

THE SIXTH SENSE

Most of us are fully aware of the basic senses. All five of them - Sight, Sound, Touch, Taste and Smell.

Imagine where you might be in your life if you lost just one of these senses? Devastated? For sure. But evidence tells us that those who have suffered this very type of loss not only learn to adjust, but find other ways to compensate for the loss.

Your primary senses are not indispensable. You can survive. You can adjust. But there is a sixth sense, that should you lose it there might not be hope for you at all.

According to Hollywood's version, this sixth sense has something to do with seeing dead people. Fine. That's great for box office, but it is not very practical and certainly rare. With my sixth sense you really can see people living.

My Sixth Sense is The Sense of Humor.

And what a sense it is. Powerfully disarming, it can neutralize the most difficult and challenging situations. It has the ability to place things into a manageable perspective. It has both the power to heal and the power to soothe. "Laughter is the best medicine" is more than a line out of Reader's Digest. It is a clinically proven fact. Laughter can heal. Joy is a powerful emotion. In wellbeing, mind over matter matters a lot.

Allow me to share a story with you that will show you what I mean.

Years ago my wife and I walked the corridors of the hospital where she was receiving treatment for a challenging medical condition. We would often encounter other patients walking the floor as well. What a sight they were. They reminded me of little Dorothies out of the Land of Oz, each accompanied by a rolling IV stand their very own "Scarecrow". Connected to these companions by an array of tubes, they walked proudly and

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gracefully. They walked not only for the exercise and the change of scenery, but to embrace life. To remind themselves their stay was only a stopover on a long journey. Some of these people were "really" sick. Yet they embraced their challenge and us with a grace and a sense of humor that invigorated their spirit as well as ours. Their ability to make light of their personal struggle seemed to support a belief that no matter what course of treatment confronted them they would use their sense of humor to summon up whatever it took to survive. Sure the drugs needed to be present to aid the chemical challenge, but it was their sense of humor that fueled their spiritual wellbeing. And that, you can ask any medical professional, is as important to the healing process as any medication.

So much of what you encounter in life is unknown to you. You will never know the final outcome of anything until its time has come, and yet your ability to cope is essential to your survival. That's why I know you can't survive without a healthy sense of humor. To be prepared for life's unexpected moments is one thing. To be able to laugh at them is a whole other thing. Consider the alternative. If you didn't have a sense of humor, a sense that life can be fun like a game of tag or hide-n-seek, then the little setbacks or disappointments you encounter will become devastating and suffocating obstacles. Your sense of humor is a glum-buster. It smashes the daunting, obliterates the devastating, and wipes away the unimaginable. No wonder drug, just the power of your mind and the positive benefits of a sense of humor.

Challenge + The Sense of Humor = The Ability to Survive

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Sight, Sound, Touch, Taste, and Smell are important senses. But the Sense of Humor may be the most powerful sense in your. Things can look funny, sound funny, feel funny, taste funny and smell funny. All of these emotions can be attributed to your sense of humor. If you heighten your ability to meet the unexpected through your sense of humor, it will give you the grace and fortitude you need to overcome all of life's hurdles both small and large. The great American humorist Will Rogers once said, "Everything is funny as long as it is happening to Someone Else." With respect to Will Rogers, sometimes the "Someone Else" is you. So step outside the serious nature of the situation and appreciate the unexpected. Find a way to laugh at your challenge and your Sense of Humor will propel you toward a solution. On your journey from here to there, laugh, enjoy and use your Sixth Sense to see people living. Be one of them. And above all, do it with a smile.

And that's The Don E. Smith Experience.