

Native Sense of Awareness

When the Navajo People were given their identity as Nihookáá' Dine'é as Bila'ashdla'ii, they were also given their seven senses of awareness: A mind to think with, a set of eyes to see with, a set of ears to hear with, a nose to smell with, a mouth and tongue to taste with, hands to feel with and an intuitive extra sensory perception. The first five senses are well used in almost everyday life and living, while the sixth sensory comes at random and more in dreams, through sleep and wishful thinking or fantasy, and another extra sensory perception that is rare, distinctly acquired or blessed with certain people whom are considered extraordinary in foreseeing things in the future. To average-normal people, sensory that come in the form of dreams are not unusual, a normal aspect of life in which; when a person goes to sleep, his or her mind wanders about to the future and back into the past; when it goes into the future, it will sense some things that are ordinary and out of the ordinary and relay it to the people in the form of dreams, so that people are made aware of things that might come their way in the form of good or bad omens. The extra sensory is ordinarily more common to select people who are oriented to Hand Tremblers and Stargazers known to Diyin Dine'é and medicine people having communication through "Tiniléi and Níłch'i Biyázhí / Wind Whisperers". Some people have been known to tell that these little wind beings are actually serve as protectors, or guardian angels if you will, as they sit on people's shoulders to determine right from wrong when situations and conditions come about on personal paths and crossroads.

Whereby; an elder's teaching of the five senses as related to consumptions that are not good for the health in mind, body and soul he says in his native tongue, "T'áá bahat'aadí doo háyá'át'ééhgóosh baan tsíjikees dooleet; t'áá bahat'aadí dóo hanáa'ii' t'óó baa'ihgoósh jiné'íi dooleet; t'áá bahat'aadí t'óó baa'ih halniih hodi'niigoósh jilíihdóo jiyáa dooleet; t'áá bahat'aadí t'óó baa'ihgo baa yáti'goósh ákwe'é jüists'áa' dooleet; t'áá baa hat'aadí "yíiyá!, ei doo baanjí't'íida, doo naalyéeda hée!", hodi'niigoósh baanjí't'íi dooleet."