

25 Ways to Come to Your Senses



SIGHT

1. Watch the sun set (or rise) at least once a week.
2. Throw out any make up color you don't like or wear.
3. When dressing casually at home, wear something attractive, soft and feels good.
4. See yourself in a full-length mirror without commentary, (spoken or not).
5. Buy a bouquet of flowers and put them in a beautiful vase.



HEARING

1. Go on a "listening walk" in your neighborhood and notice the different sounds.
2. Sit alone and listen to a classical music piece and try to identify the various instruments.
3. Open a window or better, sit outside and listen to the birds in the morning.
4. Listen to music sung in a foreign language.
5. Don't turn on the radio or TV when at home or in the car.



TASTE

1. Sample a flight of 3-wine, chocolate, apples, honey. Notice differences.
2. Try a new recipe. (*Read Isabel Allende's Aphrodite for ideas*)
3. Cut up and slowly savor a fresh strawberry, peach, or an orange.
4. In your daily pitcher of water, add lemon, orange, or cucumber slices.
5. Explore a chocolate shop; buy and savor a new flavor.



SMELL

1. Visit an aromatherapy store. Smell various essential oils.
2. Light those candles you've been saving for a special time. Now is that time.
3. Layer the scent and buy and use lotions that match your favorite perfumes.
4. Open and use those wonderfully scented French milled soaps.
5. Line lingerie drawer with scented liners or sachets.



TOUCH

1. Stand barefoot on grass.
2. Touch all the textures you are wearing.
3. Take a bath---long, warm, delicious. Apply scented lotion after the bath.
4. Go to a fabric store (or designer dress section of a store) and feel the various luxury fabrics.
5. Handle food. Prepare food, noticing the variety of textures. Eat an entire meal with your hands.

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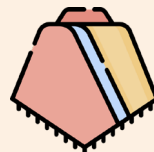
SIGHT



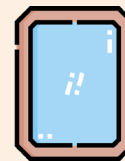
Watch the sun rise or set



Declutter your makeup stash



Dress yourself in feel good clothes



See yourself fully



Buy a bouquet



HEARING



Neighborhood "listening walk"



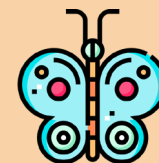
Classical music tune-in



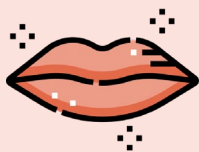
Morning bird serenade



Experience music of other countries



Silence sessions



TASTE



Tasting party for 1



New recipes



Fresh fruit snack



Infuse your water



Savor some chocolate



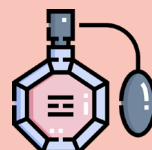
SMELL



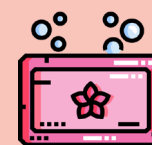
Aromatherapy afternoon



Candlelight your night



Layer your favorite scent



Use your fancy guest soaps



Scent drawers and closets



TOUCH



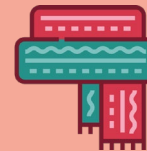
Barefoot in the grass



Texture touching



Take a bath



Luxury fabric excursion



Eat with your hands