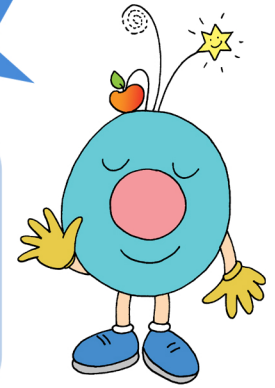


# THE 5 SENSES

...I'll look and see, taste and feel, and find out what is true and real!

Planet earth is like a big amusement park. Everything glitters and shines and Marty is intrigued. He is filled with curiosity and wants to interact with everything around him. He doesn't want to get carried away by his senses, though. He knows how powerful they are! If we are not careful they can take over and get in control!



We grasp lots of information through our ears. The pitch and tone of people's voices can change. Words can be sweet, harsh, firm, loud or soft. Music can be jerky or melodious. Sound waves vibrate everywhere. We need to cultivate our **sense of hearing** and surround ourselves with good vibes and harmony!



Our eyes are always taking snapshots, just like a camera. But we shouldn't allow bad images to get into us through our **sense of sight!** In this case, let's close our "shutters". Thanks to our eyesight we can observe the world around us, and ourselves, too. When our eyes are full of light they reveal the beauty of our soul! Let's fill our eyes with goodness!

Our nose can grasp over 1 trillion scents! Our **sense of smell** gives us a bunch of information and helps us identify our surroundings and the quality of food and water. Invisible lashes inside our nose purify the air we breathe! We should avoid breathing anything toxic and harmful for our health.

Our tongue has two tasks: it helps us to eat and to talk. Thanks to our **sense of taste** we enjoy the food we eat, but we should be careful that what goes into our mouth is good for us. It's important to watch what goes "out of our mouth", too! Let's make our words kind and gentle!

Our skin protects us from heat and cold and is a barrier against illnesses. Thanks to our **sense of touch** we feel things physically: a friendly handshake, a soft breeze, the warmth of the sun. We connect to the world and others thanks to the information we receive through our senses but we need to keep them in check!

*Our senses are powerful instruments that work together for our benefit! They are so perfect that when one is missing our other senses become stronger, because they try to replace it that way!*

## Try this exercise and discover your INNER SENSES!

If we bring our attention inward we will discover other sensitive aspects of ourselves! We need to avoid outer distractions to grasp them. This is easier when we practice *silent sitting*. Sit comfortably in an upright position, and close your eyes. Breathe deeply two or three times. Focus your attention on your breath and LISTEN to it. It will help you concentrate. Now, focus your attention on your heart. Notice it with your "inner vision". Visualize your heart as a beautiful flower and watch it as it opens its petals. SMELL its scent. SEEING the flower of your heart fills you with joy. If you remain in silence you can TASTE and enjoy the sense of Peace that envelops you. Now visualize a beautiful sun shining within you, illuminating your heart. FEEL its warmth as it irradiates, illuminating your ears, eyes, nose, mouth, hands, feet, mind and intellect. The light irradiates everywhere within you and around you. There is no space for fear or worry. Darkness flees in the presence of this light! Now you know that it is always there, within your heart. This thought fills you with joy and gratitude. Open your eyes, stretch your arms and smile!