

Innovation through Intuition

Exploring Innovative Ideas through Guided Imagery: A Trilogos Method Experiment

Insights from Scholars' Experiences

7th Eastern European Conference of Mental Health In and Out of Your Mind, 12-15.10.23, Chisinau



Assoc. Prof. Dr. Michael Noah Weiss | Prof. Guro Hansen Helskog | Assoc. Prof. Camilla Angeltun | PhD candidate MPhil Shari Bloom – University of South-Eastern Norway



Disclosures

- Scientific Advisory Board: Trilogos Foundation (non-commercial)
- Scientific Research: “Daimonic Dialogues” (Weiss, 2020)
- Speaker’s Bureau: Nothing to disclose
- Stock Holder: Nothing to disclose
- Stock Options: Nothing to disclose
- Product Royalties: Nothing to disclose
- Employed by: University of South-Eastern Norway

Any off label uses of devices or products will be disclosed and discussed in a balanced manner.

No commercial company or product names or logos will be used in this presentation.

A hand is shown from the wrist up, palm facing up, holding a bright yellow circle. The background is a sunset or sunrise over a mountain range, with warm orange and yellow light in the sky and darker silhouettes of the mountains and the hand.

The Trilogos Method in a nutshell

- **Developed by:** Linda Vera Roethlisberger
- **Aim:** personality and consciousness development (individuation)
- **Trilogos?** $IQ + EQ + SQ = PsyQ$
- **Basic technique:** guided imagery
- **Trilogos course** “In Touch with Your Inner Voice” level 1-3 (Roethlisberger, 2012)



R&D Experiment

- 4 scholars from the University of South-Eastern Norway (3 from the Department for Educational Science, 1 from PhD program Culture Studies)
- 7 guided imageries from the self-guided course “In Touch with the Inner Voice” 1-3 (Roethlisberger, 2012)
- 1 biweekly online session (Zoom): experience-sharing, dialogue and reflection on 1 imagery that was done individually at home.

Statement 1

Prof. Guro Hansen Helskog

How did you experience this imagery approach in general?

- “Our individual images and experiences were closely linked to our professional/personal life”
- “I myself found my images rather boring and «self-evident», however, when listening to the others and telling about my own images, I realised that they were not self-evident at all”

Could these Trilogos sessions inspire and support you in any way in your research and your academic work?

- “Yes, and I experienced that there was a connection between the sessions. I interpret this as a development in my own relationship or attitude to my work.”
- “During this spring (2023) I have been asking myself which way to go now when I have completed my current projects (...) The question as well as the answer were actualized again in the Trilogos sessions (...) I interpret the next step to imply going deeper in what I already am doing.”





Statement 2

Assoc. Prof. Camilla Angeltun

How did you experience this imagery approach in general?

- “Several aspects were pivotal to me regarding the Trilogos method. Firstly, the sense of unity and openness within the group. (...) Secondly, I received intriguing feedback and reflections on mental images that propelled me out of a rut, into a new way of perceiving myself. This proved immensely valuable and uplifting “

Could these Trilogos sessions inspire and support you in any way in your research and your academic work?

- “To me, Trilogos is a method that allows us to explore, acquaint ourselves with, and gain confidence in the aspects of ourselves that function in a more wordless and intuitive manner. This aspect is overlooked in academia, where analyses, concepts, and models naturally take precedence. ”
- “For many years, I've sensed a vague realization of a kind of disconnect between how we talk about situations and how we truly experience them. There's a missing piece, something that doesn't quite align. Trilogos addresses and activates both the rational and the intuitive. This serves as inspiration and support for me as both an academic and an individual.”



Statement 3

PhD candidate MPhil Shari Bloom

How did you experience this imagery approach in general?

- “A level of trust and understanding developed over the sessions and we could see how our personal symbols shifted and unfolded over time.”

Could these Trilogos sessions inspire and support you in any way in your research and your academic work?

- “The Trilogos sessions inspired me greatly. (...) I felt closer to my colleagues and supported in a way that is not very traditional in work settings. I realized that the themes they were grappling with mirrored my own and I understood that it was normal to have doubts about research direction and life path.”
- “The big message that emerged was that for me to thrive as a researcher, I must reintegrate aspects of my creative, intuitive, arts-based self. Right now, I am actively brainstorming new methodologies as well as a willingness to invent new methodologies.”



Statement 4

Assoc. Prof. Michael Noah Weiss

How did you experience this imagery approach in general?

- “With several years of experience with these exercises, I have to say that they are still as giving and enlightening as on the first day.”
- “In general terms, they make me calm down, and give me this attitude of trust, hope and courage. It has to be said though, that regular training helps me to stay in such an attitude or state.”

Could these Trilogos sessions inspire and support you in any way in your research and your academic work?

- “Yes, these Trilogos sessions clearly did inspire and support me with regards to my academic work. There were several imageries which I read as an invitation to revitalize my creativity in my work (...) using my intuition and my creative mind actively in what I do, became quite prominent in these exercises.”
- “Furthermore, it appeared that spirituality can be brought back into academia through creativity.”

An abstract, textured background image featuring a person rappelling down a rope. The background is composed of various shades of blue, pink, and white, with a dark, shadowy area at the top. The person is a small white silhouette against the darker background.

Insights & Findings (1)

Common themes

Reflective Practice: The scholars engaged in profound introspection, fostering collaborative reflection and dialogue.

Embracing Intuition: The scholars underscored the vital role of intuition, in driving innovative ideas and personal insights.

Cultivating Creativity: The scholars described how the imagery exercises ignited creativity within their academic endeavors, leading them to actively apply their creative thinking to their work.

Integration of Spirituality: Exploring the intuitive, spiritual aspects of their being allowed the scholars to tap into a deeper source of inspiration, relevant for them both personally as well as professionally.



Insights & Findings (2)

Key Takeaways

Innovation by Intuition: The scholars recognized that intuition played a pivotal role in generating novel ideas and fresh perspectives.

Personal Growth: The imageries spurred deep self-reflection, with the scholars unearthing latent qualities crucial for their development as individuals and researchers.

Creativity as a Pathway: Creativity emerged as a pathway to deeper understanding, encouraging the scholars to leverage creative thinking in their academic work.

Trust and Openness: The process cultivated an atmosphere of trust and openness, which, in turn, nurtured a collective sense of growth and understanding.

Application in Research: Some scholars discovered that the insights from the exercises equipping them with valuable approaches to address work-related challenges.

Thank you!

www.trilogos.com

