

# Embark On A Sensory Journey

We have already discussed how new and awakening experiences can positively affect our lives. Such experiences could prove to be mentally and spiritually uplifting. It is not essential that you must seek an awakening experience. Rather, awakening itself will come to you when you are least expecting it. What is more important is that you occasionally gain new experiences. Also, many get awakened while gaining new experiences.

Here are some of the ways that will help you acquire new sensory experiences.

**Ankita Dhekne**

# Blindfold



When you are blindfolded, one of your basic senses, the sense of sight, is reduced. Since one of the primary senses has been reduced, other senses become heightened and start working overtime. Plan some fun activities or games using blindfolds with your friends or family and explore the things around you with your sense of touch, smell, and hearing. During such activities, you may observe that your perception of the usual things around you changes when you perceive them with limited senses. The blindfold method is also used for therapeutic purposes. It may help reduce stress, improve self-awareness, cognition, sensory function, and motor function.

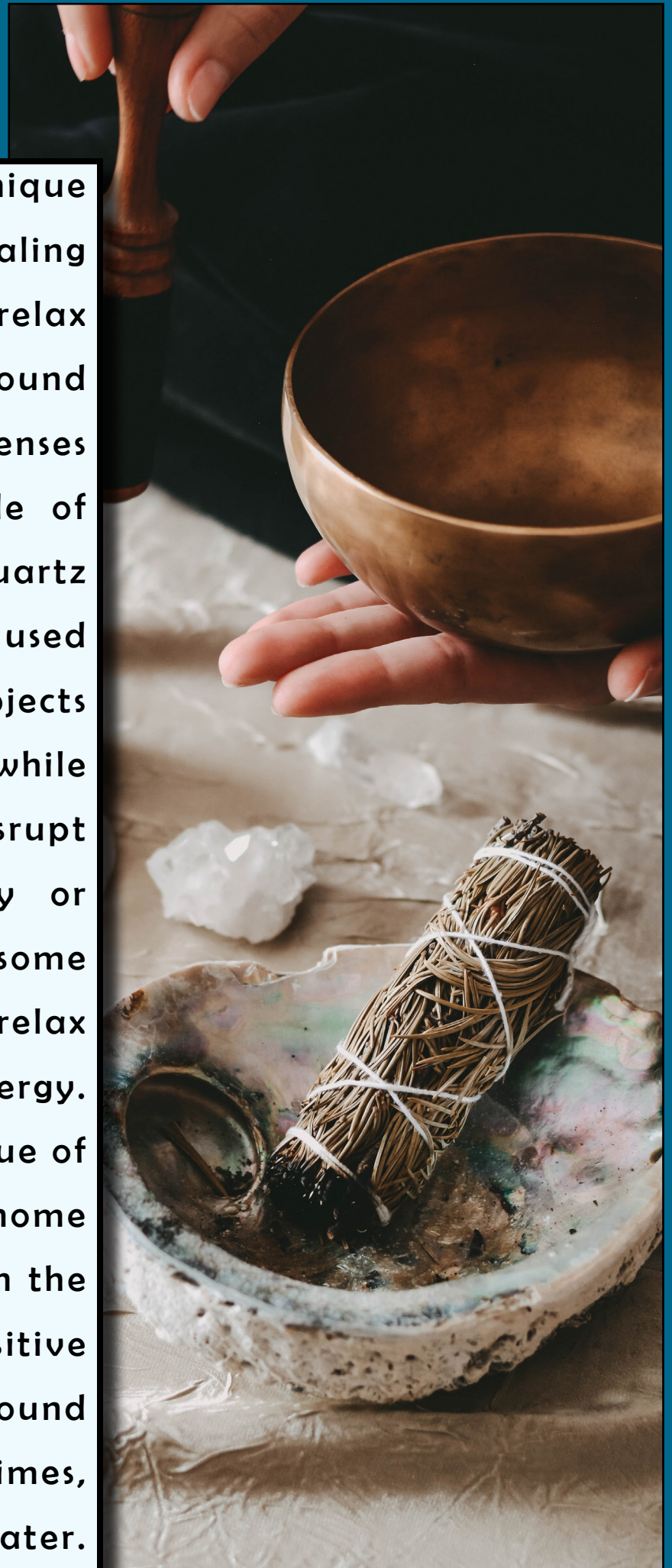


## **Sensory Garden Walks**

As opposed to the previous method, which involved sensory isolation, walking around in a sensory garden will indulge all of your senses simultaneously, as most of the sensory gardens cater to all the main sensory faculties. When walking through a sensory garden, focus on the input received by all of your senses. By doing so, you will enjoy multisensory experiences, which you would otherwise never have encountered while performing your daily routine. A sensory garden utilizes all of nature's elements, such as plants, flowers, rocks, water, and birds or animals, to awaken your senses. Such multisensory experiences could be relaxing, soothing, stimulating, or invigorating. Gaining new multisensory experiences might even help you perceive nature in its totality and, in turn, bring you closer to nature.

# Sound Bathing

Sound bathing is a technique that utilizes the healing potential of sound to relax and rejuvenate. Sound baths awaken your senses via singing bowls made of different materials. Quartz crystal bowls are widely used in this technique. All objects have specific vibrations; while some vibrations can disrupt your internal harmony or mess with your chakras, some vibrations can heal and relax you with their potent energy. You can try the technique of sound bathing at your home by immersing yourself in the sounds that carry positive vibrations, such as the sound of singing bowls, chimes, gongs, bells, birds, and water.



# Fasting



It has been observed that when you fast, usually for short durations, all the senses are heightened; you hear even the slightest of the sounds in your surroundings, the colours that you see tend to be more vibrant, your thoughts become clear, and you might connect with yourself and nature. Fasting also improves your brain function as it enhances your memory and ability to concentrate. These heightened senses and your newfound ability to perceive things better can be surprising and joyful. However, fasting for longer durations can temporarily diminish some of your senses, such as the sense of equilibrium and proprioception. This technique should always be practiced with caution and moderation, preferably under the guidance of a master practitioner of this technique who can guide you accurately on your new sensory journey.

Don't be intimidated by the fear of trying new things and gaining new experiences. As rightly quoted by Thomas Jefferson,

**“If you want something you've never had, you must be willing to do something you've never done.”**

Always seek ways and means to gain new experiences because these experiences can refine you as a person and consequently uplift your life.

