



Your Nose, Knows!

Ethical Magic *Sleight-of-Mind*
Prepared by Philip H. Henderson

Have you ever known something without knowing how you knew? Have you ever met someone and immediately knew that you really liked him or her without understanding why? Remember visiting a location for the first time when everything about the place felt just right to you. Why do such phenomenon as these occur? Is there any sense or commonality between these disparate events? Wisdom, people, and place, how are they connected? There is a connection, "Your nose knows!"

Imagine, your ability as a mammal to discriminate between what you like and do not like is often determined primarily by how your olfactory sense is processed in your brain. What our olfactory sense detects is information about our environment. Who is with you? What is this person like? Who has been in this place before you arrived? Your nose knows.

Dogs smell fear in a person and their behavior is appropriate to the fear they detect just from their olfactory sense. Dogs react appropriately to the fear they detect and protect themselves from the intruder, preparing to fight if necessary. Humans receive olfactory messages, however, because we are not fully aware of our olfactory sense, we do not always behave appropriately with awareness—instead we "*feel*" a certain way without knowing why we feel that way. Because we do not understand the message, we do not always behave appropriate to our 'knowledge.'

At the core of our being we humans are pure information. DNA creates our physical body that later becomes the home of our spiritual being. The DNA chemical code is pure information. DNA reveals exactly what you can become physically and determines the flow of chemical information affecting your actions. However our lives are more than just physical—we are spiritual entities. Your spirit life is not defined by your DNA. Every living entity has a spiritual essence. The life spirit exists as a complementary flow of information unaffected by DNA's information. Spirit and body (Body created through the expression of DNA) are parallel forces in the universe.

When I launch chemical elements from my body into the atmosphere, you can receive my chemical message as pure information. You will not process the knowledge from an awareness level of understanding, yet your body will know. My chemical messengers will attach to your olfactory receptors and you will feel at peace with me. I will accept your physical message and relax with you. This is a physical connection even when it occurs across a room without touching. It is the same as when water carries nutrients to your heart or to the core of an ancient California Live Oak tree. You are not aware that your heart is fed, yet you know it must be refreshed or you will die. So it is with your olfactory sense, it connects you with life.

The olfactory sense has two aspects that are important in this discussion, conscious perception and perception without conscious awareness. When I speak here of olfactory knowledge of events, I refer solely to the brain's ability to perceive pheromones. Ordinarily when one thinks of the sense of smell, we refer to odors we can identify when we become conscious of their presence. However, the olfactory perception of pheromones occurs without conscious awareness. The brain perceives the presence of pheromones and acts on the perception. You *feel* something. What you *feel* is *knowledge, the chemical messenger is accepted*. One

does not know consciously that the chemical is present; therefore, for us there is no odor present, yet the spirit-body acts on the message.

The chemicals created by your DNA and mine bond at the olfactory receptor sites in our brains. We are connected, communicating freely as human beings. This is only a physical joining. It is not necessarily a precursor to spiritual connection or spiritual communication. Spiritual communication is independent of language. Spirits understand each other in the language of mind—words are insufficient in spirit language. If I say to myself “**I am**” that is spirit speaking. If I say to myself “**You are**” that is also the spirit voice. When I ask you, “**Who are you?**” what you understand before you begin to speak is spirit talking. Words will never convey the meaning you understand when I ask you the question. What you are feeling before you think is spirit, what you choose to say is not spirit.

When you awaken in the morning at some moment you are aware that you are “**You**,” that is spirit communication too! Spirit “**IS**.” Your spirit is pure Being, Being without desire. When you drop all the labels, names, and cultural artifacts, what is left of you is spirit! When you discard beliefs, myths, facts, opinions, and ancient memories, what remains is the best part of your human spirit—LOVE.

I sometimes believe the words forming language are a terrible virus that has attacked our brains, making real communication nearly impossible. To be fully alive, we must first shut up the babble of our words. Then, we must discover the spiritual entity that is inside our body and accept that spiritual being as the real us, pure information. This is a difficult task for most people. The words we use only divide people into US against THEM. Words gather our fears, especially when we use words to name our universe. The human spirit has no name. The human spirit thrives on love. Spirit is at peace.

Imagine that life is like a cable car. Under the streets of San Francisco a strong twisted strand of steel wire is pulled along as a continuous loop. The loop moves at a constant rate going up the hills, down the hills, and along straight level



spaces as well. When an engineer desires to move his cable car he pulls or pushes a lever that lowers a clamp to the cable and then squeezes tightly until the car moves along with the cable. Simple! Elegant! The cable is always there, and it is always moving. To stop, the engineer merely releases the clamp. Imagine that the life force in the

universe is merely an unending moving cable. Each human spirit has an opportunity to connect to this cable. As long as the spirit is connected, the body is alive.

As long as the spirit is aware of itself, the human is spiritually alive, spiritually communicating to all other living entities. If you live without awareness of your connection to the spiritual *"cable,"* then you are like a blindfolded man in the art gallery. There is beauty all around him, and his lack of awareness does not affect the beautiful works of art. These artworks remain just as beautiful to others who can see them, even when he cannot appreciate them. However, because he is unaware, he could damage the sculptures and drawings without a sense of guilt or pain. He simply would not know what it is he is doing. If someone were to remove the blindfold he would be dumbfounded to experience the beauty that had surrounded him without his awareness. If you are not aware of your spirit life, you are blinded from the beauty of life just as the blindfolded man cannot enjoy the artwork.



How can we remove the blindfold from those who cannot appreciate the love and peace that is available just by letting go? If the mask that prevents our vision is human language, then where do we begin to reveal the truth? Music, dance, aromas, smiles, laughter, all these nonverbal messages convey the truth of the spiritual world. Words can only distort what would have been clear.

As humans, all we are is information. All there is, is information. We are all One. The word teaches us to divide, we see a duality, our self and not-our self. Art, music, aromas, dance, laughter teach us to come together. We are perfect information, which has no connection to our body. Who are you when words can no longer describe your essence?



I am the river—I am the wind—I am the smile that warms your face. I breathe, I drink water, and I eat dirt. I am love!

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