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For Immediate Release

COMMON SIXTH SENSE:

Unleash Your Most Authentic Connected Life

By Rachael Schmidt

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**RACHAEL SCHMIDT'S NEW BOOK, COMMON SIXTH SENSE,
CHALLENGES THE WAY WE THINK ABOUT INTUITION
TURNING IT INTO A LIFE ENHANCING TOOL**

**Drawing on Survival Stories, Decades of Coaching and Research,
Schmidt Offers a Bold New Framework for Transforming Chaos into Calm**

"Your sixth sense is your greatest yet most underutilized asset," writes mindfulness coach and educator Rachael Schmidt in her powerful new book, **COMMON SIXTH SENSE: Unleash Your Most Authentic Connected Life** (Expansion House, November 2025). Blending personal and professional experience, research, and practical tools, Schmidt introduces the concept of *common sixth sense* — the innate, intuitive guidance system within each of us — and shows how to make it a trusted, everyday resource for peace and authenticity.

Schmidt emphasizes, that far from being difficult to access, intuition is part of being human. "Move away from the idea that sixth sense abilities are only for psychics, mediums, empaths and other intuitive or strongly connected people," she says. "Move toward the idea that you already possess innate and intuitive abilities."

A Book Born from Experience

Schmidt's insights are grounded in her own extraordinary journey. She was diagnosed with a rare vestibular disorder requiring invasive surgery. Awaiting the operation, she describes being struck by a powerful wave of serenity. "Upon receiving this message, I became hyperaware of my breath, almost like the breath itself spoke to me and said, 'Just

More

breathe,” she writes. Later, faced with a terrifying home invasion, she once again relied on her inner compass. “I was briskly transported from panic to peace as I repeated once again, ‘Just breathe, breathe, breathe.’” These stories, along with the work that she has done with her clients over twenty years, anchor her message: the breath, awareness, and intuition are not abstract ideas but practical tools meant for daily use.

A Framework for Calm and Connection

At the heart of **COMMON SIXTH SENSE** is Schmidt’s “theory of volatility,” a fresh framework inspired by Einstein’s equation, $E=mc^2$.

Energy (E) = My management or mismanagement of energy (m) x Chaos or Calm (C²).

As Schmidt puts it: “How you manage (or mismanage) energy = your chaos or your calm. Well-managed energy = calm. Poorly managed energy = chaos.” From this formula flows the rest of the guidance in **COMMON SIXTH SENSE**.

Absorbing Life’s Jolts With Everyday Tools

Life inevitably brings jolts: the nasty email, the blindsiding news, the unexpected crisis. Instead of letting those jolts spiral into chaos, Schmidt shows how to harness them as catalysts for purposeful growth. “Every jolt is a message,” she explains. “Instead of ignoring or resisting it, you can meet it with awareness, shift the energy, and decide how to act. That’s when chaos transforms into calm.” Her simple practices for achieving calm include:

- **Breath as Power** – “The breath, your breath, is so valuable. Let’s just start there. Take a breath.” By focusing on your 20,000 daily breaths, Schmidt shows how to replace panic with peace.
- **Energy Management** – She compares unfiltered negativity to a dirty air filter. Unless you clear it, you’ll choke on it.
- **Widening the Lens of Life** – A narrow lens makes you rigid and reactive; a wide lens opens you to growth, empathy, and possibility.
- **The Five Voices** – Mind, heart, body, spirit, and external influences speak to you daily. Alignment comes when the gut/spirit voice is allowed to lead.
- **The Blue Line** – A metaphorical line of alignment between inner truth and outer life. Staying on it requires consistent awareness — and gives clarity when you drift.

Why This Book Matters Now

Schmidt situates her work in what she calls a modern “connection crisis.” Technology, social media, and cultural pressures have pulled people further and further away from themselves. “We have become too dependent on external resources to determine our happiness, peace, and understanding of self, and that is not good. As a matter of fact, it is concerningly, alarmingly, and holistically bad for you,” she writes.

This is where **COMMON SIXTH SENSE** sets itself apart. It is not about chasing outside fixes. It is about reclaiming the compass you already carry. “When you establish a strong connection with your inner voice, you unleash the authentic, unlived life inside of you.”

A Conscious Revolution

While deeply personal, **COMMON SIXTH SENSE** is also collective in its vision. Schmidt calls for a conscious revolution. “The more you create a life where you tap into yourself, the more connected living will become part of your daily life — a lifestyle,” she writes. She believes that as more people reclaim their common sixth sense, the ripple effects will reshape families, workplaces, and communities. What begins as an inner revolution can, she argues, become a cultural one — moving society away from fragmentation and disconnection, and toward authenticity and connection.

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ABOUT THE AUTHOR

RACHAEL SCHMIDT, author of **COMMON SIXTH SENSE**, is a mindfulness-based self-development coach, mentor, and educator with more than twenty years of experience helping people awaken to their fullest potential. She has worked with teenagers, Fortune 500 leaders, and everyone in between, guiding them to live more authentic and connected lives. Schmidt teaches mindfulness integration at the graduate level and is the founder of the consultancy, Common Sixth. You can learn more at www.commonsixth.com.