

Pathways to Healing

by Elaine Zablocki

Medical Intuition – Using the Sixth Sense in Integrative Health Practice

Our culture doesn't emphasize intuitive skills. We're aware that some people experience hunches or premonitions, but we don't pay much attention to that sort of thing. Some healthcare practitioners have an uncanny ability to reach a correct assessment, but we don't ask ourselves how they do that. There are studies published in medical literature on the use of intuition in healthcare, but misconceptions still exist.

Wendie Colter, CMIP, CEG, expects to change those attitudes, especially in healthcare. She has learned how to use medical intuition to help others heal, and ten years ago she set up The Practical Path® training program to help healthcare professionals access and develop their own medical intuition.

Colter was an intuitive child; and as she grew up, she studied many of the classics of metaphysical thought. She trained in a number of biofield-based wellness modalities such as Reiki and transcendental meditation. "I became an energy healer, and I noticed I was actually able to see into my client's body as I was doing my energy work," she recalls. "My colleagues began sending me their tough cases. Doctors began to call me for consultations, especially in atypical cases where standard lab tests were inconclusive."

Colter is a visually oriented person, and she "sees" what is happening inside the patient's body. But she thinks about medical intuition in terms of four different "meta-sensory skills."

- Claircognizance (clear knowing), the ability to know information without having prior knowledge – what we refer to as gut feelings or hunches;
- Clairsentience (clear feeling), the ability to feel someone else's emotional or physical information – what we call empathy;
- Clairaudience (clear hearing), the ability to hear information without using our physical ears – what we call the still small voice we hear in prayer or meditation.
- Clairvoyance (clear seeing), the ability to see information without the physical eyes – what we call visualization.

These abilities are innate, but our culture often does not recognize them. Colter is working to show people how to recognize and enhance their natural intuitive abilities. "Medical intuition is not a treatment, intervention or modality," she



Wendie Colter, CMIP, CEG

says. "It is a foundational energetic assessment and evaluation skill. It is designed to support all healthcare methods."

As she trains healthcare professionals in her method, her students report it helps them save time, save money, and offers a 360-degree holistic view of the patient. "Most importantly, medical intuition helps provide insight when people aren't healing despite our best efforts," she says. "This is why doctors have called me over the years, because their patients weren't healing and they wanted to know what was going on. This is one of the places where medical intuition can really shine."

Exploring Our Own Intuitive Skills

I met Wendie Colter when I attended the 2019 Academy of Integrative Health & Medicine (AIHM) conference. She co-presented a 90-minute session on medical intuition together with Tiffany Barsotti, M.Th. C.Ht., and Paul J. Mills, PhD, Chief of Behavioral Medicine and Professor of Family Medicine and Public Health at the University of California San Diego (UCSD).

The room for this session held about 120 people and it was packed; people who arrived after the room was full had to be turned away. This is quite a change from five years ago, when a presentation on this subject would usually draw just a handful of people.

During her presentation, Colter invited us to explore our own intuitive abilities. She invited us to close our eyes, sit with straight spines and relaxed minds, and have a mental conversation with our own bodies. "We think of a part of our physical body and ask what it wants from us, what it wants to tell us," Colter says. "We can access all sorts of information we might not have had previously."

This is similar to the process she uses when she is working with a client. "The medical intuitive process views an 'intuitive MRI' of the client's body, along with images from a client's unique life experience," she says. "There is a correlation between past emotional trauma and physical imbalance. Awareness is the key that can help us to regain energetic balance in body, mind, and spirit."

Medical Intuitive Training Available

In 2009 Colter founded The Practical Path®, a training program in medical intuition for healthcare professionals. The certification program takes nine months, one weekend per month, with two levels of training. In Level 1, participants have an opportunity to learn the foundational skills of scanning into the biofield for a range of energetic blocks. Level II training includes intuitive scanning of the physical anatomy and in-depth evaluations designed to identify underlying causes of illness, imbalance, and disease.

The certification program is open to physicians, nurses, nurse practitioners, physician assistants, mental healthcare professionals, allied health professionals, naturopaths, acupuncturists, chiropractors, nutritionists, homeopaths, massage therapists, bodyworkers, hypnotherapists, certified biofield/energy therapy practitioners, certified health and wellness coaches, and more. "The training is open to people who have had a professional practice for at least one year and a certification in at least one modality," Colter says. "It is not open to laypeople because my goal is to help bring these skills into mainstream medicine."

A practitioner who completes the course is eligible for certification as a The Practical Path® Certified Medical Intuitive Practitioner, CMIP®. The programs are accredited by the California Board of Registered Nursing, the American Holistic Nurses Association (AHNA), and the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). The Practical Path® is working with other national boards to offer accreditation in other fields.

Formal Research Underway

Recently, some of the medical intuitives Colter has trained participated in a research pilot study. In blinded sessions, 67 participants were surveyed about their experience with the medical intuitive practitioner; 94% agreed that the practitioner had accurately evaluated their main health issue, and 98% agreed the practitioner accurately described life experiences that corresponded to their health issues. Ninety-nine percent were satisfied or extremely satisfied with the session, and 100% agreed that medical intuitives offered useful recommendations.

Today The Practical Path® is collaborating with the University of California San Diego (UCSD) School of Medicine on a larger research study into medical intuition. The study expects to advance the scientific study of medical intuition by having medical intuitives independently, blindly read individuals with documented illnesses, as well as a control group of healthy individuals. All study staff and medical intuitives will be blinded to the participants' illness categories and self-ratings on health and illness. The researchers anticipate this study will show that the medical intuitive will accurately classify each patient's primary illness, identify the primary underlying reason for the illness and assess emotional, mental, spiritual, and/or energetic reasons for imbalances.

Because this is an initial study, The Practical Path® and UCSD are seeking financial support from a broad range of private funding sources. To receive a copy of the UCSD research study proposal, please contact <https://thepracticalpath.com/contact>.

What comes next? Over the past few years Colter has offered presentations at the Prebys Cardiovascular Institute-Scripps Health, the Andrew Weil Center for Integrative Medicine IMER, the American Holistic Nurses Association, the Academy of Integrative Health & Medicine Fellowship, Canadian Association for Integrative and Energy Therapies, and many more. She is working on a book.

"Over the last few years I've seen the interest growing," she says. "When I speak to the medical students and residents at the Andrew Weil Center, for example, I'm always delighted by the interest from these young doctors. When I speak to seasoned doctors so many of them already understand that intuition is a big part of medicine. They just haven't been taught how to deliberately access their intuition. That's where I come in."

Resources

The Practical Path, <https://thepracticalpath.com/>

The website includes a list of classes and future events, newsletter sign up, and a blog.

For more information about The Practical Path/UCSD research study and to donate directly, go to <https://thepracticalpath.com/ucsd-research-study>

Practitioner Referral Service – to work with a CMIP® Certified Medical Intuitive Practitioner in your healthcare practice, go to <https://thepracticalpath.com/practitioner-referral-service>

To find out more about medical intuition go to <https://thepracticalpath.com/what-is-medical-intuition>

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Elaine Zablocki is the former editor of CHRF News Files. ◆