## JOURNAL OBSERVATIONS: SENSES

The five senses are: hearing, sight, touch, smell and taste. Our senses connect us to the present moment.

How are you are using your senses? Notice which of your senses you are using during your daily activities. For instance, when you are taking a walk, are you aware of your sense of sight? hearing? smell? taste? touch?

You may be restricting or closing down certain senses. When you are taking a walk you may be using your sense of sight, but not using your sense of smell or of hearing.

Record your observations of which senses you are using and which ones you are restricting.

As you record your observations, practice opening your senses.