



The Earth School – Working with our Six Senses

Janice Brown

There can be few of us working in the psychological field who don't feel the vital importance of understanding ourselves first and foremost BEFORE we begin to claim to understand others or work with them in a psychological setting. We still live in a culture where, traditionally, attention to self-learning and self-exploration is given far less importance than attention to learning facts. It has, sadly, mostly been left to those within the psychological field to explore the concept of self. Gradually, opportunities are beginning to exist outside the psychological field for anyone, whether therapist, counselor or a bank manager, to explore the 'self' in a much deeper way. The Earth School is one such opportunity and for me, it goes beyond even the traditional self-exploration within the psychological field. Often, even in that field, I don't feel we are balanced beings; we still work largely from our minds, only to some extent from our bodies and very little from our spirit or transpersonal side.

The journey towards understanding myself has been a hard one. I came from a background where denial of self was big on the agenda. It took me all of my twenties to start untangling this legacy but the gift it gave me was a greater understanding of myself and of my relationships to others. I guess many of us working in psychology can claim a story in childhood that led to us entering the field. As I began my thirties, I was just beginning to think I understood myself much better when my transpersonal side hit me,

Somewhere in this process I encountered the Earth School. I was totally intrigued by the ideas in the Earth School leaflet I received and the concept as a whole. I received the leaflet simply because I was on the mailing list for a self-development organization (one of the self development tutors was also involved in the Earth School). The leaflet spoke to me far louder than most things I receive in the post via mail shots. They mostly go straight in the bin!



out of the blue. It was banging loudly on the door, asking to be heard. In truth, it had probably always been there but I never heard it. This new voice started a chain of events as I tried to understand what was happening to me. The chain ended in my being finally forced to acknowledge that I didn't just function in five senses, I also functioned in a sixth, transpersonal side.

It's probably a good idea to try and define transpersonal here, although that is hard because it is personal and different for everyone. In its broadest sense, for me, it encompasses everything I cannot attribute to five senses. In my case that includes the reasons why one leaflet in a mail shot should speak more loudly to me than another, the reasons why a T.V. program

suddenly catches my eye for no explicable reason and why a friend I haven't spoken to for ages suddenly rings the minute I was about to phone them. Sure, it could just be coincidence but personally, because of a great many things that have happened to me in addition to these, I think there's more to it. Maybe that's why the Earth School leaflet spoke to me, a possible vehicle to understanding that side of myself

I spent many years thinking that anyone claiming to work with anything other than the conscious was mad or making it up. That all changed when the very things they described started happening to me. I then realized what they were talking about. If you have never experienced the transpersonal and work only in five senses, then you will probably rule this article out. That is as it should be; the world would be in a sorry state if we did not work



more fully. I have now talked to many people who have experienced similar unexplained things, when they have trusted me enough to share them. Are you such a person?

with our own experience. All I can say is your own experience of yourself, like mine, could change. I lived virtually totally from my head and logic; anything that was not logical simply did not exist. If you are like I was, I

invite you to consider there is a whole vast part of yourself you have not yet seen or heard. We are far more than we currently understand ourselves to be, of that I am now sure. I am the most unlikely person to ever find myself saying that; I have a background in science and as I said, for me, if it could not be proved, it did not exist. I now believe it can and does exist, even if I cannot prove it to you.

I will go on to describe my experience of the Earth School, but first I should mention that I personally feel, that in psychological work, we should understand and work with the transpersonal and intuitive side of our selves as well as our five senses. We should be proud of the guidance it offers and not feel we need to keep it quiet. For those of us who have encountered the transpersonal in ourselves (rather than in a textbook), it opens up a whole new avenue of self-exploration. We should ask ourselves 'How can I learn more about this side of myself, and how can I use it both for my benefit and the benefit of others, whether work relationships or at home?'

This is not easy; I have not yet seen a code of ethics for the transpersonal, for example. How do you work with intuition and creativity (skills of the transpersonal) as well as the mind and logic with psychological work? If you are clairvoyant, how do you use that information? If you see auras (the energy field some see surrounding each person and containing information about that person), how do you use that information, if at all? Why do we see people as psychologists or clairvoyants when surely one person could be both? Is information from this source as

valuable as information from the mind, which is traditionally far easier to prove scientifically? I have started to ask these questions and look for answers over the last two years and the Earth School has provided a vehicle for some of that process.

More importantly, to be fully present when working with people you need to be fully present to yourself. How can you be fully present to yourself if you are operating in five senses when you are a six sense being? And here, for me, hangs the value of the Earth School and similar organizations. I have explored that side of myself through the organization and now believe I am far more present to myself and in the work I do with other people.

In a nutshell, the Earth School is an exciting and magical journey of learning to connect, connect to the Earth, to our selves, to others and to the transpersonal using all our senses. It is also very much about how all of those are linked. The Earth School illustrates continually that everything is far more connected to everything else than we realize. (Incidentally, an individual who was asking similar questions to mine inspired the organization. She could not find a course anywhere in the country covering all aspects of the answer, so she took the initiative and set about finding ways to create the Earth School).

The Earth School achieves all this via a two-year program of weekend and tutorial events, each focusing on an aspect of the connection I described. All events incorporate six senses, not five, so the transpersonal and intuitive is included in everything. The School is very experiential, although some of

the work is 'head' work; much of it is not. Many items on the agenda help people to also get in touch with their bodies and spirit through, for example, meditations, dowsing to feel earth energies (and yes, they really do exist), site visits, intuition practice and group work, to name but a few. As the Earth School name implies, much of the voyage is connecting to the Earth in ways that we have long since lost. For example, the understanding of moon and sun cycles and how intricately we are connected to them as humans.

I believe experiences such as intuition about others and our ability to connect to them are all natural gifts of human nature, but we do not tend to connect to them or learn how to use these gifts in our every day lives, so we are not fully present. Why they are seen as so unnatural is an interesting question to ask. The Earth School takes participants through a journey towards being fully present to such gifts. Within the School there are teachers and like-minded people with whom it is socially acceptable to explore the power of body and spirit as well as the mind. The School provides a place where it is safe to ask the questions you may always have wanted to ask in respect of all the natural gifts that are 'beyond the mind'.

I am now just finishing Stage Two, so what have I gained from the weekends and tutorial days with the Earth School? In summary, I am more true to myself than I have ever been in my life and more connected to everything through mind, body and spirit, be it the earth or beyond. I can try and describe that summary in specifics. I am more balanced because I now function with six senses rather

than my mind and five senses only. I am more fully present to myself and to those with whom I work. I have had many self-revelations and have grown as a result of them. I have a deeper connection to everything and understand the impact I have on everything (especially the Earth) and vice versa. I have learnt from some of the top speakers working in these fields. I have met mentors I value highly in my life. I have visited many amazing places (the weekends are always in special areas or venues e.g. Stonehenge). I have developed a network of like-minded friends amongst whom I can be myself and be authentic rather than keeping parts of myself quiet to be socially acceptable. I have acquired many practical skills to help me connect to all my senses e.g. working creatively. And that is just a few!

It has been a fascinating and exciting journey, one I will never regret taking for all the gains mentioned above. I would recommend it to anyone, even if you are just curious, give it a go, whether via an organization such as the Earth School, a book, a T.V. program and so on. That spark of curiosity could change your life. To be more fully present to yourself and those you work with is a wonderful gift to give yourself. There are added additional unexpected benefits as well. Have you ever thought of group process with a group of people who function in six senses? It is a learning experience on a completely different level to the group process on most courses, whether it happens formally or informally over the coffee table!

There is almost a twist to the Earth School in that I do feel that the Earth is a school, a school in which we come to learn about ourselves, mostly

through relationships. The school of Earth life is an amazing expedition for each of us; the Earth School has been a massive step on that road for me. Interestingly, I have recently given up my job to become self-employed as a

using all six senses in your life and work? I believe that question can lead you to one of the most exciting individual journeys you can make. It did for me.



trainer and writer. Is it a coincidence, or something more that within days I was asked via someone who had seen an Earth School leaflet if I could write this article? There was a time when I would never have even thought to ask that question! It is an example of how I have grown through the Earth School!

So is it just coincidence or is it a calling? If it is a calling, is there a sixth sense? If there is, how should you be

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