take out a pen and a sheet of paper and write down 3-10 problems you are currently struggling with. Include at least one work-related problem, one relationship problem, and one person problem. If nothing comes to mind, use your imagination and make something up, even something silly like “I have too many elephants in my closet.” This kind of playful brainstorming often helps you to identify deeper problems by tapping into the creative unconscious processes of your brain. Or ask yourself these questions: “What kinds of problems do my friends and family think I have?” “What problems did my parents think I have?” “What would my ex-boss or ex-partner say?” Add these to your problem list, or what I call your “Crap Board.”



Mark Robert Waldman is the neuroscience researcher and creator of *NeuroWisdom 101*. His national bestseller *How God Changes Your Brain* was chosen by Oprah as one of the “Must Read” books for 2012. A Leading Expert on Spirituality, Communication, and the Brain, Mark is on the Executive MBA faculty at Loyola Marymount University.

The author of 14 books, Mark’s in-depth research has been published in neuroscience and psychology journals throughout the world.

Now close your eyes. Take a few mindful yawns and slowly stretch your body to release as much mental and physical stress as you can. Keep your eyes closed and imagine that there's a wise sage living inside your brain. There actually is a sage-like awareness that is located right behind the circuits that govern language and logical thought, and the more you relax and allow yourself to slip into a mind-wandering or daydreaming state of consciousness, the more you can access this amazing part of your brain. This is your intuition.

Now open your eyes and mindfully gaze at your Crap Board – your list of problems. Don't judge what you see, just observe the words on the page. Notice how many of the problems begin to feel less important. Keep gazing mindfully, and yawn and stretch again. The more relaxed you become, the less you'll worry about the problems on the page. Now for the fun part: Ask your intuition – that inner sage – which problem on the page is really holding you back. Sometimes your intuition will bring up a surprisingly new problem and if that happens, write it down.

Focus on those words and then ask your intuition for a solution, and write down whatever you hear. But don't push for an answer. One may come in a couple of minutes, or a solution may pop into your mind later that day. Continue to gaze mindfully at your Crap Board each day, asking your intuition for simple strategies that can begin to solve that problem. Apply one strategy each day and I'm willing to bet that by the end of the week, half or most of the problem will be solved.

Remember: that inner voice is always there, and when you put your problems – your worries, fears, and doubts – onto a sheet of paper, the less your brain will ruminate on them. Intuition predicts effective action and problem-solving; if ignored, the most recent brain research shows that you'll be more vulnerable to mental and physical disease.^[v]

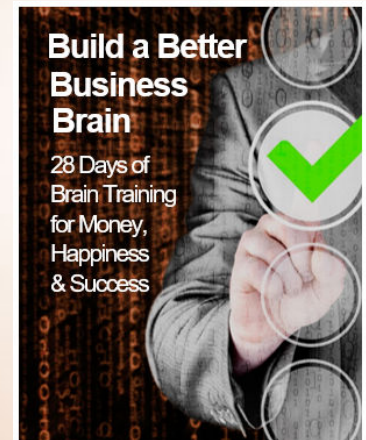
[i] Moral intuition: its neural substrates and normative significance. Woodward J, Allman J. *J Physiol Paris*. 2007 Jul-Nov;101(4-6):179-202.

[ii] The role of edge-sensing in experiential psychotherapy. Glanzer D, Early A. *Am J Psychother*. 2012;66(4):391-406.

[iii] Better without (lateral) frontal cortex? Insight problems solved by frontal patients. Reverberi C, Toraldo A, D'Agostini S, Skrap M. *Brain*. 2005 Dec;128(Pt 12):2882-90.

[iv] Intuition in clinical decision-making: a psychological penumbra. Nyatanga B, Vocht Hd. *Int J Palliat Nurs*. 2008 Oct;14(10):492-6.

[v] Interoceptive predictions in the brain. Barrett LF, Simmons WK. *Nat Rev Neurosci*. 2015 Jul;16(7):419-29.



Build a Better Business Brain

by Mark Waldman

What's the easiest way to eliminate procrastination & perfectionism? What's the fastest way to eliminate worry and stress?

What's the one practice that will make you happier ... and richer?

These and other questions will be answered in Mark Waldman's new Build a Better Business Brain series. You get 28 NeuroTips with 28 experiential exercises, sent to you over 28 days to stimulate your brain for money, success & happiness.

More Info

Cultivating Mindsight

Stories affect us mentally as well as physically. Anne Krendl at the Dartmouth brain lab showed how viewers' brains resonated with the specific emotion enacted on the screen. When the central character was angry, the viewers' brains registered anger as well. When the scene was sad, the viewers' brains corresponded. Whenever we feel disgust, that brain region – the anterior insula – fires.

We sense the other person's intentions, and imagine what an experience means in his or her mind. Mindsight – our innate ability to see into each other's minds – relies on attunement of empathic resonance with another's subjective experience. The teller's state of mind and intention is key to the listener's reception. For example, if we sense the other person is phony or distracted, we automatically distance or tune out. When someone genuinely smiles and looks directly into our eyes, it enhances the inclination to relax and feel more trusting.

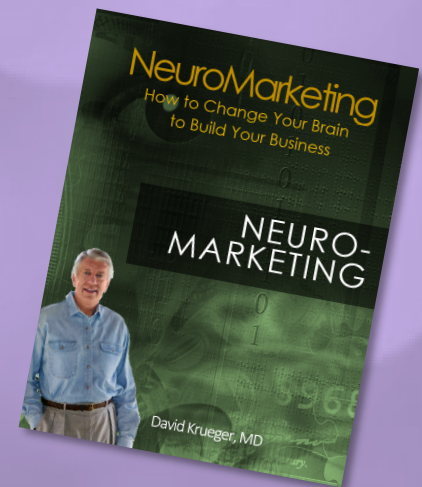
This means that getting in state needs to be before you face your reader or listener. Relax your body, control your breath, and get solidly grounded to access the optimum state of mind for a particular task. The primary reason to get in state is to concentrate your energy on a full, undisturbed immersion in your engagement.

People like, respect, trust, and are influenced by those who have the ability to remain calm and thoughtful. This default setting to remain centered and grounded no matter what becomes an essential success paradigm. Like any state of mind, it's contagious—amygdala-to-amygdala. Regulating your own state of mind in a sustained way is the most effective influence on someone else to do the same.



David Krueger, M.D. is an Executive Mentor Coach and CEO of MentorPath®, an executive coaching, training, publishing, and wellness firm. He is the author of 20 books and numerous articles and scientific papers on self-development, money, success, and wellness. He is a coach's coach and a trainer's trainer and is the Dean of Curriculum for the Coach Training Alliance.

His latest work is a 4-part multimedia series on the power of NeuroMarketing. Check it out at the link below.



[More Info](#)

5 Signs You're Not Listening to Your Intuition

Our bodies have 7 major centers through which energy flows. They are centers of spiritual power that can drastically alter our energetic, physical and/or spiritual state of being. When in balance you experience a healthy, balanced, abundant, and enlightened life.

The well-being of a business is a reflection of the entrepreneur's energy. The 6th (brow) chakra represents intuition. As a leader of your business, you must display wisdom in your choices. Your inner voice will guide you towards being and doing your best in every moment -- to choose the best path in your business.

Here are 5 Signs you're not listening to your intuition:

1. You tend to not trust your ability to make good decisions about what's best.
2. You have 'Big Vision Overwhelm': you don't have a strategic plan and clear goals to achieve your mission.
3. You overanalyze ordinary experiences and don't see the truth of situations easily.
4. You have a lack of focus because of the constant flow of ideas you get.
5. You feel confused about the purpose of your life and/or your business.

Here are 3 things you can do to support the health of your brow chakra:

1. Affirm daily: "I trust my intuition and my vision is powerfully understood."
2. Ground yourself by taking a walk in nature or meditate by focusing on your breath.
3. Solitude -- Honor your need to support your health by taking lots of downtime.

When your brow chakra is balanced, your intuition flows from a higher power at the realm, creating a clearly defined vision, unleashing creativity and great success.



Michaela's motto is "Reach for the stars, with your feet firmly planted on the ground." She is passionate about helping socially conscious organizations and ambitious, conscious leaders create happier, healthier & elevated businesses and lives.

Michaela helps you to overcome challenges and optimize self-leadership, by leveraging your inner power and balancing high-productivity with self-care, so that you can rise to your highest potential and fulfillment.

A key value Michaela brings is that she is analytical and logical, with keen intuition and a holistic approach. She offers inspiring, transformative training and coaching programs with breakthrough results.



Awaken The Mastery

[More Info](#)

Intuitive Broadcasting Technique

How to Increase Intuition

Intuition is something we all have, but in most people, it is undeveloped. Have you ever wondered why common sense is so uncommon? It is because most people's common sense comes from thoughts, opinions and information that others have told them about. It has not come from intuition. Intuition is the ability to understand something immediately, without the need for conscious reasoning. It is a knowing that comes from the deepest part of ourselves, the soul.

Everyone has experienced a gut feeling that something is off or a knowing that making a certain choice is the best way to go. But how would it be if you were able to make better choices on a consistent basis? This is why developing intuition is so important. When you connect consistently to your "Wise Self," you will make better choices and therefore your life will get better and better.

So, I have developed an exercise to help you develop your intuition and connect deeper with yourself. This technique should be used morning and evening to set and affirm your "noble intentions." You may ask what is a "Noble Intention?" It is any intention that is for the highest and best for all concerned. Although you don't have to have an intention to develop your intuition, it is a good idea, so you know if the choices you are making are taking you closer to your intention or further away. If your choices are taking you further from your intentions, then you are most likely running on subconscious beliefs or reactions that have been programmed throughout your lifetime and not intuition.

Step 1

Meditate and raise your vibrational level. Immerse yourself in deep meditation and try to go deeper every day. By doing so, you will permeate yourself with cosmic consciousness which will put pictures in your life with better choices and evidence of your highest expression.



Ken D Foster is a best-selling author of 7 books, radio show host, life coach and business strategist. Find out more about Ken at kendfoster.com

[More Info](#)

Step 2

Visualize your noble intention. Remember, a noble intention is one that benefits all. It is an intention in which you are primarily in service and have a high minded target. Plant the seeds of noble intentions in the soil of the superconscious mind and eliminate the ego. This way, you will increase your intuition.

Step 3

Imagine your noble intention as if it were accomplished, then imagine what you will be saying to yourself when the intention is complete. All noble intentions, in order to hit the superconscious, must be free from uncertainties and doubt.

Step 4

Feel a sense of gratitude as if the noble intention has been accomplished. Let this gratitude expand into every cell of your body. Then out into your room, then out into the city and the world.

Step 5

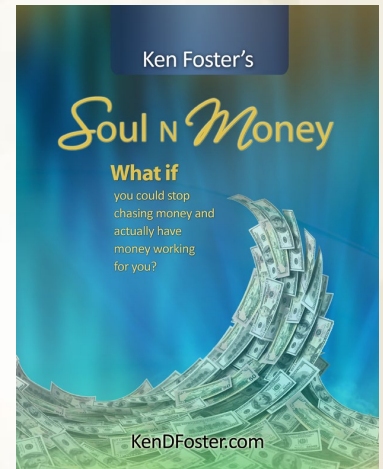
In this step you become aware and in awe of how nature, the universe, spirit (choose your preferred word here) is delivering the people, places and things to manifest your noble intention.

Step 6

Chant Ohm, Shanti, So Be It, or Amen three times. Now that you are in a high vibrational state you will vibrate the noble intention into creation.

Step 7

Ask, your soul what the next steps are to generate your noble intention. Be still and know the answers will come. Remember to keep asking until you get the answer that feels light, not heavy. Then you will know that you have tapped into your intuition and are on the right road to success.



When you learn the Soul n Money principals, you will develop a new relationship with money:

- Clear Life-Robbing Blocks to Having Money
- Delete Debt Permanently
- Increase Money Positivity
- Generate Money Efficiently and Easily
- Attract & Receive Money in a Completely New Way

[More](#)

What the Hawk Knows

Ray Kurzweil, the director of engineering at Google, is one of the world's most famous futurists. A stunning 86 percent of his predictions about the future have been correct.

In 1999, he predicted that personal computers would come in a variety of shapes and that they would be wearable in ten years. He also predicted that portable computers would be a trend by 2009.

In 2000, he predicted very-high-bandwidth wireless communication to the Internet at all times by 2010. That year he also correctly predicted that computers would tap into a worldwide mesh forming vast supercomputers and memory banks.

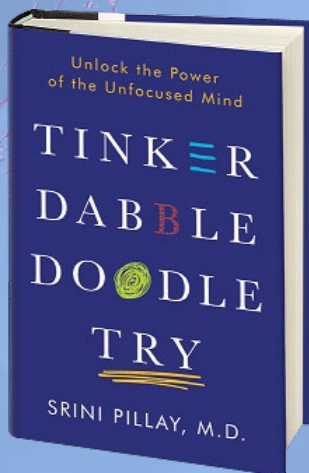
If you examine Kurzweil's thinking, you will see he has a very focused and intricate knowledge of people and machines. In addition, he is able to project into the future to imagine the tipping point at which exponential progress will occur. Unfocus, when it activates the DMN, sets up your slow-wave rhythms and helps you create possible versions of the future. But how does Kurzweil unfocus to come up with such radical ideas, and how can he be correct so often?



Srin Pillay, M.D. is a Harvard-trained psychiatrist and brain-imaging researcher who is revolutionizing the way we see the brain to harness its full potential. A globally recognized clinician-researcher, Srin has worked with real people to deliver real results in helping them become more productive, creative, and even find greater meaning in their lives. His work also extends to leaders of corporations globally, ranging from non-profit international multilaterals to Fortune 500 companies.

Freeman Dyson, a theoretical physicist and mathematician, suggests an explanation. He divides natural scientists into the hawks that fly above the confusing particularity of nature and the frogs that muck around in the messy details. Kurzweil is a hawk, content to unfocus from time to time to see the big picture. When he does, he is able to project possibilities far into the future.

Becoming the hawk and asking big-picture questions will bring you closer to your greatness. You don't have to be predicting flying drones and nanobots either. You can ask big questions about your own life, such as *If I look at the greatest exponential opportunity in my business in the next six months, what would that be?*



Tinker, Dabble, Doodle, Try: Unlock the Power of the Unfocused Mind is the book that will help you learn how Einstein and Picasso—Steve Jobs, Mark Zuckerberg and Bill Gates—and ordinary people use planned “unfocus” activities to stimulate their creativity to accomplish great things.

Such activities:

1. Stimulating cognitive calmness
2. Jumpstarting productivity
3. Enhancing innovation
4. Inspiring creativity
5. Improving long-term memory
6. Helping you stay on target

[More Info](#)

Intuition

Don't Leave Home Without It

There was an American Express commercial that used to say, "Your American Express Card, don't leave home without it." Today you have lots of options for purchasing that do not involve using your American Express Card but you have few options in business or in life for not using your intuition. Some people think they are not intuitive and certainly there is a range from highly intuitive to only marginally intuitive people. However I believe that everyone is capable of increasing their intuitive abilities and that everyone should. Especially those involved with businesses that require interactions with other people.

Even engineers and chemists and mechanical experts resort to using their intuition to solve problems but it is in the creative and "people" fields where using intuition is most common and most needed. So often you meet with potential business associates and you get a gut feeling in the first thirty seconds as to whether you can trust them or not. You feel their energy and conclude at a subconscious level that you either are drawn to working with these people or drawn to avoid them.

Of course, your initial intuitive feeling needs to be backed up with proper analysis and due diligence especially if the stakes are high. However my own experience is that ninety percent of the time that initial feeling about a potential client or partner is the one that proves to be correct. Ninety percent. That is a high percentage.

In my business as a literary agent the key to choosing to represent an author is the personality and energy of the author. I get a feeling almost instantly and decide quickly whether or not to represent someone. As I tell the agents who work with and for me, "You can edit a proposal or a manuscript but you can't edit a person's character. Character will not change and someone who is not trustworthy, is a prima donna or just difficult is not going to change over time."



Bill Gladstone is a renowned literary agent and author and founded Waterside Productions, Inc. in 1982. He has personally placed more than 5000 titles with dozens of publishers. He has represented stars of the technical world ranging from Peter Norton to Linus Torvalds and was responsible for selling the first "For Dummies" book, *DOS for Dummies* by Dan Gookin, which led to the phenomenal series which now has sold over 200 million copies.

Mr. Gladstone is also the author of *DR. AND MASTER SHA: MIRACLE SOUL HEALER*, the best-selling novels *THE TWELVE* and *THE POWER OF TWELVE*, co-author with Jack Canfield of *THE GOLDEN MOTORCYCLE GANG* as well as producer of the film *TAPPING THE SOURCE* and co-author of the book *TAPPING THE SOURCE* (released in paperback as *THE COMPLETE MASTER KEY SYSTEM*).

I use my intuition when reading manuscripts as well. In most cases I can tell after just a few pages if a manuscript is well written and marketable. Am I using my analytical abilities or just my intuition when I make these decisions? I am using both but if I had only one mode for determining a final decision I would rely more on my intuition than analysis. In some cases experience equates to intuition. If you have felt and observed and experienced a particular negotiation situation in the past you can often make a snap decision that may seem to be coming purely from intuition but is actually coming from a combination of experience and intuition. In fact in many cases your intuition develops because you pay attention to past experiences in business and in life.

So my advice to you whether you are an entrepreneur, an intrapreneur or an enthusiastic employee, use your intuition. Pay attention to your gut feeling. Take notes on how you feel about people you work with or choose not to work with and go back to those notes and see if your intuition was correct or not.

The more attention you pay to those notes, the faster you will develop confidence in your intuitive abilities. No doubt you will never leave home without intuition again.



Write & Publish Your Book, Start Your Dream and Change the World for the Better. Get Bill Gladstone's video master-course with Super Agent and publishing legend, Bill Gladstone. You have a book within you...something to teach...a way of seeing the world...a story to tell. Get the knowledge you need to succeed as an author!

[More Info](#)

Inner Wisdom

Talking With Our Inner Guides

Intuition? You could call it “inner guidance” or “inner wisdom.” It’s the voice within that gives us a nudge or a hint of information that may not match the outward, external circumstances.

You may be negotiating with someone and your intuition tells you that the person should not be trusted...even though there’s nothing physically present to indicate that.

So how do we increase communication with our intuition and inner guidance?

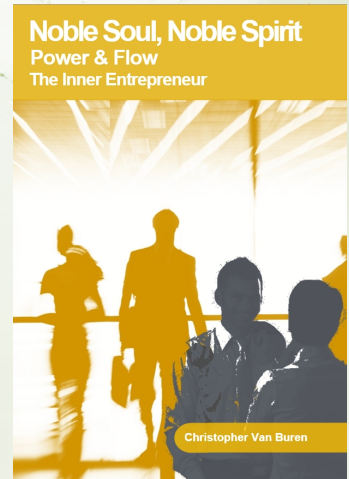
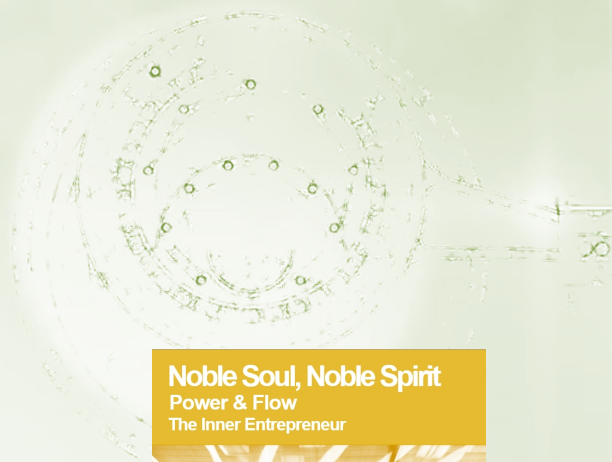
Simple, by using the age-old technique of personification.

I like to personify THREE primary brain networks that supply me with intuition in three key areas of life.

- My Inner Entrepreneur or CEO (the Central Executive Brain Network).
- My Inner Artist (the Default Mode Brain Network)
- My Inner Healer (the Salience Brain Network)

I give them great details, names and personalities and let them define themselves to a great extent. Then I can engage in conversations with each of them – and even hold a conference with all present at once. I let my imagination and intuition loose and observe what takes place in my inner world.

Try this yourself and see how your inner guides answer questions or suggest solutions to your life.



By Christopher Van Buren

Take the Inner Entrepreneur Assessment and discover more about your own inner CEO.

[More Info](#)

No Duh!

Discovering What You Already Know

Remember when you were little, and you'd say something obvious? Some kid would roll his eyes and say, "No duh!" That's what your intuition feels like, that *no duh, matter-of-fact, it's so clear* sense of knowing.

All too often, when facing important business decisions, we use the wrong tool. Ever watch a dog make a decision? It doesn't intellectually weigh the pros and cons, nor does it process its feelings with a close doggie friend. It knows the most accurate decision-maker is its intuition.

But how can you tell the difference between your intuition and other voices in your head?

Your inner knowing isn't reactive in any way; your thoughts and feelings don't jump around. Nor does it need to repeat itself. Likewise, it's never negative or judgmental, of you or anyone else. Your no duh, intuitive voice is the profoundly calm, crystal clear feeling of, "Oh yeah, I knew that all along."

To quickly access your intuition:

Grab a coin, and choose two possible paths for your decision. For example, heads is "Stop pouring money into this;" tails is "Keep funding." Now flip.

What's your gut feeling when you see where it landed? If you're relieved or excited, it's the right thing to do. If you sense, "That's not right," it isn't. If you're confused, seek more information.

The next time you ask, "What should I do?" remember, you already know. The real question is why you're not doing it.



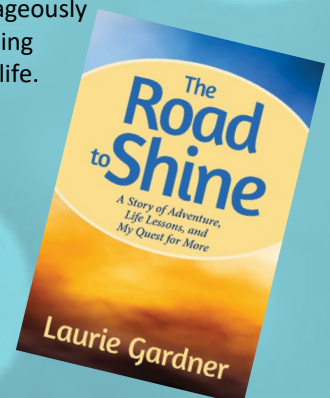
Laurie Gardner is a 25-year Master intuitive and start-up leader of 3 businesses. A Harvard-educated Jersey girl, she passionately believes that everyone deserves to have a fun, meaningful life.

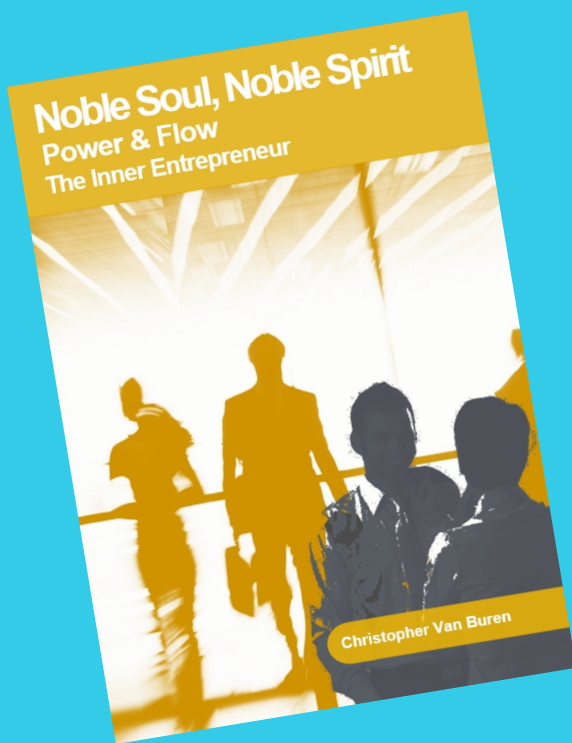
Laurie is a Featured Master Psychic on [Best Psychic Directory](#):



Get a free 20-minute intuitive coaching session. Contact Laurie to book at laurie@lauriegardnerinsight.com

Filled with adventure, life lessons, and a good dose of humor, **The Road to Shine** is an inspiring true story about courageously claiming your life.





The Inner Entrepreneur

Online Program

We all have an Inner Entrepreneur...or as neuroscience calls it, an Entrepreneur Brain, or Central Executive Network. It's the part of our brain that we use when we need to access information about certain aspects of life, such as creating our desired lifestyle.

Get the complete ebook, accompanying audios, Assessment Quiz, and unique protocols and processes to help you build and shape your Inner Entrepreneur for greater success!

Exclusively at...

VANBURENPUBLISHING

