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TITLE: The Sixth Sense of Appreciation

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While it has been a fact that Science has trumped every other kind of human endeavour for the past hundred years, it is perhaps not such a surprise that in recent years, as far back as the late-1980s, people have felt an increasing sense of emptiness and unfulfillment. With the rise of so-called 'new religions,' self-help seminars and the like, there is clearly a general need for some form of personal balance in life, resonating around the three human components of mind, body, and spirit. Yet, whatever the source a seeking individual discovers, what is perhaps paramount in each person's search is the need for some level of Appreciation.

Appreciation is nothing more than a steady acceptance, and levelled understanding of everything in one's life. In so many words, it is a steady awareness of both the positive and negative elements of your life, be they manifest in your actions, situation, thoughts, and character. To put it in yet another way, it is a type of gratitude where one can feel a subtle or profound level of contentment about every aspect of your life, and thus feel that your life is, or can be, in order and balanced.

To most people, such a sensibility is probably something they will never attain, either because they don't have the time to "meditate," or their life is so terrible that they think they have nothing to be appreciative about. What is perhaps apparent in both these statements is the fact that these types of people have yet to find, or have yet to approach that 'critical situation' in their life requiring them to re-evaluate their priorities to put everything in their life into a more stable balance. Nevertheless, given the shelves of books relating to spirituality and self-improvement, clearly such a component to life is in demand.

The significance of the whole notion of Appreciation lies in its subtle ability to put everything in some kind of perspective, providing for a stable framework within which to sort out some, or all, of the issues in one's life. I live with the understanding that everything that happens in life, happens for a reason, and the consequences of every event depends on how passionate we react or respond to them. How we react and respond depends on our level of faith and understanding in ourselves and in a sound life philosophy. Appreciation is a key component, because the more we appreciate everything in our life, the more we are able to respond appropriately, creating positive influences that will *appreciate* our lives.