

A note about this attunement practice — and about me:

I've been meditating for over 40 years, and have guided individuals and groups through practices ranging from meditations and ceremonial clearings to growing specialized teams tested in extreme conditions since 1984. While I began studying with Mantak Chia in my early 20s, it wasn't until 2017—when I committed to a ***consistent morning practice***. This practice is what gave rise to experiencing just how profoundly generative and impactful a daily attunement practice is.

That commitment grew from a unique community healing contract formed with close friends and family, supporting our shared navigation of my neuro-spiciness and the impact of my then-unattended mania. What was once a hidden lever for shame and loneliness has become rich topsoil for collective sourcefulness and wellbeing.

I'm deeply grateful for the mentors, path guides, and stewards who embody practices that build capacity and restore belonging: Rosie von Lila, Esther Hicks, Alan Watts, Buckminster Fuller, Louise Hay, Matt Johnston, and Forrest Landry, to name a few. Their presence has expanded and anchored my sense of what's possible.

My hope is that whatever flourishing flows from my care and presence honors their joy and investments in life.

A gentle distinction to consider holding as we enter the practice

This is a practice of attunement and discovery.

Rather than attempting to master our senses. We bring our awareness of our “already present” participation with the “great mystery” as we notice sensing.

Some “energy centers” may seem to activate in the process. However we do not lean in there.

Just as we tune a radio—adjusting the dial to sense the strength and clarity of the signal, and our relationship to it—you are invited to simply notice. To discover. To restore. And to remain.

Said another way, you are tending to the conditions in which access to the fullness of your being becomes as reliable in your conscious experience as gravity.

— David Fulton

15 Senses Attunement Practice

Opening:

Welcome.

Before we get started I'd like you to consider that *this is not a practice of **opening** the senses — they are always open.*

It is a practice of attuning, of remembering, of resting into oneself and to what is already here.

Everyone have their chocolate with them?

Great. Or it can be your favorite small treat. Okay. Perfect.

You may see an image on the screen from time to time, and this image on the screen is not necessarily meant for you to look at or stare at or do anything with it all. And of course, you're perfectly welcome to look at it. It is only a part of this practice, in as much as you choose it. This is also true of naming. The very act of naming has us no longer fully involved inside discovery and awe. As we proceed, encourage yourself to let go of **naming**.

There will be words coming from my mouth and we will sit comfortably and engage the first 15 senses out of the **infinite multitude** of senses that we have available to us.

The way we do this is by remaining curious. It's our curiosity and our willingness to discover that involve us in our senses in this practice.

"Know thyself" which comes from the Latin transcription "Nosce te ipsum" of the ancient Greek aphorism: γνῶθι σεαυτόν (gnōthi seauton) is what this practice of attunement is about.

Sense 1 - Smell: (Earth and Strength)

With a gentle awareness of your breath let's begin. One by one become aware of each sense as you engage and breathe. Slowly involve yourself with the sense itself and with whatever this brings up, Notice, with each breath the more subtle energies and sensitivities you are in touch with. You can think of each of these senses as a kind of access or gateway to the fullness of who you are, the ineffable and the unlimited source of all that is, both within and without.

Bring your chocolate to your nose and allow yourself to breathe in and out deeply as you do. Notice what you notice. Sense of smell is at the **root** of your being here. Smell is present at least since your first breath outside your mother's womb. Smell relates to **Earth** and home and strength and your deepest sense of belonging. You are continually smelling life and similarly you are always smelling consciousness itself. Whether you think you are aware of smell or not, your sense of smell is deeply involved with every choice in your life. It's commonly said that when something "smells off," it often "IS off."

The statement and invocation, "Be here now" is highly transformative for many people, and few things **ground** us within our now as distinctly as smell. This is how you can hold smell I, right here... and as your first sense in this practice. Gently continue to smell...

(Another breath)

Sense 2 - Taste: (Union & Sexuality)

Now, allow yourself to taste. Although you **ARE** tasting all the time, notice your sense of taste. Taste is where your **union** with life comes together. You taste by combining yourself with other instances of life. This is chemical and vibrational, formed and textured... you have tastes... and you **Have Preferences** you are in relationship and intimate contact with your life and with yourself through your sense of taste.

It has been said that we "taste our way through life."

We taste our lovers and we come to know love and choice through union and taste.

Now, taste your chocolate.

Breathe and also notice how your smell and taste are involved together.

Sense 3 - Sight: (Will center)

Open your eyes if they're not already open, or you can imagine opening your eyes if you'd like to instead. Your eyes are your projectors, and relate to your **Will** and to **Prediction**. Having a willingness to see what truly, and simply IS, as you see, can be both revelatory as well as transformative. Allow your eyes to see whatever they want to see, and they WILL. In seeing, you "Will" your sight. ...see fully as you open yourself to being in contact and in touch with what you see. Notice the quality and form of whatever you see... as you do this you can begin to raise up your hand to your heart and gently touch your fingers to the center of your chest... and notice your next - vital - sense - of touch.

Sense 4 - Touch: (heart)

Feel your fingertips on your skin and on your heart center, notice your breathing... become aware of the chair pressing against you as you rest upon the material. Allow yourself to sense the feeling of the atmosphere on your skin and your hairs, and now - inside your body in your lungs as you gently breathe. With each breath and vibration you feel, allow yourself to sense gravity and be in touch with your sense of balance... both the very strong sensations and the subtle sensations that are nearly imperceptible without your care.

Sense 5 - Hearing: (Vocation & Harmony)

As you do this, now simply attune to your sense of hearing and allow your ears to hear whatever they want to hear, even as you hear the sound of my voice right now, allow this to be yet another sound you are hearing and you are sensing along in this listening along with your thoughts. You're listening is the result of who you are being and your beingness is deeply involved in what you hear and how you speak your world into existence. This powerful sense has us hearing music and attuning to the concert of life of which we play our parts. Listen, and allow, beyond what you've known. What else are you hearing now?

It's believed that Lao Tzu said something to the effect, "that only five colors makes a person blind, only 5 tones makes a person deaf..." be in touch and in contact with your senses with each breath now.

Open your aperture and sense easily...

Sense 6 - Mind: (Intuition)

Notice as you are listening and attuning with all these five senses active in your awareness that another sense, a sixth sense of your mind and intuition has the opportunity to rise into more full conscious awareness. You allow all these senses to come together and can also notice that what you seem to know... or have access to, also, seems to be beyond what you are consciously able to put together from your senses... allow all your senses to open within your mind. There is no limit here. Be here beyond naming. This is a kind of allowing your mind and all of your sensing to be free to feel, and tune into, and be in touch with ...which they will. This gives rise to our next sense, our seventh sense of source, and our sense of willpower, and this deep pool of energy that resides within our body and within our soul which we draw from and replenish ourselves within. The largest part of our being is non physical. On our behalf our powerful beingness is tapped in with energy beyond measure.

Sense 7 - Will: (Source Energy)

This source is made available to us continuously. Notice anything at all about your energy pool, your relationship with this well spring, your experience of your vast reserves. Notice how you are utilizing your energy right now? Where are you willing? What are you willing to do? Remain curious. Ask yourself: **Do I come here often and do I rejuvenate at my source?** Breathe and with this next breath...

Sense 8 - Emotion: (Flow Guidance)

Notice your sense of emotion. Yes emotion as a sense. Hmmmm... this attunement gives you a deep sense of what you are involved in, and **how** you are involved with and experiencing, as a whole body and a whole world. How do you feel? ...be with this for a moment... what emotions are present? (Breath) ...What do you notice now? It's not the same you felt a moment

ago. And now notice the quality of flow, right here in your emotions as you move with this sense. This is a slow, gentle flow that is in touch with so much: from your thoughts, and your breathing... your awareness of your life... the tides of the ocean are involved in your emotions and as such you sense flows, and the powerful movement of the moon, and the sun... perhaps mostly now sense with these emotions the flow of the trees and the families, and the communities that you grow along with.

(Breath)

Be in touch.

Sense 9 - Affection: (Direction)

Gently offer your attention—to your affection. This is so important. You are drawn to what you are drawn to. You have affection for what you have affection for, and this is a kind of sense you have all the time constantly. It's your True sense of direction. Where does my energy want to go? What is my energy for? Where does it point itself to with all my emotions and flow? Where do I want to get myself to? Remain here and know your sense of affection and know yourself. Become continually familiar with this sense.

Sense 10 - Imagination: (Activation)

This opens us up to the next sense, and this is really the final of the five senses for the soul in our attunement practice, ... your **sense of imagination**. Imagine now what you have deep and easy affection for. Picture this now as fully and easily. Imagine what you have affection for right now—actually receiving your affection, ...enjoying this affection, and now glowing and expressing itself fully from your imagining and your being in touch in this way. This is your sense of imagination. With all of your senses alive, you can practice bringing as much clarity and detail to your imagining. Bring higher quality and focus and emotion here and the quality of this sense immediately increases. All of your senses are involved in this and you experience a kind of activation. This attunement and collaboration with your imagination is your 10th sense. It's Your imagination. And with this sense, you can “be in touch” with anything in your life, anything throughout all time, in the future, in the past, and even beyond time. With your sense of imagination, you can consciously be in touch with the fulfillment of anything at all, all possibility and the simplicity of choosing and allowing. Practice this sense actively throughout your day, whenever you think of it, whenever you choose it, or even whenever you smell something or feel drawn to something, or you find yourself drawn to a place. Put this sense to work for you and give it a job to do that you truly need or this sense may run off and distract you. Practice and play with this sense and notice synchronicity, and quantum, reveals itself to you and those around you.

Sense 11 - Prayer: (Humility & Creation)

Notice that there's a bridge that's available from here with all of these senses activated and intact—this next sense is powerful and available mostly in the subtle and spirit of your awareness. Awareness here brings you in close contact with, and attunes you to, your active

collaboration with that which is bigger than you are. Impacting everything in your life at its most fundamental level. Remain especially curious here and allow each of your senses to come alive and come online, as you allow the answers and the questions of each of these next senses to arise as you engage your 11th sense, your 11th sense answers the question, “what does creation say right now?” or “What does the creator of my life notice and offer in this moment?” This is your dialog, and your collaboration, with infinite oneness. ...***This is your sense of prayer.*** Creation is a collaborative act. Allow yourself this dialog. Be in your creation dialog all day and notice the quality of your conversation unfolding like the mystery you are. You'll want to journal from this place, and each day, be free to speak and listen here in your sense of creation. This is the sense that helps us to actively enjoy the reality of, *“Ask ...and it is Given.”*

Sense 12 - Praise: (Gratitude)

Good. Now let's be grateful. This is your 12th sense. Your sense of praise, and this sense seems to rapidly activate a powerful experience of oneness with the gratitudinal forces of—**Grand Reciprocity** that are already, always, deeply regenerating us.

All of life is Truly a gift.

In sensing our gratitude, we get to be instantly and consciously involved. We get to touch and be in touch with **Gift Consciousness**. Allow yourself to smile as you offer gratitude for, “what gives you life?” “What am I grateful for?” Go ahead, praise. I and be in touch.

Sense 13 - Worship: (Stewardship)

Now with these senses open, notice your 13th sense. This is your sense of worship, and answers the questioning, “what is my life for?” (Here just choose a few Q?)

“What is this for?”

“What is this moment for?”

“What is this thought for?”

“What do I most care about?”

“What do I steward?”

“How does my life tend to those around me?”

“What are these hands doing?”

“What are these feet for?”

“What am I in service to?”

Do I tend my mouth biome? How about my gut biome? Do I tend the soil as well? Do I grow Forests? How about my leadership circles and relationships? Do I tend family? Do I grow and tend community?

“Do I also tend my processes and technologies?”

“Who do I serve?”

Tending this sense all day gives rise to deep and meaningful experience through the ups and downs.

(Breath)

Sense 14 - Faith: (Experience)

This experience you are having right now.

...This IS your next sense, your 14th sense of faith.

It is said—that to have faith, our faith must be tested.

This IS your experience. You Truly own (with a capital T) your experience and your sense of faith as you allow all of these senses to flow within your awareness.

Sense 15 - Meditation: (Allowing Alignment)

Now slowly, gracefully let go of everything.

With your next four gentle and deliberate breaths be in your 15th sense, your sense of meditation. Meditation for you is simply this spaciousness for allowing alignment to fully and easily settle in...

(with closing breath)

and welcome home.

Appendix:

Pronouncing the origins of “Know Thyself”

Latin:

Nosce te ipsum

Meaning: Know thyself

Pronunciation (Classical Latin):

NOHS-keh teh EEP-soom

- Nosce = NOHS-keh (“know”)
- te = teh (“yourself”)
- ipsum = EEP-soom (“self” – emphatic/reflexive)

Spoken smoothly: **Nosce te ipsum** is “NOHS-keh teh EEP-soom”

Ancient Greek:

Γνῶθι σεαυτόν

Transliteration: Gnōthi seauton

Pronunciation (Erasmian style):

GNOH-thee seh-AW-ton

- Γνῶθι (Gnōthi) = GNOH-thee (“know”)
- σεαυτόν (seauton) = seh-AW-ton (“yourself”)

Spoken smoothly: **Gnōthi seauton** is “GNOH-thee seh-AW-ton”
