













Intuition

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>You must train your intuition -- you must trust that small voice inside you which tells you exactly what to say, what to decide. Your intuition is your instrument. If you can imagine, I throw a spear into the dark. That is my intuition, and then I have to send an expedition into the jungle to find the spear and to find a way to the spear. And that is absolutely another process. That is my intellect.</p> <p>-- Igmarr Bergman</p>					<p>Act on your inner guidance, and give up your need for proof that your inner guidance is authentic. The more you ask for proof, the less likely you are to receive any.</p> <p>--Caroline Myss, Ph.D.</p>	<p>1</p>  <p>Canada Day</p>
<p>2</p> <p>Be not afraid of your intuition. Believe that it's worth listening to, and your belief will help create the fact.</p> <p>--William James</p> 	<p>3</p>	<p>4</p>  <p>Independence Day</p>	<p>5</p> <p>Workaholic Day</p>	<p>6</p>  <p>Take Your Webmaster to Lunch Day</p>	<p>7</p>	<p>8</p> <p>Weigh the meaning and look not at the words.</p> <p>--Ben Jonson</p>
<p>9</p> <p>To believe your own thought, to believe that what is true for you in your heart is true for all men, -- that is genius... A man should learn to detect and watch that gleam of light which flashes across his mind from within, more than the lustre of the firmament of bards and sages.</p>	<p>10</p>	<p>11</p> <p>National Cheer Up the Lonely Day</p> 	<p>12</p> <p>--Ralph Waldo Emerson</p>	<p>13</p>	<p>14</p> <p>National Nude Day</p>	<p>15</p>
<p>16</p>	<p>17</p>  <p>Cow Appreciation Day</p> 	<p>18</p> <p>Ice Cream Day</p>	<p>19</p>	<p>20</p> <p>Intuition is that knowing in your heart what is uncertain in the realm of the reasonable.</p> <p>--Greek Proverb</p>	<p>21</p>	<p>22</p>  <p>Rat Catchers Day</p>
<p>23</p>	<p>24</p> <p>Virtual Love Day</p>	<p>25</p>	<p>26</p>	<p>27</p>  <p>Take Your Houseplant for a Walk Day</p>	<p>28</p>	<p>29</p>
<p>30</p> <p>Mutts Day</p>	<p>31</p> 				<p>Trust your hunches. Hunches are usually based on facts filed away just below the conscious level. Warning! Do not confuse your hunches with wishful thinking. This is the road to disaster.</p> <p>-- Dr. Joyce Brothers</p>	



Just a Thought.

To Know

In the realm of the senses, we have five: to see, touch, taste, smell, and to hear. They are basic, and principally it is our right as humans to use these tools to experience all aspects of life. They are ours to get us through a day. But many believe there is a sixth sense, that of know-

ing. It is instinctual, intuitive. It is verifiable enough to make it to the dictionary, which defines sixth sense as "A power of perception beyond the five senses." However, what we cannot test with our other five senses leaves doubt in some minds. That is, until proven otherwise.

I took a class called non-verbal communication. The professor that taught it did not believe in the sixth sense. Everything we received or transmitted communicationally could be explained with at least one of the five senses. For instance, the olfactory sense, that of smell, can communicate everything from fear to sexual attraction. Visual cues are everywhere, like folded arms being an indicator that a person does not want to be confronted, and eyes at half-mast during an intimate conversation being a come-hither invitation. The professor even attempted to explain away intuition -- that sense that we just know something without being told -- as unconscious gestures or voice inflections of which we are not aware that we are deciphering. For 16 long weeks he proceeded to disembowel the soul of humanity -- that ability to receive messages from someone or something other than each other.

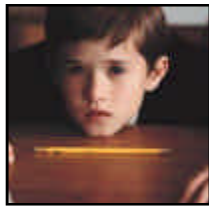
Then his daughter died.

It was sudden, on one of those winding, up/down Missouri roads. She thought she could get around that farm vehicle before the next hill. A miscalculation, an 18-wheeler going east, and Susan was gone.

In a sense the professor was gone too. When he returned to his post, his teaching of non-verbal communication was turned upside down. He said he knew in that moment when his daughter died that something had gone terribly wrong. He was having breakfast, getting ready for work. How did he know? He just knew. He felt the earth shake, his heart gripped with fear. He knew.

Remember the 1999 movie, "The Sixth Sense"

with Bruce Willis and Haley Joel Osment? It was the third highest grossing film of the year. It was chilling, almost believable. But why was it so popular? Because we want to understand how we know what we know without outside stimulus.



Sometimes we see things that haven't happened yet. We want to know how that is. The little boy in the movie saw people who had died; they spoke to him. Maybe they speak to you too.

Dr. Paul MacLean, former Chief of Brain Evolution, National Institute of Mental Health, wrote, "Intuition is what your brain knows how to do when you leave it alone." My dad, a life-long pastor and spiritual guide, believes it is the spirit of God communicating important information that we need but do not have the experience for. It is our connection with the one true spirit that we are connected to before birth and reconnected with after death. It's as if life is a tunnel and our cell phone has a static connection. Once we are on the other side, my dad once confided, we'll be quite surprised how close both worlds really are.

If you know without experience, do not fear. Embrace it. It is more than a gift, it is your right.

-- joy

Did You Know???

- ▲ Money isn't made out of paper; it's made out of cotton.
- ▲ The Declaration of Independence was written on hemp paper.
- ▲ The dot over the letter "i" is called a "tittle".
- ▲ A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
- ▲ Susan Lucci is the daughter of famed comedian Phyllis Diller.
- ▲ 40% of McDonald's profits come from the sales of Happy Meals.
- ▲ The 'spot' on 7-UP comes from its inventor, who had red eyes. He was albino.
- ▲ On average, 12 newborns will be given to the wrong parents, daily.
- ▲ Warren Beatty and Shirley MacLaine are brother and sister.
- ▲ Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.
- ▲ Orcas (killer whales) kill sharks by torpedoing up into the shark's stomach from underneath, causing the shark to explode.
- ▲ Most lipsticks contain fish scales.
- ▲ Donald Duck comics were banned from Finland because he doesn't wear pants.
- ▲ Ketchup was sold in the 1830's as medicine.
- ▲ Upper and lower case letters are named 'upper' and 'lower' because in the time when all original print had to be set in individual letters, the 'upper case' letters were stored in the case on top of the case that stored the smaller 'lower case' letters.
- ▲ Leonardo DaVinci could write with one hand and draw with the other at the same time; hence, multi-tasking was invented.
- ▲ Because metal was scarce, the Oscars given out during World War II were made of wood.

▲ The name Wendy was made up for the book Peter Pan; there was never a recorded Wendy before that time.

▲ There are no words in the dictionary that rhyme with orange, purple and silver

▲ Leonardo DaVinci invented scissors. Also, it took him 10 years to paint Mona Lisa's lips.

▲ A tiny amount of liquor on a scorpion will make it instantly go mad and sting itself to death.

▲ The mask used by Michael Myers in the original "Halloween" was a Captain Kirk's mask painted white.

▲ By raising your legs slowly and lying on your back, you can't sink in quicksand.

▲ The first product Motorola started to develop was a record player for automobiles. At that time, the most known player on the market was the Victrola, so they called themselves Motorola.

▲ Celery has negative calories. It takes more calories to eat a piece of celery than the celery has in it to begin with. It is the same with apples.

▲ Chewing gum while peeling onions will keep you from crying.

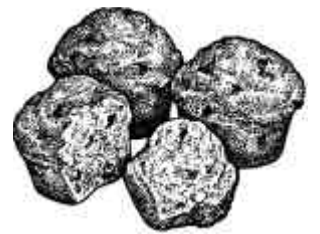
▲ The glue on Israeli postage stamps is certified kosher.

Mix-In Muffins

recipe courtesy of Semi-Homemade
Cooking with Sandra Lee

- 1 1/2 cups all-purpose flour
- 1/3 cup sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter
- 1 cup sour cream
- 1 large egg
- 1 teaspoon vanilla

Preheat oven to 400 degrees F and line 12 (1/3-cup) muffin cups with paper liners. Into a bowl, sift together flour, sugar, baking powder, baking soda, and salt. Melt butter and in a small bowl whisk together with sour cream, egg, and vanilla. Stir butter mixture (and additional ingredients; *see note, below) into flour mixture until just combined. Divide the batter among muffin cups (this batter is thick and will not run easily like other muffin batters) and bake in middle of oven until golden and a tester comes out clean, about 20 minutes.



Becoming a muffin master is easy.

Flavor the basic muffin batter above by adding, any of the following:

- 1 chopped banana and 3/4 cup semisweet chocolate chips; **or**
- 1 cup toasted almonds, 3/4 cup dried cranberries, and 1/4 teaspoon almond extract; **or**
- 1 cup chopped drained canned pineapple and 1 cup sweetened flaked coconut; **or**
- 1 cup chopped dried apricots and 1 tablespoon poppy seeds.

Learn the spiritual practice
of seeing God in all things.

-Caroline Myss, Ph.D.