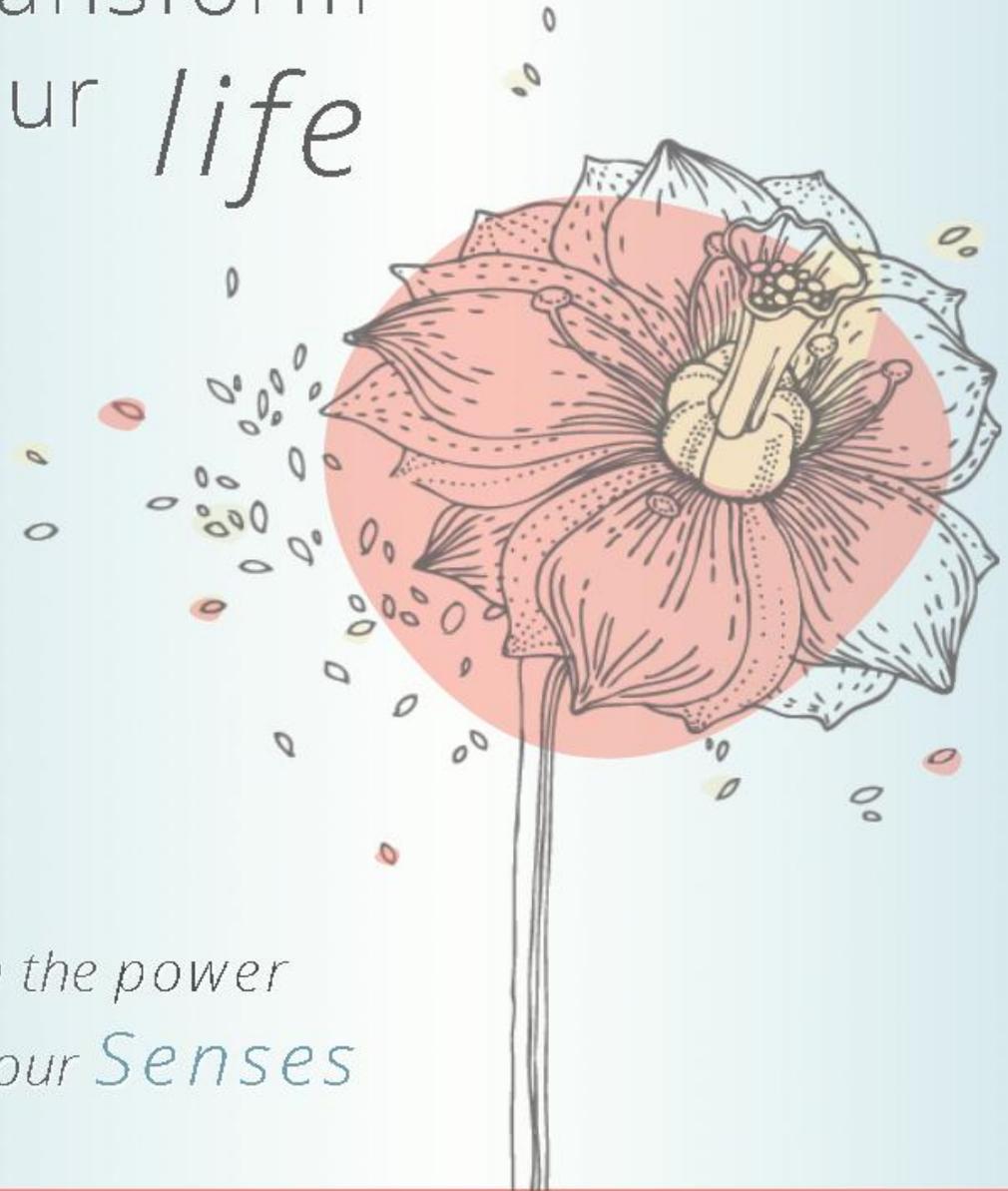


Transform
your *life*



with the power
of your *Senses*

<http://PersonalDevelopmentMaster.com>

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*Nothing can cure the soul but
the senses, just as nothing can
cure the senses but the soul.*

Oscar Wilde

Introduction

You probably think that you use your five senses every day, but take another look. **Do you use them to their fullest potential?**

The great Renaissance painter and sculptor, Leonardo da Vinci said that the average person...

*Looks without seeing,
listens without hearing,
touches without feeling,
eats without tasting,
moves without physical awareness,
inhales without awareness of odor or fragrance and talks without
thinking.*

Does this describe you?

Read on to **discover the power of your senses and how you can use them for self-improvement, healing, and greater life fulfillment.**

Learn how to fine tune your senses and use them to make sense of the world. After all, **your perception creates your world.**

An Exercise to Enhance Your Senses

Focus on one sense each day. For instance, on one day, you could pay particular attention to everything you see that day. Don't pay much attention to your other senses on your "sight" day. On a touch day, focus on feeling various textures, and so on.

Perform this exercise over 5 days, concentrating on a different sense each day.

Repeat this 5-day exercise from time to time to stay in tune with all of your senses so you can reap the most benefits from them.

Your Sense of Hearing

The Art of Listening

True listening has the power to transform relationships, whether it's with loved ones, colleagues, or bosses. In fact, when your boss speaks, you really need to understand what they're saying and what they expect from you. It can make the difference between a failed and a successful career. In the same way, how well you listen affects your relationships with friends, lovers and family.

Try these tips to fine tune your listening skills:

Look at the speaker. Show you're interested by leaning forward attentively. Maintain eye contact.

Stop whatever you're doing to listen. Avoid letting yourself be distracted by the TV, phone, or anything else you're doing.

Show interest. From time to time, nod your head or say something like "Really?" or "I see what you mean."

While the speaker is talking, avoid planning what you're going to say next. It's also disrespectful to interrupt with statements like "Oh, it happened to me too" and proceed to relate your experience. Let the speaker finish what they're saying before you consider your reply.

Maintain your focus on listening. If you feel like your thoughts are taking over, shake them off and return your focus to the speaker.

Avoid being judgmental while the person is speaking. Understand their thoughts in their entirety before you decide to disagree. Allowing them to finish will also ensure that you don't jump the gun or argue about something needlessly.

Exhibit self-control. If what the person has said makes you angry, count to ten and reflect objectively about an appropriate response. This will make the person feel that you've listened to them and understood.

Wait to ask questions until the person has finished speaking. If you interrupt, you might throw them off track. Ensure you've understood them by summarizing with: "So you are saying..."

Improve Creativity and Focus With the Music of Mozart

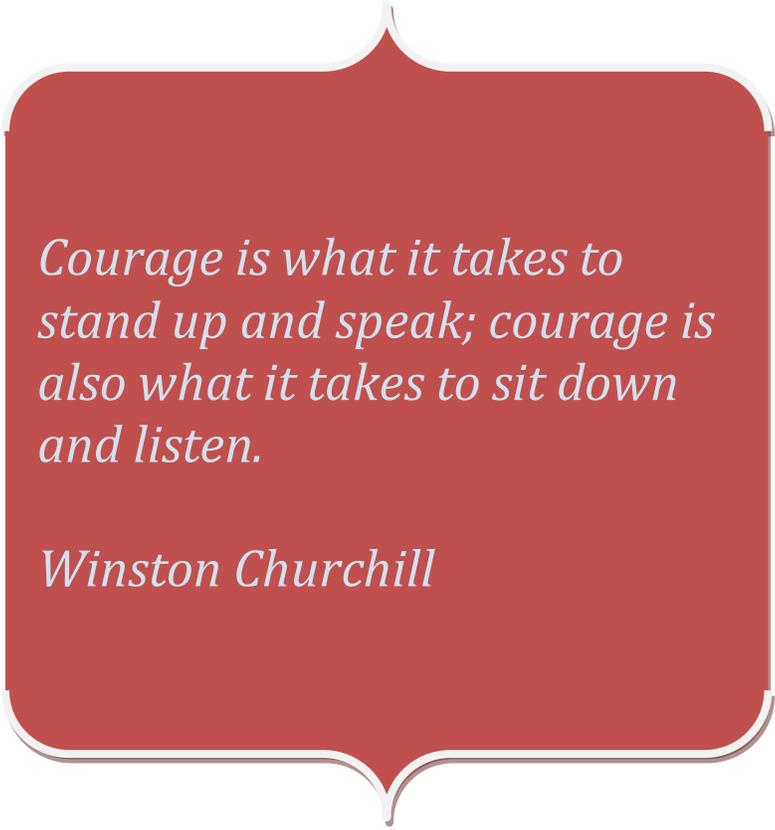
Research has long shown that **music can enhance health, brain power and a sense of well-being.** This phenomenon is known as "The Mozart Effect."

Mozart's music, particularly the Sonata for Two Pianos in D Major, has been shown to boost brain power. Its rhythm mimics the rhythmic pulses of Alpha brainwaves, known to be experienced during meditation, a creative act, or relaxation. Mozart's music can also wake you up if you need to concentrate.

The Mozart Effect was discovered by Dr. Alfred Tomatis in the late 1950s while he was experimenting with the effects of Mozart's music on children with speech disorders and

autism. By 1990, the method had been adopted worldwide. Mozart's music is also beneficial in reducing the negative effects of epilepsy.

Classical music can relieve stress and improve your body's immunity. Like Mozart's compositions, Baroque music (Bach, Handel, Telemann) that is 50 to 80 beats per minute also enhances focus by inducing the Alpha state. This type of music is ideal for learning and reading.



Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

Winston Churchill

Your Sense of Touch

Reach Out and Touch Someone

As French poet and screenwriter Jacques Prevert says, “Millions and millions of years would still not give me half enough time to describe that tiny instant of all eternity when you put your arms around me and I put my arms around you.”

It’s true. **A hug is a transfer of positive energy.** Hugging always makes a difference.

Consider these facts:

- The hugging Guru of India, Mata Amritanandamayi, began spreading her love in the 70s and never advertised it, yet the hordes kept coming. Mata travels worldwide and the world comes to her tiny fishing village in Kerala. Journalists and devotees report that when she embraces someone, it’s as if they are the only person in the world.
- Science backs the fact that babies and children who are hugged often develop a sense of self esteem, so important for any kind of success. Unlike in the past, pediatricians are advising parents to pick up their babies when they cry instead of telling them to ignore them.
- **Even touching (without hugging) brings positive benefits.** Therapists are beginning to incorporate touch into their sessions with their clients. It’s a far cry from when the client reclined on a couch some distance away from the psychoanalyst.

In an interesting study, librarians lightly touched the hands of some students as they handed back their library cards and avoided touching others. The students who had been touched reported feelings that were more positive about the librarians, themselves and the library. **The subconscious had picked up on the briefest contact which these students couldn't even recall.**

So reach out and touch someone! You'll be glad you did!

The Science of Hugging

Research shows that physiological **changes take place in the body when it's touched:**

Touch relieves pain by stimulating nerve endings.

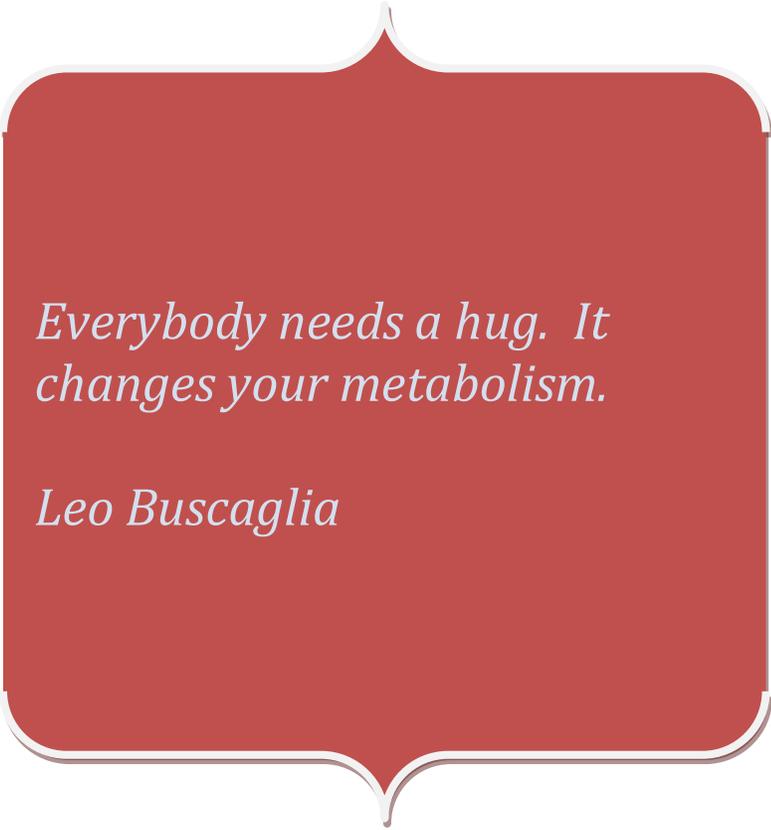
A study conducted in the University of New York has shown that "therapeutic touch," which involves placing the hands just above or on the patient's problem area for half an hour, boosts hemoglobin levels.

After a session of touch therapy, the hypothalamic area of the brain which controls the "fight or flight" response slows down, causing stress hormones to drop and endorphins (the feel-good hormones) to climb. A hug is a great anti-depressant.

Hugging strengthens your immune system.

Studies also reveal that women who are hugged are less vulnerable to heart disease.

According to scientists, this hugging phenomenon has something to do with the vagus nerve in the middle of the chest. When two chests are in contact, the nerve is stimulated and causes a surge in the love hormone, oxytocin, which bonds lovers. The same hormone also bonds mothers with their babies. If you live alone, hug your pets to enjoy similar benefits.



Everybody needs a hug. It changes your metabolism.

Leo Buscaglia

EFT – Using the Magic of Touch

Emotional Freedom Technique, created by the amiable and brilliant Gary Craig, is **revolutionizing the world of psychology and alternative** medicine. With EFT, you can often heal yourself and others of both physical and mental ailments and pain.

EFT is based on the mind/body connection. **The EFT healing procedure is a quick, painless, and easy technique of tapping on specific energy meridians on the body while saying affirmations that relate to the physical or emotional constraint.**

The History of EFT

Craig first noticed the amazing effectiveness of tapping on acupressure points from his teacher, the psychotherapist Dr. Roger Callahan. Callahan had been inspired by the examples of Dr. George Goodheart and the Australian psychiatrist, John Diamond, M.D.

Dr. Goodheart had discovered that one could obtain the same results as acupuncture (without needles) by manual pressure on the energy meridians. Dr. Diamond discovered that if you add affirmations to the acupressure, you can also treat emotional issues.

Callahan had been treating Mary, a patient with hydrophobia, when one day, she said that she could feel her fear of water in her stomach. Callahan suggested she tap on the stomach meridian point right below the eyes. Mary did so and found that her fear disappeared instantly. Much to Callahan's amazement, she could get into the pool on the grounds of his office right away.

Gary Craig went on to develop his own "tapping" method and named it Emotional Freedom Technique, or EFT, which is today the most influential and well known Energy Psychology technique in the world.

Enjoy EFT's Amazing Benefits in Your Own Home

You can learn EFT from a host of videos on YouTube and other Internet websites. It's easy and fun.

You simply state key phrases along with a "set up" affirmation while you tap on acupressure points.

The three-stage EFT sequence only takes about 3 minutes, yet it can often dissolve chronic pain and emotional trauma in just one sitting.



*EFT offers great healing
benefits.*

Deepak Chopra, MD

Your Sense of Sight

Using the Sense of Sight to Your Advantage With Nature

The legendary Ponco Indian Chief, Standing Bear, once said, “Man’s heart away from nature becomes hard.”

Nature can heal, comfort, refresh, regenerate, and inspire. A trip into the mountains, forests or the seaside will enable you to enjoy these benefits as you gaze upon nature’s beauty. Green is relaxing for the eyes. According to Edgar Cayce, considered by some to be a prophet, green is the color of Nature and abundance and revitalizes nerves, circulation and the heart.

However, you don’t need to make a special journey to gain these advantages - just cultivate a garden.

What you see in your very own garden also carries these benefits:

When you grow plants, you are connecting with your soul.

When you weed your garden, you’re getting rid of unnecessary baggage from the past, whether they’re habits or negative emotions.

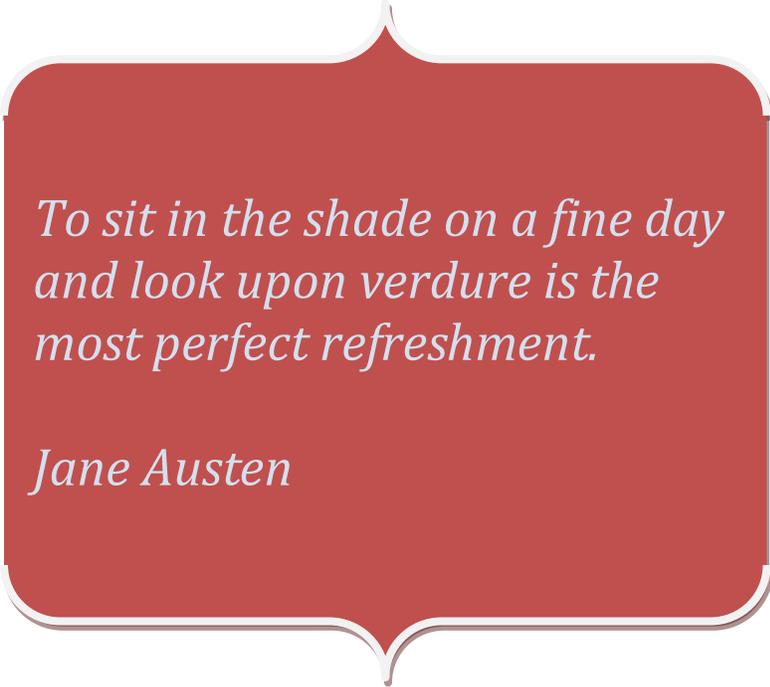
Working in a garden reminds us to be balanced and patient as we look at the changing of the seasons and the germination, growth and death of plants. So too must we transform and adapt according to the time.

For even more benefits, consider these tips when planning and working in your garden:

Choose colors that resonate with you. Give yourself extra joy and peace by planning your garden around your favorite colors. Surround yourself with colors you love and your garden can easily become your “happy” place where you can go to relax, reflect, and rid yourself of your troubles.

Plant something you can eat – herbs, fruit, berries or vegetables. Eating something you’ve grown yourself is extremely satisfying. It tastes so much better than eating produce from a store. Besides, it’s healthier and free of chemicals.

Give and receive. Encourage wild creatures such as birds, frogs, butterflies, ants and slugs to visit your garden.



*To sit in the shade on a fine day
and look upon verdure is the
most perfect refreshment.*

Jane Austen

Your Sense of Smell

Did you know that our sense of smell is 10,000 times stronger than the other senses? Just a whiff of a smell can bring up strong memories and emotions from your past.

In addition, **fragrances have the power to heal body, mind and soul**. Perhaps this is the reason for the use of incense in churches and religious rituals.

Fragrances were used to heal the sick in ancient Egypt. In rituals of magic, various scents such as Frankincense, myrrh and copal are used. Frankincense purifies, myrrh is used to heal and attract love, and Dragon's Blood is believed to attract love and instill courage and strength.

Healing and mood-changing aromas are found in soaps, shower gels, candles and fragrance lamps. It is said that Cleopatra used scent and intellect to seduce her lovers. Construction firms in Japan use fragrance to de-stress their employees. During the Black Plague in Europe, it was found that perfumers were unaffected by the horrific disease.

If you suffer from heart disease, asthma, epilepsy or other chronic illnesses, check with your physician before using aroma therapies. Pregnant women and children also need to be careful with inhaling certain aromas and shouldn't try to self medicate - even with aromas.

Bach Flower Remedies

These homeopathic remedies, invented by Dr. Edward Bach in the early 1930's, are used by many to heal emotional maladies which in turn heal the body. There are scents for depression, insomnia, Attention Deficit Disorder, fear, anxiety and other maladies.

Here are a few of the 38 Bach remedies:

- Beech - intolerance
- Chicory - possessiveness
- Gorse - despair and hopelessness
- Impatiens - impatience
- Pine - guilt
- Rock Rose - fear
- Water Violet - pride
- Willow - self-pity and resentment

Look in your local library, favorite bookstore, or online to find more of these remedies.

Aroma therapy can help you dissolve stress at the end of a long day, get you going when you first wake up, evoke feelings of well-being, and much more - all with a simple scent!

*Nothing is more memorable than a smell.
One scent can be unexpected,
momentary and fleeting,
yet conjure up a childhood summer
beside a lake in the mountains;
another, a moonlit beach;
a third, a family dinner of pot roast
and sweet potatoes during a myrtle-mad
August in a Midwestern town.*

*Smells detonate softly in our memory
like poignant land mines hidden
under the weedy mass of years.
Hit a tripwire of smell and memories
explode all at once.*

A complex vision leaps out of the undergrowth.

***Diane Ackerman,
A Natural History of the Senses***

Your Sense of Taste

Use Taste to Improve the Quality of Your Life

As you look to make healthy and life-transforming changes using your senses, one you might not have considered is your sense of taste. **Believe it or not, your sense of taste plays a major role in the quality of your life on a day-to-day basis.** Your sense of taste is integral to your eating and drinking habits, and you do those behaviors a few times a day, every day.

Try these tips to utilize your ability to taste food and drink to improve the quality of your life:

Work to acquire tastes for foods and drinks that are good for you. Because of the wide variety of all types of nutritional foods, doing this might not be as tough as you might think. Consider these foods:

Raw fruits can serve to give your taste receptors something sweet and juicy. Select fruits such as apples, bananas, pears, peaches, plums, kumquats, blueberries, strawberries, kiwi, watermelon, cantaloupe, honeydew melons, and pineapple. Each of these fruits has a specific taste and texture. You can discover or even re-discover your love for raw fruits.

Fresh raw vegetables provide some real crunch and interesting tastes for your taste buds. Choose vegetables like carrots, celery, broccoli, cauliflower, tomatoes, mushrooms, cucumbers, green/red/yellow bell peppers, and radishes.

TRANSFORM YOUR LIFE WITH THE POWER OF YOUR SENSES

Acquaint yourself with juicers and juicing to bring your taste buds alive with flavorful, natural juices you make yourself right at home. Some health experts believe you can clear your body of toxins through doing a juice fast. Drink your home-made juices to ensure you're ingesting some concentrated nutrition every day, along with other foods.

Whether you juice fruits, vegetables, or a mixture of both, you'll be pleasantly surprised at the tasty and nutritionally rich juices you can make with a good juicer.

Re-train your sense of taste to love water again. Even though you may think water is a rather "plain" taste, consider it a "clean" taste that keeps your body hydrated and strong. The more you can accustom your sense of taste to drink plenty of water, the better your body will perform.

So that you don't get tired of clear water, why not try a slice of a fresh orange, lime, or lemon in your H₂O occasionally? Get adventurous with your water: float a few strawberries and raspberries in your glass of water to tickle your taste buds just a bit. As you become more and more accustomed to drinking water, you'll find yourself craving it.

To help yourself acquire a taste for healthy foods, peruse the internet for new recipes using the items you'd like to add more of to your diet. For example, if you want to add more vegetables such as spinach, mushrooms, and asparagus, look online for recipes using those ingredients.

Fibrous food items like flax and psyllium are known to have numerous health benefits.

Locating recipes with such healthy foods and preparing those dishes can work to expose your sense of taste to new flavor experiences as

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you get your body into great shape.

Another way to use your sense of taste is to use “mindful eating” techniques. Take time to enjoy the flavor of each bite. Eating more slowly and savoring each bit of food has several benefits:

You’ll feel more satisfied with less food.

When you’re mindful of your eating habits, you’ll remain more in touch with your own experience of the tastes and notice quicker when you feel full.

Remaining “in the present moment” when it comes to your eating habits will help you experience an enhanced sense of taste. When you totally focus on the flavors you’re experiencing, you’ll find yourself feeling more content with your food.

During meals, vary the type of food you eat with each bite. For each bite you take, have a bit of a different food. For example, first, take a bite of chicken and chew it slowly, savoring the flavors. Next, have a green bean or two. Then, have a small fork full of mashed potatoes.

When each bite is different, you’ll be actively stimulating your taste buds. Because of the “newness” of each bite, you’ll find you feel satisfied quicker, thanks to your taste sense.

Avoid smoking if at all possible. Did you know that those who smoke cigarettes report their senses of tastes are vastly reduced due to smoking? An important way to improve your life through your sense of taste, therefore, is to cease smoking cigarettes. If you believe your sense of taste is negatively affected by your smoking, definitely consider quitting cigarettes.

Actively engage your sense of smell in tandem with your taste sense. It is no surprise that your sense of smell works largely in conjunction with your sense of taste. Since that's the case, use your sense of smell to enhance your eating experiences. Smell your foods.

Enjoy the aroma of hot coffee brewing or chocolate chip cookies baking. Savor the fragrance of a fresh orange as you peel it. Actively employing your sense of smell as you eat will radically improve the taste of your foods.

Your sense of taste can do so much more than help you enjoy your food! Use it to help you lead a healthy lifestyle and take pleasure in a more vibrant life.

For each mouth, a different soup.

Portuguese Proverb

Your senses bring you the world. By actively using your senses to your best advantage, you bring more of that world to your life.

You can become healthier and feel more alive than you've ever felt before – in harmony with nature and the creatures in it. Every experience becomes a cornucopia of memorable sensations.

Transform your life to more joyous living today using the power of your senses!

Workbook - The Five Senses

Visual – pictures, colors, decoration

Auditory – music, voices, birdsong, sounds

Olfactory – smells, chemicals, scents

Kinesthetic – textures, feel of the physical elements, and emotional vibes

Gustatory – tastes, food and drink

Quiz: What is Your Predominant Sense?

Work through this quiz to determine your main sensory tendency. Circle the statements below that best describe you:

- **I base my important decisions on:**
 - My instincts
 - The choices that seem most sound to me
 - Whatever looks right

- **I rate the success of a presentation or meeting by the following criterion:**
 - The presenter has illustrated the key points in a clear manner

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- His argument is viable
- He has understood the real issues

- **People can tell whether I'm having a bad or good day by:**

The kind of clothes I'm wearing
The feelings and thoughts I share with them
The sound of my voice

- **In a disagreement, I'm most affected by:**
 - The other person's tone of voice
 - The expression on their face when they look at me
 - Their feelings

- **I am most aware of:**

The shapes and colors around me
The noises and sounds in my environment
The way my clothes feel on my skin

Now, check your answers and write the letter K, A, or V for each of your choices, using this list:

1a K	2a V	3a V	4a A	5a A
1b A	2b A	3b K	4b V	5b K
1c V	2c K	3c A	4c K	5c V

Add up the number of Vs, As and Ks. Which is predominant?
Or are they evenly mixed?

What does this mean? See below to learn more about yourself:

V = visual – A visual preference could imply that you like visual images, symbols, watching sports, chemistry, physics, math. You may need your surroundings to be visually pleasing and you're capable of taking a long term view of things.

A = auditory – Maintaining harmonious relationships and tuning into new ideas will be easy for you. You'll probably enjoy drama, writing, speaking, music and literature. Sound levels in your environment may need controlling.

K = kinesthetic – This preference may mean that you're balanced, practical and able to adapt to new trends. You'll probably enjoy climbing, working with your hands, contact sports and athletics. You're likely to create a comfortable environment for yourself.

Often, you may have a mix of preferences as you go through the day. This is normal, but you'll tend towards a specific one.

Sharpening Your Senses

An exciting and enjoyable way to sharpen your senses is to focus on just one sense for the entire day.

This means that if you're working on sound, you will pay more attention to it than to any other sense. It helps to determine the attributes of the sound, sight, touch or taste by being aware of its location, tone, volume, and more.

Here are some questions to answer as you focus on each sense:

The Auditory Sense

Where is the sound coming from?

Is the sound outside your head or inside it?

Are these words you're hearing or sounds?

If you're hearing words, are they spoken by someone you know?

What's the volume like? Is it a whisper or can you hear it clearly?

If it's a voice, what is the tone?

What's the quality of the voice? Is it rasping, guttural or deep?

Is it high pitched or low?

Is it stereo (both sides) sound or mono sound (one-sided)?

Does it surround you?

Is the sound intermittent or constant?

Is it rhythmic?

What's the tempo like? Slow or fast?

Does it have a tune?

The Visual Sense

Where is this picture located? Point to it.

What is the distance of the picture from you?

Is it black/white or in color?

Are you inside the picture or are you observing it from without?

Is it big or small?

Is the picture 2 or 3 dimensional?

Is it dull or bright?

Is it moving or still?

If it's a movie, how fast is the movement of each frame?

What is the shape? For example, is it round or square?

Is the picture framed or panoramic?

Is it blurred or sharp?

The Kinesthetic Sense

Where is this feeling in your body? Point to it.

Does it have a shape?

Does it have pressure?

Is it big or small?

Is the feeling spread out or in one place? Does it make you tingle?

How strong or weak is the feeling?

Is it just in one place or can you feel it moving around?

Is it cold or warm?

Is it constant or intermittent?

Is there a texture to the feeling?

Aroma Therapy

Enjoy These Healing Essential Oils:

Stress Dissolving Spray

6 drops Red Mandarin (*Citrus reticulata*)

6 drops Cinnamon (*Cinnamomum zeylancium*)

5 drops Lemon (*Citrus limonum*)

3 drops Geranium (*Pelargonium graveolens*)

2 oz. Nature's Fresh Plant-based Enzymes

Blend these essential oils in a glass spray bottle and then add the enzymes. When you feel stressed, anxious or nervous or are in need of rejuvenation, shake well and spray around you.

Harmony Scent

2 drops Rose

2 drops Benzoin

3 drops Verbena