

Why You Lose Access to Your Intelligence

— and How to Restore It

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A simple guide to understanding how intelligence works and how to access it consistently.

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Introduction

Why Intelligent People Sometimes Struggle

Have you ever noticed how your ability to think clearly can change from one moment to another?

Some days you are focused, calm, and decisive. You can understand complex situations, organise your thoughts, and act with confidence.

On other days, even simple things feel difficult. You may overthink decisions, react emotionally, lose focus, or feel mentally scattered.

This experience is surprisingly common — even among highly capable people.

Most explanations suggest that intelligence is a fixed trait. If we perform well, we assume we are intelligent. If we struggle, we may feel that we lack intelligence.

But something else is usually happening.

You are not losing intelligence.

You are losing access to it.

Your intelligence remains within you, but your ability to use it can fluctuate depending on the state of your internal system.

Understanding this idea changes how we think about intelligence entirely.

Instead of asking:

“Why am I not intelligent enough?”

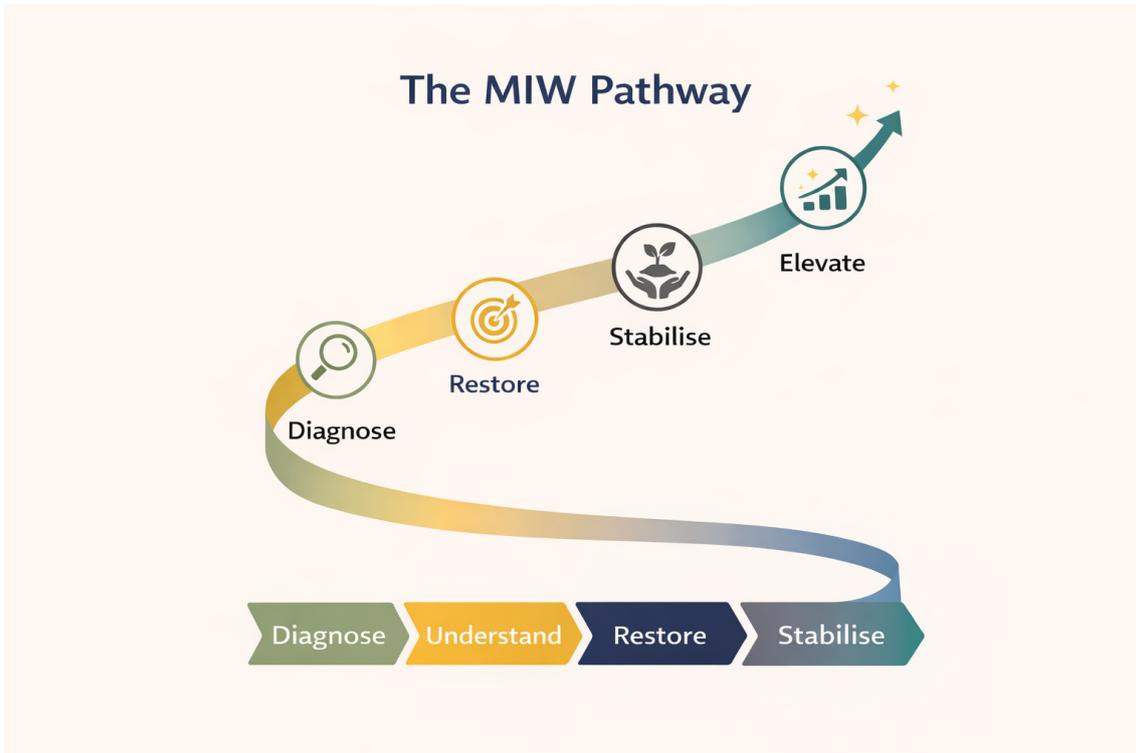
we begin asking:

“What is affecting my access to the intelligence I already have?”

The MIW (My Intelligence Within) framework is built around this insight. It explains how intelligence operates within us, why our access to it sometimes drops, and how we can restore that access more consistently.

When we understand how our internal system works, intelligence becomes something we can access, stabilise, and strengthen over time.

Chapter 1



When Your Performance Drops

Think about moments when your performance suddenly declines.

Your focus weakens. Your determination fades. Your thinking becomes scattered. Your decisions feel uncertain.

These experiences are often interpreted as a lack of intelligence or motivation.

But they are usually the result of a shift in your internal state.

When this shift occurs, several things may happen simultaneously:

Your body enters a stress-oriented state, preparing to respond to pressure or perceived threat.

Your brain narrows attention, focusing on immediate concerns instead of broader understanding.

Your level of conscious awareness drops, making it harder to step back and reflect clearly.

When these changes occur, your access to intelligence can decrease significantly.

Your intelligence is still there. But it becomes harder to reach.

Sometimes this access returns naturally.

You may notice that clarity improves after:

- resting
- taking a walk
- stepping away from a difficult task
- having quiet time to reflect

These small shifts allow your internal system to rebalance.

When the system stabilises, your access to intelligence returns.

Understanding this mechanism is the first step toward learning how to restore access more consistently.

[Insert Diagram 1: Intelligence Access Model]

Suggested caption:

Your internal state influences your access to intelligence, which in turn shapes the quality of your thinking, decisions, and actions.

Chapter 2



What Intelligence Really Is

To understand how access works, we first need to rethink what intelligence actually is.

Many traditional views treat intelligence as a fixed capability — something measured through tests or academic ability.

The MIW framework views intelligence differently.

At its simplest level, intelligence can be understood as:

The natural ability to understand situations, respond appropriately, and adapt as circumstances change.

However, within the MIW framework, intelligence is defined more precisely.

Within MIW, intelligence is understood as:

The inherent capability of an entity to utilise its own resources to assess its current state, aim toward a desired state, and find ways to move toward that state using available knowledge and learning — while adapting as conditions change.

This definition highlights something important.

Intelligence is not simply knowledge or mental speed.

It is a dynamic capability that involves:

- understanding • direction • adaptation • learning

It is an active process.

And this process is constantly influenced by the internal systems operating within us.

Chapter 3



The Sources of Intelligence Within You

If intelligence is a capability rather than a fixed trait, an important question arises:

Where does intelligence actually come from?

The MIW framework proposes that intelligence emerges from multiple internal sources that exist within every human being.

These sources are natural systems that influence how we perceive situations, interpret information, and respond to the world around us.

The MIW framework identifies eight primary sources of human intelligence:

- Emotions • Cognition • Self-awareness • Perceptual activities • Existential awareness • Instinctive drives • Creativity • Relational awareness

Each of these sources provides raw capability.

However, these sources only become intelligence when they are accessed, regulated, and applied effectively.

For example:

- When emotional signals are understood and managed effectively, they contribute to emotional intelligence.
- When analytical thinking is applied effectively, it contributes to cognitive intelligence.
- When creative potential is applied to problem solving, it becomes creative intelligence.
- When awareness of others is applied effectively, it becomes relational intelligence.

In other words:

Sources become intelligences when they are accessed, organised, and used intentionally.

Different individuals have different levels of ability to access and utilise these sources.

Some people may naturally access emotions and relationships easily.

Others may rely more strongly on cognition or creativity.

Some individuals may have strong instinctive drive but weaker self-awareness.

These variations create different patterns of intelligence expression.

The MIW framework focuses on helping individuals improve their ability to access and integrate these sources, rather than assuming intelligence is fixed.

Insert Diagram: Sources of Human Intelligence

(Your circular diagram with the 8 sources)

When these sources operate together in harmony, intelligence becomes more fluid and accessible.

However, when internal conditions disrupt access to these sources, intelligent thinking and action can become much harder.

Understanding these sources is the first step in recognising that intelligence already exists within us.

The next step is understanding how these sources combine to create patterns of intelligence.

Chapter 4



Your Intelligence Archetype

Although every human being possesses the same internal sources of intelligence, people often express them in different combinations.

These combinations form patterns that shape how intelligence naturally operates in each individual.

The MIW framework refers to these patterns as intelligence archetypes.

Archetypes represent dominant ways intelligence sources interact within a person.

The MIW framework identifies five primary archetypes:

• Emotion-Centred Catalyst • Growth-Seeking Evolver • Performance-Grounded Achiever • Impact-Oriented Leader • Cognitive-Creative Specialist

Each archetype reflects a different combination of strengths across the eight intelligence sources.

For example:

An Emotion-Centred Catalyst may naturally access emotional awareness and relational sensitivity.

A Growth-Seeking Evolver may rely more strongly on curiosity, learning, and self-development.

A Performance-Grounded Achiever may draw heavily on focus, discipline, and execution.

A Cognitive-Creative Specialist may rely strongly on analysis, insight, and creative thinking.

None of these archetypes are better than the others.

They simply represent different expressions of intelligence.

Understanding your archetype helps you recognise:

• which intelligence sources you access easily • which sources may need strengthening • how your intelligence tends to operate under pressure or stress

The MIW Intelligence Scan helps identify this pattern.

The scan assesses how intelligence is currently operating across these five archetypes and produces an intelligence profile.

This profile helps you understand:

- which intelligence patterns are most active
- which sources may be underutilised
- where alignment can improve intelligent functioning

This insight becomes a starting point for improving access to intelligence.

Insert Diagram: MIW Intelligence Archetypes

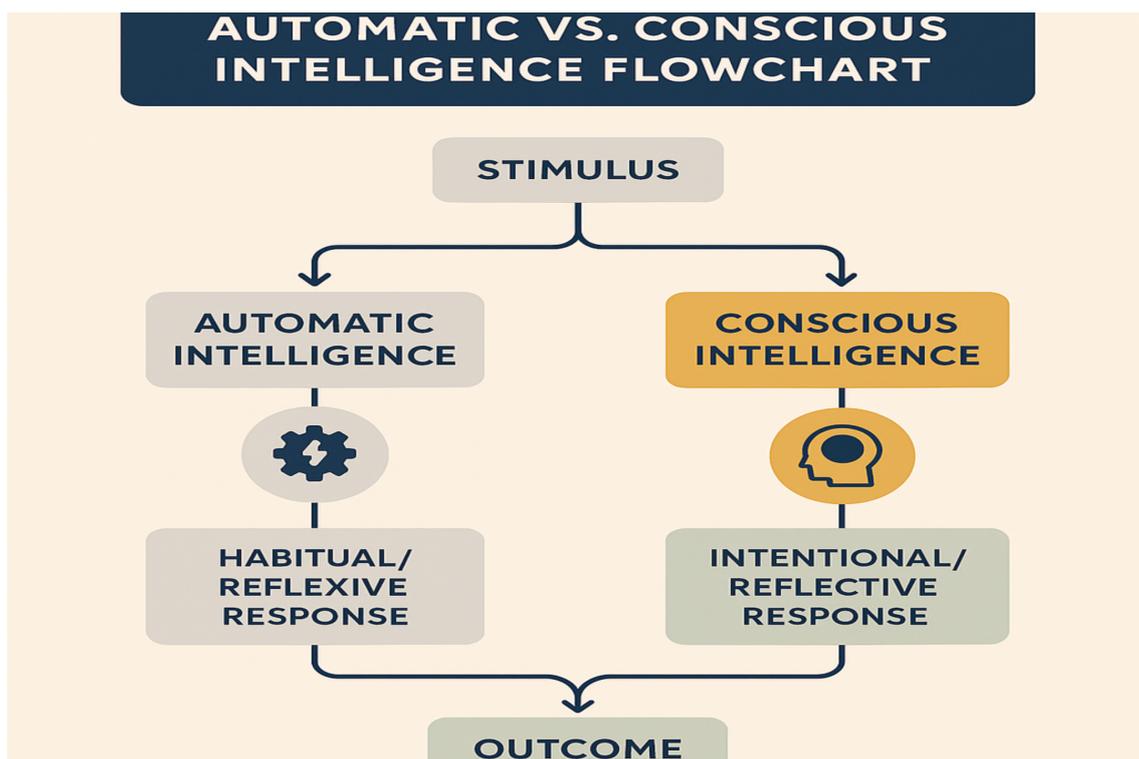
(Use either the pentagon model or continuum model)

However, understanding your intelligence pattern is only part of the picture.

A much deeper factor influences intelligence access.

That factor is your internal state.

Chapter 5



Why Access to Intelligence Fluctuates

Many people assume intelligence is stable.

However, our everyday experience suggests something different.

There are moments when our thinking feels clear, creative, and insightful.

At other times, even simple decisions feel difficult.

This happens because intelligence does not operate independently from the body.

It is deeply influenced by our internal biological state.

When we encounter stress, uncertainty, or pressure, the body activates the sympathetic nervous system (SNS).

This response prepares the body for survival.

Several biological changes occur:

- stress hormones such as cortisol and adrenaline increase
- heart rate and breathing accelerate
- attention becomes narrow and threat-focused
- emotional reactivity increases

These changes help the body respond quickly to danger.

However, they also affect the brain.

The prefrontal cortex, which is responsible for executive functions such as planning, reasoning, and reflection, becomes less active.

As a result:

- cognitive clarity becomes harder to maintain
- reflective thinking decreases
- reactions become more automatic and habitual

In contrast, when the parasympathetic nervous system (PSNS) becomes active, the body shifts toward restoration and balance.

In this state:

- breathing slows
- the body relaxes
- attention widens
- emotional regulation improves
- the prefrontal cortex functions more effectively

This state allows greater access to:

- cognitive clarity
- creativity
- reflection
- insight
- expanded awareness

In other words:

our internal state influences how much of our intelligence we can access at any given moment.

Insert Diagram: Survival vs Thriving State (SNS vs PSNS)

This relationship creates what the MIW framework calls fluctuating intelligence access.

Your intelligence itself does not disappear.

But your ability to access and use it changes depending on the overall state of your internal system.

This system includes interactions between:

- body state
- emotional signals
- brain chemistry
- neural pathways
- conscious awareness

Insert Diagram: Functional Layers of Human Intelligence

When these layers align, intelligence flows more easily.

When they become disrupted, intelligence becomes harder to access.

Understanding this system allows us to move beyond blaming ourselves for moments of poor thinking.

Instead, we begin asking a more constructive question:

How can we restore conditions that allow intelligence to function well?

This is where the MIW pathway becomes valuable.

Updated Chapter 6

The MIW Pathway: Restoring and Strengthening Your Intelligence

The MIW pathway is designed to help you improve your access to intelligence in a practical and personalised way.

Rather than applying generic advice, the pathway encourages you to understand your own internal patterns, environment, and triggers.

The pathway involves five stages.

1. Diagnose

The first step is recognising when your access to intelligence has been disrupted.

You begin observing signals such as:

- emotional overload
- mental fog or confusion
- impulsive decisions
- loss of focus
- reactive behaviour

Instead of assuming a lack of intelligence, you begin recognising these signals as indicators of internal system imbalance.

This awareness helps you step back from automatic reactions.

2. Understand

The next step is understanding what is causing the disruption in your specific situation.

This involves examining:

- your environment
- stress triggers
- workload patterns
- emotional pressures
- moments when overload occurs

Because every individual operates in different conditions, understanding your personal context allows you to identify the factors affecting your intelligence access.

This insight helps you apply targeted solutions instead of generic fixes.

3. Restore

Once disruption is recognised and understood, the next step is restoring balance across your internal system.

Restoration may involve working across multiple dimensions simultaneously.

These may include:

State regulation

- calming the nervous system
- reducing stress activation
- improving physical regulation

Perception and meaning

- changing how you interpret situations
- seeing challenges as learning opportunities
- shifting from threat-based thinking to growth-based thinking

Self-image and identity

- strengthening how you see yourself
- developing confidence and self-trust

Emotional channelisation

Learning how to transform difficult emotions such as:

- shame • guilt • anger • embarrassment • frustration

into signals that guide constructive action and learning.

Cognitive clarity

- developing clearer thinking • reducing mental noise • strengthening reflective awareness

These restoration processes help your system move from survival mode toward balanced intelligent functioning.

4. Stabilise

Temporary improvements are helpful, but long-term change requires stabilisation.

This stage focuses on building habits that support consistent intelligent functioning.

Examples include:

- reflective routines • emotional awareness practices • intentional decision-making • learning and growth habits

Over time, these practices strengthen your internal system and make intelligent responses more natural.

5. Elevate

As stability improves, you can intentionally strengthen your intelligence sources.

This includes developing capabilities such as:

- resilience • learning orientation • deeper self-awareness • wiser interpretation of life experiences • stronger emotional regulation

These capabilities act like mental muscles.

As they strengthen, your baseline level of intelligence increases.

This means you begin operating from a higher level of clarity, awareness, and effectiveness more consistently.

Updated Chapter 7

Practical Ways to Restore and Strengthen Your Intelligence

The previous chapters explained how internal states influence intelligence.

This chapter focuses on practical ways you can influence those states.

These practices help shift your system from automatic reactions toward conscious intelligent responses.

1. Increasing Self-Awareness

Self-awareness is the starting point for improving intelligence.

When awareness is low, behaviour tends to follow automatic patterns.

Increasing awareness helps you notice:

- emotional reactions • body tension • thinking patterns • mental clarity or confusion

This awareness creates the space needed to choose a more intelligent response.

Insert Image

Automatic vs Conscious Intelligence Flowchart

2. Regulating Your Internal State

Because intelligence is influenced by nervous system states, regulating your body helps restore access to intelligence.

Examples include:

- slowing breathing
- pausing before reacting
- stepping away from stressful environments
- resetting attention

These actions help shift your system from survival mode toward the regulation zone, where clarity and reflection improve.

Insert Image

SNS vs PSNS Regulation Model

3. Strengthening Perception and Meaning

How you interpret events strongly influences your internal state.

When challenges are interpreted as threats, stress responses intensify.

However, when challenges are interpreted as learning opportunities, the mind becomes more adaptive.

Developing empowering interpretations helps you:

- build resilience
- remain calm under pressure
- approach problems with curiosity instead of fear

4. Developing Emotional Intelligence

Emotions are powerful sources of intelligence when understood and managed effectively.

Instead of suppressing emotions, you can learn to interpret their signals.

For example:

- frustration may signal a need for change
- guilt may highlight misalignment with values
- sadness may indicate the need for reflection or recovery

Learning to channel emotions constructively helps convert emotional energy into clarity and intelligent action.

5. Building Conscious Choice

One of the most powerful shifts occurs when you move from automatic reactions to intentional responses.

This means developing the ability to pause, reflect, and choose how to respond to situations.

Over time, this ability strengthens your conscious intelligence.

6. Creating an Upward Intelligence Spiral

When awareness, regulation, and intentional action combine, they create an upward pattern of development.

Each cycle strengthens your intelligence capabilities further.

Insert Image

Intelligence Growth Spiral

Over time, this process helps you access intelligence more consistently and at higher levels.

Continuing Your MIW Journey

Understanding how intelligence works is an important first step.

But lasting change requires practice, support, and guidance.

The MIW platform provides several ways to help you continue this journey.

Take the Free MIW Intelligence Scan

The Free MIW Intelligence Scan helps you discover how intelligence currently operates within you.

It provides an intelligence profile based on the five MIW archetypes and helps you understand:

- which intelligence patterns are currently active
- which intelligence sources may need strengthening
- how your internal system is currently functioning

You can take the scan here:

Free Intelligence Scan <https://www.myintelligencewithin.com/assessment>

Join the Intelligent Community

The Intelligent Community brings together individuals who want to develop higher levels of awareness and intelligent living.

Members learn how to apply MIW principles in real-life situations and support each other's growth.

Explore MIW Resources

The MIW website also offers:

- practical tools
- educational articles
- reflective exercises
- webinars and learning sessions

These resources help translate MIW concepts into everyday practice.

Books and Learning Materials

The MIW books expand the framework further and provide deeper guidance on developing integrated intelligence and conscious living.

Your intelligence is already within you.

The journey is learning how to access it consistently, strengthen it over time, and apply it wisely in life.