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The Intuitive Connection

Here's Your Sign

Ever hear the story of the drowning man? It goes like this: "A fellow was stuck on his rooftop in a flood. He was praying to God for help. Soon, a man in a rowboat came by and the fellow shouted to the man on the roof "Jump in, I can save you." The stranded fellow shouted back, "No, its okay, I'm praying to God and he is going to save me." So the rowboat went on. Then a motorboat came by. The fellow in the motorboat shouted, "Jump in, I can save you." To this the stranded man said, "No thanks, I'm praying to God and he is going to save me. I have faith." So the motorboat went on. Then a helicopter came by and the pilot shouted down, "Grab this rope and I will lift you to safety." The stranded man replied, "No thanks, I'm praying to God and he is going to save me. I have faith." So the helicopter flew away. Soon the water rose above the rooftop and the man drowned, and he went to Heaven. He finally got his chance to discuss this situation with God, at which point he proclaimed, "I had faith in you but you didn't save me, you let me drown. I don't understand why!" To this God replied, "I sent you a rowboat, and a motorboat, and a helicopter, what more did you expect?"

I've heard different versions of the story, but the point is always the same. We ask God for help, or try sending energy out to the universe to manifest our desires, only to be baffled as to "why" our prayers or dreams aren't answered. The problem is ours, not the energy or God. As limited beings, we get so bogged down with an idea of "how" our dreams or prayers will manifest that we miss the unlimited possibilities of how it can and will happen. Has this ever happened to you? If I'm being totally honest, it has happened to me a lot. If I had a dime every time I asked for a "sign" about something in my life, then proceeded to "ignore" the sign because it didn't come in a form that I was expecting, I would be a millionaire.

It's easy to recognize the signs that come in the form we are expecting, such as flashing neon lights, or the ones that practically hit us over the head. When the messages come in the form of everyday items or living beings, it is easy to dismiss them and miss the hidden meanings behind them. I'm sure you will all recognize this sign.





But what about this one? They both have meanings that have the potential to impact our lives in a huge way, but would you pay attention to a mere ladybug?

Shortly after I began offering my custom wire-wrapped jewelry, I started wondering if I was on the right track. I was enjoying the creativity and making healing jewelry for people, but as always, my ego got in the way. Naturally I started questioning things. A few days later, while at my nine-to-five job, I got an answer. During the day I get two 15 minute breaks. I like to use my 15 minute breaks to go on walks. I have two walking buddies that I go with.

During my morning break, my friends and I went on our usual walk. We were all walking side by side (I was in the middle) when something caught my eye. We were walking at a pretty decent pace and the thing that caught my eye continued to fly in front of me (going backwards no less) close to my eye level. Once it had my attention, it proceeded to land on my shirt. It was a ladybug, but not just any ladybug. This one was black with red spots (as opposed to the more common colored one in the picture). The ladybug's behavior was so distinct that it got my attention. I remember commenting something like "I wonder if that's a sign? Maybe I should look up ladybugs," to which one friend agreed. Going back to work, I quickly forgot about the ladybug. The universe had a different plan. During my afternoon walk I had a second ladybug fly around me and almost land on me. The universe was giving me a gentle reminder and I got the hint. That night I went home and looked up the meaning of ladybug (remember, anything can have a message). This is what I discovered:

This tiny little beetle brings with it a powerful message. Because the life cycle of the adult ladybug is short it teaches us how to release worries and enjoy our lives to the fullest. When it appears in our life it is telling us to "let go and let God."

The ladybug symbolizes love, protection, and good fortune. When ladybugs appear they are a sign from the universe that you are being protected and that you are safe as you work hard to promote yourself and your ideas. Ladybug tells you to be cheerful in your work and to share the joy of your creativity with others.

The ladybug has long been considered a good omen. Because of its diet, the ladybug often has parasites and people with this animal around them need to take care of their digestive system. It portrays the energy of harmlessness and can show us how to stop self-harm.

Seen often as a messenger of promise, the ladybug reconnects us with the joy of living. Fear and joy can NOT co-exist. We need to release our fears and return to love—this is one of the messages that the ladybug brings to us.

The message was very appropriate and I couldn't wait to share what I discovered with my friends. I texted the message to my one friend who believes in signs, but waited till the next day to show my other friend who is a little more skeptical. The next morning, we were about to go into a meeting when I showed him the message. As he was reading it, I sat down in front of the computer in the room to get it ready for the meeting when I looked down. There, in the computer tray, sat a dead ladybug. I couldn't help but smile and say thanks to the universe for providing a much needed message. For me, when I see a sign three times, it is the equivalent of the "neon sign" flashing. I didn't have time to show him as the meeting started, but when I later told him, my male friend had a hard time believing there was a ladybug in the computer tray. That afternoon, I went back over, took a photo, and proceeded to share with him (the joys of modern technology). I think even he was amazed.

Ultimately, we have a choice. Either we can be like the drowning man in the story and keep the blinders on to the messages right in front of us, or we can throw away the blinders and choose to see that there are messages all around

us. Take off the blinders!!! Open your eyes and your hearts. Spend some time seeing the unexpected wonders that God and the universe are sending. Expect the unexpected and be amazed at the new possibilities that will enter into your life.



Summer Safety

The beginning of summer signifies barbeques, pool parties, and all things outdoors. It also usually means getting your yard ready for company. Some basic safety tips are in order, and this being the Intuitive Connection, some not-so-basic safety tips are also included.

1. Wear safety goggles, covered shoes, and long pants when using tools and motorized equipment.
2. Wear gloves to help lower your risk from cuts, scrapes, skin irritants, and bug bites.
3. Use insect repellent to protect against mosquitos and ticks or wear long sleeved shirts and/or high rubber boots (ticks are usually located close to the ground). There are natural essential oils that are non-toxic, but still effective.
4. Wear sunscreen with an SPF of at least 15 or higher. Look for labels that mention protection against both UVA and UVB rays. Wear a wide brimmed hat to protect your head and ears.
5. Protect your hearing by wearing earplugs when using loud equipment.
6. If the weather is hot, drink extra fluids. Pay attention to signs of heat-related illness such as high body temperature, headaches, dizziness, rapid pulse, nausea, or confusion.

Now for the not-so-basic safety tips. We are not the only beings to inhabit the earth! In addition to our pets, many creatures inhabit your garden such as insects, frogs, birds, small mammals, and yes even snakes.

1. Don't use toxic chemicals. Not only are the chemicals unsafe for you and your pets, but they are devastating to the creatures in your yard. The chemicals can also leach into underground water supplies, polluting drinking water. Try using natural alternatives such as ladybugs or preying mantis. Snakes are natural predators of mice and insects. Did you know there is even a species of wasp that kills fly larva, but doesn't sting or bother humans?
2. Use native plants. Native plants are made for the region you are living in, which means they are hearty and conserve resources such as water. If you aren't sure what to purchase, consult the garden experts at local nurseries, or even Home Depot or Lowes.
3. Remove non-native species. They can be very invasive, destroy the native species, which also affects the food supply of the local insects and animals.
4. Research, research, research. Some plants, even the native ones, are toxic to people and pets.
5. Show RESPECT! If you have to cut down plants, mow, or weed, give your yard's inhabitants warning. Go out the night before and let them know that you will be doing work in the yard that may/will disrupt their homes. Tell them what you will be doing (example: mowing the grass) and give them the opportunity to move or relocate. Explain that the work you are doing is for the health of the garden and ultimately them.
6. Give back. Provide feeders for birds, ponds for frogs, shelters, or even plants that attract bees or hummingbirds to continue the pollination process.

Remember, it might be your yard, but it is also their home. Before you break out the weed-eater, think about how you would feel if a giant creature came through and knocked down your home without warning.

Success Story

Within a 24 hour period, my friend Lacey had encountered 3 dead bees. One in her car, one on the ground in front of the door to get into work, and one on the carpet in the row to her cubicle. Later that night, she went to dinner with a friend, and found a huge swarm of bees in the parking lot and attached to the building of the restaurant. The bees were piled on top of each other, and they were not in a hive (actual photo from restaurant). She started to think maybe the bees were an omen.

In the weeks leading up to the bee-wildering incident, when she closed her eyes she kept seeing the bright outline of a man's face. The man had shoulder-length wavy hair and a goatee. Every time she saw him, it scared her and she would immediately open her eyes. She was afraid she was going crazy and didn't want to talk about it with anyone. After several visits from the mysterious man, his presence was growing more worrisome for Lacey. She started to fear that he was there to deliver bad news. When she saw the bees, she was sure that the news was bad.

I remember her coming to talk to me the next day after the restaurant incident. As she was telling me the bee story, another friend who was with us nudged her elbow and she nodded in the direction of my desk. On top of my desk was a plant, inside of a bee container. Yes, another bee. I asked her if she had looked up the meaning of bees, and she had. Bees represent communication, accomplishing the impossible, and fertilizing your aspirations. Since bees represent communication, I suggested that the man she was seeing was probably a spirit guide, and that he was trying to communicate with her. Since she was doing her best to avoid him, he was sending a stronger message to get her attention.

She felt better after talking about it, and even jokingly suggested that he send something less scary to get her attention, like butterflies. A few hours later, she went outside and was encircled in a half dozen butterflies. It was at this point that she decided not to ignore him and find out what he had to say.

P.S. He ended up being her spirit guide, named George, and no bees have been seen since.



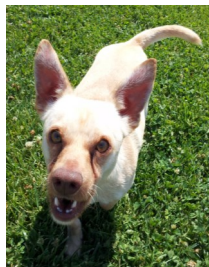
Shelter Stars

Being able to communicate with animals has been a blessing in my life. Animals have given me so much comfort and joy, that I felt compelled to somehow "pay it forward." In December 2010, I started volunteering at the Solano County Animal Shelter (every Sunday, I select 2-3 dogs or cats to work with, sending them healing energy and helping them work out issues such as fear, trust, abandonment, sadness, etc.). Some just need to be touched and loved, while others need to understand why they are there. Whatever the need, I do what I can to help them.

I wish I could adopt them all, but my home (not to mention my budget) is not large enough for all of them. As a result of working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a bio story on their personality, and likes and dislikes that they communicate. Here are a couple of the adorable animals that are still available for adoption at the Solano County Animal Shelter in Fairfield, CA. Each animal is assigned a special ID number that starts with A.

If you are interested in adopting one of them, contact the shelter at 707-784-1356 or visit them Tuesday-Friday 10:00-

6:00 or Saturday 10:00-5:00. Don't forget to mention their ID #.



#A163163 (Rhaz)

He is a 2 year old tan/white Chihuahua. He was found as a stray in Vallejo on 4/14/12.

Rhaz is a little shy at first. He is not confident on a leash, but does well in confined spaces (like a fenced-in yard). When he feels secure, he has lots of personality. He likes to run fast figure 8 circles around you. He likes lots of attention and will climb in your lap.



#A164717 (Rocky)

He is a white/brown brindle pit bull mix. His age is unknown, and he was found as a stray in Vacaville on 6/1/12.

Rocky has lots of puppy energy. He calms down quickly and loves to go for walks. He picks up obedience training quickly and wants to please. He is motivated by treats. He is a happy-go-lucky guy. He is friendly around other dogs, but does like to chase birds. He would do great in a family, but would be better around older children as he doesn't realize how strong he is.



#A163454 (Cashew)

He is a 4 year old tan/white Chihuahua. He was found as a stray in Vallejo on 4/26/12.

Cashew is Mr. Adventurous. He likes to be on the move and explore every inch of his surroundings. He is pretty confident, but does get nervous around other dogs, barking and growling at them. He will calm with your touch. He likes to run fast and do flips and spins. He likes playing with rope toys, but really likes it when you play with him.

If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



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