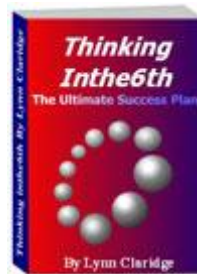


# The thinking inthe6th phenomenon



***A No Nonsense Basic Understanding of thinking inthe6th.***

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## **A personal message from Lynn Claridge SNHS.Dip. (Psychotherapy & Counseling)**



You may know me, however, if you don't, let me just tell you about myself.

I am a trained Psychotherapist and Counselor gaining my qualifications through the School of Natural Health Sciences in London. I specialize in teaching people how to gain success in their life by simply having the right attitude.

Now you may be asking yourself. So what do these two practices have in common? Other than, Counselors more often or not are there to rip you off by simply giving you a load of useless information. And, what for Psychotherapists, they are often the people you go to for help and after taking your money, you come away without any answers to your problems.

What irritates me is, if you are thinking any of the above, I tend to agree with you. You see there are many charlatans out there, just waiting to prey on you and earn a quick Buck. On the other hand there are many responsible genuine people who not only want to help, but can help you solve your problems or concerns.

I am one of these genuine people and I want to help you. That is why I am not charging you for this report. However, you make up your own mind after you have read this report.

To start, I will ask the question:

### **What do Counselors and Psychotherapists really have in common?**

No, I will not tell you the answer yet. I'll tell you what I will do before I even start to answer this question; I am going to ask you to do something very weird, right now. First of all, I want you to listen to your thoughts. Now tell me, what thoughts fill your head?

### **Would you label them as positive, or negative?**

Now let us say you are walking down the street with these thoughts. Do you think anyone who would meet you would be able to tell you what is on your mind? It's a fact that although people will not be able to tell you exactly what you are thinking, they will more or less have an idea of how you are feeling.

## **Here is another question.**

When you enter a party filled with friends, do they all fall silent as if something terrible has happened? On the other hand, does everybody there perk up as if waiting for something exciting to happen?

You know what? The answer to all these depends on your frame of mind. Thoughts are very powerful.

They affect your general attitude. The attitude you carry reflects on your appearance, too – unless, of course, you are a great actor. Moreover, it does not end there. Your attitude can also affect people around you.

The type of attitude you carry depends on you. It can be either positive or negative. Positive thoughts have a filling effect. They are admittedly invigorating. In addition, this type of attitude usually energizes the people around the person carrying positive thoughts. Negative thoughts on the other hand have a sapping effect on other people. Aside from making you look gloomy and sad, negative thoughts can turn a festive gathering into a funeral wake.

A positive attitude attracts people, while a negative attitude repels them. People tend to shy away from those who carry a negative attitude.

We can also define attitude as the way of looking at the world. If you choose to focus on the negative things in the world, more or less you have a negative attitude brewing up. However, if you choose to focus on the positive things, you are more likely to carry a positive attitude.

You have much to gain from a very positive attitude. For one, studies have shown that a positive attitude promotes better health. Those with this kind of attitude also have more friends. Projecting a positive attitude also helps one to handle stress and problems better than those who have a negative attitude.

A positive attitude begins with a healthy self-image. If you love the way you are and are satisfied, confident, and self-assured, you also make others around feel the same way. A negative attitude, on the other hand, has, of course, an opposite effect. Therefore, carrying a negative attitude has a twofold drawback. You feel bad about yourself, and you make others feel the same way.

If you want to have a positive attitude, you have to feature healthy thoughts. This is probably very hard to do nowadays since, all around us, the media feeds us nothing but negative thoughts. A study shows that for every 14 things a parent says to his or her child, only one is positive. This is truly a saddening thought.

If you want a healthier outlook on life, you need to think happy thoughts, and you have to hear positive things as well. So, what can you do? Well, for starters, you could see a funny movie, you could play with children, spend some time telling jokes with friends. All these activities fill you with positive stimuli, which in turn promotes positive attitude.

Although it is impossible to keep ourselves from the negative things around us, you can still carry a positive attitude by focusing on the good things, the positive things in life. Moreover, the positive attitude you now carry can be of benefit to other people. Sometimes when other people feel down, the thing people mostly do is try to give them advice. However, sometimes, all they need is somebody to sit by them, and listen to them. If you have a positive attitude, you may be able to cheer them up without even having to say anything.

If positive attitude is really great, why do people choose to adopt a negative attitude instead? One who carries a negative attitude may be actually sending a signal for attention. Before you get me wrong, feeling sad, angry, or gloomy is not wrong itself. Nevertheless, dwelling on these thoughts for far too long is not healthy either.

There is a time to mourn. As always, if you are beset by troubles, even in your darkest hour, focus on the good things in life, you will always have hope. Problems become something you can overcome.

You do not have much to lose by adopting a healthy, positive attitude. Studies show that such an attitude actually retards aging, makes you healthier, helps you develop a better stress coping mechanism, and has a very positive effect on all the people you meet every day. So, what's not to like about a positive attitude?

So, when does positive thinking become synonymous with success? Where do we start?

Stop thinking and feeling as if you are a failure, because you are not. How can others accept you if YOU can't accept YOURSELF?

## Self-improvement & Success – Go Hand in Hand

Sometimes, when all our doubts, fears and insecurities wrap ourselves up, we always come up with the idea of “I wish I was somebody else.” More often than not, we think and believe that someone or rather, most people are better than us - when in reality, the fact is, most people are more scared than us.

You spot a totally eye-catching girl sitting by herself at a party, casually sipping on a glass of Asti Spumanti. You think to yourself, “she looks so perfectly calm and confident.” But if you could read through her transparent mind, you would see a bunch of clouds of thoughts and you might just be amazed that she’s thinking “are people talking about why I am seated here alone?... Why don’t guys find me attractive? ...I don’t like my ankles, they look too skinny... I wish I was as intelligent as my best friend.”

We look at a young business entrepreneur and say “Wooh... what else could he ask for?” He stares at himself at the mirror and murmur to himself, “I hate my big eyes... I wonder why my friends won’t talk to me... I hope mom and dad would still work things out.”

Isn’t it funny? We look at other people, envy them for looking so outrageously perfect and wish we could trade places with them, while they look at us and thinks of the same thing. We are insecure of other people who themselves are insecure of us. We suffer from low self-esteem, lack of self-confidence and lose hope in self-improvement because we are enveloped in quiet desperation.

Everything that happens to us happens in purpose. And sometimes, one thing leads to another. Instead of locking yourself up in your cage of fears and crying over past heartaches, embarrassment and failures treat them as your teachers and they will become your tools in both self-improvement and success.

So, when does self-improvement become synonymous with success? Where do we start? Take these tips:

- **Stop thinking and feeling as if you’re a failure, because you’re not.** How can others accept you if YOU can’t accept YOU?
- **When you see hunks and models on TV, think more on self-improvement, not self pitying.** Self-acceptance is not just about having nice slender legs, or great abs. Concentrate on inner beauty.

- **When people feel so down and low about themselves, help them move up.** Don't go down with them. They'll pull you down further and both of you will end up feeling inferior.
- **The world is a large room for lessons, not mistakes.** Don't feel stupid and doomed forever just because you failed on a science quiz. There's always a next time. Make room for self-improvement.
- **Take things one at a time.** You don't expect black sheep's to be goody-two-shoes in just a snap of a finger. Self-improvement is a one day at a time process.
- **Self-improvement results to inner stability, personality development and SUCCESS.** It comes from self-confidence, self appreciation and self-esteem.
- **Set meaningful and achievable goals.** Self-improvement doesn't turn you to be the exact replica of Cameron Diaz or Ralph Fiennes. It hopes and aims to result to an improved and better YOU.
- **Little things mean BIG to other people.** Sometimes, we don't realize that the little things that we do like a pat on the back, saying "hi" or "hello", greeting someone "good day" or telling Mr. Smith something like "hey, I love your tie!" are simple things that mean so much to other people.
- **When you're willing to accept change and go through the process of self-improvement, it doesn't mean that everyone else is.** The world is a place where people of different values and attitude hang out. Sometimes, even if you think you and your best friend always like to do the same thing together at the same time, they would most likely decline an invitation for self-improvement.

We should always remember that there's no such thing as 'over-night success'. It's always a wonderful feeling to hold on to the things that you already have now, realizing that those are just one of the things you once wished for. A very nice quote says that, "*When the student is ready, the teacher will appear.*" We are all here to learn our lessons. Our parents, school teachers, friends, colleagues, officemates, neighbors... they are our teachers. When we open our doors for self-improvement, we increase our chances to head to the road of success.

## **Spiritual Growth: the Spiritual Challenge of Modern Times**

To grow spiritually in a world defined by power, money, and influence is a Herculean task. Modern conveniences such as electronic equipments, gadgets, and tools as well as entertainment through television, magazines, and the web have predisposed us to confine our attention mostly to physical needs and wants. As a result, our concepts of self-worth and self-meaning are muddled. How can we strike a balance between the material and spiritual aspects of our lives?

### **To grow spiritually is to look inward.**

Introspection goes beyond recalling the things that happened in a day, week, or month. You need to look closely and reflect on your thoughts, feelings, beliefs, and motivations. Periodically examining your experiences, the decisions you make, the relationships you have, and the things you engage in provide useful insights on your life goals, on the good traits you must sustain and the bad traits you have to discard. Moreover, it gives you clues on how to act, react, and conduct yourself in the midst of any situation. Like any skill, introspection can be learned; all it takes is the courage and willingness to seek the truths that lie within you. Here are some pointers when you introspect: be objective, be forgiving of yourself, and focus on your areas for improvement.

### **To grow spiritually is to develop your potentials.**

Religion and science have differing views on matters of the human spirit. Religion views people as spiritual beings temporarily living on Earth, while science views the spirit as just one dimension of an individual. Mastery of the self is a recurring theme in both Christian (Western) and Islamic (Eastern) teachings. The needs of the body are recognized but placed under the needs of the spirit. Beliefs, values, morality, rules, experiences, and good works provide the blueprint to ensure the growth of the spiritual being. In Psychology, realizing one's full potential is to self-actualize.

Maslow identified several human needs: physiological, security, belongingness, esteem, cognitive, aesthetic, self-actualization, and self-transcendence. James earlier categorized these needs into three: material, emotional, and spiritual. When you have satisfied the basic physiological and emotional needs, spiritual or existential needs come next. Achieving each need leads to the total development of the individual. Perhaps the difference between these two religions and psychology is the end of self-development: Christianity and Islam see that self-development is a means toward serving God, while psychologies view that self-development is an end by itself.

### **To grow spiritually is to search for meaning.**

Religions that believe in the existence of God such as Christianity, Judaism, and Islam suppose that the purpose of the human life is to serve the Creator of all things. Several theories in psychology propose that we ultimately give meaning to our lives. Whether we believe that life's meaning is pre-determined or self-directed, to grow in spirit is to realize that we do not merely exist. We do not know the meaning of our lives at birth; but we gain knowledge and wisdom from our interactions with people and from our actions and reactions to the situations we are in. As we discover this meaning, there are certain beliefs and values that we reject and affirm. Our lives have purpose. This purpose puts all our physical, emotional, and intellectual potentials into use; sustains us during trying times; and gives us something to look forward to---a goal to achieve, a destination to reach. A person without purpose or meaning is like a drifting ship at sea.

### **To grow spiritually is to recognize interconnections.**

Religions stress the concept of our relatedness to all creation, live and inanimate. Thus we call other people "brothers and sisters" even if there are no direct blood relations. Moreover, deity-centered religions such as Christianity and Islam speak of the relationship between humans and a higher being. On the other hand, science expounds on our link to other living things through the evolution theory. This relatedness is clearly seen in the concept of ecology, the interaction between living and non-living things. In psychology, connectedness is a characteristic of self-transcendence, the highest human need according to Maslow. Recognizing your connection to all things makes you more humble and respectful of people, animals, plants, and things in nature. It makes you appreciate everything around you. It moves you to go beyond your comfort zone and reach out to other people, and become stewards of all other things around you.

Growth is a process thus to grow in spirit is a day-to-day encounter. We win some, we lose some, but the important thing is that we learn, and from this knowledge, further spiritual growth is made possible.

## **NOW IS THE TIME TO START THINKING “IN THE 6th”**

When we look at a certain object, a painting for example – we will not be able to appreciate what is in it, what is painted and what else goes with it if the painting is just an inch away from our face. However, if we try to take it a little further, we will have a clearer vision of the whole artwork.

We reach a point in our life when we are ready for change and a whole bunch of information that will help us unlock our self-improvement power. Until then, something can be staring us right under our nose but we do not see it. The only time we think of unlocking our self-improvement power is when everything got worst. Take the frog principle for example –

Try placing Frog A in a pot of boiling water. What happens? He twerps! He jumps off! Why? Because he is not able to tolerate sudden change in his environment – the water’s temperature. Then try Frog B: place him in luke warm water, and then turn the gas stove on. Wait until the water reaches a certain boiling point. Frog B then thinks, “Ooh... it’s a bit warm in here”

People are like Frog B in general. Today, Anna thinks Carl hates her. Tomorrow, Patrick walks up to her and told her he hates her. Anna stays the same and does not mind what her friends say. The next day, she learned that Kim and John also abhors her. Anna does not realize at once the importance and the need for self-improvement until the entire community hates her.

We learn our lessons when we experience pain. We finally see the warning signs and signals when things get rough and tough. When do we realize that we need to change diets? When none of our jeans and shirts would fit us. When do we stop eating candies and chocolates? When all of our teeth have fallen out. When do we realize that we need to stop smoking? When our lungs have gone bad. When do we pray and ask for help? When we realize that, we are going to die tomorrow.

The only time most of us ever learn about unlocking our self-improvement power is when the whole world is crashing and falling apart. We think and feel this way because it is not easy to change. However, change becomes more painful when we ignore it. Change will happen, like it or hate it. At one point or another, we are all going to experience different turning points in our life and we are all going to eventually unlock our self-improvement power not because the world says so, not because our friends are nagging us, but because we realized it is for our own good.

Happy people do not just accept change, they embrace it. Now, you do not have to feel a tremendous heat before realizing the need for self-improvement. Unlocking your self-improvement power means unlocking yourself up in the cage of thought that “it’s just the way I am”. It is such a poor excuse for people who fear and resist change. Most of us program our minds like computers.

Jen repeatedly tells everyone that she does not have the guts to be around groups of people. She heard her mom, her dad; her sister and her teacher tell the same things about her to other people. Over the years, that is what Jen believes. She believes it is her story. In addition, what happens? Every time a great crowd would troop over their house, in school, and in the community she tends to step back, shy away and lock herself up in a room.

Jen did not only believed in her story, she lived it. Jen has to realize that she is not what she is in her story. Instead of having her story post around her face for everyone to remember, she has to have the spirit and show people "I am an important person and I should be treated accordingly!"

Self-improvement may not be everybody's favorite word, but if we look at things in a different point of view, we might have greater chances of enjoying the whole process instead of counting the days until we are fully improved. Three sessions in a week at the gym would result to a healthier life, reading books instead of looking at porn's will shape up a more profound knowledge, going out with friends and peers will help you take a step back from work and unwind. Moreover, just when you are enjoying the whole process of unlocking your self-improvement power, you will realize that you are beginning to take things light and become happy.

Look at it this way. All the thoughts you have held and all the words you have repeatedly used have created your life up to now. Every thought has shaped your life and has made you what you are today. At this exact moment (Now) you are what you have thought through the whole of your life.

Everything you think and consequently do from this moment on, will determine what happens tomorrow. Once that thought process has taken place and a decision is taken, an action is formed. Once that action is put into motion the law of cause and effect is set into motion.

Once the law of cause and effect is set in motion, you cannot easily change the outcome. You can try, but you will only set another cause and effect in motion. You can only hope that this second action will counteract the first, but there are no guarantees. We all live in the moment of "now". Think about that. If you are thinking about the past, you are thinking it now. If you are thinking about the future, you are thinking it now. Now is always the present. Therefore, when you are planning your future you are planning it now. The point of power is always in the present moment. This is where we begin to make changes.

When you see hunks and models on TV, think more on self-improvement, not self-pity. Self-acceptance is not just about having nice slender legs, or great abs. Concentrate on your inner beauty. When people feel so down and low about themselves, help them move up. Do not go down with them. They will pull you down further and both of you will end up feeling inferior.

The world is a large room for lessons, not mistakes. Do not feel stupid and doomed forever just because you failed on a science quiz. There is always a next time. Make room for self-improvement.

Take things one at a time. Thinking “*inthe6th*” is a one day at a time process. Positive thinking results to inner stability, personality development and SUCCESS in any area of your life you wish to choose.

It comes from self-confidence, self-appreciation and self-esteem. Set meaningful and achievable goals. Thinking “*inthe6th*” does not turn you to be the exact replica of Cameron Diaz or Ralph Fiennes. It hopes and aims to result to an improved and better YOU.

Little things mean BIG to other people. Sometimes, we don't realize that the little things that we do like a pat on the back, saying “hi” or “hello”, greeting someone “good day” or telling Mr. Smith something like “hey, I love your tie!” are simple things that mean so much to other people. When we are being appreciative about beautiful things around us and other people, we also become beautiful to them.

When you are willing to accept change and go through the process of thinking “*inthe6th*”, it does not mean that everyone else is. The world is a place where people of different values and attitudes hang out. Sometimes, even if you think you and your best friend always like to do the same things together at the same time, he or she would most likely decline an invitation for self-improvement.

We should always remember that there is no such thing as ‘over night successes. It is always a wonderful feeling to hold on to the things that you already have now, realizing that those are just one of the things you once wished for. A very nice quote says, “When the student is ready, the teacher will appear.” We are all here to learn our lessons. Our parents, schoolteachers, friends, colleagues, officemates, neighbors... they are our teachers. When we open our doors for self-improvement, we increase our chances to head down the road of success.

**Now, here is the answer to that question.**

Or have you worked it out for yourself. Both Counselors and Psychotherapists get you to give the answers to your questions.

The difference is a Psychotherapist will tell you without any prompting what is troubling you. They should be able to tell you your state of mind and your general character makeup. I.e. you may be shy or too forward, you may hold back on making decisions or act like a bull in a china shop. On the other hand, a Counselor will ask you questions to gain the same information.

The result is the same. Once you are made aware of this information you will make the decision to either move forward with your life or stay where you are. Remember the choice is always yours.

### **Let me explain this in further detail.**

You see, I was a Counselor before I became a Life Counselor. It was through my work as a Counselor that I discovered the realization that people were coming to me primarily because they were stuck in a rut, or did not know which way to turn or which was the correct decision to make.

It was at this point I decided to lean more towards the Life Counseling than the general counseling. Therefore, I studied and gained my qualifications. Now I do not wish to sound bigheaded or vein, but I found the course very easy. Why? – Because the methods I was being taught were the methods I was already using. I was already a life counselor without even knowing it.

### **Ok so let us have a life counseling session – right now.**

Have you wondered why you persist in an unsatisfying relationship, or why you are unwilling either to work towards a solution or to find an end and move on? It is because you fear the unknown. The action you take changes things and will lead to the unknown. You believe that the unknown will be more painful than what you are already experiencing. A very old proverb says. “The better the devil you know than the devil you don’t” These beliefs keep you from taking actions that could change your life. If you want to change your life for the better, then you have to overcome your fears by overriding this preconditioned set of responses.

It is possible to link pain and fear to an unknown event. For example; you have never flown before and you are scared of flying in an airplane. You are frightened for no logical reason. You might have read about a plane, which crashed in the paper, and consequently believe your plane may crash. The truth is, this fear, it is a fear of the unknown. Before you can fear it, you must experience it. You must make sure you live your life in the present and respond to things that are real. Do not allow fears of what once was, or what might someday be, hinder you. The key thing to remember is that you do not move away from real fear or pain, you move away from what you believe will lead to fear or pain.

Every one of us has choices. Opportunities for change appear suddenly throughout our lives. Throughout our life, we are faced with moments of decision. These choices influence both our happiness and well-being. Choices of change have to be made otherwise we will not advance; we will not achieve our full potential. Before you know where you are, your life would have gone by, and you will be uncertain as to what you actually did with your life.

I encourage you to take the time now to complete the following exercise because there is no time like the present. When I was first presented with this exercise, I thought the same, as you are possibly thinking now. However, I had nothing to lose so I followed it. It showed me I could shape aspects of my life. It showed me that the power to change was up to me. Most importantly, it made me realize that the shaping of my destiny was up to me and no one else.

**You should ask 10 questions to yourself as a preparation to thinking in the 6th.**

**1. What do I really want?**

The question of the ages. So many things you want to do with your life and so little time to even go about any of them during the day.

**2. Should I really change?**

Today's generation has taken another level of redefining 'self', or at least that is what the kids are saying. Having an army of teenage nieces and nephews has taught me that there are far worse things that they could have had than acne or maybe even promiscuity. So how does that fit into your lifestyle?

**3. What is the bright side in all of this?**

With so much happening around us there seems to be no room for even considering that light at the end of the tunnel. We can still see it as something positive without undergoing so much scrutiny. And if it is a train at the end of the tunnel, take it for a ride and see what makes the world go round!

**4. Am I comfortable with what I'm doing?**

There is always the easy way and the right way when it comes to deciding what goes with which shoes, or purse, shirt and whatnot. It does not take a genius to see yourself as someone unique, or else we will all be equally the same in everything we do. Variety brings in very interesting and exciting questions to be experimented.

**5. Have I done enough for myself?**

Have you, or is there something more you want to do? Discontentment in every aspect can be dangerous in large doses, but in small amounts you will be able to see and do stuff you could never imagine seeing yourself doing.

**6. Am I happy at where I am today?**

It's an unfair question so let it be an answer! You love being a good and loving mom or dad to your kids, then take it up a notch! Your kids will love you forever. The same goes with everyday life!

### **7. Am I appealing to the opposite sex?**

So maybe I do not have an answer to that, but that does not mean I cannot try it, though. Whether you shape-up, change the way you wear your clothes or hair, or even your attitude towards people, you should always remember it will always be for your own benefit.

### **8. How much could I have?**

I suppose in this case, there is no such thing as having things too much or too little, but it is more on how badly you really need it. I would like to have lots of money, no denying that, but the question is, how much are you willing to work for it?

### **9. What motivates me?**

What motivates you? It is an answer you have to find out for yourself. There are so many things that can make everyone happy, but to choose one of the may be the hardest part. It is not as if you cannot have one serving of your favorite food in a buffet and that is it. Just try it piece by piece.

### **10. What Really Makes You Tick?**

So what really makes you tick? You can be just about anything you always wanted to be, but to realize that attaining something that may seem very difficult is already giving up before you even start that journey. Always remember, that self-improvement is not just about the physical or philosophical change you have to undergo, but it is something that you really want.

## Let us look at five ways to change your life right now.

### Number 1

Write down four actions you have been putting off, but need or want to do. For example, these could be your need to lose weight. Your need to stop smoking. Your need to get in touch with someone you may of upset

- 1.
- 2.
- 3.
- 4.

### Number 2

Understand each of the actions you have written down and answer the following questions.

Why have I not taken action in the past? What pain or fear is linked to taking this action?

By answering, these questions you will understand what is holding you back. Because you associate fear and pain to action, you find it easier not to take action. Be honest with yourself. Why have you not taken the required action?

- 1.
- 2.
- 3.
- 4.

### Number 3

Now write down all the pleasures you have had in the past, by indulging in negative patterns.

For example; if you think, you should lose some weight, why are you continuing to eat food that is no good for you? This is avoiding pain by depriving yourself and if you think about it, you are really doing this because it makes you feel good right now. It gives you pleasure and you do not want to give up these feelings in order to create change. By identifying with what gives you pleasure, will help you to reach your target.

- 1.
- 2.
- 3.
- 4.
- 5.

#### **Number 4**

Write down what it is going to cost you, (not in the monetary sense) if you do not change.

For example:

What will happen if you do not stop eating = lack of energy. What will happen if you do not stop smoking = health problems. What will happen if you do not make that phone call = you will never know if they expect your apology

Be honest with yourself. What is it going to cost you over the next five years? What is it going to cost you emotionally and physically? What is it doing to help your self-esteem? Most importantly, what will it cost you in everyday life? How is this making you feel? Do not say it will cost you money or you will become fat, because these are negative thoughts. You must remember you are driven by your emotions. So start to associate and use fear and pain as your friend this will help to drive you to new levels of success.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#### **Number 5**

Write down all the pleasures you get by being in control of your actions.

See how it takes you to a new level of self-confidence, vitality, and health. You will be able to strengthen all your relationships and develop more will power. If you take these actions over a short time your life will change, you will start to loose negative thoughts and start having positive thoughts instead, which in-turn will have an impact on your present and long-term life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## So what is thinking in the 6th really about?

The saying “I am happy with what I have” is used as an excuse for the under-achiever. Deep down they are usually envious of what other people have. (The perfect relationship – The new sports car) The “I am happy with what I have” people are often the ones with the Lotto ticket in their hand watching the numbers roll out and hoping they will win.

Thinking in the 6th is about using all your senses. If all your senses are heightened then you will be taking in everything that is going on around you. If you then use this new found enlightenment you are “thinking in the 6th”. Or as some people call it, your “sixth sense”. This is better known as intuition or insight. No one can explain where the sixth sense comes from. Researchers believe that you all have a recall button in a part of your brain.

We all use our sixth sense in everyday life. Some choose to believe it and some just like to find logical explanations for it. If you trust your sixth sense, you can totally change your outlook on life and people. It allows you to make accurate decisions in more situations and you feel good about the decisions you make.

### Here are some tips about the sixth sense.

- If you regard yourself as a very analytical person, you can still enhance your intuition.
- Do not dismiss any insight you have about people or events.
- If you feel that there is danger trust your intuition.
- Start to identify with your inner voice.
- When you are finding it hard explaining something that is troubling you listen to your inner voice.
- If one of your senses is right, enjoy the feeling.

Test your sixth sense. Play some harmless games. For instance, guess what is going to be the next big selling video game or whether interest rates are going to go up or down. It is not true to say that this sensitivity is a special formula and that only a few are privileged to receive it. Everyone has the chance to experience his or her senses; these are around you all day, and every day.

Your main five senses are made up of Taste, Touch, Smell, Sound and Sight because these senses are automatic you take them for granted.

Remember take your senses to the limit. Try to focus on everyday things around you and write down your results. Keep an eye on what gets your reactions going. Whether being excited, frightened, curious, aroused or being inspired.

Below are five senses. Take one sense per day. This will help you to become more aware. See how things around you become special and try not to ignore them in the future.

### **Vision**

When you wake in the morning, tell yourself aloud "Today I am going to be aware of my vision".

At the start of the day look at everything as it really is, not what you want to think it is. Look at things as if you are looking through new eyes. Try not to spend time glaring just look. By doing this you will find you are more visual.

### **Smell**

From the moment you wake up say aloud "Today I am going to see how many different smells are in the world".

From the time you wake until the time you go to bed write down how many different smells you notice. Once you take note of these smells, you will get your psychic antennae working. You will be very surprised how many smells you have never taken notice of before.

### **Listen**

From the time you awake say aloud "Today I am going to listen to the sounds of the world".

You will be surprised to know how many sounds we block out each day. Throughout the day, try to focus on different sounds. Take note of how the different sounds make you feel. Do you feel relaxed, calm, positive or negative?

### **Touch**

In the morning look at yourself in a mirror and say aloud. "Today I will feel the touch of different things"

As you go about your everyday activities touch every item you come into contact with. Make a note in your journal about what sensations each item gave you.

## **Taste**

In the morning look at yourself in a mirror and say aloud. "Today I will pay close attention to taste"

Start the day from the moment you get out of bed. Notice your toothpaste, mouthwash or your lipstick. When you place anything into your mouth chew slowly and throughout the day consider the different flavors you experience.

## **Knowing something is going to happen**

There are people that can predict exactly what is about to happen, before it does. They get images of future events literally out of the blue. This sensation is often non-specific; it might come as a tingling feeling, anticipation or an uneasy feeling of apprehension. This happens when your senses are putting you on alert. Being able to know things in advance gives you an edge in all kinds of situations whether it is dealing with people or assessing events.

Once you start to trust your hunches and inner signals, you will boost your confidence. When you feel something is going to happen start to pay attention especially if you sense danger. Always trust your intuition never ignore it.

If you want proof at the time you feel something is going to happen, say it aloud to someone or write it down. As you get more and more predictions correct, you will trust your intuition more than anything else.

## **Using Your Inner Voice to think in the 6th**

Remember, all words are thoughts expressed that carry the message of your intentions with them. Your external speech can be thought of as a reflection or external manifestation of your inner programming. So therefore, the words you use can tell you a lot about how or what you think. Words can be either charged with positive energy of love, that helps you expand, or they are charged with the energy of fear that causes you to shrink away from who you truly are.

So, do words have power? Of course, they do, and your speech has the power to set the energy or the direction you choose in your life.

If you use and say positive things, good and positive things will happen to you. These words give you the opportunity to experience life from a positive or optimistic point of view. However, if you use negativity and say negative things, negative things will happen to you, or you end up seeing life as one big problem or disappointment. While you are familiar with your external speech or voice, you also have another voice that you work with and interact with daily.

This is known as your inner voice. Your inner voice is that small utterance that comes from deep within you, whose job it is to provide you with guidance. This is a different kind of communication than what comes from your normal waking conscious, which I call your analyzer. When your analyzer is taking the communication your receiver tends to be more like nonstop conversation that goes on inside your head all day and sometimes well into the night.

It is through this mechanism that you receive your inner knowing. It can be likened to the images portrayed on television. It is like having someone standing on one side of your head telling you the right things to do, while your brain or analyzer is standing on the other side telling you what you should not do, regardless of integrity or merit. Your inner voice can be thought of as your conscious poking and prodding you into action or inaction as the case may be. By using this inner knowing. You are thinking in the 6th. 13 How many times has your inner voice told you to do something, and you have chosen to ignore its prompting, only to find out it was a big mistake? I bet in that moment of time you say to yourself "I should have listened to myself". Case and point, you were not paying attention to the guidance provided to you by your inner voice. You were not thinking in the 6th.

Your inner voice is there to help guide you along the path of life. This inner knowing is the part of you, you have to find and believe in. This is the real you. A good psychotherapist or counselor will get you to dig deep within yourself by asking you soul-searching questions, so that you can find the answers to your problems.

So start thinking in the 6th. Your inner voice is there to help you along the path of life. Sometimes the prompting of your inner voice is subtle, reminding you to pay a bill or call a friend. Other times your inner voice can be more intense, where it may seem as if it is nagging you, reminding you over and over of some unfinished business for perhaps days, weeks or even years.

Thinking in the 6th works on a basic principal, if you ask yourself a question, you will always receive an answer. So, if you ask, "what should I do now"? You will always be prompted as to your next step. At times, you may receive a whole digression as to what you should or should not be doing.

This is important. By thinking in the 6th will always provide you with information that is for your highest good, even if the tasks required of you are hard. It will always lead you on the right path; however, it cannot compel you to follow. You will be provided with a choice. You can follow the path you know you should follow or you can take a different path.

As the old saying goes `don't let your head follow your heart` as this is where the 6th philosophy breaks down and you will follow the wrong path and make the wrong choices. Push sentiment aside and follow what your inner voice is telling you. Remember, this is not your brain; this is your inner voice, your soul.

When you begin to think in the 6th life is much smoother. Things that may have been a problem or issue in the past seem to be miraculously avoided, and life is great. However, learning to think in the 6th is all about trust. Trusting what you have been told to do. Trust is a challenge to master as by taking note of these inner promptings makes you acknowledge that you are not necessarily in control. In fact, it forces you to give the steering wheel of your life over to someone else and it is hard for anyone to give up control of their life, control as you know it that is. However, once you choose to think and act in the 6th by trusting and surrendering your overall control to your inner voice you will see miraculous changes happening in your life almost immediately.

Gain confidence with this newfound inner knowing by testing it out on small things. For instance, you are traveling somewhere and you suddenly get an inner knowing that there is going to be a long traffic jam ahead and you are going to be late, unless you take the normally longer alternative route.

**You have two choices:**

1. You proceed along the same route.
2. You take the alternative route.

Now, as always the choice is yours. Do you trust this inner knowing? Do you allow your brain to make the decision to keep going or do you trust your inner voice?

In the above example, if you were to keep going and you came across the traffic jam and were late, you would be kicking yourself. You will be thinking `I knew deep down there was a traffic jam ahead, so why did I not take the alternative route?`

On the other hand, if you were to take the alternative route and you arrived on time, you would be thinking `I wonder if there was a traffic jam ahead if I had kept on the same route and would I have been late?`

You can make some enquiries to see if there was a jam or you may never know. However, the point is you arrived on time. That was the result you wanted. You trusted your inner voice. You were thinking in the 6th.

Once you begin to trust your inner voice, you will not question it and life will start to change for you, and it will change dramatically.

Many books have been written on the subject of obtaining success. You may be one of those people that have read many of these. This on the other hand may be your first. However, for many they read book after book on the subject, but will never actually put what they have learnt into practice. By all means read more and gain a greater understanding, but put it into practice.

So please start now. You can read and read, but if you never start to implement what you have read into practice you will never succeed. Never put off what you can do today until tomorrow.

Do not wait for the right moment. Some people can wait all their lives for the right moment. There is only one right moment and that moment is NOW!

You are now living that moment. So decide now. Are you going to put into practice what you have learnt? If so start NOW! I am sure you have heard the expression “tomorrow is the first day of the rest of your life”, and it is. What I would like you to do is to stop reading at the end of this chapter. Then read this chapter again, digest it and think about what has been said throughout the whole of this book. When you go to bed, think about it again.

**Say to yourself:**

“Tomorrow is the first day of the rest of my life, from tomorrow I will be successful, from tomorrow everything will change for the better”.

When you wake in the morning,

**Say to yourself:**

“Today is the first day of the rest of my life, from today I am going to be successful, from today everything will change for the better”.

Tomorrow is the day you will start on the last chapter “Putting it all together”.

Tomorrow is the day your life will change, but only if you want it to.

Remember the choice is always yours.

By “*thinking inthe6th*” you can and will achieve what you want, whether it is mentally or financially rewarding or of course both. The theories on how to succeed, living happily and to get what you want out of life are both scientific and spiritual. For the non-believers of any religious persuasion whatsoever (the atheists), these theories are purely scientific. For the spiritual person the spiritual approach will of course appeal.

**I believe: BOTH THEORIES ARE THE SAME.**

Keep an open mind, try thinking inthe6th and come to your own conclusions.

Lynn Claridge

# The inthe6th Advantage

## Resources from Lynn Claridge

### [Inthe6th](#)

At last, a site dedicated to offering you help on how to obtain success, happiness and total financial independence. Your Life as it is today, is the way it is because of how you think. To be successful and happy you have to think in a different way. You have to think and act outside your normal pre-conceptions; you have to think "in the 6th". The choice is always yours. It is not what you do, but the way that you do it, that counts.

Visit <http://www.inthe6th.com>

### [Think Right Now](#)

A true innovation in the field of thought & habit modification: *"Burn The Thoughts, Beliefs and Attitudes of the Happiest, Most Effective People Into Your Mind and You Will Feel How They Feel, Do What They Do and Get The Same Results They Get!"*

Visit <http://www.inthe6th.net/recommends/thinkrightnow.htm>

### [Self Development](#)

What you do with your mind will determine what you can do with your life. We provide you with the very best tools for developing your mind and for getting your conscious and your subconscious to work together.

Visit [http://www.inthe6th.net/recommends/self\\_development.htm](http://www.inthe6th.net/recommends/self_development.htm)

## NOTES