

The ~~Five~~ Six Senses of Spirituality:

Sensory Overload and The Saving Grace!

I clearly remember the first reading I had at the clairvoyant school I attended because I was surprised when one of the readers, who didn't know me at all, began talking about the depth of sensuality with which I viewed the world and lived my life.

I was a little taken aback as she expounded on how I used my senses to experience daily life, how this intensified my experiences and affected the processing of what I took in. I felt a little uncomfortable—like being exposed in front of a group of people I didn't know.

As she continued to tell me what she saw—with, I want to add, a good deal of neutrality, which greatly aided me in being able to look at and take in what she was saying—I realized the truth and depth of her words.

For clarification as to what I'm referring to when I say sensuality, I offer Webster's definition of "sensuous," which is defined as: *Relating to the senses or to things that can be perceived by the senses.*

A little about our five senses. Have you ever thought about the fact that four of our five senses—sight, sound, smell and taste—are centrally located on our face, and that it's the combined power of these senses that make a valuable and often pleasurable contribution to our experiences. Our senses allow us to have sensual experiences.

Touch—for some obvious reasons—is located elsewhere. Mostly, I think, because our face was already full with the other four senses all being so close in proximity. Also, no one could find enough amusement or neutrality about going around hitting our heads against what we want to touch or feel. It hurt!

Besides, the practice of hitting heads against walls had already been reserved for those of us who insisted on "taking control" and trying to make life happen the way we thought it should. Some of us became very adept at "head hitting," and it had nothing to do with touching!

If you're wondering just how sensory perception affects our experiences, think about how powerfully a rose engages our senses. Most of us appreciate the physical beauty of a rose; but we may not think about how we perceive it through each of our senses.

There's a reason rose petals are the flower of choice to be thrown on the ground for royalty to walk upon or to be strewn on a bed, inviting a lover to experience their soft, delicately sensual . . . okay, you get the idea.

A rose (pick up rose). Visually we see and appreciate a variety of deep, rich colors and the unique way in which rose petals combine to a magnificent sight.

Whether it's the beauty and anticipation of a tightly closed bud or the splendor and beckoning of a fully opened flower, we are almost compelled to touch the velvety smooth petals, adding the sense of touch to our sensory intake.

We place the rose to our nose, our olfactory senses eagerly anticipating that unique, deeply delicate and sweet smell unique to a rose. And, having recently enjoyed rose bud tea as well as black tea with crushed rose petals, can add the sense of taste to sensually experiencing a rose. Hmmmmmm . . . sight, smell, touch and taste—all engaged and delighted by a single rose.

So, back to my first reading at school! What the reader was saying to me started to REALLY make sense, and I began to look at how sensuality—engaging all of my senses in my experiences—had played a key part in my life—particularly my spiritual growth—and how gaining my sixth sense was truly my saving grace.

Throughout my life, I've seen, heard and felt things others did not; particularly when I was young—before I was “trained” otherwise by parents and peers.

You know the “monsters” under the bed and in the closet that parents are always telling children don't exist? Well, for me they did exist, only I was pretty sure they weren't monsters because others would have seen monsters; they would make a lot of noise and be heard by others; and they would smell badly so others would smell them (apparently even monsters can be sensual).

No. The things I saw, heard and felt were something even more frightening because no one else in my house saw, heard or felt them—even when they focused, looked and listened—and although they never made themselves visible to me in a way that my physical eyes see, I could always feel them and I knew they were there as well. I didn't know then that they were beings, some of whom were commonly referred to as ghosts.

In my early adult years, similar experiences motivated me to seek understanding and answers as to why beings repeatedly came to me. This on-going journey turned out to be the push behind my inquisitiveness and open exploration of life, death, the various realms of existence and life between lives. It has offered me insights into what exists outside the realm of our physical senses and our earthly

plane of existence, resulting in an awareness of my own spiritual home, for which I am deeply grateful.

The senses of taste and smell fascinate me—in other words, I am divinely in love with food. What better way to experience all the senses? Sight. Smell. Taste. Touch. And, when cooking, food even engages our sense of hearing—sizzling bacon, popping corn, and the sound of a pot of hearty homemade soup gently simmering throughout the day. All the senses delight in the experience of food. It's a decadently delicious sensual overload! Archangel Michael was so amusingly portrayed by John Travolta in the movie, *Michael*. If you saw the movie, I'm sure you'll recall the scene in which he empties the entire sugar shaker on his French fries, claiming "You just can't eat enough sugar!" And how everywhere he went, people smelled a food that gave them a warm, fuzzy feeling—fresh baked chocolate chip or sugar cookies, apple pie, or some other food that reminded them of "home." Whoever wrote that movie certainly did their research! And, if you're incarnated here from the angelic realm or are empathic, you may understand the senses and food connection on a deeply profound level!

Having released the need for several compulsive behaviors throughout my life—one of the "side effects" of deeply experiencing with the senses—I continued to struggle with the issue of food. It's considerably more challenging than other obsessions because (1) it's everywhere—it's not like you can avoid being around it or people who "use" it, the way you can make a conscious decision to avoid people and places involving drugs or alcohol, AND

(2) you can't just "give up food." Well, you can, but only if you're willing to sacrifice your health and eventually your life—both of which seemed a bit drastic—unless you're a breatharian, which I am not.

As a result, I have had and continue to have multitude opportunities to look at how food—and the five senses it employs—affect me in terms of my health and accepting my body. It has served as motivation for me to willingly ask for and accept Divine Guidance about how to release—not my love and sensual fascination of food—but my judgment about how I feel about food and my body so I can be fully present in my body and treat it with honor and respect right now, in present time, knowing that the body I chose for this lifetime is, in fact, the perfect body for me in which to learn what I came for. This process also supplied me plenty of material, life experiences and insights to facilitate a workshop, "Awakening the Goddess Within, in which I assist others in the process of learning to respect, honor and validate their bodies. Blessed be the power and sensuality of food!

And then there's the pleasure, joy and healing of touch. I have yet to find anything that compares to the comforting, loving and healing sensations of touch.

The healing power of touch is what led me to receive massage on a regular basis. Well, actually pain was the initial motivator! Through massage and healing techniques like touch trauma release, I allow myself the experience of healing my body and releasing, as well as the opportunity to give to myself by receiving from another. Every massage is a healing experience, and an opportunity for me to heal and release what I no longer need or want, and thus creating space for what I do need and want in present time. And, it feels awesome!

And with all of these sensations came one more—empathy—which took me over 35 years to understand and over which, until recently, I had no control.

For as long as I can remember, I was overwhelmed with feelings and emotions and, until about ten years ago when I learned about empaths and energetic tools to protect myself, I did not know that those overwhelming feelings were not mine—they belonged to other people. Most of the time, they were intensely sad and I had been feeling the pain of the world for over 35 years. From the time I was 12 until I was 32 the emotional pain was so intense that I often focused on merely surviving until I could find a way to end the emotional pain and suffering I continually experienced.

Feeling others' emotions served—and continues to serve—a vital purpose in my spiritual evolution. It was, in fact, the catalyst for motivating me to seek, research and develop my spiritual foundation. Having grown up without spiritual or religious dogma or direction, I was free to choose from the plethora of spiritual and religious opportunities available. My quest began when I was 20 and, although I've traveled far on my journey, it continues today. However, my path is now one of freedom, love and joy rather than one of overwhelm and desperate seeking, and for that I am eternally grateful.

The tools I mentioned discovering ten years ago were learned from Carla McLaren, an empath I met at a conference workshop. A couple of years later, I learned a great deal more about those tools as well as numerous others in classes I enrolled in, which is where I discovered another sense—my sixth sense.

Learning to use and be in my clairvoyant space offered me a place of safety and neutrality I had not known—a place I can live or visit where I'm safe from the bombardment of sensory overload and feeling others' emotions. My sixth sense, it turned out, was the sense that would allow me to fully enjoy all my other senses without fear of emotional suffering.

Discovering and living life from my clairvoyant space is directly responsible for why and how I stand here today sharing this story with neutrality and amusement.

I've learned a new way of experiencing my world that supports my continued spiritual growth. As a result, my spiritual growth has accelerated and my connection to Divine Source has deepened. My sixth sense, it turns out, was my saving grace. And THAT makes **sense** to me!