

The Question of a “Sixth Sense”

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The 21st century is pregnant with new possibilities for growth and improvement so we can now--very confidently--plan for, expect and look forward to more effectiveness and fulfillment in our lives. This article presents that one of the vital keys to greater potential and our increased success is to cultivate a practical relationship with the **Soul**, our intuition or 6th Sense and all of those inner faculties that may have lay dormant within us. Although such ideas are no longer uncommon in today's world, the concepts them selves are not as important as the practical application of what they can mean to us. This may not be an easy task, at least not at first, so I will share that there may be some challenge or some resistance to this idea. This happens because our mind is like a computer, limited to its “programs” and restricted by its repetitive nature and non-expansive filing system. This isn't a bad thing; it is only constricting and part of an obsolete reality that we must overcome. It is time for “**NEW RULES**”, and to **begin to familiarize our selves with the possibility that is being offered here.**

How do we start to do this?... Initially by listening to our own heart's desires, which are typically outside of the scope of what we are currently experiencing or envisioning as possible. Like everyone else we have “dreams”, and although they may warm and excite us, we probably have thought of most of them as no more than fantasies that could never be realized. **LET'S COMMIT TO TRANSFORMING THAT RIGHT NOW!** The first step is to recognize that life was meant to ignite our abilities and, most importantly, to stretch us so that we can move beyond what has already been done into the realm of “what can be”. This is where the mind must be transcended and the imagination must be set free -- the imagination being the freedom to create things anew. When we observe children, we must have seen them expertly tap their imagination, and very **NATURALLY** spin a reality made up of whatever they desire. We can do that too, all it takes is willingness, playfulness and practice as our tools and inspiration!

What else is necessary or required of us?... Well since this article is pointing towards the question of a “Sixth Sense” - simply put - we are required to accept the notion that we have one! We all know that we have five senses which serve us well, so we utilize and enjoy them on a daily basis. The invitation is to explore that our human faculties may extend way beyond those “helpers” that we already know, all the way to those that are less known by us. Please notice that I said **LESS** known as opposed to **UNKNOWN**, for we have experiences of our sixth sense every day, but may not have learned to engage it at will. Every time we get a “feeling” about something or have a “hunch” or receive a message from what is called that “still small voice” within us, that is our sixth sense. Throughout our lifetime in every situation and period of time we have involuntarily encountered its presence, but now we can **MAKE IT OUR OWN** by respectfully asking it to share its wonderful gifts. Actually the sixth sense is a “senior” member of our helping team, all we have to do is cultivate a relationship with it!

The sixth sense, which may be known as the intuition, or may sometimes be called psychic ability or inner knowing or the higher mind, is an incredible tool no matter how we may speak of it. I have learned that it is not as extraordinary or elusive as we may have thought, which it is why “thinking” is not the way to get to know it--thought being a function of the mind that looks for a previous file to explain what is happening. If we take the approach of logic or analysis as a way to try to understand, we will get stuck seeking to prove it exists rather than experiencing its treasures. The sixth sense seems to love to liberate and evolve us, so it is almost impossible to put it in a box for it or to keep

it there. It is expansive, AND it is not governed by the past or the older standards of measure, not even reasoning. It has to be that way to move us ahead. We must remain open to it's unpredictable nature, and cultivate a spirit of excitement and expectation! In fact, I can't stress this enough...for we will learn that the sixth sense is very good at "breaking" rules as well as bringing NEW RULES into being!

To use an analogy, why should we care how far away the sun is when what we really desire is to be graced by its life-enhancing rays and to unlock its healing power when we experience it shining! That is how I might describe what we are embarking upon in our exploration. To focus on what the sixth sense can bring to us so that we can grow from its presence and enjoy and gain much from the process, is what this article is about. Not whether or not this faculty should be possible, or why it may be possible. Like the sun, which could be perceived as out of reach or far away, questions like that don't really matter WHEN it delivers what we desire. If we want to get more than just a glimpse of the boundless world that is possible, then we must take heed The objective is to step fully into a living reality that CAN manifest our dreams, and do so with wisdom and grace. So let's declare that enough has been said by way of context or explanation regarding what the sixth sense is, and joyfully reach for a firsthand experience of what it will pour out to us if we can believe in it with an open heart!

Here are some exercises that will get you started, don't forget to practice them with a spirit of play!...

EXERCISE 1:

- 1) Gently recall the last time you had an experience that you felt was your intuition, it could be anything at all -- just bring into your memory how "easily" it happened.
- 2) Zero in on the sensation of it being "natural" to have had the experience that you isolated in step #1... Then, ASK your sixth sense to show you the many times that you have felt intuitive, had a hunch, perceived a small voice's guidance or the like.
- 3) This process is not one that will require "effort"; instead it will simply flow and be a kind of contemplation or meditative consideration of what you see and remember.
 - a. View this process as a **game** that is enjoyable to play.
 - b. Imagine that you can look into the past WITHOUT using your brain.
 - c. Decide to be comfortable, and if you are not, release what stands in the way.
 - d. Choose which name and concept works for you--6th Sense, Higher Self, etc.
 - e. Make friends with your new companion, and invite it to teach you where to find it.
- 4) Expect the journey that you are on to change your life and **reveal** things of great value.
- 5) Consider what NEW RULE you want to create to help you to embrace your 6th Sense.

EXERCISE 2:

- 1) Select something, a person or a situation, that is challenging in your life right now.
- 2) Close your eyes...Now ask your 6th Sense to uncover what is the CORE of the difficulty.
- 3) This technique is called "**Seeking Wise Counsel**"--it is what your 6th Sense does best.

- a. Imagine a **sacred place** within you.
 - b. What does it look like? - What are the colors, sounds, scents & impressions?
 - c. Imagine that this place is the abode of your 6th Sense or your Wise-Self-Within.
 - d. Greet your Wise-Self-Within, and ask what he/she sees as the core difficulty?
 - e. Discuss your own insights with the Wise-Self-Within, and arrive at a conclusion.
- 4) With “Seeking Wise Counsel” informing you, make the choices that feel the most right.
 - 5) Imagine what a NEW RULE might be to transform this issue...Welcome it in your life!

EXERCISE 3:

- 1) Focus your attention on your physical heart, and witness its tremendous power. (*A person can survive brain dead, but no one can ever survive if their heart stops working.*) See your heart area as the natural “home” of your 6th Sense or Wise-Self-Within.
- 2) Imagine that your physical heart has a “counterpart” made of love and Divinity... This is the identity of your 6th Sense; it is directly connected to the “highest” stuff in creation.
- 3) Allow your “spirit heart” to paint pictures in your mind’s eye of the various things that YOUR HEART MOST DESIRES in your life right now in every area--personally, financially, professionally and otherwise--without holding back for anything.
- 4) What are those things?... Review each one and make a note of what they are.
- 5) Now, seek to determine what your current RULES are regarding all these things.
- 6) Ask yourself (and your heart)...Are these rules appropriate to bring me what I desire?
- 7) If not, look deeply within to your Wise-Self/6th Sense to discover the new rules required.

EXERCISE 4: (Optional)

- 1) Fine three images in a magazine that depict three of the current rules that bind you.
- 2) Cut out those images to use later on an “**Obsolete Rules**” poster.
- 3) Fine three images in a magazine that depict three NEW RULES that will liberate.
- 4) Cut out those images to use later on an “**New Rules**” poster.
- 5) Remember that the 6th Sense is about LIBERATION and GROWTH...Be courageous!
- 6) Commit to PRACTICE, and access your 6th Sense to help show you WHAT CAN BE!
- 7) Consider that these exercises are a mere beginning, and that you must LEARN MORE!