

Intuition in Adult Training

Insights from the EUNITA Learning Journey

Summary – created with ChatGPT based on the transcripts of the recordings of the sessions

Introduction

Across three online sessions, trainers from the European Network of Intuitive Trainers (EUNITA) explored how intuition can strengthen adult learning, with special attention to people who do not thrive in regular education systems. The sessions were intentionally light on instruction and heavy on shared exploration. Participants centered, split into self-led groups, experimented with methods, and harvested insights together. This article brings the key learnings into one coherent whole, organized around four guiding questions.

1) What is intuition?

Participants described intuition as a present-moment, low-noise way of knowing that becomes clearer when the nervous system settles. It shows up through multiple channels: body sensations, images, inner words, smells or tastes, and a quiet sense of knowing. Many experienced intuition as both personal and more-than-personal, sometimes named tacit knowledge, collective intelligence, absolute intelligence, or simply knowing.

Metaphors helped make the intangible shareable. One image pictured three “balls” of attention for head, heart, and belly that glow when a mode of knowing is most relevant. Storytelling and shared imagery let people compare experiences without forcing a single definition.

Several groups differentiated intuition from gut feeling and instinct. In one constellation, gut feeling appeared strong and protective, sometimes limiting; the intuitive channel felt calmer, more relational, and oriented to what is needed, not only to what is safe. Participants noted these roles can shift by person and context.

Bottom line: intuition is accessible, ordinary, and most available when we slow down, reduce mental noise, and allow multiple perceptual channels to speak.

2) How does intuition work in trainings?

The practice begins with state. Short settling practices such as breathing, the humming-bee vibration, micro-movement, or simple sensory cues help both trainer and group arrive. When the room is calmer, trainers can sense the energy in the group, adjust pacing, choose a fitting method, or change direction in real time.

Methods that bypass overthinking proved useful: images or cards, short visualizations, embodied prompts, systemic constellations, narrative work, and Bohm-inspired dialogue where people speak to the center without a fixed goal. These open the door for participants’ own intuitive material to surface.

Language matters. In technical or corporate settings, the word intuition can be a blocker. Framing the same practice as tacit knowledge, rapid sensemaking, or collective intelligence often increases acceptance without changing the substance.

Container supports flow. Clear purpose, roles, timeboxes, consent, and light facilitation allow intuitive work to stay focused and psychologically safe. Participants saw that intuition and structure are partners, not opposites.

3) Can it go wrong?

The signal is rarely the problem. Missteps arise through grasping, over-talking, lack of structure, or fear.

- **Grasping dissolves intuition.** Several groups noticed that trying to capture or define intuition made it recede. Letting be, using fewer words, and allowing not-knowing brought it back.
- **Fear vs. intuition.** Past experiences and protective patterns can color gut signals. Practical checks help: notice emotional charge, cross-check across channels, and ask whether the message feels quiet and present or urgent and future-oriented.
- **Ethics and humility.** Intuitive acts can affect others, sometimes in ways we do not see. Trainers highlighted consent, plain-language checks, and a light, non-imposing stance.

Participants also named a field reality: unspoken judgments toward adults who do not fit the system can shape what happens. Naming these gently and privileging connection over concepts changed the dynamic.

4) Does intuition improve trainings for adults who do not fit the system?

Yes, when used responsibly. Intuition supports inclusion by helping trainers individualize in real time: adapt pace, method, and language to the person in front of you. Safety comes first. Sensory anchors, clear frames, and calm pacing widen the window of tolerance for learners who carry stress or mistrust. De-jargonizing the work and using everyday exercises make intuitive practices accessible in diverse contexts.

Methods we tried

- **Breath and vibration** to quiet the mind and calm the nervous system.
- **Visualization** to meet intuition through inner images, smells, sounds, and felt shifts.
- **Systemic constellations** to explore relationships between intuition, trainers, regular systems, learners who do not fit, and the gain and pain of intuitive work.
- **Story circles** to learn from lived cases and ask how the intuitive state arose and was recognized.
- **Dialogue without a goal** to let masks drop and truthfulness deepen.
- **Left-right balancing** and unexpected questions to loosen rigid cognition.

Common patterns across methods: safety precedes depth, playfulness helps, and the group field amplifies individual intuition while allowing diverse experiences.

Practical guidance for trainers

- **Open with state-setting.** Two to three minutes of breath, gentle sound, or sensory focus stabilizes attention and invites intuition.
- **Offer multiple doorways.** Constellation, visualization, narrative, and reflective dialogue reveal different facets. Let people choose and compare.
- **Pair intuition with scaffolding.** Be clear about purpose, timing, roles, and consent. Close with a brief integration.
- **Name the channels.** Invite people to notice how signals arrive and to cross-check across body, image, sound, and knowing.
- **Differentiate fear from intuition.** Ask, “Is this charged and future-oriented, or quiet and present?”
- **Translate for context.** Use terms like tacit knowledge or collective intelligence where helpful, while keeping the practice intact.
- **Work the relationship.** Choose connection over extraction. Ask less, sense more, and let meaning appear.
- **Normalize not-knowing.** Reduces pressure and keeps the channel open. Small, low-risk actions build trust over time.

A note on judgment, structure, and inclusion

The constellation work surfaced judgments toward learners who do not fit regular systems and fatigue within the system itself. Intuition helped reveal these patterns and invited a different stance: less fixing, more meeting. Participants also affirmed that intuitive trainers benefit from partnership with regular structures and colleagues. Structure lends credibility and safety; intuition brings responsiveness and depth. Together they serve learners better.

Conclusion

The learning journey affirmed a simple, practical view of intuition. It is available to everyone, strengthened by calm attention, and most effective inside a clear, humane container. When trainers relax the urge to define and control, the work becomes gentler and more effective, especially for adults who have not been well served by standard formats. Intuition, safety, and structure belong together. In that meeting point, inclusive learning becomes more possible.

Intuition Learning Journey – Session 1

August 7, 2025

Context and intention

This first online session in the EUNITA learning journey was set up as a spacious, low-structure gathering to explore intuition together. Rather than a tightly scripted webinar, the aim was to create a room for sharing, experimenting, and learning from one another. Four guiding questions sat in the background: What is intuition? How does it work in trainings? Can it go wrong? Does it improve trainings for adults who do not fit the regular system?

Format

After a brief framing of the EUNITA project and its focus on trainers who work with adults outside mainstream educational pathways, the group did a short grounding practice to arrive in the body and “the intuitive field.” Participants then self-selected small breakout groups. Anyone who felt a clear “yes” added it to their name and held space for their group. The hosts invited people to follow what felt alive rather than stick to a fixed script. The session closed with a whole-group harvest and a short Q&A.

What emerged in the groups

1) Intuition as “getting out of the way”

Across groups, a common thread was the move from thinking to sensing. People described bypassing the busy, evaluative mind and dropping attention into the body to access a deeper layer of knowing. Simple practices helped: pausing, closing the eyes, softening the breath, using images or cards to shift from analysis to felt sense.

2) Acting on intuition can be the hard part

Recognising an intuitive signal is one thing; following it is another. Participants named hesitation, fear, and the pull of “what is logical” as frequent obstacles. Several noted that when they repeatedly ignore intuitive prompts, those prompts seem to show up less clearly later. Honouring small signals builds trust and keeps the channel open.

3) Metaphors make intuition shareable

Groups found it easier to speak about intuition through images. One metaphor pictured three “balls” of attention for head, heart, and belly that glow brighter when a particular way of knowing is most relevant. Metaphors helped teams compare experiences without forcing a single definition.

4) Playfulness increases connection, even online

Following a spark of interest in a group led to spontaneous play, like showing each other the room each person was in. This simple, intuitive move shifted the tone from distant to close and personal, demonstrating how lightness and curiosity can deepen connection in virtual settings.

5) Intuition, coincidence, and meaning

One conversation explored whether “coincidence” exists. The reflection that “life and a training are a constellation” framed events as meaningful patterns rather than random occurrences. From this view, what shows up in a session can be treated as information that belongs to the whole.

Implications for training practice

- **Design for responsiveness:** Keep plans light enough to deviate when the group's energy calls for a different pace or method.
- **Start in the body:** Short settling practices (breath, attention to feet and posture, brief silence) help open intuitive perception for both trainer and participants.
- **Use image-based tools:** Visual prompts, cards, and simple objects can bypass overthinking and surface tacit knowledge.
- **Invite shared leadership:** Let those with a clear "yes" hold space. Rotate roles so the group experiences both facilitating and sensing.
- **Normalise small risks:** Encourage acting on modest intuitive nudges to build collective confidence without overwhelming anyone.

Q&A and next steps

- **Where to find results so far:** Participants were pointed to the *Open Book of Intuition* and the online Resource Library as living homes for the project's learnings and tools.
- **No single conclusion:** Rather than fixed takeaways, the work is an ongoing weaving of perspectives, practices, and community insight.
- **Continuity matters:** Returning participants can help deepen the inquiry across sessions. Upcoming sessions were set to continue in the same exploratory spirit, with interest in breathwork named as a next topic.

Takeaway

This session reaffirmed a practical view of intuition: not mystical, but a reliable, embodied way of noticing what is needed now. When trainers create room for sensing, share leadership, and treat what appears as meaningful data, groups tend to connect faster and learn more deeply.

Intuition Learning Journey – Session 2

August 14, 2025

Why we met

This second learning journey gathered trainers from the EUNITA network to explore how intuition shows up in training practice—especially for adults who don’t fit well in regular education systems. As in Session 1, the format was deliberately light on “teaching” and heavy on collective exploration: a short centering practice, small-group deep dives, then harvesting insights for the whole group. The guiding questions remained the same—What is intuition? How do we use it in trainings? Can it go wrong? Does it help under-served adults?—and participants added new questions they wanted to explore.

Questions that shaped the session

Alongside the four core questions, participants proposed lines of inquiry that set the tone for the day:

- The link between focus/concentration and intuition
- Working with multiple intuitive “channels” (seeing, hearing, feeling, tasting, smelling, and simply *knowing*)
- Using intuition in decision-making
- Distinguishing intuition from fear, anxiety, bias, or past conditioning
- Balancing intuitive work with standard tools and protocols
- Whether intuition is individual or connected to something larger (collective/“absolute” intelligence)
- The difference between instinct, gut feeling, and intuition

A brief meditation invited everyone to slow down, notice the body, and choose an intuitive way of engaging—stillness, movement, breath, or something playful—before entering 45-minute small groups (with a volunteer space-holder) to explore one or more of these threads.

What we did (methods that emerged)

- **Breath & vibration (the “humming bee”):** A simple breathing/vocal vibration to quiet mental noise and calm the nervous system, making intuitive information easier to perceive.
- **Decision-making with intuition:** Pausing, giving “intuition” space to speak, then sensing shifts in perspective before returning to action.
- **Creating inner space:** Short guided practices to widen attention and let images, sensations, or words arise spontaneously.
- **Systemic constellation:** A mini-constellation placing “gut feeling” and an “intuitive channel” in relation to the seeker, to feel their distinct roles.
- **Balancing hemispheres:** Alternating left/right-oriented prompts and using unexpected questions to loosen rigid cognition.

Groups appointed a note-taker and later shared key insights with the plenary.

What we learned

1) What intuition is (and is not)

- **Present-moment, low-noise perception.** Many framed intuition as a here-and-now signal that becomes clearer when arousal drops and attention settles. Fear/anxiety tended to project into the future; intuition felt immediate.
- **Multiple channels.** Intuition can appear as body sensations, images, sounds/words, tastes/smells, or a quiet *inner knowing*. Combining channels often makes the signal stronger.
- **Personal and more-than-personal.** Several names were offered—*absolute intelligence*, *collective intelligence*, simply *knowing*—to describe an intelligence that feels larger than the individual while still coming through a personal interface.
- **Distinguishing from gut feeling and instinct.** In one constellation, “gut feeling” showed up as strong, protective, even disruptive—useful but sometimes limiting—while the “intuitive channel” felt calm, receptive, and oriented to what’s needed, not only to what’s safe. Participants noted these patterns can vary by person and context.

2) How intuition works in trainings

- **Prepare the instrument (the trainer).** Breathwork, brief meditations, micro-movement, or playful prompts help trainers arrive, center, and become receptive.
- **Design for signals.** Use imagery, cards, metaphor, music, or silence to bypass overthinking and let learners’ intuitive material surface.
- **Name it (or don’t).** With skeptical audiences (e.g., technical or corporate), the word *intuition* may trigger resistance. Alternatives like *collective intelligence*, *rapid pattern recognition*, or *tacit knowledge* can open doors while the practice remains the same.
- **Balance with structure.** Intuitive flow benefits from a clear container: purpose, timeboxes, safety agreements, and gentle scaffolding. This prevents drift and supports participants who need firmer guidance.

3) Can it go wrong?

- **Discomfort is a signal to adjust the frame, not proof of failure.** One group named feeling “weird” and under-structured. The takeaway: intuition can lead into tender or unknown places; trainers hold responsibility for pacing, consent, and clarity of process.
- **When fear wears the mask of intuition.** Past experiences and protective strategies can color “gut” signals. Slowing down, cross-checking across channels, and noticing emotional charge help differentiate reactive fear from quieter intuition.
- **Ethics and humility.** Because intuitive acts can impact others—even help without our knowing—trainers emphasized lightness, consent, and checking interpretations in plain language.

4) Does it help under-served adults?

The session returned often to inclusion. Insights included:

- **Individualization in real time.** Intuitive listening lets trainers adapt content, pacing, modality, and language to each learner—notably helpful where standard formats have failed.
- **Safety first.** Many learners carry anxiety or mistrust. Calming practices (breath, centering, clear structure) widen the window of tolerance so learning can land.
- **De-jargonizing intuition.** Choosing accessible language and everyday exercises makes these benefits available in settings where “intuition” as a label might exclude.

Practical takeaways for trainers

- **Start with state:** 2–3 minutes of breath or vibration reliably quiets the mind and attunes the room.
- **Offer two doorways:** a structured path (clear steps) and an intuitive path (open exploration). Let participants choose.
- **Name the channels:** invite people to notice *how* information arrives (body, image, sound, knowing). Encourage cross-checks.
- **Differentiate fear vs. intuition:** ask, “Is this charged and future-oriented (fear) or quiet and present (intuition)?”
- **Translate wisely:** if the word *intuition* is a blocker, use *tacit knowledge*, *sensemaking*, or *collective intelligence*—but keep the practice intact.
- **Close lightly:** brief sharing, a grounding breath, or a short ritual helps integrate and keeps the work playful rather than heavy.

Spirit of the day

Two threads ran through the whole session. First, *trust*: in the body, in the group, and in the notion that useful information can arise before analysis. Second, *lightness*: intuitive acts often help others in ways we don’t see; keeping it playful and humble preserves safety and inclusion.

The network will continue to collect exercises and cases in the Resource Library and, where helpful, translate them into accessible language for different contexts. The exploration remains open—less about final answers, more about cultivating practices that reliably enhance learning for everyone, especially those underserved by standard formats.

Intuition Learning Journey – Session 2

Why we met

This third and final learning journey in the current project cycle brought the group back to the same four guiding questions: What is intuition for you, how does it work in trainings, can it go wrong, and does it improve trainings for adults who do not fit the regular system. The session invited participants to explore these questions through four different pathways: a systemic constellation, a guided visualization, storytelling, and a words-and-definitions circle.

How we worked

Participants chose one of four breakout rooms. Each room used its own method, appointed a light facilitator and a note-taker, then returned to the plenary to harvest insights. The aim was experiential learning rather than debate, with space for sensing, playfulness, and practical reflection.

What emerged in each pathway

1) Constellation: intuition in the training field

The constellation placed representatives for Intuition, the Intuitive Trainer, the Regular Trainer or system, Learners who do not fit the system, and the Gain and the Pain of using intuition. Key observations:

- **Grasping dissolves intuition.** The more the group tried to capture or over-explain intuition, the less present it felt. When the group relaxed expectations, intuition became accessible again.
- **Judgment is in the field.** There was felt judgment toward learners who do not fit the regular system. Opening to intuition brought up nerves and the need to step out of familiar patterns.
- **Connection over concepts.** When the Intuitive Trainer stopped trying to extract “something” from others and simply wanted *them*, connection increased. Trying to manufacture “connection” paradoxically reduced it.
- **Regular system can shift.** The Regular Trainer/system initially felt stuck and tired, then grew curious about intuition even without fully grasping it.
- **Intuition wants partnership with structure.** The rep for the intuitive trainer noticed that clear structure and collaboration with regular trainers are supportive. Without structure, intuition risks being dismissed as vague or “new age.”

2) Visualization: safety, senses, and creativity

A co-guided visualization invited participants into a shared inner landscape.

- **Safety precedes depth.** People who began with apprehension relaxed when guided to simple sensory anchors like smell. Once the mind felt safe, intuitive images and knowing emerged.
- **Shared field, personal images.** The group felt connected while each person received unique imagery. Playfulness and beauty were recurrent themes.

- **Embodied markers.** Intuition appeared as concrete symbols for some (e.g., a dinosaur that looked scary but communicated safety). Sensory cues helped move from fear to centered presence.

3) Story circle: entering through lived experience

A small group listened to a recent training story, then asked how the intuitive state arose and how it was recognized.

- **Nature and quiet help.** Stepping into nature or into brief silence reduced distraction and opened intuitive perception.
- **Bohm-inspired dialogue.** A no-goal circle where people speak to the center of the group let masks drop and truthfulness deepen. The absence of a target increased freedom and presence.

4) Words and definitions: language as an entrance

A group explored definitions of intuition.

- **Be careful not to over-fix.** Language can open doors, yet over-defining can push intuition away. The most useful stance was warm inquiry rather than rigid agreement.
- **Common denominator.** Across viewpoints, intuition was associated with present-moment awareness, lowered mental noise, and receptivity to multi-channel signals.

Cross-cutting insights

1. **Let it be.** Trying to grab intuition often chases it away. Simple settling, fewer words, and permission to not know help more than analysis.
2. **Safety first.** When the nervous system calms, intuition comes forward. Sensory anchors and gentle pacing widen the window of tolerance.
3. **Structure supports freedom.** A clear container, roles, and timeboxes make intuitive work more effective and credible, especially with mixed audiences.
4. **Mind the judgments.** Unseen judgments toward learners who do not fit the system influence the field. Naming them lightly and choosing connection changes the dynamic.
5. **Fear can block access.** People sometimes avoid intuition because they fear difficult information. Differentiating protective fear from quiet intuitive signals is part of the craft.
6. **Group field matters.** Even with personal images, participants reported a shared field. Practices that build trust and playfulness deepen that field.
7. **Language is a tool, not a trap.** Choose words that fit the context. Use everyday terms when “intuition” triggers resistance, but keep the practice intact.

Implications for training practice

- **Open every session with state-setting.** Two to three minutes of breath, micro-movement, or sensory focus stabilizes attention and invites intuition.
- **Offer multiple doorways.** Constellation, visualization, story, and reflective dialogue each reveal different facets. Let participants choose and compare.
- **Pair intuition with scaffolding.** Clarify purpose, roles, timing, and consent. This protects psychological safety and reduces the risk of drift.
- **Work the relationship, not only the method.** Choose connection over extraction. Ask less, sense more, and allow meaning to reveal itself.
- **Normalize not knowing.** Treat uncertainty as part of the process. This reduces pressure and keeps the channel open.
- **Translate for context.** In formal or technical settings, frame intuition as tacit knowledge, rapid sensemaking, or collective intelligence.

Back to the four questions

- **What is intuition?** A present-moment, low-noise way of knowing that comes through body sensations, images, sounds, and quiet inner knowing, often amplified in a trusting group field.
- **How it works in trainings?** Prepare the nervous system, use methods that bypass overthinking, and hold a clear container so signals can guide real-time adaptation.
- **Can it go wrong?** The signal is not the problem. Misapplication happens through grasping, over-talking, lack of structure, or fear. The remedies are pacing, consent, and humility.
- **Does it improve trainings for adults who do not fit the system?** Yes, when used responsibly. Intuition helps trainers individualize, reduce judgment, and meet learners where they are, which strengthens engagement and inclusion.

Overall takeaway

Session 3 showed that intuition flourishes where safety, structure, and playfulness meet. When trainers relax the urge to define and control, the work becomes both gentler and more effective, especially for learners who have not been served by standard formats.