



Making Sense of Our Light

Mount Kailash, Tibet

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Summary

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Introduction

Definition of Light
illumination, a symbol of hope

Definition of Enlightenment
a state of awakened understanding, transcending suffering

We all have the ability to live our light. It is in every thought we have, every decision we make and in every emotion we feel. Negative emotions are not bad, they are part of our humanism. It is what we do with those emotions that demonstrates whether we are living in the dark or the light.

Since everything begins with a thought, it is very important that we watch and guide them. Life is what we think it will be, therefore don't underestimate their power.

As we become disciplined and aware, we become more enlightened and evolved. We move from the lower realms of being to the higher realms of being. We relinquish our ego identity beliefs and in doing so, we protect our light and own true nature. The more we release ourselves from our ego and attachments, the faster we get transported to our higher divine self.

Forgiveness is another important factor in living our light. We all came here to learn and in doing so, we will all err and make mistakes. These mistakes need to be used as lessons, not invoke shame. In truth, shame is not the road out, remorse is. The less we feel shame, the more remorse we allow ourselves to experience. Out of the ashes comes the Phoenix, translated that means out of our remorse comes our enlightenment.

With living our light, treasures never cease. Opportunities get born from the challenges and obstacle we experience. We see things from a different perspective and use every bump in the road as a vehicle to a new "high-way".

In many sacred teaching there are five ways to the light. Five is the number of freedom, and when we access our light, we feel much freer and less burdened. To mention a few, Hinduism refers to five trees, Gnosticism refers to five body senses and Kabbalism refers to five different world dimensional levels.

Peace and contentment are the adherence of the laws of the light to the laws of our life. The light is a force, and when we become one with it....we become that force.

Exercise 1

Five Body Senses

Study the 5 body senses, and answer yes or no. If yes, how? If no, write a plan of action as to how you will create change in order to evolve.

Hearing - connected to our sensibility.

We cannot learn or if we do not listen.

Do you take the time to be quiet and listen well? Y___N___

Do you sense when you afraid to hear what you fear? Y___N___

Smelling - connected to our sensitivity.

Smelling is telling.

Do you take the time to be aware of fragrances, odors or energies? Y___N___

Do you sense when a circumstance does not smell right? Y___N___

Tasting - connected to our sensuality.

Tasting is not wasting your talent of sensing what is great or what is not.

Do you take the time to truly enjoy feeding your body and soul? Y___N___

Do you sense when someone or something leaves you with a bad taste in your mouth? Y___N___

Seeing - connected to our sensations.

To see or not to see – now that's a good question!

Do you take the time to observe your surroundings or see the other person for who they truly are? Y___N___

Do you sense when you are in the presence of the unseen? Y___N___

Touching - connected to our sensory system.

Being aware when something touches us deeply is a gift of very few.

Do you take the time to notice when you feel touched by something or someone? Y___N___

Do you sense when you are truly touching another? Y___N___

Exercise 2

Five Mind Senses

The following 5 questions help us source our light mentally. Answer yes or no.
If no, write a plan of action as to how you will work on your weaker points.

1. Do you ensure that your decisions are made with a consciousness of what is right? Y___N___

2. Do you follow a higher intelligence rather than a lower intellect? Y___N___

3. Do you make sure not to jump to conclusions and misjudge? Y___N___

4. Do you have the ability to be non-attached to outcome? Y___N___

5. Do you sensibly respond rather than senselessly react? Y___N___

Exercise 3

Five Spirit Senses

The following 5 questions help us source our light spiritually. Answer yes or no. If no, write a plan of action as to how you will work on your weaker points.

1. Do you acknowledge that failing at something may be the best thing that happened? Y___N___

2. Do you use your jealousy or envy of another as a means for your own growth and development? Y___N___

3. Do you instinctively know how to stop your ego from taking over? Y___N___

4. Do you make decisions that are ONLY self-respecting? Y___N___

5. Do you feel comfortable questioning something that you do not understand? Y___N___

Exercise 4

Five Protected Senses

The following 5 questions help us protect our light. Answer yes or no. If yes, how? If no, write a plan of action as to how you will pay more attention to it.

1. When you are overloaded with stimuli, do you take the time to rejuvenate spiritually? Y___N___

2. When in danger, do you know how to protect yourself from toxic situations or people? Y___N___

3. When troubling signals are shown to your body, do you pay attention to your physical health? Y___N___

4. When things are challenging, do you seek the unseen mystery hidden in the problem? Y___N___

5. When feeling lost, do you have faith in a higher source? Y___N___

Exercise 5

Common Sense verses Uncommon Sense

Let's come to our Senses and Stop What is Nonsensical

Common Sense is a sound, prudent and practical judgment based on the solid accumulation of facts, knowledge and intuition. It is the ability to perceive, understand and feel a knowing of what is correct and right. Common Sense is not philosophical, it is fundamental to living a life of light.

We all have common sense; we just do not use it enough. Now, more than ever, based on all the fake news, we must develop a much stronger sense of ourselves and our knowing. Globally, we are being led down a path of corruption and destruction. Therefore, the most powerful action we can take is to build an inner and outer light structure for ourselves, which can remove us from all this darkness and negativity.

When we use and empower our common sense, we look to the solutions of a problem. When we use and empower our uncommon sense, we only look at the problem and stay stuck in its negative, dark energy field, which leaves us feeling powerless and victimized.

Another example of uncommon sense is listening and being addicted to violence, lies, senseless people and activities, especially through social media. These play an important role in the imprints of our minds. Social media was meant to help us learn and grow positively, but it seems obvious that it is sorely inundated with negativity, toxic behavior, manipulation and poisonous information.

Our common sense is beautifully connected to our warriorship and our genius. When we access these gifts of ours, we have a solid sense of what is right for us, what is good for us, what is beneficial for us and what is enlightening for us.

Common sense cannot be learned in schools. It is a wisdom that is developed in each one of us. We just need to learn how to access it.

For our Common Sense to remain in power, we need emotional awareness. The following 5 steps are a staircase to our innate intelligence, which keeps our common sense involved and enthralled.

The following 5 questions help us source our common sense. Answer yes or no. If no, write a plan of action as to how you will work on your weaker points.

1. Do you take the steps to transmute your darker thoughts and feelings?

Y___N___

2. Do you take the steps to discern what is good and what is evil? Y___N___

3. Do you take the steps to ensure that something is not an illusion?Y___N___

4. Do you take the steps to channel your anger into a decisive and appropriate action? Y___N___

5. Do you take the steps to eliminate denial and source the fundamental truth of something or someone? Y___N___

Exercise 6

Sense of Humor

Fact - a frown uses 43 muscles and a smile uses 17.

A good sense of humor is a form of mastery and enlightenment. It is a needed armor and life-balancer. When we respond to difficulties with a greater sense of detachment, our humor can sometimes become our wisest problem solver. It cuts through ego driven circumstances of needing to be right and infuses a sense of humility and ease into the situation. Worry, fear and a plethora of negative emotions take a toll on our sense of being. However, as fear begets fear, laughter begets safety. Having a sense of humor helps us remember the appeasing and soothing feeling that “this too shall pass”, which inevitable infuses us with hope.

The following 5 questions help us source our sense of humor. Answer yes or no. If no, write a plan of action as to how you will work on your weaker points.

1. Do you laugh easily at your own mistakes? Y___N___

2. Do you find it amusing when someone's ego is off the charts? Y___N___

3. Do you maintain your humility when someone is arrogant? Y___N___

4. Do you want to laugh and lighten your load more? Y___N___

5. Do you know that humor is the best transformer to friction? Y___N___

Exercise 7

Sense of Responsibility

Read through the 12 wisdoms and mark the ones that mean the most to you with a **y** symbol. Also mark the ones that you want to work on with an **x** symbol.

____ Betrayal to ourselves is the worst betrayal of all.

____ Blaming others for our problems leaves us feeling like a victim rather than a victor.

____ Yearning to be the difference that will make the difference.

____ Feeling excited about what could be, yet accepting what might not be.

____ Good to be loyal to others – better to be loyal to ourselves.

____ Knowing that remorse leads to much better things to come.

____ Realizing that our virtue is our stability, protection and safety.

____ No sense doing something unless we are committed to it.

____ Accepting that feeling out of control is a part of living in this senseless world.

____ Realizing that past mistakes examined and transformed birth a better future.

____ Low self-esteem comes from an internal judgement, not an external opinion.

____ Being accountable for our mistakes is the first step to enlightenment.

Exercise 8

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Summary

Though we are thrown into the darkness of worldly madness and confusion, we still have the wherewithal and power to overcome these negative energies in our lives. There will always be problems, but the power of our light gives us the ability to handle them, and not permit them to handle us.

We all make a difference. Our self-effort is the truest purpose of our life. Maintaining the larger power of ourselves through goodness and generosity creates an opening for a much kinder humanity. Maintaining the enlightened power of ourselves through living the principles of truth and consciousness creates an opening for a more respectful and unified humanity.

If we wish to live the fulcrum of our destiny in this lifetime, paying close attention to all of our senses makes perfect sense!

*Don't let what's right
out of your sight.
Have the might
to live your light!*