

# Dare to harness your intuition

Helsinki 19.9.2018

**Asta Raami, Ph.D.**

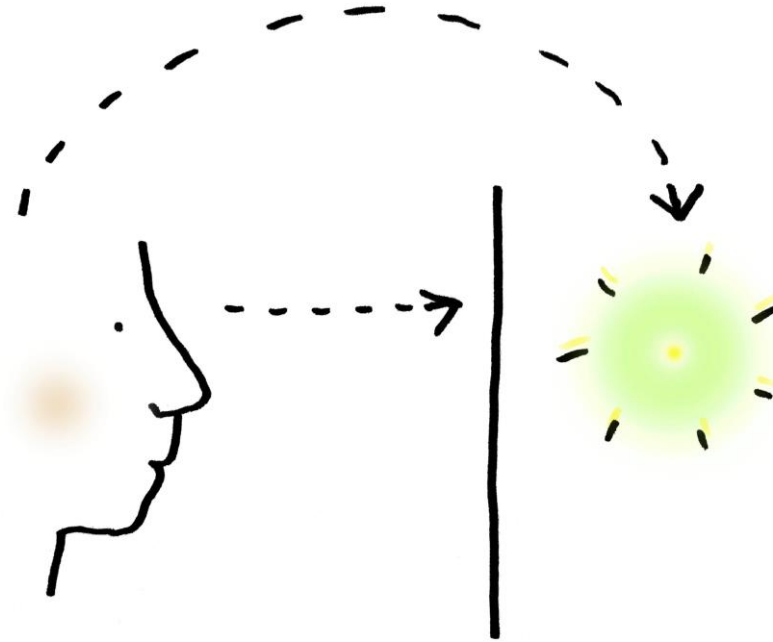
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We need more people who  
spezialise in the impossible.

– Theodore Roethke –



From intuition p.o.v. the impossible problems do not exist.



There is only incapability to see the solutions.

Why we are unable to see the solutions?  
How could we see them?





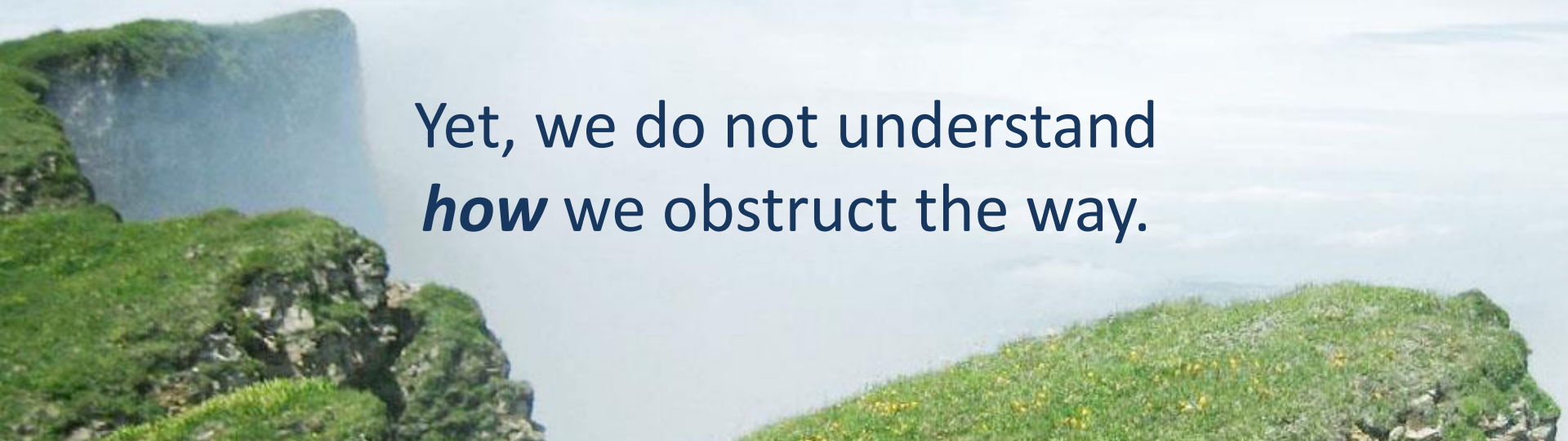
The human mind is like a snowy hill



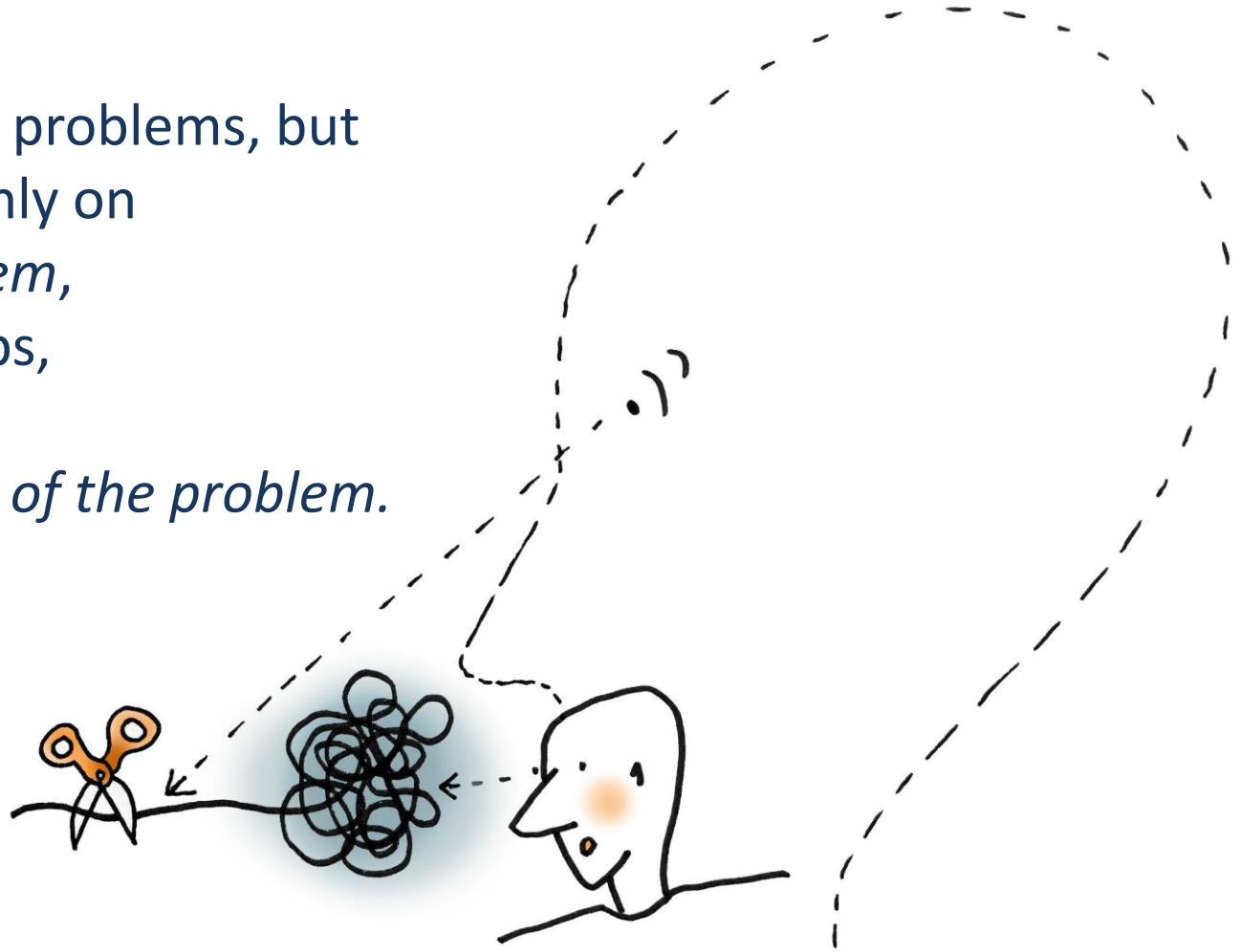
We are limiting our view by focusing  
***only*** on the problem solving.

Therefore, we obstruct the way ***ourselves***.

Yet, we do not understand  
***how*** we obstruct the way.



We recognize the problems, but  
when we focus only on  
*solving the problem*,  
we end up in loops,  
unable to point  
*the core question of the problem.*



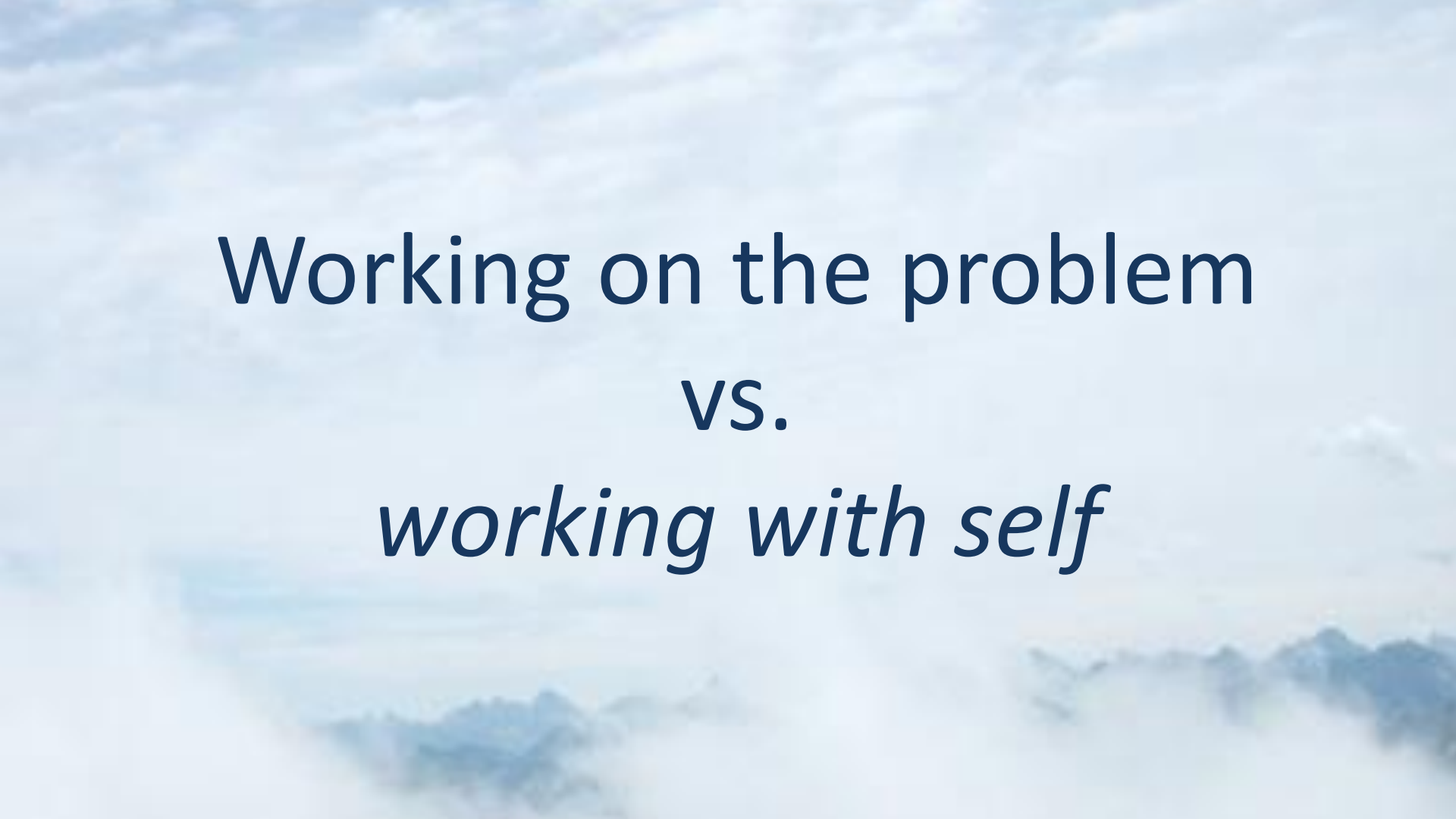
*"As you look at these things,  
they become part of you.  
And you forget yourself.  
The main thing about it is that  
you forget yourself."*

*"Basically, everything is one.  
There is no way in which you  
draw a line between things.  
What we normally do is to  
make these subdivisions,  
but they are not real."*

*Barbara McClintock, Nobel Laureate*







Working on the problem  
vs.  
*working with self*



Brain is  
a genius and elegant organ  
integrating two different  
modes of thinking:  
System 1 and System 2.

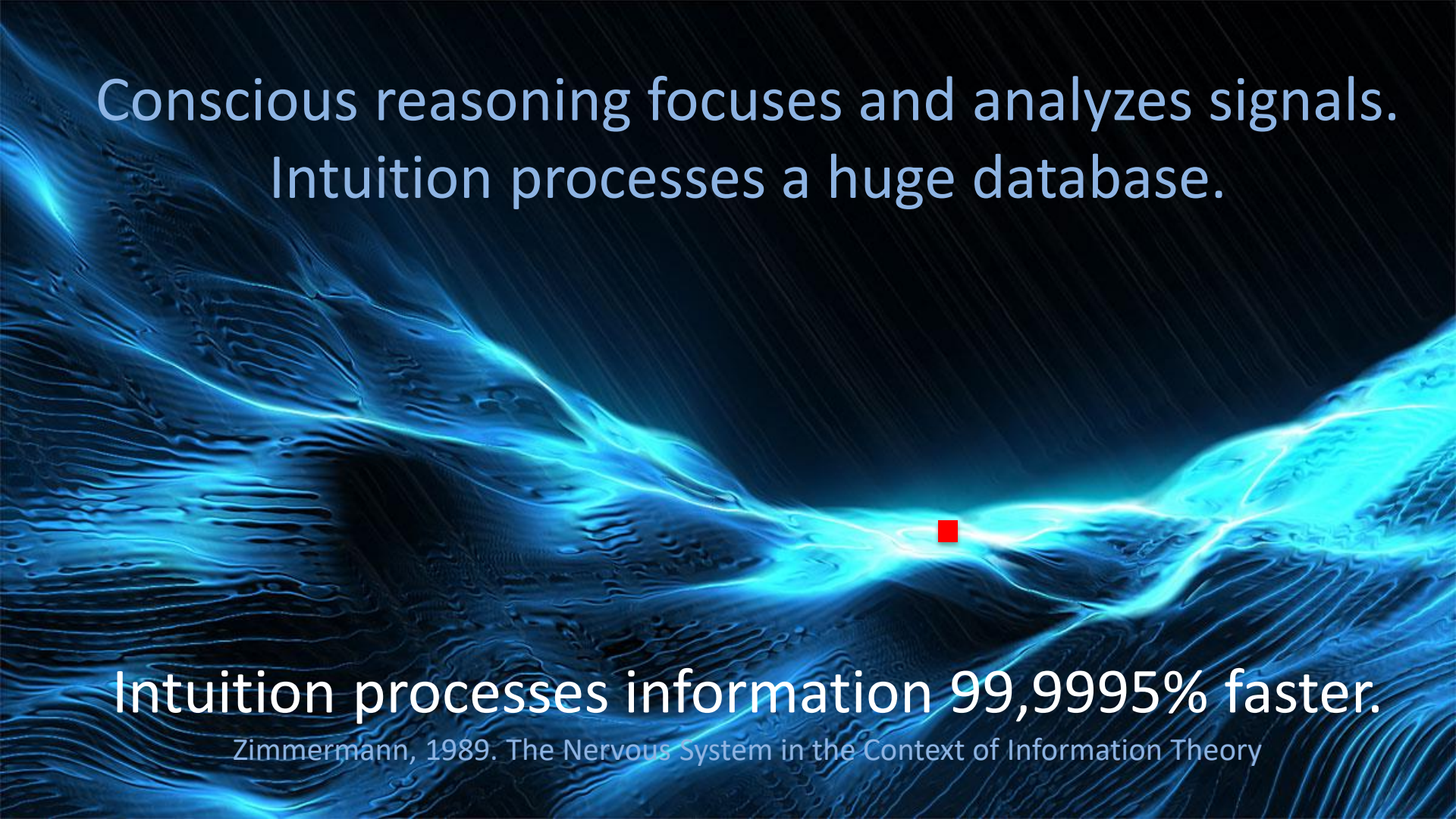
# The capacity of information processing

Conscious  
Max 50 bits /s

Intuition  
11 million bits /s

(Zimmermann, 1989)



The background of the slide is a dark blue field filled with intricate, wavy, and rippling patterns in lighter shades of blue and white, resembling a topographical map or a fluid surface. A small, solid red square is positioned in the center-right area of the image.

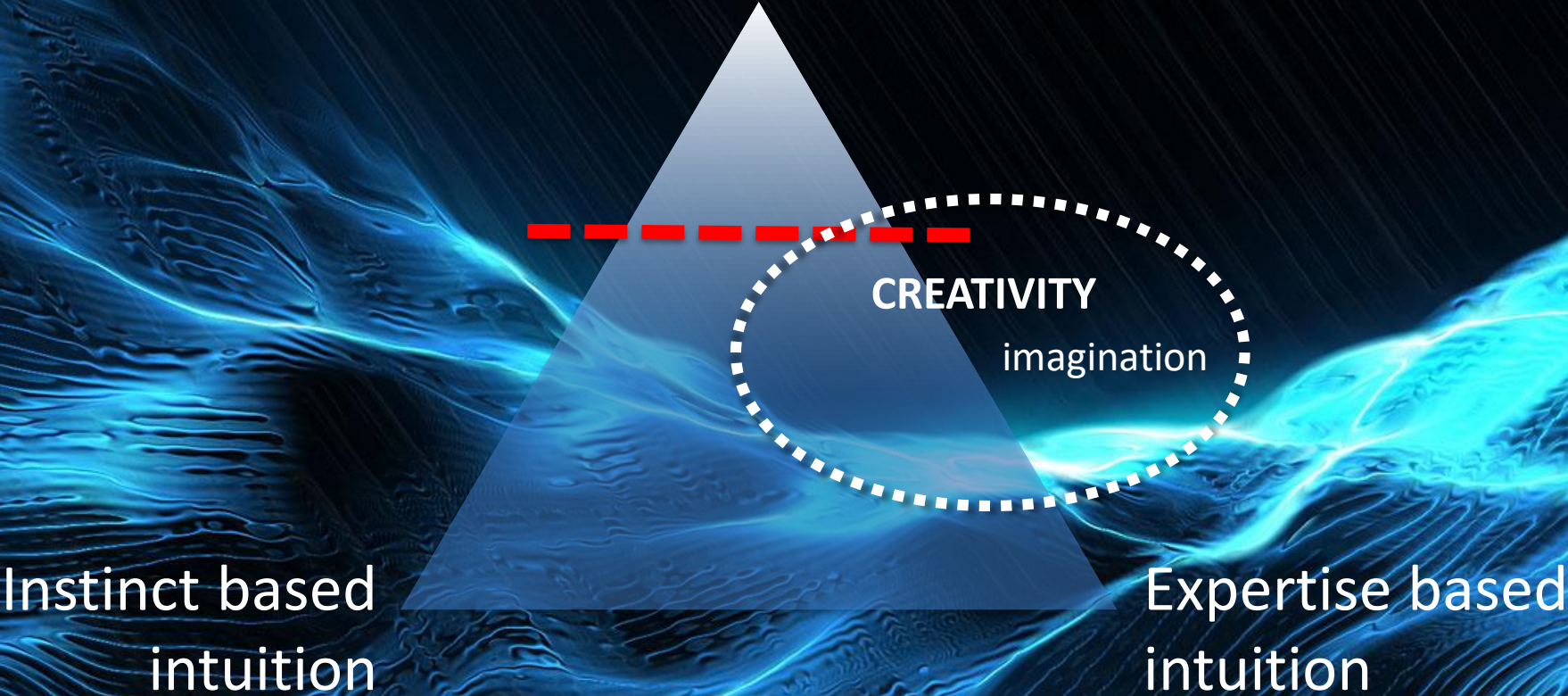
Conscious reasoning focuses and analyzes signals.  
Intuition processes a huge database.

Intuition processes information 99,9995% faster.

Zimmermann, 1989. The Nervous System in the Context of Information Theory



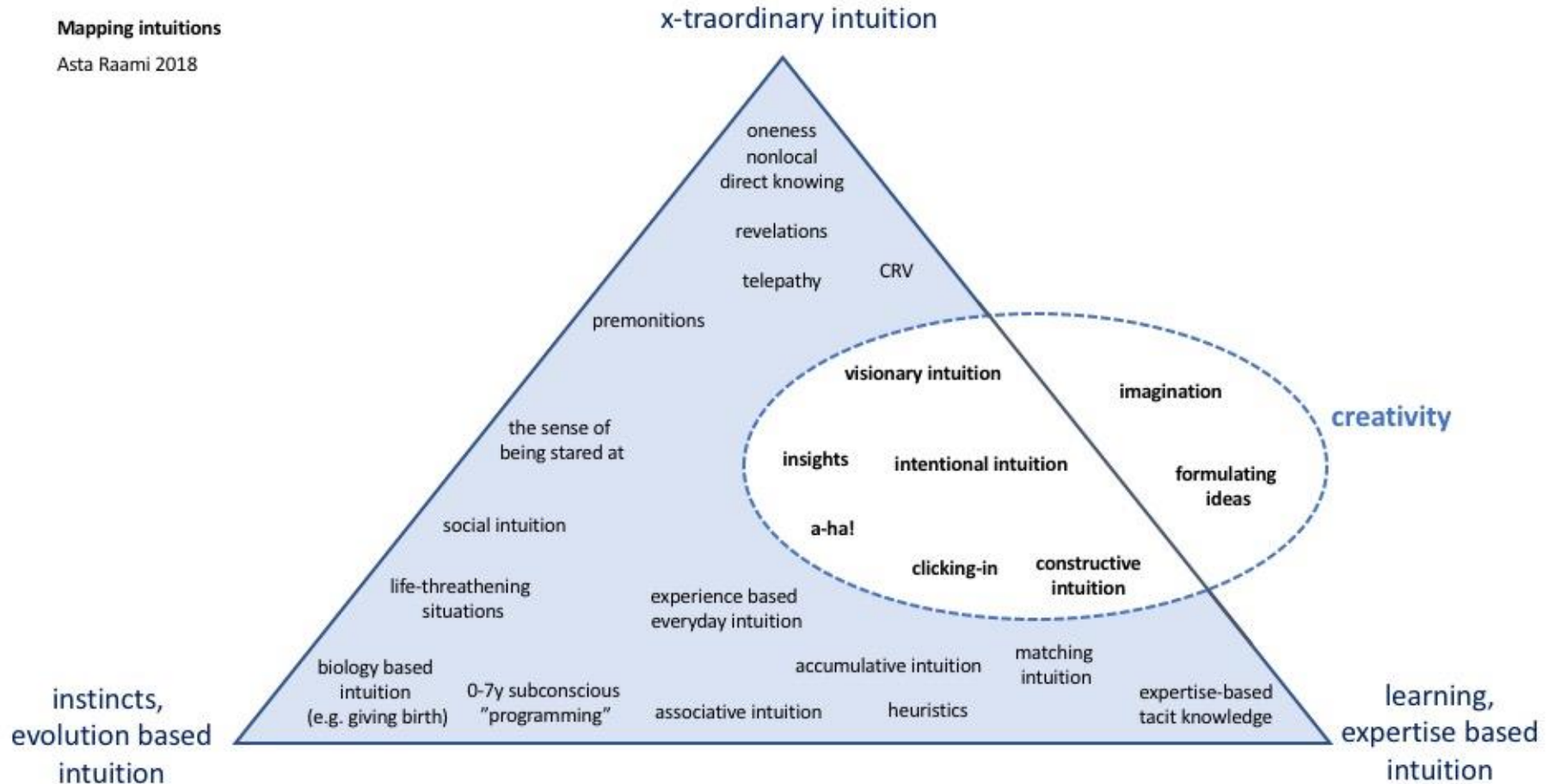
# X-traordinary intuition




# We all have several types of intuitions

## Mapping intuitions

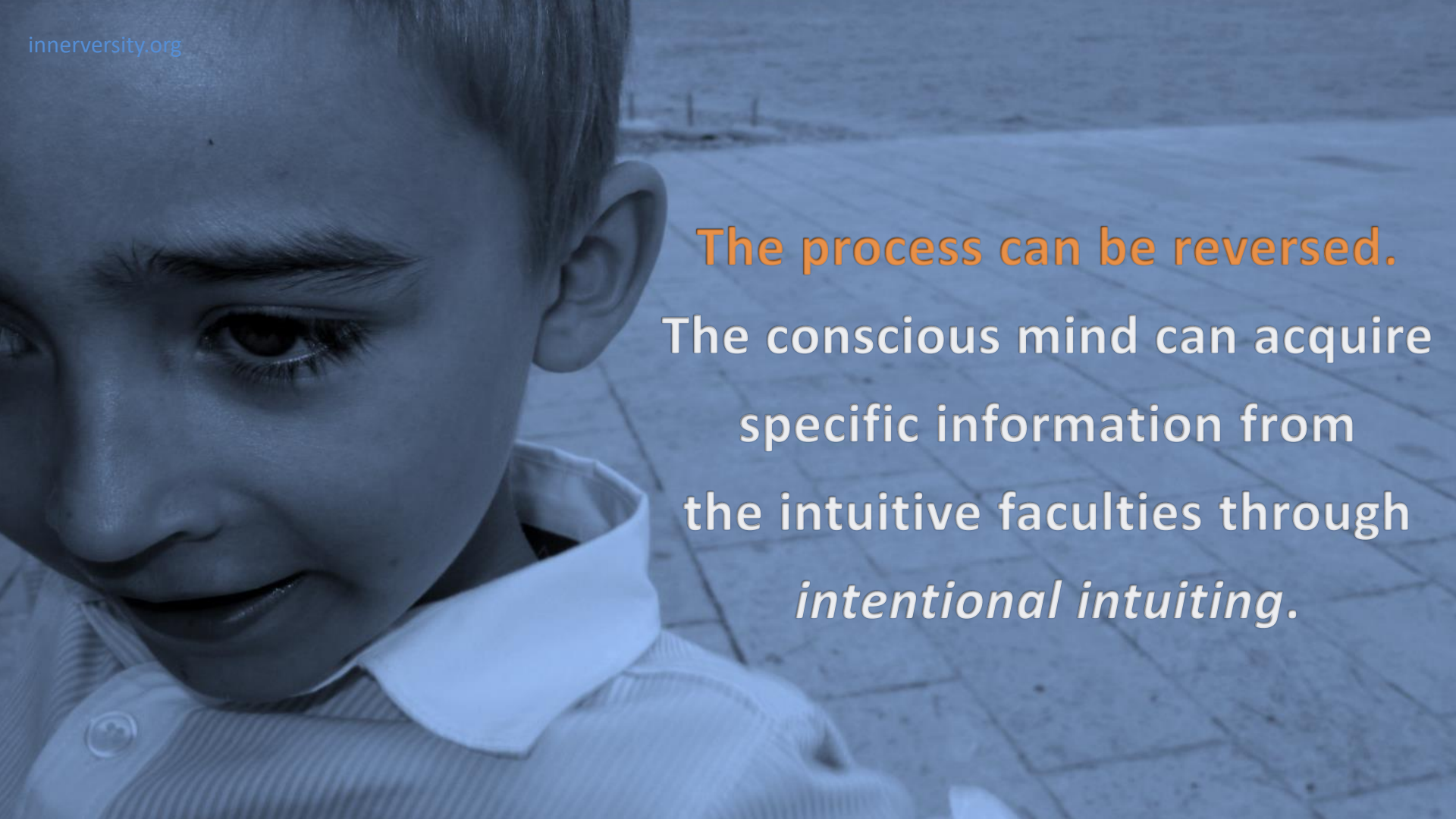
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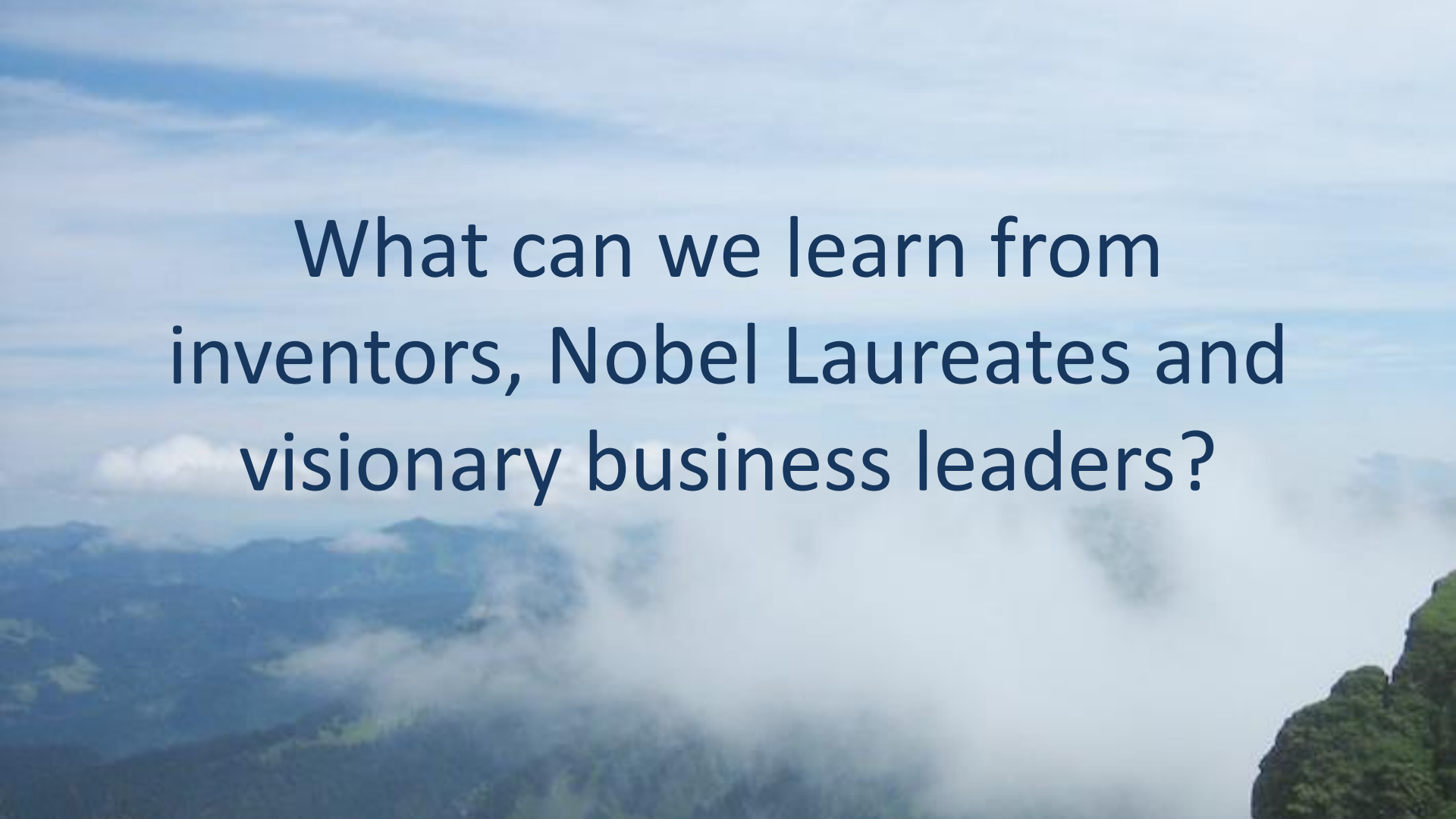


Reason is supported and  
in fact **requires**  
nonconscious cognition  
in order to be free to work.





The process can be reversed.  
The conscious mind can acquire  
specific information from  
the intuitive faculties through  
*intentional intuiting.*



What can we learn from  
inventors, Nobel Laureates and  
visionary business leaders?



A scenic landscape photograph featuring a green, grassy hillside in the lower-left foreground. The middle ground is dominated by a thick layer of white mist or fog that fills the valleys. In the background, several mountain peaks are visible, their details softened by the distance and the atmospheric conditions. The overall color palette is muted, with greens, greys, and soft blues.

Develop the skills of  
perceiving and discerning



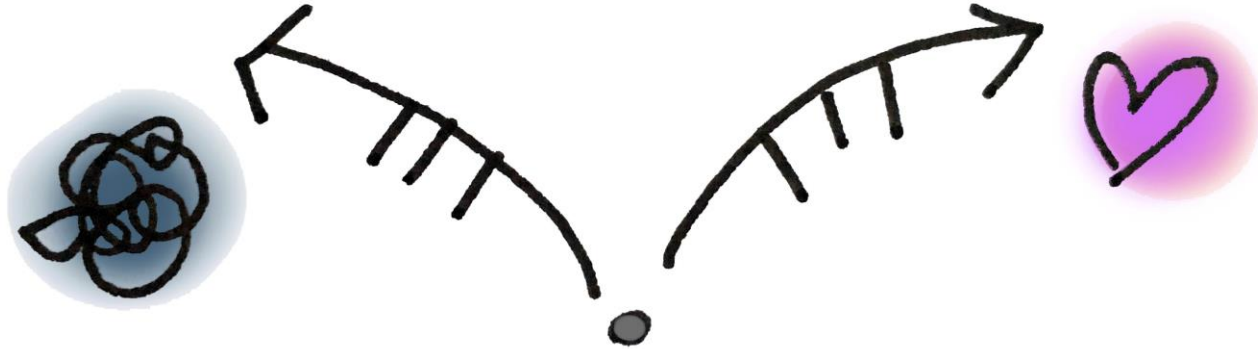
*The secret of my company's success is my courage to take leaps towards issues I do not know or have not known.*

*There has only been a strong feeling that it is worthy.*

*I see something – I cannot see clearly what it is – but I see something  
– and I am good in that.*

*Ari Lahti, investment banker, IceCapital*

Discern intuition from emotional attachments.



How do you perceive  
the signals of intuition?



YOUR **BRAIN** HAS POWER TO CHANGE  
THE DIRECTION OF THIS TRAIN.



JUST **THINK** AND THIS TRAIN RUNS IN OPPOSITE DIRECTION.



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Etusivu

Luetuimmat

Tuoreimmat

Valokuva mansikkaleivoksesta saa mielen temppuilemaan. Akiyoshi Kitaakan jakamassa kuva koostuu harmaaan ja vihreän sävyistä, eikä siinä ole pisaraakaan punaista. Aivot saavat mansikat kuitenkin näyttytymään punaisina.

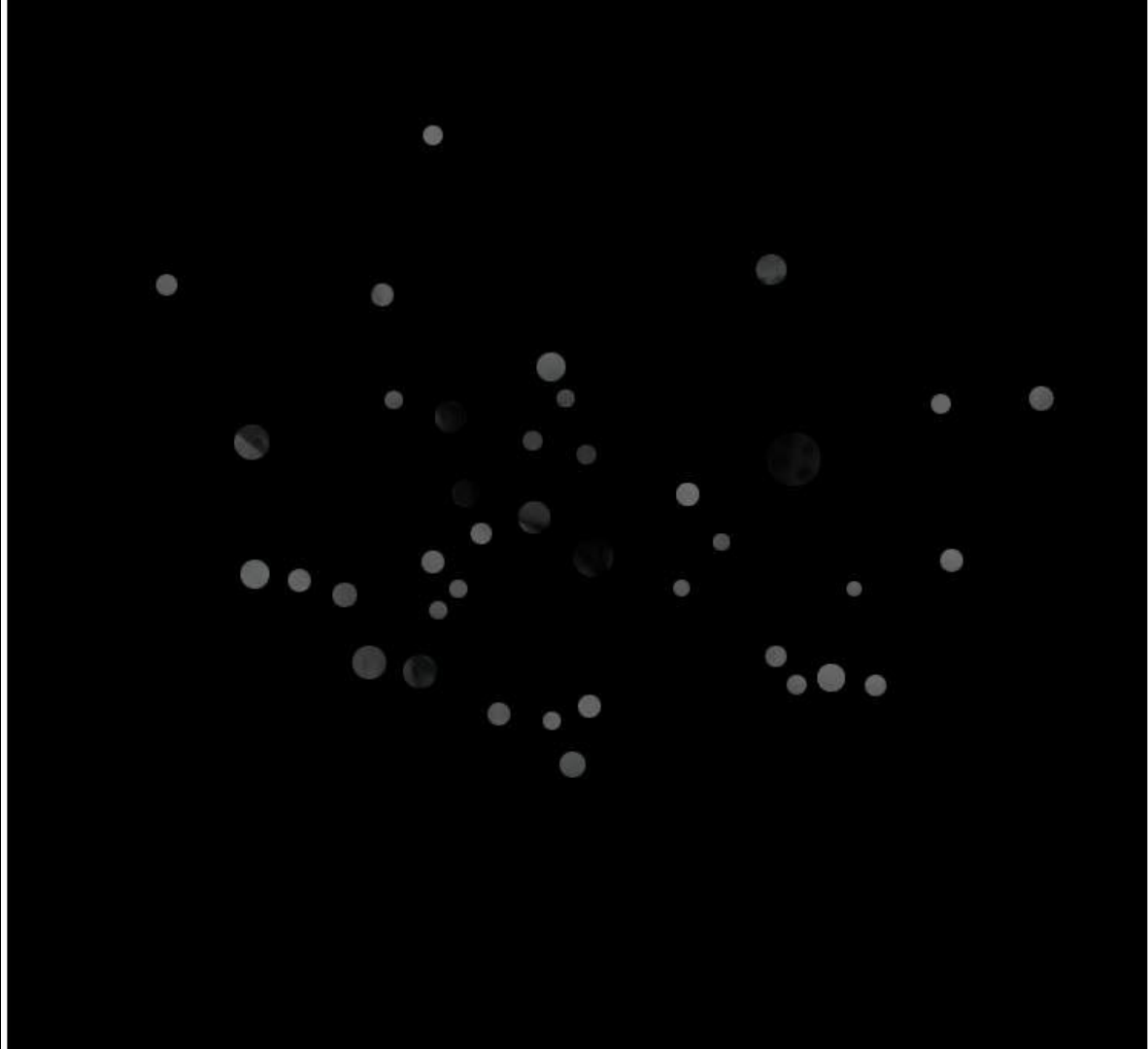


**Akiyoshi Kitaaka**  
@AkiyoshiKitaaka

 Seuraa

2色法によるイチゴの錯視。この画像はすべてシアン色（青緑色）の画素でできている





A scenic landscape photograph featuring a lush green grassy slope in the lower-left foreground. The middle ground is dominated by a thick, white mist or fog that fills the valley. In the background, several mountain peaks are visible, their details softened by the atmospheric haze. The overall color palette is cool, with greens, whites, and muted blues.

Harness intentional intuition

# Intentional intuition is like an archery.

1. The goal



3. Release

2. Tune into



*When looking at an image of a brain, I know in 30 seconds or 2 minutes what needs to be done. I have a personal database in my head. I have made more than 16 000 brain operations. I am good because I try. The others say that a case is impossible, and refrain from doing it. I have never made that. I fight until the end.*

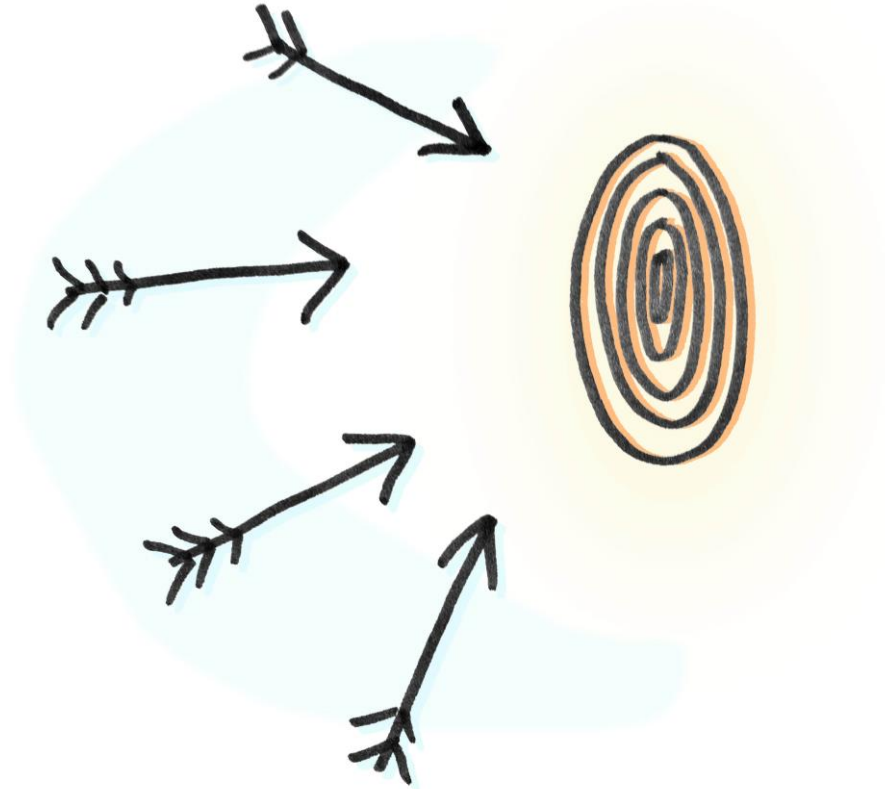
*Juha Hernesniemi, neurosurgeon*



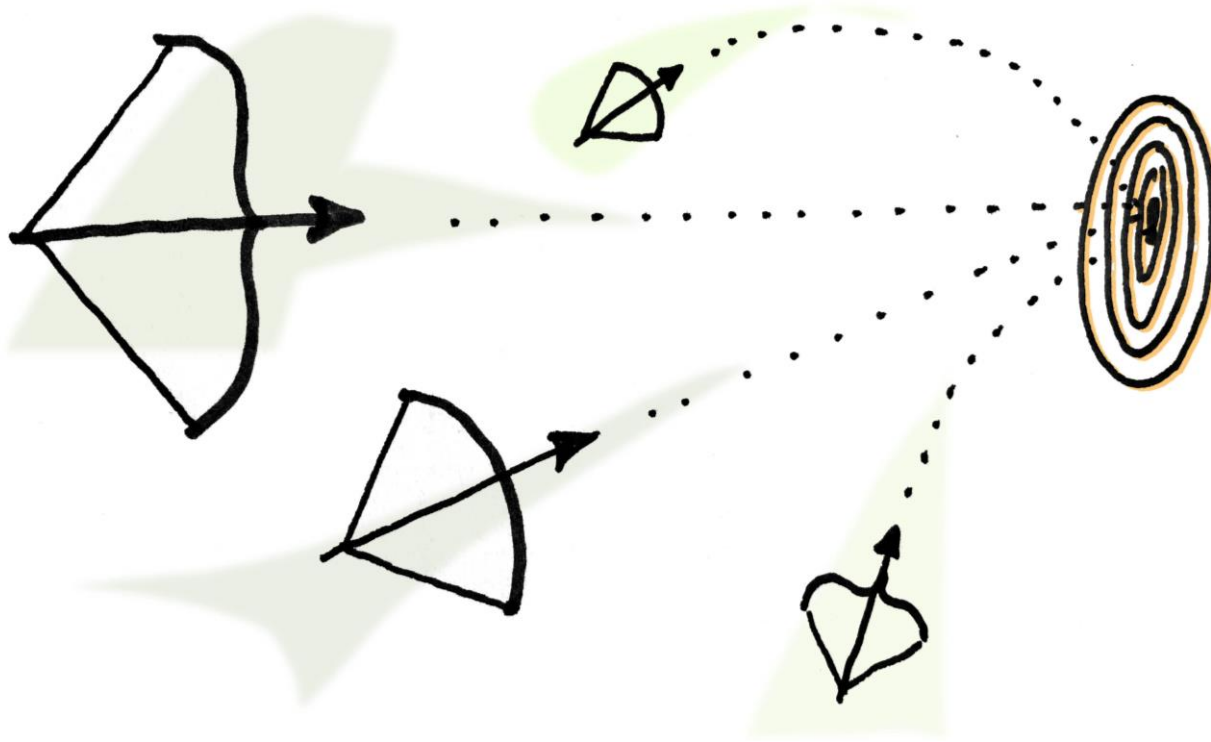


*Frances Arnold, scientist and engineer of directed evolution,  
Millennium Technology Prize winner*

Targeting intentions together is powerfull.

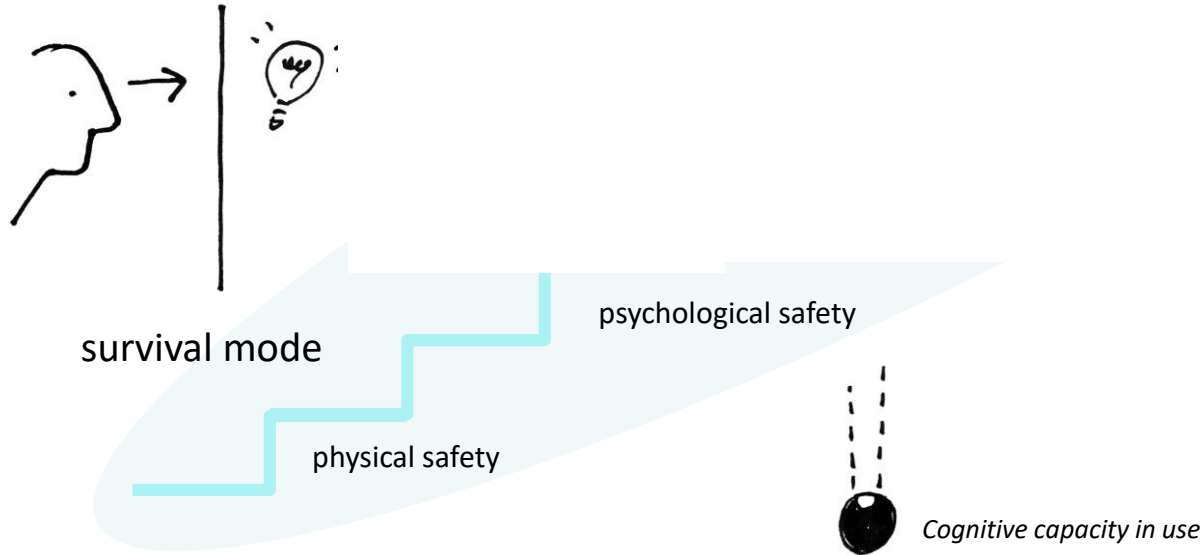


Our intuitions are unique.



# Edge emotions and solving the impossible

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*Thank you!*

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# David Lee Zlotoff / MacGyver



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