

Come Alive – Live from Six Senses

The feeling of coming to life is delicious and most of us seek more life but where are we looking for it? Where do we expect to find it? In front of the television? In the closet? Through someone else like our children or a social network of some kind?

Wanting to experience a more full and fulfilling life begs us to give more of ourselves to life – it's up to each of us to find that 'coming alive' feeling inside of ourselves. Yes, it is something that comes from within. All you seek is within yourself.

There was a time not so long ago when statements like 'comes from within' would really irritate me. I mean - just how much



could really be contained in one body? And yet, the truth of that statement is no longer lost on me – everything really does come from within – so how do we apply that statement to finding a 'coming alive' feeling?

The title of this article really says it all – to 'come alive' we need to experience more of what life has to offer and that means living from more of our senses.

Most of us use only a couple of our senses in any given moment and usually it is our sight and whatever sense is

strongest, like for instance smell, when there is a great deal to smell.

The trick here is to learn to ask ourselves questions each moment of the day: What do I see? What do I smell? What do I hear? What do I taste? What am I feeling outside? And the least commonly used sense – what does my intuition tell me? Or what am I feeling inside?

The interesting thing that happens as we explore living through all six senses is that we find ourselves more present to each moment – experiencing a fullness of each moment and they each become more memorable. Yes it's true, we will remember more if we are more connected to all of our senses in each moment.

There are many benefits to living from all six senses

There are many benefits to living from all six senses and I will leave most of them for you to discover for yourself but there are a couple of notable benefits I would like to offer you here and now.

One of the most profound differences that living from the six senses can afford us is in how we process, consume and digest food. While preparing our food, if we are present with all six senses, we will enjoy the experience of preparing it more fully as well as creating food that will better serve the body and appeal to the senses. Our intuition will tell us what to prepare and how, so that the body gets the nourishment it needs. Also, the tendency to appreciate anything that we are experiencing with all six senses will change the food making it more tasty, more aromatic and also more nourishing.

Then the eating of the food created becomes a deeper experience which allows us to be more connected to our food which again nourishes the body as well as the senses. Imagine the possible benefit of appreciating the food we eat with a deeper sense of connection. It is difficult to accuse our food of making us fat or sick if we are truly experiencing and

appreciating it. Our food becomes far more digestible while we are in the feeling of appreciating it and so it will nourish us in new and more profound ways.

If you want your food to love you, you have to love your food and loving your food means to experience it on as many levels as possible and allow it to fulfill you.

If you want your food to love you, you have to love your food and loving your food means to experience it on as many levels as possible and allow it to fulfill you.

Another benefit to experiencing life from six senses is the joy it creates for us inside. The simple act of experiencing more allows us all to appreciate more and the more we appreciate, the more we experience the joy life has to offer.

Please don't allow this to be misrepresented. Seeking and finding more joy does come with finding more 'not joy' and then it is our job to sift and sort through the things we find, pay attention to all of the things that come up and then focus on what we most want more of.

So life – more life, really is just a journey toward becoming more present to life on as many levels as possible – through as many senses as possible. Allow what you are – a human being with many avenues through which to experience life – allow that to help you come alive. :)

In Gratitude
Kathleen Anne McCarthy