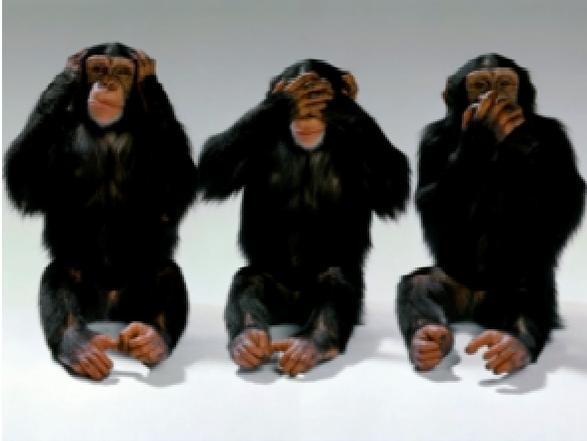


## Link with the invisible

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October 31 2010



As you may know, the theme for October is “relationships”. I thought to end this month by addressing the contact we have with our environment. I would like to add a festive twist to it since we are celebrating Halloween today. Discussing the magic that wraps this magnificent and mysterious celebration seduces me, so why do without?

While I was doing my morning yoga a few days ago, I became aware of the richness of our environment. By environment, I do obviously mean all the natural beauties that surround us, but also the material comfort that each and everyone of us enjoy. We are spoiled; there is no doubt about it.

That morning, I was hypnotized by the smoothness of the luminosity; that of the sun when it rises. The sounds that were making Mister Miyagi, my adorable kitten, when eating his small croquettes were merging into the song of Snam Kaur. I had just drunk some lemony water and still had the taste of it in my mouth. My body was harmonizing slowly but perfectly with the space. My apartment was neither too cold nor too warm. My feet were caressing my yoga mat. It was a unique morning although it looked like so many others.

At this moment, I was in harmony with my immediate environment. My senses were wide-awaken. I was right in the present moment (Eckhart Tolle would have been proud of me ☺). My messy hair and the imposing load of work that was waiting on my desk had no importance anymore. Everything was perfect. I was free.

On my way to the bus, I suddenly became aware of how much our senses are pure marvels. They are vehicles that propel us towards the appreciation of our surrounding. The hearing, sight, touch, taste and smell; a quintet that will never stop to amaze me.

Curious as I am, I was wondering: “What is the place that we give to what we qualify as the sixth sense in our relationship with our environment?” Some consider the sixth sense as simple intuition. Others, like Charles Richet, exclude categorically all the normal senses. This definition pushes aside all the perceptions of concrete objects. The reality is situated outside the reach of the spatiotemporal field of the five “normal”

senses. In brief, as Henri Ey qualifies it, the sixth sense is the “perceptions without objects to be perceived”.

For my part, I see the sixth sense as what connects us to the spiritual world; the 99 % I wrote about in my previous article. This reality that is inaccessible to us with our five other senses would open to us during the period of Halloween. “What happens?” would you ask me?

At this moment, something unique occurs. The veil that separates our two worlds, the one that we perceive in everyday life, the material world, and the one that is invisible to us, the spiritual world, gets thinner. These two worlds get closer. Everywhere on Earth people celebrate their lost ones. Whether you call this celebration Halloween, Hallow’s All Eve (meaning “the evening of all the saints”), the Day of the Dead, the All Saints’ Day or Samhain, the bottom line is that we all celebrate the same thing: our ancestors.

According to the knowledge and the experience of the whole humanity, the three days that precede and follow Halloween, hide a unique creative power. When connecting, the visible and invisible worlds allow people to get considerably closer to their capacity of seeing the other side of the veil. Our third eye opens up, allowing an increased contact with our intuition, or if you prefer “gut feeling”, which we too often confuse with the simple coincidence. We get closer to the unexplained.

Open “all” your eyes and celebrate at large. Halloween is much more than cutting a pumpkin, eating candies and watching horror movies. This celebration comes from a very long history. Make something different this year: link with the invisible!

Happy Halloween!

