

Awakening your senses

IF YOU WOULD like to try this exercise to awaken your senses, follow these directions.

Find a comfortable place to sit, inside or out. A quiet place is preferable to noise or having other people around that can distract you. Their presence can interfere and keep you from seeing or experiencing things more deeply.

Sit comfortably focusing on your breath. You need to fill your lungs fully with air, hold for three seconds, and then exhale all the air from your lungs. Get rid of all the stale air that's trapped in the lower lobes of your lungs. This is important because we tend to be shallow breathers when we are stressed, which deprives our brains and cells of much needed oxygen. Try to pay more attention to your breathing by choosing to breathe more deeply and fully each time you notice that you are breathing shallowly. After you have taken three or four deep breaths choose an object to fix your attention on. You will continue your breathing without holding your breath and keep your eyes fixed on that one object. By practicing this exercise you should be able to sense the object more deeply and as you stay focused on it, the structure may split apart revealing its atomic structure, much like nature had for me when I was in the park. It may take some time for your inner sight to kick in, but with practice it will happen.

If you tried this experiment and it worked for you the first time, it will get easier each time you put conscious effort into doing it and, one day it will happen without much effort. Deep breathing and focusing your awareness is the first step in transforming your reality.

How can you use the new found connectedness? If you are familiar with the famous TV show host Oprah Winfrey and her philosophy on gratitude, showing or experiencing gratitude for what you do have, rather than these things that you don't have is another key to living a sacred life. Think about this; most of us get up, eat, get ready for work or gear up to take care of the kids and never think about how great it is that we can open our eyes to see the light shining through the window. Most of us get up each morning with a nagging voice echoing from our brain, reminding us of all the things we did wrong yesterday and all the things we must get right today. So, what would happen if you made it a point to blot out all negative thoughts with a positive affirmation to show your gratitude for your eyes, ears, fingers, feet, legs, hands, and arms? I think you get the point.