

Seven (7) Short Daily

Rituals (one for each day)

Take 5 minutes each day to intentionally engage your senses. When I say “intentionally” what I mean is that our unconscious brains are often in charge of our daily actions or habits. When we turn our attention and focus our brain and mind on doing something consciously, we become intentional. This is ritual versus habit.

Bring your ritual practice to your conscious intention and see how you feel after each one. Some may appeal to you more than others. You will know which sense is most comfortable for you and which ritual you enjoy. At this point, I am going to suggest that you pick one that isn't comfortable and do this ritual every day for 21 days. Why? Growth, and to increase your vibrational awareness and perhaps see your life transform.

I am suggesting that you pick one which is not comfortable so that you will exercise that sense / that muscle and that you will learn to focus on consciously and intentionally changing one aspect of your life and yourself that your brain may be habitually having you do.

You may want to have a journal or piece of paper and pen ready to jot down some notes after each ritual practice. Do not stop the ritual practice to write things down as you are engaging your senses. Simply note your feelings, impressions, thoughts, and sensations at the time and then write them down following the ritual.

If at any time one of the rituals or days does not make sense for you, take full responsibility, and make the intentional choice to either do it or set the day aside. This is your practice and opportunity to try something new, but you are the one making the choice to do it or not, and this is always okay.

Day 1: Touch

Find something that is soft and/or textured in your life (that is not painful or dangerous – this is your responsibility).

Once you've chosen that object (pet, pillow, blanket, sweater, etc.) focus on it for 5 minutes. Hold it. Breathe and pay attention to what you are holding.

With your fingertips touch it. What do you notice? What comes over you? What impression does it give you? What sensation do you feel in your fingers, hands, or even your body?

Once the 5-minutes are finished, come back to yourself, write down your thoughts, feelings, and impressions from this day's sense.

Set this aside and have a wonderful day.

Day 2: Smell

Do you have a favorite smell? For this day, pick something that has a fragrant smell. This could be a coffee bean, some coffee grounds, a flower, perfume, etc. Perhaps you can choose an object or item that you have taken for granted or that you think does not have a smell and try this out.

Once you've chosen that one-single object or item, focus on it for 5 minutes. Hold it to your nose. Breathe it in and out.

What do you notice most? Is the smell sharp or soft? What comes over you with this smell? What people, places, or things do you associate with this smell? Does this smell trigger any other senses? If so, which ones?

Once the 5-minutes are finished, come back to yourself, write down your thoughts, feelings, and impressions from this day's sense.

Set this aside and have a wonderful day.

Day 3: Taste

For your breakfast, snack, or lunch, pick one object or item that you would like your tastebuds to explore. Perhaps you have a favorite flavor, sugar, or spice? If it is something like honey, you will use only ½ teaspoon for this ritual.

It may be a piece of fruit. If so, you can eat the whole piece as you normally would (or a small bowl of berries, etc.) just bring your focus to eating and tasting what is in your mouth. Do not rush.

Whatever one thing you have chosen, take 5 minutes to focus your full attention on it. Once you have placed the chosen item into your mouth, hold it there, let your tastebuds and tongue explore its textures. Next, see if you can identify the sensation you feel? What impressions, memories, or thoughts come to mind? Most of us cannot truly and fully taste without our sense of smell. Does this apply to you? Are you trying this ritual when you have a cold? Or is your sense of smell and nasal passages clear?

Once the 5-minutes are finished, come back to yourself, write down your thoughts, feelings, and impressions from this day's sense.

Set this aside and have a wonderful day.

Day 4: Sight

Ahhh. Eye-candy is today's ritual. What do you consider to be "eye candy" for you? Taking full responsibility, it is recommended that you do not make a person the object of your "sight" or seeing ritual today. However, if you do decide to make a person the object, ensure you have their permission to do so (this could be a close friend, partner, spouse, etc.). You might choose instead something else, like candle gazing, or placing your focus on something in nature.

Once you've chosen that one-single object or item, focus on it for 5 minutes. Focus your eyes and total attention on the object or item. Breathe it in and out.

Looking at it what do you see? What colors can you see? What textures can you "see"? What don't you see? What feelings, impressions, or sensations come up for you as you focus your sight and attention on the object or item?

Once the 5-minutes are finished, come back to yourself, write down your thoughts, feelings, and impressions from this day's sense.

Set this aside and have a wonderful day.

Day 5: Hearing / Listening

For this daily ritual option, I am going to suggest you treat it as a 5-minute meditation. Listen to a piece of your favorite music or 5-minutes, or to a consistent sound that is in your own space; such as the hum from a heater or the refrigerator; or a sound App, perhaps some white noise, a stream, rain on a tent, etc. Choose a sound that appeals to you.

Once you've chosen the sound, focus on it for 5 minutes. When your mind wanders, breathe and bring your attention back to what you are hearing.

What is it that you are hearing? Are there interruptions in the sounds? If so, what are those interruptions? Do they have sound? What feelings, impressions, memories, or sensations come up for you?

Once the 5-minutes are finished, come back to yourself, write down your thoughts, feelings, and impressions from this day's sense.

Set this aside and have a wonderful day.

Day 6: Sixth Sense

For this daily ritual, I am going to suggest that you take great care and responsibility for tapping into your 6th sense. This sense can come to us in the form of our daydreams, during our meditation, during prayer. It is sometimes referred to as ESP, telepathy, etc.

Many people experience this sense without ever intentionally focusing on it. One can get a sense of something about to happen. Or perhaps you've picked up the phone to find the person you were calling is on the other end of the line before you've even dialed the number. These are the kinds of situations, that make us aware of our sixth sense.

I do not suggest putting yourself into these situations unless you've experienced them before. OR are taking full responsibility to be still and connect with your

higher self, guides, source, and/or the universal oneness through a short practice of meditation, prayer, or another way that connects you (like candle gazing).

Only proceed if you are in a safe space to do so. If you want to engulf yourself in white light, do that.

Simply take 5-minutes to think back to a situation you have experienced or to an experience that someone you know, and trust has had, and has shared with you. It is better if it is your own experience.

If you've connected with your higher self, source, guides, or universal oneness, what was that experience like? Can you see it? Who is involved? Where are you in your mind's eye? Remember to breathe in life, all that is good, and light.

Once the 5-minutes are finished, if you have done a 5-minute practice then, come back to your space fully, write down your thoughts, feelings, and impressions from this day's sense. Set this aside and have a wonderful day.

Day 7: Body Movements

Today, on the last day of seven, I suggest you take 5-minutes to move your body intentionally. This can be through Tai Chi, Yoga, Walking, or any other way that will ground you into your whole body.

I am not suggesting the lifting of weights or isolating a particular muscle group. Rather, be intentional about your walking, or body movement. Focus on what you would like to do, breathe deeply, noticing the rise and fall of your chest.

Once you have chosen your activity that will engage your whole body, focus on it for 5-minutes. If the practice takes longer than 5-minutes allow yourself to complete it.

Breathe, focus, and keep your attention on your body and its movement. How is your body moving – easily or stiffly? How do all your muscles and joints feel? Are you tired or invigorated? How does your brain feel under your skull?

Once the 5-minutes are finished, shake out your arms and legs, if it is safe to do so; write down your thoughts, feelings, and impressions from this day's sense.

Set this aside and have a wonderful day.

Thank you for downloading this free resource, I hope it has helped you connect more fully with your senses in a daily ritual practice, introduced something new

to you, and helped you see that all good rituals matter. They bring a sense of purposeful meaning, structure, and well-being to our lives.

*Here's to Creating Purposeful Meaning in
Your Life Journey*

Janice