

Innovation through Intuition

An Action Research Project about the Trilogos Method as a source of inspiration in R&D processes

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Disclosures

- **Scientific Advisory Board: Trilogos Foundation (non-commercial)**
- **Scientific Research: “Daimonic Dialogues” (Weiss, 2020)**
- **Speaker’s Bureau: Nothing to disclose**
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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, 2013a&b)



Action Research Project

Research question: How can the Trilogos Method not only foster personal development but the development of new and innovative ideas in R&D processes?

1st cycle: In spring 2023, 4 scholars from the USN tested 7 guided imageries¹ from the Trilogos Method².

2nd cycle: In autumn 2023, 3 scholars continued with 7 further imageries¹ from the Trilogos Method².

3rd cycle (up-coming): In autumn 2024, 6 scholars from USN and UPN will do 7 Trilogos imageries in a VE-course.

¹ One biweekly Zoom-session: experience-sharing, dialogue and reflection on 1 imagery that was done in advance individually at home.

² From the self-guided course "In Touch with the Inner Voice" 1-3 (Roethlisberger, 2012)



Selection of

Insights

of the 1st and 2nd cycle

- “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.”
- “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.”
- “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.”
- “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.”
- “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”
- “It appeared that spirituality can be brought back into academia through creativity.”



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Findings

“What is at stake in the narrative?” (Lindseth, 2020)

- **Existential (re)orientation:** All scholars could find orientation and direction in both their academic and private life.
- **Innovation through intuition:** The scholars recognized that intuition played a pivotal role in generating novel ideas and fresh perspectives.
- **Reintegrating creativity:** Several scholars emphasized the vital role of creativity in R&D processes.
- **Humanizing research:** The insights of the scholars regarding their academic work always also included themselves as humans.

Thank you!

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References

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