

WHAT IS MEDICAL INTUITION? DEFINING THE FIELD 5 Different Styles of Perceiving

Medical intuition is really just a simple set of definitive intuitive skills, organized to gather energetic information from our ever-present friend: the body.

Webster's Dictionary defines:

Medical: [from medicus healing] pertaining to or employed in the science, study, or practice of medicine, or the art of healing diseases.

Intuition: [from intuitio regarding, looking at, from L. intueri, to consider] 1) the immediate knowing or learning of something without the conscious use of reasoning; instantaneous apprehension; 3) a looking on; a sight or view; hence, a regard to; an aim.

Intuitive: [from L. intueri] to look on, consider; 3) seeing clearly
Webster's New 20th Century Dictionary, unabridged, 2nd edition
The World Publishing Co., New York, 1970

Intuitively looking, or knowing with the goal of facilitating health and healing, is what medical intuition is all about. Can the body really talk? Medical intuitives believe so. They can hear, sense, see, feel, and converse with this unique companion we call the body. How do they do it? How can a body communicate information directly to another person that it may not have ever met? These questions have been asked and studied in numerous ways over centuries. Energy is everywhere. It can be measured, felt, communicated, and changed by interacting with other energy sources. So why has it been so hard for us to imagine that the body can communicate with us energetically as well?

The medical intuition field is becoming more recognized as a way to tune in to the body's wisdom. As in all fields, it is important to honor the founders of the term that has framed this work. The actual term “medical intuition,” was coined several years ago by Dr. Norman Shealy, a renowned M.D. and advocate of holistic health, while training a gifted intuitive, Caroline Myss, Ph.D. Both are pioneers in this field and we have them to thank for this term “medical intuition,” to describe the range of work we do.

While medical intuition is relatively new by way of public and professional use, many healing practitioners, intuitives, psychics, channelers and people in general, have been “tuning in” for eons. How are they tuning in and to what exactly are they tuning in? If you asked 100 medical intuitives how they do their work, you would likely get as many different answers. Consider for a moment that, in simple terms, the body is an electrical system. Both the body itself and the energy field surrounding the body are electrically charged. Within this charge or energy field all information about its past and present, and some even believe, its future, is stored. In addition, the body remembers incidents, feelings, and thoughts from outside influences. As a simple analogy, the body is like a giant library, storing your history and life in its cells. Just as genetic experts with their tools can read and describe the genetic coding within a person’s DNA, medical intuition practitioners use their attention and sensitivity to read and describe a person’s health and its key influences .

People who are intuitive or who have trained themselves to pay attention to energy may perceive what the body is communicating in a variety of ways. Some may hear, see or sense words, symbols, pictures, movies, x-ray images, or physical sensations within their own body. While there are many ways medical intuitives describe the way they work, there appear to be five distinct styles or ways of perceiving the information the body

shares. For simplicity sake, I will abbreviate and refer to these five different styles throughout the book as:

- 1 - The Psychic Reading*
- 2 - Channeled from Guides*
- 3 - Healer's Hits*
- 4 - Map-Based Knowing*
- 5 - Attending Model*

The Psychic Reading

1 - The Psychic Reading

Some medical intuitives receive information while focused directly on their client's energy field. At that time, specific areas of the client's body randomly present information, or information comes forth, about a certain area of the body when it is queried by the client or the practitioner's focus. Strong emotions, trauma, physical injury, accidents, sickness, disease, and even strong beliefs appear readily as their energetic charge is very strong or "loud," so to speak. These stories or bits of information that are dominant in the energy field can often be sensed or perceived by sensitive people.

Channeled from Guides

2 - Channeled from Guides

Many medical intuitives receive information from the body from a third party called a "guide." These guides, often referred to as spirit guides, are most commonly people, animals, or other energies who reside in the spirit

world. In this style, the information about the client's body is gathered by the third party guide, and is then delivered to the clients by the medical intuition practitioners who are channeling their guides. Guides communicate with their channel in a variety of ways including words, images, symbols and telepathy. Most practitioners channeling information about a client's body through a guide work with the same guide all the time. A few practitioners have stated they are working with the client's "guides."

Healer's Hits

3 - Healer's Hits

Many practitioners, primarily bodyworkers, find that pieces of health-related information literally jump out at them as they interact in a healing fashion with their client's body. Some of these medical intuitives use the insight gained as part of the healing treatment, while others may use the information gathered from the body as a separate information-gathering health service.

Map - Based Knowing

4 - Map-Based Knowing

Some practitioners follow a specific system or "map" as they approach the body. For example, they may use a checklist to move throughout the body looking for areas that draw their attention or have an energy blockage. When an area of the body draws their attention, these practitioners then focus in a deliberate fashion using specific tools, for understanding the body, including predetermined maps or systems, which

they have been trained to use. This style is rooted in a medical model that seeks to identify key problem areas, provide diagnoses, and often makes recommendations for particular measurable conditions.

Attending Model

5 - Attending Model

A number of medical intuitives are trained to scan the body in a systematic fashion, yet do not use established maps or modalities to interpret what the body is sharing. Through this method, the body paints a portrait of what happening with the health of the client. Practitioners report exactly what they observe, experience or hear. They use their client's physiology as an entry point to attend to the body. They then follow where the body leads until each observation is complete. Sourcing where the body messages are actually coming from is crucial in this style. Sourcing and attending where the body leads can often uncover underlying root causes or information regarding conditions that can be very specific. This specificity is valuable to the client's healing team.

Of course, this still leaves 95 or more styles and definitions of medical intuition for you to explore. Most, however, will have roots based in one of these five styles, which we will be getting to know in great detail throughout this book. Many medical intuitives combine information-gathering with healing or recommendations, while others use it strictly as an information-gathering tool. Regardless of how practitioners develop and use their skills in medical intuition, one of the most pleasing aspects of this work is that it can be done in person or over a distance.

Since each practitioner performs such different work, it would be ideal if we all used different naming conventions and language among ourselves

to better describe what we do. However, for now, “medical intuition” is the term best known and most widely used. The word I am most comfortable using to describe the work I do using the attending style is “body scan.” To minimize confusion, and to differentiate my style and the technique I teach, I have named my body scanning technique “Medical Intuition: Lori Wilson's Total Body Intuition” This is the title and language used at Inner Access 101, the company that teaches my particular attending model of medical intuition. As you can appreciate, using the term “body scan” is a much smaller mouthful.

WHO WANTS TO KNOW ABOUT MEDICAL INTUITION?

Why educate about a service like medical intuition? Who would benefit from using the services of a medical intuition practitioner? Given that there are several styles of medical intuition, there are many reasons for wanting to know more about any and all of them. There are also specific groups of people that would have differing reasons for becoming more knowledgeable about this field. I have undertaken an enormous challenge in choosing to address three very different audiences with this book. While it may seem at times I am speaking to one group more specifically than another, the intent is to purposefully include you all. Sometimes, listening in on conversations addressed to others who are important to us is extraordinarily informative.

Let's get to know these three important groups that will be spending time together. Those who are providing medical intuition services, those who

might be seeking these services and those who might be referring one group to the other. Let's consider "Who wants to know about medical intuition?"

This book is written for three groups of people. While it may seem at times I am speaking to one group more specifically than another, the intent is to purposefully include you all.

Consumers Seeking Services

The first important group who may want to know about medical intuition includes people seeking this particular service. Consumers are actively looking both within and outside, the helping box of services for answers. The natural healthcare industry has always been strongly driven by people seeking quality service. Due to consumer demand, we have managed to normalize healthcare services that were considered fringe alternatives less than 10 years ago. Competition between publicly-funded services and privately-funded services has narrowed because of vigilant consumer demand. People are more educated than ever and are highly discerning regarding where they will spend their precious dollars. As consumers, when we are paying directly from our own pockets for a service, we need to ask appropriate questions and demand results. Moreover, we are all becoming active partners in our own health plans and care. This exciting partnership is driving the standards and stakes higher. And healthcare practitioners, in both private and public sectors, are rising to the challenge.

The main objective in seeking medical intuition services is that it is an excellent tool for getting a snapshot of what is going on within one's body. Many see it as an important adjunct for providing more information about their case history. Acquiring a portrait of what is going on with your own energy field is a very helpful place to start.

By going directly to the body first for information, we can engage the services of one of the foremost experts on you—your body. Clients can then determine what kinds of healthcare practitioners to shop for based on the information provided in the medical intuition scan or reading. Sometimes we want health information that helps us understand what is going on in a more detailed and intricate fashion. Therefore, it is helpful to know the extent of what can be provided by your medical intuitive. Some practitioners are trained to diagnose and others are trained specifically not to do so. Instead, this latter group is trained to offer specific descriptive terminology that those who are qualified to diagnose may find helpful.

One very important point to remember is that medical intuition should not be regarded as either a destination point or a treatment modality. It needs to be considered more of a reference library, a place to come to gather information in a detailed manner that may shed light on health matters. The healing teams a client has or will create to serve their health needs over time is separate from the information-gathering tool of medical intuition. Letting our healing colleagues know what medical intuition has to offer is also important, since they will be some of the primary healthcare providers for the client.

Professionals Considering Networking with Medical Intuition Practitioners

A second group of people who stand to benefit from this book are healthcare professionals seeking resource support for their client's care. Just as lay people themselves are shopping wisely for services, healthcare professionals are also staying abreast of referral support for their clients. Gone—or at least going—are the days when healthcare providers can claim to be the be all and end all for their clients. While many are very

comprehensive, no one health service can be all things for all people. Most people have a team of healthcare providers supporting them.

As a healthcare provider, there is nothing more important than a solid referral network of colleagues. Having access to a good medical intuition practitioner can be an asset to any team. They can be used for an original portrait of what is going on in the body, for ongoing “tune-ins” throughout the healthcare plan, or for supplementary information when all existing options have been exhausted.

Many medical intuition practitioners are called upon to do abbreviated mini-scans or tune-ins, as well as full scans, for the clients of other practitioners. This is always done with the client's permission and partnership. It is an excellent tool for supplementary insight about existing clients, or to use with new clients as an additional tool for gathering an original case history directly from the body. Quick medical intuition tune-ins, or what we refer to in our Inner Access 101 training as “core mining,” can be a speedy way of gaining additional colleague support. Core mining is an abbreviated version of a scan, but focuses on one key area of the body.

Colleagues are invaluable, though in reality, the true “colleague” being accessed at all times is the body of the client in question. I have had the privilege of networking with and offering my intuitive services to numerous colleagues. Being self and client-trained, many of my early days were spent honing my skills by scanning client files sealed in envelopes or looking at x-rays while trying to tune in to areas asking for attention. The permission of my colleagues' clients and their willingness to explore was my finest training ground in developing my own style.

Since 1996, rarely has a week gone by when I have not been called by colleagues with a request for a quick question regarding their client.

Always, these core mining tune-ins are done with the client's expressed consent. As colleagues, we each have a strong working knowledge of one another's practice. I have often taken classes with them, experienced their work firsthand, or have spent time in their offices observing their work. My support never replaces their expertise or findings, but often sheds a different light or lens on the situations and symptoms at hand.

Most commonly, colleague support takes the form of my being called when a practitioner is with their client during a regularly scheduled appointment. The contribution of this sort of intuitive “core mining” averages less than two minutes in length. Most often, I am put on speaker phone. As always, I prefer to work with no prior information about the client. Then, I tune in to the client's energy field with the intent of asking his or her body to share the piece of the puzzle that will be of the greatest benefit at that time.

Colleague queries may also be very specific. They may say, “I'm working with so and so and we've been adjusting vertebra T6 regularly for a few months, but it is not holding the correction and we feel there is more. Can you have a look and see what we might be missing?” Sometimes, the missing piece of the puzzle connects with a specific area of the client's physiology, while other times, the area I am drawn to may appear totally unrelated physiologically, yet be relevant to the current symptoms.

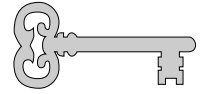
I share this as an example because many colleagues do use the extended case consultation of others. At times, we can benefit from working with extended support. As with all referrals, it would be wise to get to know your colleagues, before you work with them. This way, you can ensure your needs, services, communication styles, expectations of service, and schedule are compatible so that you may mutually serve your clients.

Scan information will be used differently by each healing team member. A good medical intuitive practitioner will know this and will let their client and healing team members make the choices necessary to serve the client best. Our job, using medical intuition tools, is to connect, dive deep, relay uncensored information, and then let go. Our position with this skill set is to hold a mix of trust, accuracy and appreciation for the often fleeting, honored moments that we get to be witness in a client's life.

Medical Intuitive Practitioners and Those Considering Becoming Medical Intuition Practitioners

Being educated about one's own field is always advisable. A goal all medical intuition practitioners can strive for is to become aware of the vastness of the field and how their medical intuition colleagues do their work. So often, we hear stories of people meeting one another and saying, “Oh, you do medical intuition. So do I.” As the conversation continues, both practitioners find out that their styles differ enormously. The way they receive information, the source from which they receive it and how they relay the information will very often be completely different. In order to refer, to learn from one another and to expand our own horizons, it is important we stay abreast of our exciting and very diverse field.

For those considering becoming medical intuition practitioners, I strongly recommend researching techniques and schools of thought thoroughly before committing your important time and resources. There are always wonderful things to learn from each of the differing styles and schools of thought. None are exhaustive. Those of us who are self-taught or very often “self-discovered” will especially benefit in knowing how others do their work. Many schools of thought have taken extraordinary measures to break their techniques down into engaging and rewarding courses.



A Tip Regarding Your Vantage Point as a Reader

Bear in mind that these three groups will be traveling together while exploring the field of medical intuition.

- Consumers Seeking Services
- Professionals Considering Networking with Medical Intuition Practitioners
- Medical Intuitive Practitioners and Those Considering Becoming Medical Intuition Practitioners

I do acknowledge that it is not typical to write a book aimed simultaneously at experienced and less experienced audiences. At the same time, I feel it is important to walk through this exploration together. We will all be learning how to better discern between these intuitive services.

If you are reading along and suddenly feel that I am no longer talking directly to you, you are encouraged to smile and take a different vantage point. It is not that I want to leave you out, but rather have chosen an approach that seeks to include all players in the conversations about this field. For example, if you are a practitioner, you can enjoy being a “fly on the wall” temporarily, when reviewing material aimed at the public. Enjoy remembering their need for clarity and the kind of education required by your clients in order for them to make informed choices for their health.

As a consumer seeking services, you can enjoy walking through fairly comprehensive, behind-the-scenes details that are often reserved for discussion in professional circles or in classroom settings. When you feel as if you are not being addressed directly, it is your turn to be invited to be a “fly on the wall” and perhaps better appreciate the sorts of questions and discernment that is required by those who are seeking to serve you within this professional capacity.