

6th Sense Creativity Guide

BY CELESTE ANDREA
(SOMACELESTE)



**A FREE resource to help you live your
BEST Creative life.**

Congratulations! And welcome to your 6th Sense Creativity Guide-- a FREE resource, to supplement your BEST creative life.

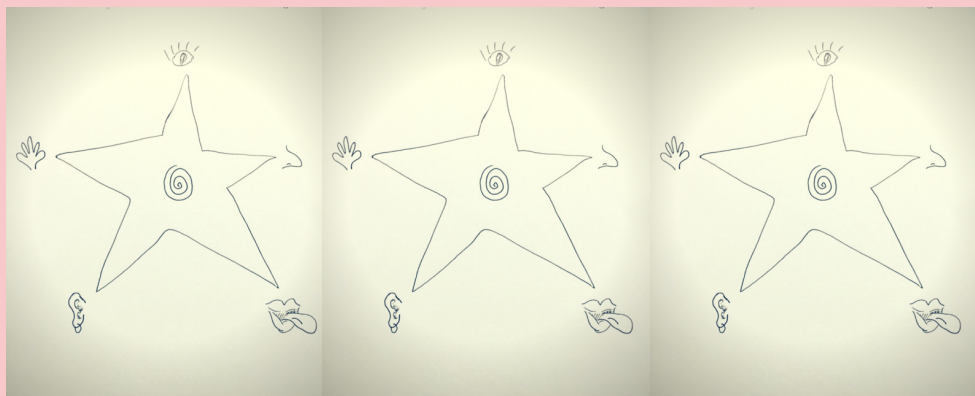


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I. OVERVIEW:

You are most likely familiar with the 5 natural senses.

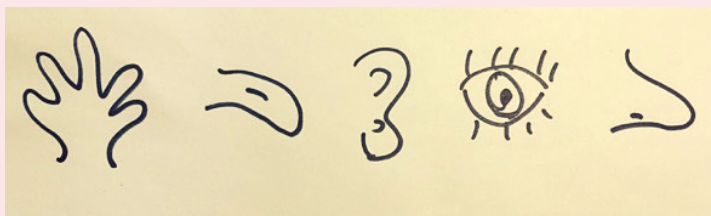
These are:

1. Touch
2. Taste
3. Hear
4. See
5. Smell

And you are also likely familiar with the *concept of "The 6th Sense"*, such as:

- Intuition
- "Gut-Feeling"
 - ESP
- Clairvoyancy

The difference between the first 5 senses



and the 6th sense



is that:

- The first 5 are sensory actions of your "gross body" anatomy.

(Blood, bones, muscles, glands, etc...)

- The 6th sense is part of your "subtle body" anatomy

(think chakras, nadis, meridians, prana, qi)

To Tap into your 6th sense, you will want to stimulate (cultivate & activate) your subtle body.



II. OKAY, BUT *HOW*?

One of the simplest and most direct ways to access your subtle body (6th sense center) is through

BREATH.

A few different types of breathing are:

belly breath

ujayii breath

pranayama alternate nostril breathing

skull-shining (kapalabhati)

ocean breath

cleansing breath

sniffing breath

sipping breath

breath of fire

Some various ways to stimulate & activate specific breathwork are through:

- yoga •the gyrotonic method •gyrokinesis
- martial arts •meditation



III. But what does **BREATHING** have to do with **CREATIVITY**?

Your breath is your Life Force. (When you stop breathing, you are literally dead.)

Creativity is an expression of your soul.

Breathing life into your "soul" (through your "subtle body energy centers") gives life to your inner creative genius.

Okay. I sort of buy that. But...

...I still don't completely follow...



IV. CONNECT THE DOTS

The trick is:

to **ACTIVATE & CULTIVATE** your creativity, by *breathing* into the subtle body, & **Integrate** it with the *senses* of your gross body.

I.E:

Exercise your 1st 5 senses, (*touch, taste, smell, hear, see*) *in **HARMONY*** with your 6th sense cultivation.

For Example:

SEE a Rose (*notice its color & shape*)

FEEL (TOUCH) the petals (*Are they soft? Velvety? Silky? Wet? Brittle? Delicate? Plump?*)

SMELL the rose (*Is it sweet? Is the scent strong? Does it remind you of your grandmother tucking you into bed at night, with your favorite blanky and rainbow my-little-pony, when you were 3?*)

+ Activate & cultivate your 6th sense (for example, using breath *with* yoga or meditation)



Integrate (Connect the Dots) by making/inviting **Associations.**

Examples:

When I see/touch/smell a silky soft, light pink, fragrant rose, *I am reminded of:*



the rose water in a glass bottle, sitting on my kitchen shelf, which my friend gifted me before she moved to Boston. . .



Rose-cardamum vegan cupcakes, from Native Foods, in L.A. Which were deliciously enjoyed while sitting at a small, upstairs table in Westwood, in the sparkly company of my silver unitard wearing friend, who just came from an MTV dance gig



V. Be Inspired to Create

****Action Step** :**

Take your Sensory memories and turn them into ART!

For Instance, you can:

- Draw or paint a picture

(Of roses . . .All in pink hughes . . .Or perhaps, a plethora of pink flamingos planting a peonie garden. . .)

-Write a story

(Of two ladybugs, who own a bakery and serve dew drop tea, with their signature fresh, fragrant crumpets. Of lovers celebrating their first anniversary in a log cabin, in the forest; a pathway of rose petals leading to the boudoir.)

- Pamper Yourself (yes, this is an art).

(fill your clawfoot bathtub with essential oils and rose petals. Light a candle. Turn on Enigma. or Eminem. You know, whatever auditory experience floats your bloat.)

- Sing a song

- Build a costume *(maybe for Queen of Hearts? Remember, she screamed at Alice, "Off with your head!" because she painted the roses red...)*

- Start writing a screenplay

- Charge your crystals under moonlight and say a peaceful prayer

The creative association list goes on (& on, & on.)



VI. Basically, the SECRET Is:

To make Free-Style Associations (just like a spoken word poet or rap artist does.)



Take Away:

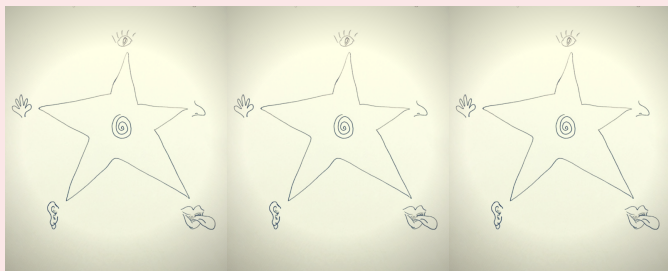
How you cultivate & activate your strongest creative force is to literally breath "magic" into it.

In other words, stimulate your senses to light up your life.



VII. Moral of the Story

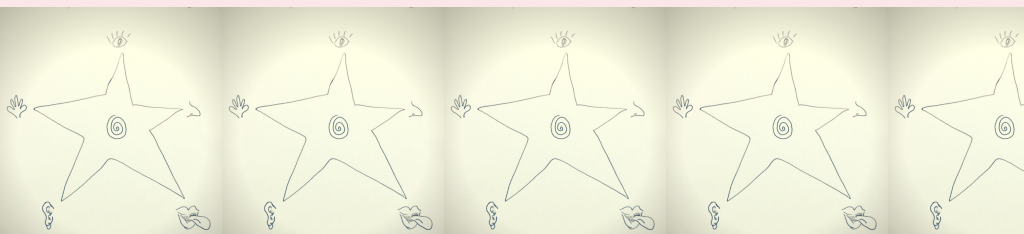
Use somatic wellness practices & strategies to enhance your creative prowess. (And process.)



I encourage you to live a jubilant life, full of fun
and sophisticated whimsy!



VII. Nota Bene



p.s. To curate your creativity with a master movement artist, contact Celeste, today.

Learn to embody your
innate "superpowers" &
Live your BEST creative life!
Reach out now, no need to delay.

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