

# Are You Using **ALL** Your Senses?

Laura Bushnell

**W**e are taught as children that we only have five senses. Sight, sound, touch, taste and smell are the ones we are all familiar with. Consider for a moment that we have more than five... perhaps a lot more than five?

The sixth sense, intuition, is becoming more widely recognized as a natural function that everybody has. The most frequent way intuition manifests in our lives is probably through hunches, “gut” feelings and other methods of knowing something without logical explanation. This sensing, or clair-sentience (literally, “clear sensing”) is often accompanied by a physical sensation, such as a prickling of the skin or a burning in the heart. Sometimes this information comes as a thought that walks across the mind in a natural, subtle manner. In these situations, our intuition can be so much like the regular musings of our mind that we may easily dismiss it.

We can also experience intuition through our primary senses: clairvoyance (the gift of sight), clairaudience (the ability to receive information through hearing- most often as a voice) and the less common clairsavorance and clairscent, which involve our sense of taste and smell, respectively. Some of my clients have reported smelling a sudden scent, such as baking cookies or a flower, at the moment of the death of a person with whom they associated that scent.

Intuition can also be experienced as sensitivity to energy or vibrations. It can take such familiar forms as the ability to read minds (telepathy) or energy fields (aura perception), or a recognition of angels, spirit guides, loved ones who have passed

away (mediumship) and other life forms from other dimensions. In addition to forms of sight, the sense of touch is involved in psychometry, the ability to discern information by sensing the vibration of an object held in one’s hand. Insights can also come from the vibrations of a particular location or setting.

Sometimes the information that is received intuitively relates to a time other than the present. An individual with the gift of precognition is able to know about events before they occur, just as a person with the ability of retrocognition can know details about events from the past, such as past life memories. These insights can come in either a conscious or a dream state and can be experienced through any of the “clear senses” discussed earlier.

How do we distinguish intuitive information from the countless impulses we receive every day? Often there are physical sensations that are harbingers of truth. Restlessness, discomfort or even physical pain can occur if the impressions are warnings. If the insights are more of a positive nature, one can experience goose bumps, tears or warmth in the hands, spine or heart. Sometimes it is the quality of the information itself. Intuitive information often arrives with a great and unshakable sense of clarity that causes it to stand out from the rest. Pay attention to those moments of clarity, they may be your intuitive powers trying to reach you. It takes courage to listen to your intuition and even more courage to act upon it!

Though they are not as widely discussed as intuition, there are six more senses. Yes, six! Even though they don’t get as much attention, they are just as important. The remaining six include



balance, movement, voice, light, warmth and substance.

Balance involves getting different kinds of energies to work effectively together, such as male and female; you can strive for balance in regard to the mental, physical, spiritual and emotional aspects of life. Without balance, one type of energy can have too strong of an effect at the expense of other energies. One way to understand this principle is to try whenever you meet someone to determine his or her sense of overall balance.

The eighth sense, movement, describes the subtle sensation of feeling a change before it happens. The next time you sense something is coming your way, write in down on the calendar so you can get to know your own personal sense of timing and you can learn to trust your natural instincts.

The sense of voice is your ability to hear the voice of your guides, guardian angels or your own inner voice. Many of us speak too much and listen too little. The ninth sense is a reminder of just how important listening is.

The light I speak of in the tenth sense does not mean electrical light or the light of the sun. Think of the times that you have met people who have a radiant smile or a light in their eyes. You were picking up on the light they have within themselves, just as you carry a light within you. Meditation creates more light in the body.

Just as you sense the light in people, so too can you pick up on their warmth. The eleventh sense is your ability to feel someone's warmth or coldness.

The twelfth sense, substance, is my personal favorite. When I meet people I notice how they are using their soul energy. Take note that when people have substance there is a weight to their words. They follow up with what they say. The sense of substance helps you to know if they are really manifesting their soul. It is also an indicator for

you of how well a person knows themselves how old the soul is and how deep they are willing to go.

How long does it take to develop these senses? You can take as long as you want! Time is a funny thing—we can stretch it out or speed it up. Take some time over the next forty-eight hours to experience your world using all twelve of your senses. You must practice using them all until they become natural.

### *Living Celebration: PURE LIGHT*

**L**ie down, relax and imagine that every cell in your body can receive light.

Feel your body and allow the light to expand it. Focus on the feeling of your body radiating light.

Concentrate on the light inside your body and on how far it goes out beyond the body.

Let your body be porous... no skin, no edges, just exuding rays of light....  
**ENJOY! ■**



*Laura Bushnell is a pioneer in personal growth and spirituality. Over the course of her 40-year career she has worked with Fortune 500 companies, professional athletes, Young President's Organizations, and many in Hollywood as well as giving over 35,000 private consultations. Laura is an inspirational speaker and the author of You Are a Rose, Life Magic: The Renowned Psychic Healer Shares her*

*7 Keys to Finding Your Power and Living Your Purpose and The Gift. For more information please visit [LauraBushnell.com](http://LauraBushnell.com). Excerpts from Life Magic are available on [Amazon.com](http://Amazon.com).*

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