

This Week's Message: Intuition
By Ellie Lingner

Intuition: n. 1. the direct knowing or learning of something without the conscious use of reasoning; immediate understanding 2. something known or learned in this way 3. the ability to perceive or know things without conscious reasoning.

Have you ever had that “aha” moment when you suddenly know something without knowing how? There may be a feeling in your gut or a little voice whispering in your ear. It may be a sense of something about to happen a mere split second before it actually occurs. Do you listen and take heed or do you dismiss it as just nothing?

That's your intuition. Learn to listen and learn to trust it because it is almost always right and in your best interest.

Athletes will tell you that sometimes they know which way an opponent is about to run. Put the tennis ball in the other direction. Throw the football in the other direction. You're a hero. Saved by your intuition.

Ever had the sense that the driver next to you was about to cut you off? That a party you had been invited to would be the wrong place for you to be on Saturday night? That you would go to the library and meet someone interesting?

Have you ever told a classmate or friend that you just had a feeling something would be on the final exam and lo and behold, there it was. It may have been something that was barely covered in class, seemed unimportant, but you just “knew” you were going to see it again. Chalk up another one for your intuition.

Ever heard the whisper in your ear that someone was not being up front with you...trying to hide something...telling you only part of the story you need to know? Chances are you are right.

Those who dismiss intuition and trust only analysis and cold hard facts are missing a dimension of knowing in all areas of their lives. You may want to give it another name: extra sensory perception; inner knowledge, faith. No matter what you call it, just trust it. Listen to it. Nurture it. Grow it. Get in tune with it and become accustomed to it. It will serve you well.

Week's Quotes:

“Listen to your intuition. It will tell you everything you need to know.” Anthony J. D'Angelo, founder of The Collegiate EmPowerment Company and creator of the Inspiration Book Series.

“Intuition is the supra-logic that cuts out all the routine processes of thought and leaps straight from the problem to the answer.” Robert Graves.

“At 42 I decided to become a photographer because it offered a means of creative thought and action. I didn’t rationalize this, I just felt it intuitively and followed my intuition, which I have never regretted.” Wynn Bullock.

“Faith is a passionate intuition.” William Wordsworth, major English romantic poet. 1770-1850.

“All great men are gifted with intuition. They know without reasoning or analysis what they need to know.” Alexis Carrel.

“The moment of truth, the sudden emergence of a new insight, is an act of intuition.” Arthur Koestler, British novelist, journalist and critic. 1905-1938.

“Intuition is a spiritual faculty and does not explain, but simply points the way.” Florence Scovel Shinn, American self-help book writer. 1871-1940.

“Intuition becomes increasingly valuable in the new information society precisely because there is so much data.” John Naisbitt.

“Trusting our intuition often saves us from disaster.” Anne Wilson Schaef.

“Intuition is what tells a wife her husband has done wrong before he thinks of doing it.”