



Sibella Circle Member & Visionary Leader

SOUL-LIFE PERSPECTIVE FOR EVERYDAY PEOPLE

Eliminating Fear Of Sixth Sense

By Toni Reilly

Until my mid thirties I lived a mainstream life as a married Mother of three, working a regular job, oblivious to the energetic aspects of human existence. I was becoming aware of my intuitive abilities so I began obsessively researching and developing my sixth sense. During this introductory period, I came across rules on how to do things the right way when working with energy.

Advice was given wholeheartedly from members of my meditation group at that time. During that intensive phase or researching, I occasionally read material that was down right alarming. The most jaw dropping came through various high profile speakers in the spiritual industry. This concerned me as people listened, intently, believing what they were saying. I listened with a strong sense of knowing that there was nothing to fear. I experienced the energetic realm, as pure, sullied only by human perspective.

I waded through rituals and warnings of the importance of protecting myself. What from? It became even clearer spirit energy does not harm us after I attended Arthur Findlay College in the United Kingdom. We all have our sixth sense, however those who are extra sensitive, known as mediums, can sense passed over people in their spirit (energetic) form. Spirit energy reveals itself the way they were in life. This requires a spirit who was violent or depressed, to impose that personality through the medium. Before a medium is aware of their ability for they can be fearful of these harsh feelings.

People are clouded by their own frame of reference and before we realise the distinction between human and energy the sensitive person confuses the emotions and fears as their own. A sensitive person picks up on the energy of living people, known as psychic, as easily as passed over energies. Living or dead, it is important to decipher the difference between your own energy and others. How do you do that? It is possible to pick up on physical pain, emotional trauma and moods, detect confusion and there is nothing to be afraid of, just be aware that these feelings may not be yours.

Being sensitive does not mean that the feelings are never yours, because sometimes they actually are and ought to be honoured. As people, we are on a continual rollercoaster in life and at times when emotions are heightened, our physical body attempts to communicate through our sixth sense. Do not deflect these when they are your own feelings, deal with them by allowing them to arise. Learn to discern the subtle difference when they are not yours.

Awareness is the only protection we need. Human fear (both instinctual and emotional) can manifest as weird and scary images and occurrences. You only have to think about how distorted dreams can appear. Recall waking up after a bizarre dream, wondering what on earth it meant.

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Toni Reilly, Founder

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