

Oh, for a life of sensations rather than thoughts....John Keats

Sensations, feelings, emotions, experiences...thoughts... these too are the things of life. What amount of time do you provide for yourself to fully experience each moment?

To quote the poet Mary Oliver :

“What is it you want to do with this one wild and precious life?” ... is it only to think, plan, do? John Keats, like me, talks about a life of sensation rather than thoughts...perhaps so...for John Keats, living in sensation perhaps forgetting whatever filter of thought he used to write his poetry, to function each day, to pay his bills, to communicate in relationship... so really, it is not a matter of “sensations rather than thoughts”, yet instead...INCLUDING sensations...including really looking at your husband or wife, really connecting with them on an emotional, soulful level... really hearing your children, hearing their delight, their wonder, their joy, their being.

What I'm really talking about is building the muscle of slowing down the action... living in more of your moments. Having and creating experiences in the now, today, this afternoon, tomorrow morning. Instead of jumping into your normal routine, ease in and ask yourself... how would I be doing this next thing if I really enjoyed it? Ok, even simpler:

Shaving: Do you like it? What if you did?

Making breakfast: having a good time here? What if you did? Would it mean someone else cooking breakfast? How can you design that?

Doing laundry or grocery shopping. Enjoyable? A pleasure? Or a duty, a chore.

How many things do you do each day out of obligation, duty, things you have to do?

How many things do you do each day because you simply love them? (this is a bit different than ‘liking your job’ or ‘liking watching the news’, although including lots of stuff you like to do in your day is important too!)... What I mean here is what stuff do you do that you REALLY LOVE!?” Things that make you go MMMMM and AAAAAAHHHHH... things that melt your heart, touch your soul and stir your spirit?

Being intentional about using your time to enjoy your senses might take the form of:

- a walk, down your street or in the woods...smelling the air, feeling the coolness of the breeze, listening to birds, animals, perhaps cars in the distant, perhaps the sound of children playing...hear your steps, noticing and taking in all within viewing distance.
- sitting quietly in your room, living room, somewhere in a comfortable chair, letting your thoughts float by as you learn to enjoy the solitude and stillness
- Soaking in a spa, or bathtub allowing your body to experience the warmth, the surrounding, listening to the water, and the stillness, letting your mind wander.

Of course, meditation and physical contact are two fantastic ways to ‘get into your senses’... Think about it... snuggling next to your naked loved one; a warm lasting hug from a friend; becoming engulfed in play with your children...you know the experiences that live in your body, certain smells, pictures, stories you might tell others...

*These are the moments that create are memories...  
these are the moments you can create every day!*

Back to thinking... yes, a very developed and highly depended upon modality; cognition, the ‘thinking about things’ that leads to the ‘doing of things’... It is through our thinking that plan, develop, create, accomplish...given it’s place in our human development, it would seem as a species out thinking has helped to greatly advance ourselves technologically, leaving our emotional, social and spiritual selves wondering their place in our lives.

Last month (January 2008) I wrote about choice ([read more about choice](#)) the choices we all have in our lives. We can no longer ‘ignore’ the questions, pretend they don’t matter. What kind of time and space do you allow for your emotions, your development of your relationships and communication skills (social) or time you, your spirit, the spiritual practice or religion of your choice?

If you are like most people, spending time with and in your sensations and your emotions is fleeting, this also includes not doing the things for ourselves that we have learned are nourishing to us; contributing to the development of loving relationships often too takes a back seat to the busy-ness we create in our lives. And of course, many people that take no time at all for a type of spiritual life, while there are others who practice some kind of religion related to their spiritual practice weekly, or less.

How you use your time, what you decide is one of your greatest gifts...it is also a reflection of what you value, what you are holding as important in your life.

*Are you doing what is important to you?  
Do you want to?*

I invite you to visit the many [resources](#) available to you , just a few include: [“Annual Life Planner”](#); [“Feng Shui Life Makeover 100”](#); [“Quality of Life 25”](#) [“Top 10 Clues You Have Negative \(or Positive\) Energy Syndrome”](#) and [“Letting Go”](#).

Namaste & enjoy even more of your precious life.